

Ingredients for *Belacan Midin*

Malay Transcript:

Baik hari ini kita nak buat belacan midin. Belacan midin merupakan, um.. satu masakan yang unik kepada negeri Sarawak di Malaysia. Ini midin.¹ Ini akan dibuat sosnya - ini cili buat pedas, ini udang kering dan bawang put.. bawang merah. Bawang merah dan udang memberi bau yang nyaman. Ini.. ini dinamakan belacan.² Belacan memberi rasa yang sangat sedap. um.. Nanti keempat-empat ini - bawang merah, belacan, dan cili, udang akan di.. akan dimasukkan ke dalam um.. mangkuk ini, akan dicampurkan dan ditumbuk. Kemudian midin akan dimasukkan ke dalam kualiti dan bahan yang ditumbuk akan dimasukkan juga dan digoreng kering untuk buat masakan.

English Translation:

Today we are going to make *belacan midin*. *Belacan midin* is, um.. a dish which is unique to the state of Sarawak in Malaysia. This is the *midin*³. These are the ingredients of the sauce – this is chili to make it spicy, these are dried prawns, and onion... shallot. The red onions and the prawns give the dish an aromatic smell. This... this is called *belacan*⁴. *Belacan* gives the dish a very good taste. Later, these four – red onions, *belacan*, chili and prawns will be emptied into this bowl to be mixed and pounded. After that, the *midin* will be placed in the wok, followed by the pounded ingredients, and they will be stir-fried together.

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¹ Midin merupakan sejenis paku-pakis yang biasanya dimasak bersama dengan bawang putih atau belacan. Midin adalah sangat rangup.

² Belacan merupakan sesuatu pes yang berwarna coklat dan diperbuat daripada udang-udang kering, Belacan sangat kerap digunakan dalam banyak resipi kari dan sos Asia Tenggara.

³ *Midin* is a jungle fern which is usually cooked in either garlic sauce or *belacan*. It is famous for its crispy texture.

⁴ *Belacan* is a thick, brown paste made from fermented and sun-dried ground shrimp. It is an important ingredient in many Southeast Asian curries and sauces.