

Malay Transcript:

Kini kita hendak menumbuk. Buangkan udang kering ke dalam mangkuk. Alternatifnya kamu boleh guna mesin pengisar, tetapi ini merupakan cara yang melepaskan lebih rasa. Selepas itu, um.. campurkan bawang merah. Ditumbuk semula. Kemudian, cili. Lepas itu, belacan. Hampir siap. Kau habis? Sudah habis? Ya. Ok. Kini masa sudah tiba untuk masak. Pertama, kamu.. kamu perlu memanaskan kualiti, masuk sedikit minyak dan terus masukkan bahan yang telah ditumbuk. Memanaskan bahan untuk beberapa minit sebelum kamu masukkan midin. Baik. Masukkan midin ke dalam kualiti. Midin digoreng hing.. hingga sedikit layu. Baik, masak untuk lima minit kemudian boleh dihidangkan. Ini produk, belacan midin. Umm.. Hari ini masakkan dibuat tanpa guna garam kerana, um.. tadi kamu ingat kita gunakan, uh.. belacan. Belacan ada banyak garam dalamnya, oleh itu ini cukup masin. Ini, um.. masakkan ini baik dimakan bersama dengan nasi kerana belacan memberi rasa yang sangat kuat.

English Translation:

Now we will start the pounding. Empty the dried prawns into the mortar. Alternatively, you can use a blender, but this method releases more flavor. After that, um... mix in the red onions. Resume pounding. After that, add the chili. After that, add the *belacan*¹. We're almost done. Are you finished? Finished? Yes. Okay. The time has come to start cooking. First, you heat up the wok, add some oil and immediately add the pounded ingredients. Heat up the ingredients for a few minutes before adding the *midin*². Okay. Add the *midin* into the wok. Stir-fry the *midin* until it is slightly wilted. Okay, cook for five minutes before serving. This is the product, *belacan midin*. Umm... today the dish was made without using salt because, um... just now you saw that we used, uh... *belacan*. *Belacan* contains a lot of salt itself, so it is salty enough. This, um... dish goes very well with rice because the *belacan* has a very strong taste.

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¹ *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.

² *Midin* is a jungle fern which is usually cooked in either garlic sauce or *belacan*. It is famous for its crispy texture.