

# Pomelo betel leaf

By Shannon Bennett

**30 minutes**

Preparation time

**17 minutes**

Cooking time

**4 servings**

Serves



## INGREDIENTS

4 green prawns, peeled and deveined  
2 tablespoons fresh coconut flesh, roasted  
1 teaspoon lime, finely diced, skin on  
1 tablespoon ginger, peeled, finely diced  
6 red shallots, finely diced (2 tablespoons)  
Handful washed coriander leaves  
1 birds eye chilli, finely sliced  
170 g pomelo flesh, peeled, finely diced  
16 betel leaves (bai tong tang)

### Paste

4 slices galangal (11 g), peeled, roasted  
Large pinch of Sea Salt  
3 birds eye chillies (2 with seeds), finely sliced  
2 teaspoons shrimp paste, roasted in foil  
1 tablespoon dried prawns, rehydrated in water  
3 tablespoons fresh coconut flesh, grated, roasted  
1 tablespoon peanuts, roasted

### Sauce

200 g palm sugar, crushed  
250 ml water  
80 ml fish sauce  
3 tablespoons tamarind water

## **METHOD**

### **Prawn Mixture**

1. Place the peeled prawns into a perforated steam tray in a single layer. Steam for 2 minutes at 85°C. Set aside in the refrigerator. When cool, slice.
2. Combine remaining ingredients except the betel leaves. Set aside until ready to use.

### **Paste**

1. Place galangal in a pestle and mortar and grind to a paste.
2. Gradually add the remaining ingredients, one by one, and pound to a paste. Set aside.

### **Sauce**

1. Heat sugar and water on medium heat, Induction setting 6, until dissolved. Continue to cook for a further 5 minutes.
2. Add fish sauce, then stir in the paste. Continue to cook for a further 5 minutes.
3. Add tamarind water, continue to cook for a few minutes but do not reduce too much or the dressing will harden.
4. Remove from the heat.
5. When cooled slightly, check the seasoning: it should taste sweet, sour and salty.

### **To Serve**

1. Dress the prawn mixture with the sauce and serve on the betel leaves. Sprinkle with extra crushed nuts and a squeeze of lime.