

Papua New Guinean Recipes

The cuisine of Papua New Guinea is based on indigenous ingredients easily gathered from the jungle or cultivated in home gardens. The starchy innards of the sago palm yield a flour suitable for breads and puddings. Pork is a popular meat and is often cooked in a traditional firepit called a *mumu*. A type of sweet potato called a *kaukau* is a staple vegetable as are a wide variety of greens and tropical fruits.

BAKED SWEET POTATO

3 Cups mashed Sweet Potato or Kau Kau
3 Tablespoons butter
3 Tablespoons finely sliced onions
3 eggs
½ teaspoon ground cinnamon
1 Tablespoon milk
salt and pepper to taste.

Method

After mashing the cooked sweet potato, mix in the butter, onion, milk, cinnamon, salt and pepper. Separate the egg whites from the yolks. Beat them separately.

Fold the egg yolks into the mashed potato followed by the egg whites. Place mixture in a greased baking dish.

Brush the top with butter and bake in the oven with the dish placed in a pan of water for 35 to 40 minutes at 160 degrees celsius.

KOKODA FISH

1 kg of fish fillets (any firm white fillets)
1 cup lime or lemon juice
1 clove garlic (crushed)
½ to ¾ cup of coconut cream
Garnish: sliced hard boiled eggs, onion rings, cucumber and sliced tomato

Method

Remove skin and bones from the fish and cut into 1 cm cubes. Put in a glass or earthenware bowl and pour juice over. Cover and refrigerate for 6 to 8 hours turning from time to time with a wooden spoon. Take fish from bowl and drain off juice. Mix the garlic with the coconut cream. Divide fish into 6 bowls and pour the coconut cream over the fish. Garnish with eggs, onions, cucumber and tomatoes. If available serve with baked bread fruit and baked bananas.

YAM PATTIES

3 cups of any yam, cooked and mashed (potato, taro, manioc, tapioca, etc)
1 beaten egg
2 teaspoons grated onion
2 teaspoons chopped parsley
plain flour
salt and pepper to taste
cooking oil for frying

Method

Mixed the mashed yam with egg, onion, parsley, salt and pepper and form a flat circular patty. Roll the patty in flour and fry in hot oil till golden brown.

PIT PIT IN COCONUT CREAM

12 pieces of pit pit (the edible stalk of a wild cane)
3 cups coconut milk
1 spring onion
2 tomatoes
¼ teaspoon grated ginger
½ teaspoon salt

Method

Mix all the ingredients and steam on medium heat for 15 to 20 minutes, until cooked all the way through.

COCONUT WITH MIXED VEGETABLES

6 cups of mixed vegetables

(whatever is available— for instance you can use any of the following carrots, snake beans, kau kau or sweet potato, zucchini, green or red peppers, eggplant, potatoes and peas)

1 crushed clove of garlic

2 fresh small chillies, seeded and chopped

½ cup fresh coconut cream,

½ cup grated coconut

2 tablespoons of oil

Method

Boil a cup of water in a saucepan. Boil each vegetable separately in the same water. Ensure that each vegetable is lightly cooked but still firm to bite. Use a little more water if it has evaporated. Do not throw away the water once you have cooked the vegetables. Mix together all the ingredients with the saved vegetable water and bring to the boil. Add all the vegetables and simmer gently for five minutes. Serve with plain, boiled white or brown rice.

BANANA CAKE

½ cup margarine or butter

½ cup of sugar

2 eggs

1 teaspoon vanilla essence

3 medium size bananas (mashed)

1 teaspoon bicarbonate of soda

1 ½ cup of self-raising flour

1/3 cup of milk - well enough to give it the right texture, wet, but not runny.

Method

Pre heat oven to 180 degrees.

Beat butter, sugar and vanilla essence until creamy.

Gradually beat in eggs and add mashed bananas.

Mix milk and bicarbonate of soda and fold into banana mixture with flour (note - the amount of milk will vary depending on the mushiness of the bananas).

Pour batter into a round greased 20 cm deep-sided cake pan.

Bake for 45-50 minutes in a hot oven.