



Jukut Undis (Black Pigeon Pea Soup)

Indonesia | Medium | 2 hours | 3-4 servings | Soup

Jukut undis or black pigeon pea soup originates from Buleleng, Singaraja, located in the northern part of Bali in Indonesia. Undis or pigeon peas are considered very beneficial crops, whose young shoots and pods are eaten as a vegetable. Newly harvested beans are used to substitute soybeans in tempeh and tofu, while dried beans are used to make jukut undis.

In the past, black pigeon pea soup was relatively unknown. But thanks to the revival of Indonesian traditional cuisine, nowadays it is sought after by locals and tourists alike. Commonly eaten with steamed rice, it is traditionally served for breakfast, lunch and dinner. Therefore, locals cook jukut undis in large quantities. The practice of reheating the soup just before serving makes it taste more salty. In order to reduce saltiness, unripe jackfruit or papaya can be added during the reheating process.

Tools and equipment

~ Pestle and mortar (or food processor)

~ Soup pan



Ingredients

Dried pigeon peas	200 g	Shrimp paste	1/2 tsp
Shallot	4 units	Indian bay leaf	1 unit
Garlic	4 cloves	(<i>Syzygium polyanthum</i>)	
Chilli	4 units or less	Salt	to taste
Galangal	1 cm	Cooking oil	to taste
(<i>kencur or Kaempferia galanga</i>)			
Ginger	1 cm		
Bruised Thai galangal	2 cm		
(<i>lengkuas or Languas galanga</i>)			
Lemongrass	1 stalk		
(<i>bruised</i>)			



Directions

- 1 Soak pigeon peas overnight, rinse and clean them.
- 2 Put pigeon peas, unripe jackfruit, lemongrass, Indian bay leaf and Thai galangal in a soup pan, cover with approximately 1, 5 liters of water and set aside.
- 3 With pestle and mortar (or food processor), crush shallot, garlic, ginger, galangal, chillies, shrimp paste and salt, until the mixture turns into a fine paste.
- 4 Add the paste to the soup pan, and bring all ingredients to boil.
- 5 Lower the heat for about 30 minutes until the beans are soft. Serve hot.