

“Masak Lemak”: Sweet Leaf and Sweet Potato in Coconut Milk

Ingredients:

1 sweet potato - diced into 1" cubes
1 tbsp dried shrimp - whole
5 shallots - sliced
3 garlic - sliced
200 ml - coconut milk (boxed or fresh)
1 cup of water
1 Sweet Leaf
salt and sugar to taste



Method:

1. First pour in the water into your pot. Add in to the pot your shallots and garlic with the dried shrimp. Let the water boil, once it has reached the boiling point you can start smelling a rather sweet aroma.
2. Next, put into the pot your cubed sweet potato, let it cook. To know if your potato has cooked, take a piece out and pierce it with a fork, if it slides in like a hot knife to butter, your potato is cooked. This usually takes about 10 minutes.
3. Pour in your coconut milk. Be sure to stir constantly and not to boil over the milk, this will break the coconut milk and you'd get curdled milk. It is a good idea to slow down the burner for this.
4. Next, put in your Sweet Leaves. If you've bought this from the Farmer's Market, you can dump the leaves and its stalks straight into the pot. But be sure to only throw in the softer stems.
5. Finally, add salt and sugar to your pot, adjust the taste to your liking. Serve hot with rice, deep fried fish and your ready to go.

This dish can be kept for at least 3 days in the fridge. I wouldn't suggest to keep it any further, not suitable for freezers. Also if you cannot find sweet potatoes, pumpkin and yam will do great with this recipe.

<http://latitudes.nu/masak-lemak-recipe-sweet-leaf-and-sweet-potato-in-coconut-milk/>