

TULUK

Base recipe



Ingredients

5 cups of grated cassava (manioc)
250 gr minced beef
3 spring onions
2 cups coconut cream
8 banana or lap lap leaves
Salt & pepper

4 Serves

Method

Pre heat the oven to 180°C.

This is a typical celebratory dish from our local village in Eton. Don't let its simplicity fool you... it is really delicious.

Using a grater, grate approx 5 cups of fresh cassava. You can buy the roots / tubers from your green grocer. Add half a cup of the coconut cream to a porridge like consistency. Add ½ teaspoon of salt.

In a pot boil the beef, spring onions and half cup of the coconut cream. Season with salt and pepper (ground white pepper is best). Set aside to cool.

Cut the leaves into pieces approx 8 inches square. Holding a leaf in one hand, sprinkle with some coconut cream then add the grated cassava mix. Using your fingers, spread out the cassava into a rectangle and make a well lengthways. Add about a tablespoon of the beef mixture and fold over the cassava to cover it. Wrap the mixture by folding the leaf into a nice little packet and set aside in the baking tray. You can make these as large or small as you like.

Arrange the tuluk parcels in the baking tray and into the oven for about 45 minutes. Larger may take more, smaller less....

Test just like a cake with a skewer... if it comes out clean then it is cooked. Unwrap one and check for a nice slightly browned side... if not... put it back in the oven. I like one side a little crunchy.

Remove the tuluk from the oven, and stack on a plate to serve.