

Mumu

This is a westernised version of rural food from **Papua New Guinea**¹.

Slowly cooked layers of meat, poultry, fruit and vegetables.

Quantities are not specified below, (this is real cooking), but you will need approximately

- 150 gm root vegetables
- 125 gm pork flesh
- 150 gm fruit
- 125 gm poultry
- 150 gm green veg

per serving portion.

Ingredients

Root vegetables:

carrots
swedes
sweet potato
parsnips

Meats:

pork
poultry

Fruit:

FAIRTRADE mango
papaya
yam
banana

Green vegetables:

peas
beans
broccoli

Green leaves:

banana leaves
spinach
cabbage

Others:

Coconut cream
spices
FAIRTRADE lemon
Zaytoun **FAIRTRADE** olive oil
salt and **FAIRTRADE** ground
black pepper

Method

Notes

Mumu is a slowly cooked layered dish, and within that context it can be almost whatever you have available. In the forests of Papua New Guinea, it would probably be whatever you could catch.

The layers should be, from bottom to top:

- Root vegetables
- Pork flesh

¹http://www.fairtradecookbook.org.uk/countries/papua_new_guinea.htm

- Fruit
- Poultry flesh
- Green vegetables

All of which should be embellished with herbs and spices as available, made succulent by the addition of coconut cream, and wrapped in green leaves to trap the flavours

Preparation

Prepare all meat and veg and fruit in the normal way, trimming off unwanted peel or bits as necessary.

Assembly

Add herbs and or spices at each layer according to your taste.

Lightly oil a large metal casserole dish (Le Creuset = perfect).

Line with spinach leaves or grape vine leaves.

Make a layer of root veg, hardest at the bottom.

Make a layer of pork.

Make a layer of fruit.

Make a layer of poultry.

Make a layer of green vegetables.

Add in the coconut cream / milk.

Cover all with more spinach leaves.

Cooking

Cover and place the casserole over a medium flame to bring the juices up to cooking temperature (15 mins).

This dish is not stirred, ever.

Turn the flame down to the lowest setting, very gently simmer for 45 mins.

Move the casserole to the oven, bake at Gas Mark 1, (slow) for 5 hours.

To serve

Serve hot from the casserole.

Variations

Within the concept, vary what you include. Be creative, take a risk, but do ensure that the animal protein is properly cooked and tender.