



Sally's Galley

By Sally Oulton*

Balinese Fish Salad

It has been a few months since I have had an opportunity to write this column due to personal and business commitments - my apologies for the delay in my return. To make up for it, I thought I would share with you a little piece of a recent trip I made.

I would love to say the trip was a week out on the water fishing. I wasn't quite that lucky. Rather, it was something else that I consider just as fun and right up there with fishing - a trip overseas and a spot of cooking!

It entailed a working holiday with my mother to the island of Bali. A part of my work involves sourcing Fair Trade children's products and after visiting one of Bali's Fair Trade organizations and learning about the way people's lives have changed as a result of being paid fairly for their work, we were able to support them by taking on a range of products to sell back here in Oz. Once our work had been completed we took the opportunity to discover beautiful Bali. We were quite impressed with some of the cuisine and as a result took the opportunity to discover more by participating in a cooking course.

It was a superb course with the freshest and finest ingredients. That alone is always going to guarantee a splendid dish (as long as the cook doesn't stuff it up!). With Balinese cooking, it is quick, spicy and simply delicious.

But, firstly let me tell you a little about Bali and its cuisine.

My mother and I spent a week in the lush hilltop town of Ubud. It is where there is a prevailing sense of serenity. Surrounded by verdant rice paddies and a forest home to monkeys. It is also far removed from the touristy and chaotic madness of







the popular beach town of Kuta.

Ubud is complete contrast to Kuta. It is an artist's town. Thousands of sculptures, carvings or paintings adorn the dozen narrow streets leading into the town centre which buzzes with mopeds ridden by school children or a family of three and sometimes, amazingly, four on one moped.

It is a wonderful spot for shopping. You can find exotic items and artifacts for the home and shop for latest designer clothes perfect for summer. It also houses some fantastic restaurants producing some of Indonesia's favourite dishes, or if you're not that adventurous, there is plenty of good quality western cuisine.

Once our business was out of the way we decided to join in a cooking course at a restaurant called 'Lake Leke'.

'Lake Leke' means midway. It was quite an appropriate name since the restaurant was literally hidden away, surrounded by rice paddies. The grounds offered beautiful gardens and lily ponds with open-air pavilions with thatched roofs. In typical fashion everywhere in Bali, the people were friendly, gentle and welcoming.

We were introduced to several Indonesian dishes including the widely known stir-fried rice dish, Nasi Goreng - literally meaning 'fried-rice'.

My favourite dish was the Balinese Fish Salad. It was full of flavour, quick and easy to make, and smoked over the barbeque. Simply delicious. It can be made using firm

white fillet such as snapper or if you're a fan of the darker flesh of tuna, it is perfect for this recipe. You can make this on the barbeque or even better over an open fire where you will enhance the flavour with the smoke from the fire.

If you are going camping or planning to spend a few days out on an anchor, you can prepare the marinade beforehand. Simply make up and place in a Ziploc bag.

To begin, you will need a pestle and mortar.

Balinese Fish Salad

(Ikan Panggang Sambla Matah)
– Serves 4

600g tuna or firm white flesh fillet such as snapper
1 tbsp coriander seeds
1 tsp turmeric
1 tbsp lemon
pinch salt and pepper
2tbsp canola or coconut oil

Crush the coriander seeds and turmeric in pestle & mortar. Add 1 tbsp lemon, pinch of salt and pepper. Completely cover the fish in this mix

Sally's Traditions & Superstitions

Did you know . ??

Balinese aren't really known for being sea faring people. Usually the fisherman are Javanese, since the Balinese believe that good spirits dwell in the mountains and that the seas are home to demons.

Sally, F&B

and marinate the fish for 1-3 hours in the fridge. Or if camping or out on anchor for a few days, place the fillets of your freshly caught fish in the already prepared marinade in the Ziploc.

While that is marinating, make the dressing. This can also be prepared in advance and placed in a glass jar/bottle or container.

Balinese dressing

3 tsp olive oil or coconut oil
4 French shallots, chopped finely
2 cloves of garlic
1-2 red chilies, seeded and finely sliced
½ tsp fish sauce
1 tsp lime juice
1 stalk lemon grass – crushed and chopped finely white part
1 tsp grated ginger
season with salt

Mix all together in a bowl.

Mix salad oil, shallots, garlic, chilies, fish sauce and lemon grass. Then season with salt and a squeeze of lime juice.

Heat up the barbeque or place the grill over the open fire. Place the marinated fish on the grill and cook for 5 mins each side.

Take off the heat and let it cool for 10-15 mins. Flake the fish with fingers over the top of the dressing bowl and mix all together.

Serve as is or with steamed jasmine rice.

Bon Appetite!

F&B