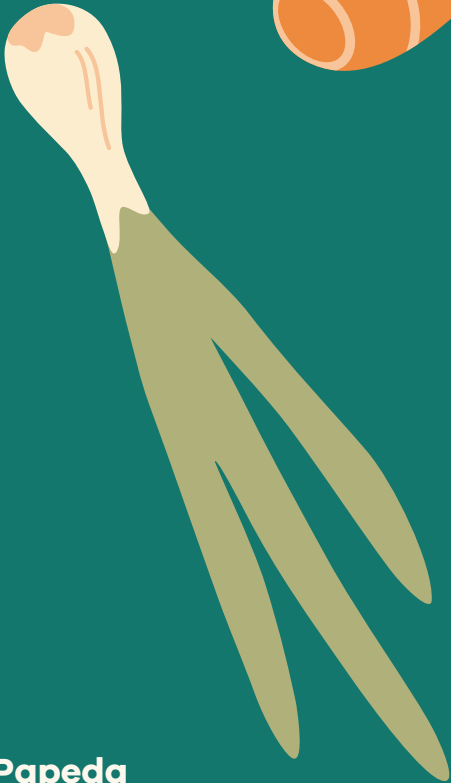


# *Cooking up Culture*



**Papeda**  
by Yacob Manhwa



Papeda is a staple from Eastern Indonesia (the Papua, Maluku and Sulawesi regions), consisting of coagulated sago starch. In this recipe, the papeda is enjoyed with a classic turmeric fish soup with herbs and spices, for a healthy and tasty meal.

Eating ‘Papeda’ reminds me of how close my family relationship has been. When I was at school in Indonesia, this food was usually eaten at weekends, especially when all family members were at home for having lunch after Sunday church. All of us enjoyed Papeda as it is mouth-watering and tastes delicious when it is combined with turmeric fish soup. I love the sourness and spicy flavour! I also remember the steps, tastes and ingredients that my Mom used when cooking Papeda. That’s why I can easily make Papeda wherever I am. It was so lovely after eating Papeda, we used to have chats and sing karaoke together. I miss those days so badly!

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### Ingredients

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#### **TURMERIC FISH SOUP**

**500g of red snapper fillet**  
**8 shallots, peeled, chopped**  
**3 cloves of garlic, peeled, chopped**  
**2 big red chillies, chopped**  
**4cm of turmeric, peeled, chopped**  
**2cm of ginger, peeled, chopped**  
**1 lemongrass (use only the white part), bruised, knotted**  
**3cm of galangal, bruised**  
**4 kaffir lime leaves**  
**5 whole bird’s eye chillies (optional)**  
**A handful of ‘Kemangi’ (Indonesian basil)**  
**1 lime**  
**Salt to taste**  
**3 tbsp of cooking oil**  
**800ml of water**

#### **PAPEDA**

**150g of sago starch**  
**700m of boiled drinking water**  
**Lime juice to taste**  
**Salt to taste**

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### Method

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#### **TURMERIC FISH SOUP**

Slice the fish into 4–5 pieces, wash thoroughly and sprinkle with lime juice. Set aside. Grind shallots, garlic, big red chillies, turmeric and ginger into a fine paste. Heat the cooking oil in a wok over a medium heat. Sauté the fine paste until fragrant, around 3 minutes. Add galangal, lemongrass and lime leaves. Continue to fry for around 3 minutes. Add the fish and mix with the spices. Add water, salt and a pinch of sugar. Cook until the soup boils, over medium high heat, then lower the heat to medium. Cook the fish for around 20 minutes. Add the whole bird’s eye chillies and continue to cook for another 5 minutes. Add the kemangi leaves, stir, close the lid and turn off the heat.

#### **PAPEDA**

Mix the sago starch with 50ml of water until it is completely dissolved and there are no clumps. Boil the remaining water and pour it over the dissolved sago starch. Using a wooden spoon, quickly stir the dissolved sago, until the sago is turned completely translucent with no more white parts.

#### **NOTES**

- If the sago doesn’t coagulate when it has been stirred in hot water, heat it up over low heat until it turns completely translucent.
- Any kind of fish can be used to make the soup.