INDONESIAN · LUNCH · DINNER

# Pepes Ikan (Indonesian Spiced Mackerel in Banana Leaf)

Pepes ikan kembung kemangi

60 min · Serves 3 · 282 kcal a serve · Video 8:03 in Indonesian · Nuraaini Soewarto

No dairy listed

Mackerel steamed in a chilli, tomato and herb paste: about 26 g protein and 12 g net carbs a serve, rich in omega-3 and vitamin B12, with about 1 g added sugar.

**Diet notes:** Low saturated fat (2.5 g, 8% of the energy); Gluten-free with a swap: use gluten-free penyedap.

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## Ingredients 17 · SERVES 3

- [ ] 6 small **Indian mackerel** (ikan kembung), 1¼ lb whole, cleaned
- [ ] **Lime juice**: juice of ½ lime
- [ ] 1 thumb **fresh turmeric** (kunyit)
- [ ] 1 thumb **fresh ginger**
- [ ] 4 **candlenuts** (kemiri)
- [ ] 8 **shallots** (bawang merah)
- [ ] 4 **garlic** cloves
- [ ] 15 **curly red chillies** (cabai merah keriting)
- [ ] 1 tsp **coarse salt**
- [ ] 2 **tomatoes**, chopped small
- [ ] a little **oil** (about 1 tbsp), for frying the paste
- [ ] ½ tsp **penyedap** (seasoning powder)
- [ ] 1 tsp **sugar**
- [ ] 12 **daun salam** (Indonesian bay leaves)
- [ ] 3 **lemongrass** stalks, cut in short pieces
- [ ] 12 **bird's eye chillies** (cabai rawit)
- [ ] 1 bunch **lemon basil** (kemangi)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Gluten, Fish, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Rub the cleaned mackerel with the lime juice and leave for 15 minutes to freshen the smell. 1:00
2. Pound the turmeric, ginger, candlenuts, shallots, garlic and red chillies with the coarse salt to a fine paste (or blend), then pound in the chopped tomatoes. 1:29
3. Fry the paste in a little hot oil over medium heat, add the seasoning powder and sugar, and cook until the liquid has cooked off and it smells cooked. Set aside. 3:00
4. On two layered pieces of banana leaf put 2 bay leaves, some lemongrass, chillies, lemon basil and a spoon of paste; lay a fish on top, cover with more paste, chillies and basil, fold into a parcel and pin with toothpicks. Repeat. 3:50
5. Steam the parcels over boiling water for 20 minutes. 5:20
6. Toast the steamed parcels on a hot grill pan, turning once, until the leaves char and smell fragrant. Serve in the leaf. 5:57

> **Tip** Serves 3 (our estimate: 2 fish each). You need about 6 banana leaves; foil works. Indonesians eat it with rice; steamed greens keep it lower in carbs. Indian mackerel has small bones, so eat with care.

The method is a summary in our words, in English — the video (in Indonesian) shows every step.

## One serve gives you 1 OF 3 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **282** kcal | **26** g | **16** g | **3.6** g | **13** g | **1,040** mg |
| 1,180 kJ | 51% of a day | 12 g net · 7.4 g sugars | 13% of a day | 2.5 g saturated | 45% of a day |
| | | 6% of a day | | 17% of a day | |

**Energy from** net carbs 18% · protein 39% · fat 43% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin B12 282% · Omega-3 113% · Selenium 74% · Vitamin C 66% · Vitamin K 50% · Vitamin B6 50% · Potassium 22%

**Source of** (10–19%) Vitamin E 18% · Magnesium 17% · Iron 12% · Vitamin A 12% · Zinc 11% · Folate 11%

**Recipe and video:** Nuraaini Soewarto (@NuraainiSoewarto) on YouTube — youtube.com/watch?v=Lwn9YnVh9LE, published 17 June 2022. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pepes-ikan-kembung-kemangi