



Jamu

Kunyit Asem is a traditional Javanese jamu that combines tamarind, turmeric, pandan and palm sugar in an invigorating bright-orange blend that is believed to support the immune system thanks to the antioxidant and anti-inflammatory properties of its ingredients.

Amandari wellness specialists Pak Sofyan and Ibu Onet present their recipe here. Note that this is based on ingredients that are readily available in Bali – some creative substitutions may be called for

1. Combine 125g palm sugar (*5 tbsps of maple syrup will do in a pinch*), 125g chopped, crushed turmeric root (*or 4 heaped tps turmeric powder*), 30g ginger, and 100g seedless tamarind (*or 5 tbsps of tamarind paste mixed with a little warm water to loosen, or, failing that, the juice of two limes*) and a pandan leaf (*or four kaffir lime leaves*) in a pan with about 600ml water. Add a pinch of salt and bring to the boil.
2. Take off the boil, leave to cool, and strain through a muslin. Decant into a bottle and refrigerate.
3. Enjoy a small glass in the morning.