



BALINESE RECIPE : AYAM BETUTU

For those fortunate to have stayed at Karma Mayura resort in Ubud, you may have tried this richly spiced Balinese dish. Ayam Betut is essentially steamed poultry (chicken or duck) that is marinated in the most aromatic blend of flavours and spices, then wrapped in banana leaves and steamed or grilled. So tasty!

Ingredients

1 Whole chicken

Paste (bumbu rajang):

2 pcs shallot

1 clove garlic

¼ teaspoon turmeric

¼ teaspoon kencur

¼ teaspoon galangal

¼ tsp ginger

¼ tsp candle nut

¼ tsp nutmeg

5 gr shrimp paste

50 ml coconut oil

Coriander seed

Black pepper seed

Banana leaves (optional)

Prepare the aromatic spice paste

Chop all the vegetables, herbs and spices finely to create a paste (you can use a food processor). Add coconut oil and shrimp paste.

Marinate and wrap the chicken

*Marinate the chicken with salt and pepper. Keep aside for 2 minutes then marinate with your paste (bumbu rajang) – cover the entire chicken. Set aside for 1 hour.

*the chicken in banana leaves. Steam for around 35 – 45 minutes

Remove the chicken from the steamer and place on the grill for around 3 minutes until it turns golden color. Your delicious Ayam Betutu is ready to be served.

Selamat Makan!