

Papua New Guinea

Creamed Aupa

Julie enjoyed a warm welcome from all of her colleagues at the National Art Museum in Papua New Guinea. The women she works alongside, and those from the co-operative food market nearby, made the welcome even more special by inviting Julie into their world of food. Of the wide range of traditional recipes they have shared, it is the *creamed aupa* that sends her taste buds into overdrive.

While referring to Julie as their sister, the women willingly shared this recipe that has been passed down by their mothers for generations. They explained that the main ingredient, while not listed in the recipe below, is in fact love. The aupa must be cooked with love for those whose tummies it will fill.



Ingredients

- 1 bunch aupa*
- 1 medium coconut*, grated
- 2 cups water
- 1 large carrot, sliced
- 1 large onion, roughly sliced
- 1 clove garlic, minced
- 1cm ginger, minced
- Salt to taste

Method

- Combine water and grated coconut in a bowl.
- Squeeze the coconut thoroughly until the coconut and the water are fully combined.
- Using a cloth, strain the mixture into a pot and heat slowly until almost boiling.
- Add the remaining ingredients, reduce the heat and simmer. Occasionally turn the ingredients over (do not stir) until the coconut cream mixture has reduced.
- Be careful not to overcook the mixture - the colour of the aupa should stay a vibrant green.
- Serve hot.

Tips

- * Aupa is a traditional green leafy vegetable from Papua New Guinea. Any green leafy vegetable can be used as a substitute, such as spinach.
- * If fresh coconut is not available, add a cup of coconut milk or cream instead.