

# NASI BERLAUK

## BAHAN-BAHAN

- Nasi Putih

### Bahan-bahan untuk gulai

- 1 ekor ikan tongkol (direbus)
  - 2-3 keping asam gelugur
  - 500 ml santan
  - Timun (dipotong)
  - Garam dan gula
  - 7 ulas bawang merah
  - 2 ulas bawang putih
  - 1 inci lengkuas
  - 3-4 biji cili kering
  - 1 inci kunyit hidup
  - Gula melaka
- } dikisar

## CARA-CARA

- Ikan tongkol direbus terlebih dahulu bersama asam gelugur, garam, dan gula melaka sehingga masak dengan air yang sedikit.
- Masukkan bahan kisar ke dalam periuk bersama santan dan asam gelugur. Biarkan sehingga mendidih sambil dikacau-kacau.
- Masukkan ikan, garam dan gula secukup rasa.
- Masukkan timun. Tunggu seketika sehingga ikan masak dan timun layu. Boleh dihidang bersama nasi panas.

**Nota : Boleh disediakan sambal lada untuk melengkapkan hidangan Nasi Berlauk**

## INGREDIENTS

- White rice

### Ingredients for the fish curry

- 1 tuna (boiled)
  - 2-3 pieces dried gelugur
  - 500 ml coconut milk
  - Cucumber (to be sliced)
  - Salt and palm sugar (to taste)
  - 7 shallots
  - 2 cloves garlic
  - 1 inch galangal
  - 3-4 dried chillies
  - 1 inch turmeric
- } to be ground

## METHOD

- Boil the tuna with dried gelugur, salt and palm sugar with a bit of water.
- Put the ground ingredients in a pot together with the coconut milk and dried gelugur. Stir and bring it to boil.
- Add in the fish, salt and sugar.
- Then add in the cucumber. Remove from the heat when the fish is cooked and the cucumber is soft. Ready to be served with the white rice.

**Note : The Nasi Berlauk dish can be served with chilli paste**