

Pongteh

Ingredients:

10 shallots, peeled & pounded
8 cloved of garlic, peeld & pounded
Cooking oil
4 tbsp fermented bean paste
1 tbsp palm sugar
Chicken or pork

Fresh bamboo shoots, cut into pieces
1 tbsp dark soy sauce

Method:

1. Pound shallots and garlic into a paste.
2. Heat oil over medium heat. Add in shallots and garlic and stir fry until fragrant.
3. Add 4 tablespoons of fermented bean paste. Stir fry for 2-3 minutes.
4. Add the palm sugar.
5. Add chicken/pork. Stir fry until the meat is cooked.
6. Add the bamboo shoots and dark soy sauce.
7. Add water until it covers the meat. Stew for 40-60 minutes until the meat is tender.
8. Serve hot with rice.

- Michelle Low | Asia

“Pongteh is a classic Peranakan dish that uses fermented bean paste as its core ingredient. The term Peranakan generally refers to the descendants of Chinese immigrant who married indigenous people in the Malay Archipelago and Straits Settlements. Peranakan males are known as babas while females are known as nyonias. My great-grandmother, who was a nyonya, would prepare this dish whenever there was a family gathering. Unlike many other Peranakan dishes that require countless spices/herbs, Pongteh is a relatively simple and yet flavourful dish to prepare. After my parents were married, my dad craved this dish and shared his recollection of how my great-grandmother cooked the dish, with my mum. With trial and error, my mum has now perfected this recipe, so that my whole family would just slurp it up whenever she cooks it!”

