



Beef Rendang.

Chefs of Tradition

PHOTOGRAPHED BY MARK AND TIM
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MALAY CLASSIC RICH DEEP FLAVOURED BEEF RENDANG - TRISH HILDER

Queensland born Trish Hilder made Darwin her home after resigning from the Royal Australian Army in 2005. 'I love the Asian influence in Darwin, where I can buy all the ingredients that are critical to good Malay/Asian cooking that I grew up with.'

Taught traditional cooking by her Indonesian father and grandmother, Trish's Dutch mother also had an influence. 'My father's parents moved to Australia in the 50s and lived with us until they passed away in the 80s,' said Trish. 'I essentially grew up with Dutch/Malay food, and it has played a major role in my cooking style. It's one of the reasons I love being in Darwin, I feel so at home.'

Her influences and love of cooking shine in the dishes she has so proudly shared with Resident. 'Nasi Lemak is the de facto national dish of Malaysia,' Trish advised. 'It has amazing quality, texture and flavours. Pandan leaves or screw pine leaves is the secret ingredient. The leaves are highly fragrant with a floral smell. Sambal is the soul of the dish; it brings together all the various toppings to complete the iconic dish.'

Beef Rendang Recipe Serves 4

Ingredients:

1 lemongrass, cut into 4-inch lengths and pounded
1 cup thick coconut milk (coconut cream)
1 cup water
2 teaspoons tamarind pulp, soaked in some warm water for the juice (discard the seeds)
6 kaffir lime leaves, very finely sliced
6 tablespoons toasted coconut
1 tablespoon sugar or palm sugar, to taste
1½lbs boneless beef short ribs, cut into cubes
5 tablespoons cooking oil
1 cinnamon stick, about 2-inch length
3 cloves
3 star anise
3 cardamom pods
Salt to taste

Bumbu (Spice paste)

5 shallots
1 inch galangal
3 lemongrass, white part only (pounded in mortar)

5 cloves garlic
1 inch ginger
10-12 dried chilies, soaked in warm water and seeded

Method

1. Smash paste ingredients in mortar/pestle.
2. Heat the oil. Add the spice paste, cinnamon, cloves, star anise, and cardamom and stir-fry until aromatic.
3. Add the beef and the pounded lemongrass and stir for 1 minute.
4. Add the coconut milk, tamarind juice, water, and simmer on medium heat, stirring frequently until the meat is almost cooked.
5. Add the kaffir lime leaves, toasted coconut, sugar or palm sugar, stirring to blend well with the meat.
6. Simmer for 1 to 1½ hours or until the meat is really tender and the gravy has dried up.
7. Add more salt and sugar to taste.
8. Serve immediately with Nasi Lemak (coconut rice) or steamed rice.



Trish Hilder.



Suhaila Rizqallah.

Chicken Sumac
(with Khobez,
Ariz and SalaTa).

Ariz.

PALESTINIAN SOUL FOOD SHARED WITH FRIENDS CHICKEN SUMAC - SUHAILA RIZQALLAH

Born in Ramallah, ten kilometres north of Jerusalem, Suhaila Rizqallah was three when she came to Darwin with her mother. (Teresa Kalisnik My Home feature page 165).

'In Australia, I remember it was almost impossible to get sumac, especially in the Territory,' explains Suhaila. 'When we had sumac and chicken it was a special time. Sumac is a unique spice, and the flavour is amazing. There's nothing else like it, so it can't be substituted. Thankfully it's now readily available at Parap Fine Foods.'

Palestinians are known for their generosity, and guests will never want for food or warmth. 'My mother always said that when unannounced guests come to visit, and they are there for the ahsaa (dinner), it is expected they will stay to eat,' Sue continues. 'To honour the guest the djiaj (chicken) and sumac (alsmaq) is often served. The best-looking chicken would be slaughtered, plucked, dressed and prepared. The guests are served tea, coffee and sweets while waiting for dinner to cook.'

Like many Palestinian dishes, Chicken Sumac is served on a platter, allowing everyone to help themselves. 'When sharing food the right hand is used,' she advises. 'Only the food that is in front of you should be eaten as reaching over people is considered rude.'

Around Darwin, Suhaila is known for her love of cooking and sharing with friends who all voted her Chicken Sumac the best and most delicious of all her Middle Eastern meals.

Chicken Sumac (with Khobez, Ariz and SalaTa) Serves 4

Ingredients

1 whole chicken (or fish) seasoned with salt and pepper
70g ground sumac
2 garlic cloves, chopped finely
3 or 4 sprigs of thyme, removed from the stems
100ml olive oil
2 cups onions, chopped chunky
1 lemon
Additional ingredients: 1 small onion, 3 tablespoons sumac, 1 tablespoon olive oil

Method - Chicken

1. Preheat oven to moderate heat (165C in fan-forced oven or 350 F).
2. Mix all the ingredients except the chicken and lemon together in a pot.
3. Put half onion mix inside the chicken, plus rub some over the outside, then place the seasoned chicken in a baking tray. Splash a small amount of lemon juice over the chicken to taste.
4. Place in oven and cook for 30 mins per 500g
5. Add additional onion to the leftover mixture from above in saucepan. Add 3 tablespoons of sumac and 1 tablespoon of olive oil.
6. Place on stove and heat till the sumac starts to smell fragrant – don't over cook.
7. Remove the cooked chicken from the oven and allow to cool briefly.

8. On another baking tray place 2 to 4 pieces of whole khobez (flatbread) and brush with oil from the chicken pan. Then place the cooked chicken on top.

9. Add the cooked onion mixture over the chicken and bread and return to the oven.
10. Once the bread begins to toast and looks crunchy remove from the oven.
11. Served on a large platter so everyone can help themselves.

Method - Ariz (Rice)

Cook while the chicken is cooking.

2 cups washed medium grain rice
Nob of butter
1 egg noodle nest – crushed
4 cups of water
Pinch salt
1. Melt the nob of butter in a large saucepan and add the crushed egg noodle nest. Cook until the egg noodle has browned.
2. Add 2 cups of water and bring to the boil. Add the rice and stir. Add an additional 2 cups of water and bring to the boil. Once in full boil turn to the lowest setting with the lid on and leave till all the water has been absorbed.