

WORLD CULINARY ARTS:
Indonesia and Malaysia



THE WORLD'S PREMIER
CULINARY COLLEGE

Recipes from
Savoring the Best of World Flavors:
Indonesia and Malaysia

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TABLE OF CONTENTS

| | |
|---------------------------|-----------|
| MALAYSIA | 4 |
| INDONESIA | 28 |
| RECIPE INDEX | 41 |

MALAYSIA

BASIC INDONESIAN STOCK

KUAH INDONESIA

| Ingredients | Amounts |
|---------------------------------------------------------------------------------------------------------------------------------|---------|
| Chicken, duck or beef bones, without skin and fat, chopped in 2.5 cm (1 in) pieces. even smaller would be much better. | 11 lb. |
| Spice Paste (recipe follows) | ½ cup |
| Lemongrass stalks, bruised | 2 ea. |
| Kafir lime leaves, torn | 2 ea. |
| Large red chiles, whole, bruised | 2 ea. |
| Bird's-eye chiles, whole | 3-5 ea. |
| Salam leaves | 2 ea. |
| Black peppercorns, coarsely crushed | ½ tsp. |
| Coriander seeds, crushed | ½ tsp. |
| <i>Spice paste</i> | |
| Bird's-eye chiles, finely sliced | 50 g |
| Shallots, peeled and sliced | 225 g |
| Garlic, peeled and sliced | 125 g |
| Kencur root (lesser galangal), peeled and sliced | 50 g |
| Laos (galangal), peeled and sliced | 60 g |
| Turmeric, peeled and sliced | 125 g |
| Candlenuts | 75 g |
| Palm sugar, chopped | 50 g |
| Coconut oil | 100 ml |
| Water | 250 ml |
| Salt | ¾ Tbsp. |

Method #1

The traditional classical preparation

1. For the spice blend combine all ingredients except the oil and water in stone mortar or food processor and grind into a very fine paste. Heat oil in frying pan; add ground spices, water and simmer until water has evaporated and color changes to bright golden shiny. Cool before using.
2. Rinse bones until water is clear, place in stockpot and cover with cold water and bring to boil over high heat (blanch bones). Drain and discard water. Wash bones again under running water. Reserve half the bones for day two.
3. Return bones back to a larger stockpot, add three times as much water as bones and return to boil. Reduce heat and remove scum as it accumulates, with a ladle.

4. After five hours of slow simmering add all other ingredients including ground spices and simmer stock over very low heat 1 more hour. It is important not to cover the stockpot during cooking, as it will make the stock cloudy.
5. Strain stock and cool.

Method #2

Pressure cooker method

1. *Day one:* Follow exactly the same steps as described in the traditional method including step three.
2. Once the liquid comes to a simmer, remove scum; add all ingredients and cover with the lid of the pressure cooker. Pressure cook at a gauge of 1 bar/15 psi for 2 hours. Start timing as soon as full pressure has been reached. Turn off heat. Let the cooker cool for 20 minutes, or run tap water over the rim, to depressurize it.
3. Strain the liquid and discard the solids.
4. *Day two:* Repeat the same process as on day one, but this time you do not fill up with water but with the stock made the previous day.
5. Chill stock, place into a shallow container (about 4 centimeters deep) and freeze. To freeze completely will take between 24 to 36 hours depending on your freezer.
6. *Day three: Consommé through ice filtration*
7. Line a large fine strainer with cheesecloth and place on a container that can hold the volume of consommé you are preparing without touching the bottom of the strainer.
8. Place the frozen stock in the strainer and let it thaw in the fridge. This process may take up to two days.
9. Collect the resulting consommé and discard fat and larger particles that are left in the strainer.

Note: Yes this method takes not hours, but days, but with an almost unbelievable outcome. The only extra utensil you need is a pressure cooker, some extra space in a deep freezer and a chiller and your passion for good food and a little planning. The rest is very simple and actually very quick. It only sounds complicated.

YELLOW RICE

NASI KUNING

| Ingredients | Amounts |
|-------------------------------------|---------|
| Long grain rice, washed and drained | 250 g |
| Vegetable oil, for deep frying | |
| <i>Dressing</i> | |
| Vegetable or coconut oil | 1 Tbsp. |
| Shallots, peeled and chopped | 50 g |
| Garlic, peeled and chopped | 25 g |
| Chicken stock | 2 cups |
| Coconut milk | 1 cup |
| Lemongrass stalk, bruised | 1 ea. |
| Salam leaves, | 1 ea. |
| Pandan leaf, bruised, | 2 ea. |
| Turmeric water | 3 Tbsp. |
| Salt | a pinch |

Method

1. Rinse rice well under running water; and soak in fresh water for 10 minutes.
2. Drain water, place rice into conventional steamer (pot with boiling water below, perforated insert with cover on top) and steam for 25 minutes.
3. Place rice into deep bowl and add boiling coconut dressing. Mix well and allow rice to absorb liquid,
4. Return rice into steamer and steam again for 25 minutes or until rice is done.

Notes: Balinese people place special emphasis upon colors and color symbolism. It is significant that the three natural colors of rice are identical to the colors that symbolize three of the four cardinal directions, and the Gods that are assigned to those directions. Black is symbolic for the God of the north. White represents the God of the East. Red is symbolic for the God of the south. Only yellow, the color for the God of the west is lacking and of course there is a story about that. Using turmeric, which was given to the Balinese by the Gods, so that they would have all four colors, compensates for the lack of naturally yellow rice.

Yellow is the color for festivities and as such this delicious rice is always served as an important part of every ceremonial feast.

For the dressing heat oil in saucepan; add shallots and garlic and sauté for one minute. Add all other ingredients, bring up to a boil and simmer for five minutes.

Yellow rice without coconut milk: If coconut is not your favorite flavor and you wish to prepare a lighter version of this wonderful perfumed rice, then simply replace the coconut milk with an additional 125 milliliters of chicken stock

Steamed white rice: Follow the same directions as for yellow rice. Instead of adding the dressing (steps 3 and 4) replace with the same amount of boiling water.

Rice cooker: To prepare the above recipe in a rice cooker, wash and rinse the rice first for 25 minutes as in step one. Then drain the water and mix rice with the cooled dressing. Place into rice steamer and steam until done

BLACK RICE PUDDING

BUBUH INJIN

| Ingredients | Amounts |
|------------------------------|-------------------|
| Black glutinous rice | 1 cup |
| White glutinous rice | $\frac{3}{4}$ cup |
| Pandan leaves | 2 ea. |
| Water | 5 cups |
| Palm sugar, chopped to taste | $\frac{1}{2}$ cup |
| Coconut cream | 1 cup |

Method

1. Rinse both lots of rice well for 2 minutes under running water. Drain
2. Soak in water for 8 hours. Drain
3. Place 5 cups water, both lots of rice and pandan leaves into heavy stockpot. Simmer over medium heat approximately 45 minutes.
4. Add palm sugar syrup and continue to cook until most liquid has evaporated. Season with a pinch of salt. Remove from heat and allow cooling.
5. Serve at room temperature, topped with coconut cream.

Notes: As fresh coconut milk turns rancid fairly quickly, a pinch of salt is usually added to the milk to help preserve it for few hours. A more effective alternative is to cook the coconut milk with 1 teaspoon of cornstarch diluted in a little water: heat gently, stirring constantly for a couple of minutes. This coconut sauce will keep overnight.

Milk made from instant powdered coconut will not turn rancid, although the flavor is not as good as fresh coconut milk.

SPICE PASTE FOR SEAFOOD
BASE BE PASIH
ORANGE IN APPEARANCE

| Ingredients | Amounts |
|----------------------------------------------------|----------------|
| Large red chiles, seeded and sliced | 450 g |
| Garlic, peeled and sliced | 50 g |
| Shallots, peeled and sliced | 225 g |
| Turmeric, peeled and sliced | 175 g |
| Tomato, medium-sized, peeled, halved and seeded | 200 g |
| Ginger, peeled and sliced | 100 g |
| Candlenuts crushed | 125 g |
| Coriander seeds, crushed | 2 Tbsp. |
| Dried shrimp paste (terasi), roasted | 2 Tbsp. |
| Vegetable oil | 150 ml |
| Tamarind pulp | 2 ½ Tbsp. |
| Water | 250 ml |
| Salt | ¾ Tbsp. |
| Salam leaves | 3 ea. |
| Lemongrass stalks, bruised | 2 ea. |

Method

1. Combine all ingredients except tamarind pulp, salam leaves, lemongrass, oil, and water in food processor or stone mortar and grind coarsely.
2. Place ground ingredients in heavy saucepan, add remaining ingredients and simmer over medium heat for approximately 60 minutes or until water is evaporated and marinade changes to golden color.
3. Cool before using.

PASTE FOR MEATS FOR PORK, DUCK AND LAMB BROWNISH-REDDISH IN APPEARANCE

| Ingredients | Amounts |
|------------------------------------------------|---------|
| Large red chile, halved, seeded and sliced | 300 g |
| Garlic, peeled and sliced | 100 g |
| Ginger, peeled and sliced | 75 g |
| Shallot, peeled and sliced | 500 g |
| Galangal, (laos) peeled and sliced | 75 g |
| Kencur (lesser galangal), washed and sliced | 100 g |
| Turmeric, peeled and sliced | 175 g |
| Dried shrimp paste, roasted | 2 Tbsp. |
| Coriander seeds, crushed | 2 Tbsp. |
| Candlenuts, crushed | 75 g |
| Black peppercorns, crushed | 1 Tbsp. |
| Nutmeg, freshly grated | ¼ tsp. |
| Cloves, crushed | 8 ea. |
| Lemongrass stalks, bruised | 2 ea. |
| Salam leaves | 2 ea. |
| Vegetable oil | 150 ml |
| Water | 250 ml |
| Salt | ¾ Tbsp. |

Method

1. Combine all ingredients except water, oil, salam leaves, and lemongrass in food processor or stone mortar and grind coarsely.
2. Place in heavy sauce pan, add all remaining ingredients and cook over medium heat for approximately 60 minutes or until all water is evaporated and marinade changes to golden color. Cool before using.

ROAST CHICKEN IN BANANA LEAF

AYAM BETUTU

| Ingredients | Amounts |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------|
| Whole chicken, weighing about 1.2 - 1.5 kg | 1 ea. |
| Cassava leaves, or alternatively spinach leaves, cleaned and blanched for 3 min. Cool in ice water, drained and roughly chopped. | 200 g |
| <i>Marinade</i> | |
| Shallots, peeled and sliced | 50 g |
| Garlic, peeled and sliced | 25 g |
| Turmeric, peeled and chopped | 50 g |
| Kencur (lesser galangal) washed and chopped | 25 g |
| Ginger, peeled and sliced | 30 g |
| Galangal (laos) peeled and sliced | 25 g |
| Large red chiles, halved, seeded and sliced | 80 g |
| Bird's-eye chiles, sliced | 25 g |
| Candlenuts, chopped | 25 g |
| Lemongrass stalks, bruised and finely sliced | 4 ea. |
| Kaffir lime leaves, finely sliced | 5 ea. |
| Palm sugar, chopped | 20 g |
| Salam leaves | 2 ea. |
| Coriander seeds, crushed | 1 tsp. |
| Salt | a pinch |
| Black peppercorn, crushed | a pinch |
| Vegetable oil | 2 Tbsp. |
| Banana leaves, greaseproof paper or aluminum foil for wrapping | |

Method

1. Ensure inside and outside of chicken is completely cleaned out. Season inside and outside with salt and pepper.
2. For the marinade combine all ingredients except cassava and salam leaves in stone mortar or food processor and grind into a fine paste. Set ¼ of the marinade aside as a basting mix.

3. Combine the rest of the spice mix with cassava leaves and mix well. Season to taste with salt and pepper.
4. Loosen skin from breasts without breaking it and stuff half of the stuffing between the skin and the chicken breast. Fill the remainder of the stuffing into the center of the chicken and close opening with a sate skewer.
5. Wrap chicken into several layers of banana leaves, greaseproof paper or foil and steam for 1 hour.
6. Open upper layers of banana leaves to expose breast and legs Transfer chicken onto a wire rack into a moderate hot oven and roast at 140° C for 1 hour.
7. Remove banana leaves, cut chicken meat up in small pieces and serve with stuffing. When cooked, the meat should be so tender that it falls off the bones.

PORK IN SWEET SOYA SAUCE

BE CELENG BASE MANIS-BALI

Yield: 4 portions

| Ingredients | Amounts |
|---------------------------------------------------------------------------------------|----------------|
| Coconut oil | 4 Tbsp. |
| Shallots, peeled and sliced | 90 g |
| Garlic, peeled and sliced | 60 g |
| Boneless pork shoulder or neck, cut in 2.5 cm (3/4 in) cubes brined for 5 hours | 1.2 kg |
| Ginger, peeled, sliced and bruised | 70 g |
| Sweet soy sauce (Kecap Manis) | 6 Tbsp. |
| Salty soy sauce (Kecap Asin) | 3 Tbsp. |
| Black peppercorns, crushed | a pinch |
| Chicken stock | 600 ml |
| Bird's-eye chiles | 6-10 ea. |
| Large red chiles, left whole | 2-3 ea. |

Method

1. Heat coconut oil in heavy saucepan (pressure cooker pan). Add shallots, garlic, and sauté for two minutes over medium heat or until lightly colored.
2. Add pork and ginger; continue to sauté for two more minutes over medium heat. Add sweet and salty soya sauce, crushed black pepper, and continue to sauté for one more minute.
3. Pour in the chicken stock, add chiles, and bring to simmer.
4. Pressure cook at a gauge pressure of 1 bar/15 psi for 45 minutes. Start timing when full pressure is reached
5. Let the cooker cool for 20 minutes.
6. Lift the meat from the cooking liquid with a slotted spoon, and transfer to a frying pan.
7. Strain the liquid into a pot; bring to simmer and skim off as much fat as possible.
8. Transfer 250 ml (1 cup) of the cooking liquid to the pan with the pork, and simmer over medium heat, gently turning and basting the meat until it is glazed, 12 to 15 minutes. Reduce the remaining liquid by half and add to the meat. Mix well and simmer for two more minutes over low heat.
9. Remove from the heat, and let the mixture infuse for 7 to 10 minutes.
10. Season to taste with crushed black pepper.

BALINESE LAMB STEW

KAMBING MEKUAH

| Ingredients | Amounts |
|---------------------------------------------------|----------------|
| Boneless lamb leg or shoulder cut in 3cm cubes | 800 g |
| Vegetable oil | 2 Tbsp. |
| Basic spice paste (see recipe) | 1 cup |
| Coriander seeds, crushed | 1 Tbsp. |
| White vinegar | 1 Tbsp. |
| Cardamom pods (kapulaga), bruised and ground | 12 ea. |
| Lemongrass stalks, bruised | 2 ea. |
| Chicken stock | 1 ½ cups |
| Coconut milk | 2 cups |

Method

1. Heat oils in heavy saucepan; add spice paste, coriander seeds, and sauté for two minutes over medium heat.
2. Add lamb, cardamom (kapulaga), lemongrass, and continue to sauté until meat changes color.
3. Add 1-½ cups chicken stock and vinegar bring to boil and simmer until three-quarters cooked, adding more stock if necessary.
4. Add coconut milk, bring back to boil and simmer until meat is tender. Should the sauce reduce too much, add a little chicken stock. The sauce should be creamy in consistency.
5. Serve with steamed rice or rice cakes, fried shallots, lemon slices, and sliced celery.

Notes: When preparing a stew follow these guidelines

1. Always use a wide-open and shallow stew pan.
2. Only use secondary cuts of meat.
3. When first adding liquid follow a ratio of 2 parts meat to one part liquid
4. Do not cover a stew pot
5. If possible use a slow cooker and stew at around 75° C.

CHICKEN SATE

SATE AYAM

Yield:

| Ingredients | Amounts |
|-----------------------------------------------------------------------|----------------|
| Chicken leg bone and skinless cut in 1 cm x ¾ cm strips (1 ½ lbs.) | 800 g |
| Bird's-eye chiles, finely chopped | 3-5 ea. |
| Palm sugar | 1 Tbsp. |
| Chicken spice paste (see recipe) | ½ cup |
| Salt | a pinch |
| Sate skewers | |

Method

1. Combine meat, chiles, palm sugar, and spice paste and mix well.
2. Spear four pieces of meat very tightly on a sate skewer, cover and marinate.
3. Grill sates over very hot charcoal and baste frequently with basting mix.

Notes: To make sate with beef, lamb, or pork, follow the directions above but use basic spice paste for pork and lamb, and beef spice paste for beef.

Basting mix for grilling: Combine 1 cup of chicken spice paste with 1 cup of coconut oil and mix well.

PEANUT SAUCE-BASE SATE

| Ingredients | Amounts |
|-------------------------------------------------------------------------------------------------------|----------|
| Raw peanuts with skin, deep fried or roasted golden brown | 250 g |
| Garlic cloves, peeled and sliced | 2-3 ea. |
| Bird's-eye chiles, finely sliced | 4-5 ea. |
| Kencur (lesser galangal), washed and sliced (alternatively use ginger or galangal) | 7-8 g |
| Palm sugar, chopped to taste | 10 g |
| Coconut milk (use amount as guideline, 3-4 add as much as is needed to get a nice creamy sauce) | 3-4 dl |
| Sweet soy sauce (Kecap Manis) | 2 Tbsp. |
| Kaffir lime leaves, torn | 2 ea. |
| Lime juice, to taste | 1 Tbsp. |
| Salt | to taste |
| Fried shallots | 1 Tbsp. |

Method

1. Combine peanuts, garlic, chiles, and kencur in a food processor or stone mortar and grind finely.
2. Place ground ingredients in heavy saucepan together with coconut milk, palm sugar, and sweet soy sauce. Bring to the boil, reduce heat and simmer uncovered, stirring frequently to prevent the sauce from sticking, for 15 minutes.
3. Add lime juice and sprinkle with shallots just before serving as a dipping sauce for sate. Season to taste with salt.

Notes: Makes a delicious dipping sauce for meat sates or as a dressing for a vegetable salad. Always serve warm.

In most tourist hotels and restaurant this sauce is served together with sates as a dipping sauce. Funny enough the Balinese would never serve a dipping sauce with their sates, as they are already marinated and do not require additional sauce, instead mix salt and chopped chiles in which the tip of the sate is coated

MINCED SEAFOOD SATE

SATE LILIT IKAN

| Ingredients | Amounts |
|-------------------------------------------------------------------|---------|
| Snapper fillet, skinned and boneless | 500 g |
| Shrimp, peeled and cleaned | 300 g |
| Freshly grated coconut or 1½ cups moistened desiccated coconut | 1 cup |
| Seafood spice paste (see recipe) | ½ cup |
| Kaffir lime leaves, chopped | 5 ea. |
| Black peppercorns, finely crushed | 1 tsp. |
| Salt | 1 tsp. |
| Bird's-eye chiles, very finely chopped | 3-5 ea. |
| Palm sugar | 2 Tbsp. |

Lemongrass stalks or sate skewers

Method

1. Mince fish fillet and prawns very finely in a food processor or with a chopper.
2. Add all other ingredients and mix well.
3. Mold a heaped tablespoon full of this mixture around a wooden skewer or over trimmed stalks of lemongrass and grill over charcoal until golden brown.

Notes: It is extremely important to use only the freshest of fish. This recipe will not work with frozen fish as the mousse will get to watery and will not stick on the bamboo skewer or lemongrass. This is also a terrific way to use the trimmings from filleting fish or left over fish, or when using secondary quality fish which is often dry and not very pleasant in appearance, such as bonito tuna or other cheap seafood.

For an even better taste:

Replace ½ of the minced fish fillet with ½ minced prawns, which will further improve the delicious taste of this very unique sate.

Instead of seafood:

If you rather prepare this dish with meat then minced chicken, pork, or duck can be used. For the preparation follow the directions above and replace the respective spice pastes. Example: Chicken spice paste for chicken, basic spice paste for duck and pork. Additional add 2 tablespoon of fried shallots and 1 tablespoon of fried garlic to the minced meat.

MINCED CHICKEN IN BANANA LEAF

TUM AYAM

| Ingredients | Amounts |
|-----------------------------------------------------|---------|
| Boneless chicken, skin removed and minced (1¼ lbs.) | 600 g |
| Fried shallots | 1 Tbsp. |
| Fried garlic | 1 Tbsp. |
| Coconut cream | 1/3 cup |
| Chicken spice paste (see recipe) | 3 Tbsp. |
| Bird's-eye chiles, chopped | 4 ea. |
| Salt | a pinch |
| Black peppercorns, crushed | a pinch |
| Banana leaves, cut in 25x18 cm squares | 12 ea. |
| Salam leaves | 12 ea. |

Method

1. Combine the above ingredients except for banana leaf and mix well.
2. Fold a heaped tablespoon of the mixture into the center of banana leaf on top of salam leaves and wrap.
3. Steam parcels to a core temperature of 68°C, until well cooked.

Note: If banana leaf is not available, use greaseproof paper in preference to aluminum foil. Tum leaf wrapped bundles of highly seasoned food, are made with almost any basic ingredient in Bali, ranging from eels, to chicken, pork, beef, or duck.

GREEN PAPAYA SALAD WITH PRAWNS

LAWAR GEDANG

| Ingredients | Amounts |
|--------------------------------------------------------------------------|-------------------|
| Green papaya, peeled, halved, seeded and cut in fine strips, blanched | 400 g |
| Grated coconut roasted | 1 cup |
| Yellow fried shallot | 2 Tbsp. |
| Yellow fried garlic | 2 Tbsp. |
| Large red chiles, seeded and sliced | 2 ea. |
| Bird's-eye chiles, sliced and fried | 2 Tbsp. |
| <i>Dressing</i> | |
| Prawn, peeled and minced | 250 g |
| Coconut oil | 1 Tbsp. |
| Seafood spice paste (see recipe) | $\frac{3}{4}$ cup |
| Chicken or fish stock | $\frac{1}{2}$ cup |
| Coconut cream | $\frac{1}{2}$ cup |
| Lime leaves, finely chopped | 1 tsp. |
| Lime juice | 2 Tbsp. |
| Salt | a pinch |
| White peppercorns | a pinch |
| Fried shallot for garnish | |

Method

1. *For the dressing:* heat oil in heavy saucepan, add seafood spice paste and sauté until fragrant.
2. Add minced prawns and continue to sauté until meat changes color. Fill up with chicken stock and coconut cream.
3. Bring to boil and simmer for one minute; season to taste with salt, pepper, lime juice, and lime zest.
4. Allow to cool to room temperature.
5. In deep bowl combine all ingredients and mix well, season to taste with salt and pepper. Garnish with fried shallot.

Note: This dressing served warm makes a delicious pasta sauce

VEGETABLE SALAD IN PEANUT DRESSING

PECELAN

| Ingredients | Amounts |
|---------------------------------------------------|---------|
| <i>Salad</i> | |
| Long bean, cut and blanched | 100 g |
| Bean sprout, blanched | 100 g |
| Spinach, blanched | 100 g |
| Cabbage (small) thinly sliced, blanched | 100 g |
| Fried shallots | 2 Tbsp. |
| Fried peanuts, crushed | 2 Tbsp. |
| Salt | a pinch |
| <i>Peanut Sauce</i> | |
| Peanuts with skin on; deep fried lightly brown | 250 g |
| Garlic gloves, peeled and sliced | 3 ea. |
| Bird's-eye chiles, finely sliced | 1-3 ea. |
| Kencur, finely sliced | 10 g |
| Sweet soya sauce (Kecap manis) | 2 Tbsp. |
| Palm sugar, chopped | 20 g |
| Water | 1 cup |
| Salt | a pinch |

Method

1. *For the peanut sauce:* combine all ingredients, except water in stone mortar or food processor and grind very finely.
2. Add gradually the water until desired consistency; and season to taste.
3. *For the salad:* combine all vegetables and mix well with peanut sauce, season to taste with salt and pepper.
4. Garnish with deep fried shallots and peanuts. Sprinkle with shallots and serve with deep-fried krupuk.

RICE CAKE IN BANANA LEAF

KETIPAT

| Ingredients | Amounts |
|-----------------------------------|----------------|
| Glutinous rice | 300 g |
| Vegetable oil | 3 Tbsp. |
| Ginger peeled, sliced and bruised | 30 g |
| Shallot, peeled and sliced | 50 g |
| Pandan leaf | 1 ea. |
| Lemongrass stalk, bruised | 1 ea. |
| Coconut milk | 600 ml |
| Salt | a pinch |

Method

1. Wash rice thoroughly under running water, drain.
2. Combine ginger and shallots and grind in stone mortal to a fine paste.
3. Heat oil in heavy sauce pan, add above paste, pandan leaf, lemongrass, and sauté over medium heat for 2 minutes or until fragrant.
4. Add rice and continue to sauté until rice is evenly coated.
5. Fill up with coconut milk, mix well, and bring to boil. Reduce heat and simmer while continuously stirring until most liquid is absorbed and rice is starting to dry up. Set aside and cool to room temperature.
6. Place one heaping table spoon of rice in the center of a banana leaf and roll up very tight. Fasten with bamboo skewer or toothpick and roll up very tight with butcher string.
7. Steam for 30 minutes. Cool.

Note: Throughout Indonesia there are countless ways rice is prepared in similar ways and very often it takes hours to actually cook or steam this little packets; which make a delicious condiment to stews and dishes served with sauce. In this recipe by adding various spices and coconut milk a lot of additional flavor is added to the rice and by precooking the rice with coconut the final steaming time is reduced substantial.

VEGETABLE SALAD WITH GRATED COCONUT

JUKUT URAB

| Ingredients | Amounts |
|------------------------------------------------|---------|
| Corn kernels, blanched | 100 g |
| Fern tips, cleaned and blanched | 100 g |
| Cabbage, cut into 2x3 cm squares, blanched | 100 g |
| Long beans, cut into 3 cm lengths and blanched | 100 g |
| Bean sprouts, blanched | 100 g |
| Coconut, roasted and grated | 250 g |
| Fried shallots for garnish | 3 Tbsp. |
| <i>Dressing</i> | |
| Vegetable oil | 2 Tbsp. |
| Red chiles, large, seeded and sliced | 2 ea. |
| Kencur, sliced | 15 g |
| Salt | a pinch |
| Black pepper, crushed | a pinch |
| Palm sugar, chopped | 1 Tbsp. |
| Kaffir lime juice | 3 Tbsp. |
| Fried chile dressing (sambal sereh tabia) | 4 Tbsp. |

Method

1. Combine all vegetables in deep bowl and mix well.
2. For the dressing combine vegetable oil, chiles, kencur, salt, pepper, and palm sugar in stone mortar or food processor and grind into a fine paste.
3. Combine vegetables and dressing and mix well.
4. Add lime juice and fried chile dressing. Mix well.
5. Season to taste with salt and pepper.
6. Garnish with fried shallots.

Note: When blanching vegetables always place a small amount of vegetables in a large quantity of rapidly boiling water. (1 part food to 10 parts of water) The water should never stop boiling when the vegetables are added to the water. Boil vegetables uncovered for a short time. Then drain the water and allow the steam to evaporate. This combination of rapidly boiling water and not cooling them down in ice water will prevent the vegetables from losing an excess amount of color, vitamins and minerals.

SWEET CORN AND COCONUT SNACK

URAB JAGUNG

| Ingredients | Amounts |
|----------------------------|----------------|
| Sweet corn kernels steamed | 600 g |
| Grated coconut | 1 cup |
| White sugar | 125 g |
| Salt | a pinch |

Method

1. Combine sweet corn, coconut, sugar, and salt and mix well. Serve with coconut cream and few drops of lime juice

Note: This simple and very delicious dish is often eaten as a breakfast snack together with a glass of piping hot Balinese coffee. Instead of sweet corn, lentils, soybean, or various other beans are prepared the same way.

SHREDDED CHICKEN WITH CHILES AND LIME

AYAM PELALAH

| Ingredients | Amounts |
|--------------------------------------------------|----------------|
| Whole chicken, weighing about 1.2 kg - 1.4 kg | 1 ea. |
| Chicken spice paste (see recipe) | 1 cup |
| Tomato sambal | ½ cup |
| Lime juice | 3 Tbsp. |
| Salt | to taste |
| Ground black pepper | to taste |
| Fried chilis for dressing | 2 Tbsp. |
| <i>Basting Mix</i> | |
| Chicken spices paste (see recipe) | 1 cup |
| Coconut oil | 1 cup |

Method

1. Rub the chicken outside and inside with the spice paste, and season with salt and crushed black pepper.
2. Place on wire rack in oven and roast at 425°F / 218°C until thoroughly cooked. Frequently baste chicken with a mixture of ½ cup vegetable oil and ½ cup chicken spice paste.
3. Allow chicken to cool to room temperature. When cool, remove and discard the skin. Remove meat from bones and shred by hand into fine strips.
4. Combine chicken stripes with remaining ingredients. Mix well and season to taste.
5. Serve at room temperature with steamed rice.

FRIED BANANAS

GODOH BIU

| Ingredients | Amounts |
|----------------------------------------|---------|
| Rice flour | 2/3 cup |
| All-purpose flour | 1/3 cup |
| Water | 2/3 cup |
| Salt | a pinch |
| Finger bananas or large bananas sliced | 8 ea. |
| Oil for frying | |

Method

1. Combine flour, water, and salt in deep mixing bowl. Whisk vigorously until batter is even smooth and not too thin.
2. Dip halved bananas into batter. (Bananas should be generously coated.) Heat a generous amount of oil in heavy sauce pan, add bananas at very low heat and slowly fry until golden brown and crispy.
3. Serve with coconut cream or palm sugar.

Note: Beside bananas the Balinese also fry sweet potatoes and jack fruit in the same way. Most firm fruits make a delightful in between a meal snack, this together with a glass of coffee or tea.

FRIED RICE WITH NOODLES

NASI GORENG MAWUT

| Ingredients | Amounts |
|-------------------------------------------------|----------------|
| Vegetable oil | 3 Tbsp. |
| Chicken leg, de-boned and diced in 1cm cubes | 100 g |
| Prawns, peeled and cut into 1 cm cubes | 100 g |
| Large red chiles, halved, seeded and sliced | 20 g |
| Cabbage, white sliced | 50 g |
| Sambal tomat - spiced tomato sauce | 3 Tbsp. |
| Salty soy sauce (Kecap Asin) | 2 Tbsp. |
| Eggs, beaten | 2 ea. |
| Rice, cooked and cooled | 300 g |
| Egg noodles, cooked and cooled | 300 g |
| Spinach, cleaned and roughly sliced | 30 g |
| Leek or spring onions, sliced | 30 g |
| Celery leaves, sliced | 20 g |
| Fried shallots | 2 Tbsp. |

Method

1. Heat oil in heavy sauce pan or wok. Add chicken and prawns and stir fry for one minute until both ingredients changed color.
2. Add chiles and cabbage and continue to sauté one more minute.
3. Add sambal, tomato, and salty soy sauce; mix well until all ingredients are evenly coated.
4. Add eggs and continue to cook over high heat until eggs are scrambled and cooked.
5. Add rice and noodles and continue to stir fry for three minutes until all ingredients are well blended and hot.
6. Finally add spinach, leek, and celery and continue to fry for one more minute.
7. Season to taste with salt and pepper.
8. Garnish with fried shallots

COCONUT MILK RICE NORTHERN STYLE

NASI LEMAK UTARA

| Ingredients | Amounts |
|------------------------------------------------------------|----------------|
| Rice, washed and dried | 1 kg |
| Coconut cream, extracted from 1 grated, skinned coconut | 200 ml |
| Water | 1.3 lt. |
| Ginger, 4 cm knob, peeled and sliced | 1 ea. |
| Lemongrass stalks, bruised | 2 ea. |
| Screwpine (pandan) leaf, knotted | 1 ea. |
| Garlic cloves, peeled and sliced | 3 ea. |
| Shallots, peeled and sliced | 5 ea. |
| Fenugreek seeds | 1 Tbsp. |
| Black peppercorn | 1 Tbsp. |
| Salt | ½ tsp. |

Method

1. Place rice, coconut cream, water, ginger, lemongrass, screwpine leaf, garlic, shallots, fenugreek seeds, black pepper, and salt in an electric mixer rice cooker. Stir well.
2. Switch on the rice cooker and cook until rice is done.
3. Fluff the rice before serving

Note: This rice may be served with the following accompaniments: boiled rice, fried peanuts (groundnuts), fried dried anchovies, prawn sambal, squid sambal and fried water convolvulus (kangkung).

PRAWN AND LEMONGRASS CURRY

GULAI UDANG SERAI

| Ingredients | Amounts |
|--------------------------------------------------------------------|----------|
| Prawns, medium-sized | 1 kg |
| Shallots, peeled and sliced | 3 ea. |
| Garlic cloves, peeled and sliced | 3 ea. |
| Lemongrass stalks, bruised | 3 ea. |
| Water | 125 ml |
| Dried sour fruit (asam gelugar) | 1 ea. |
| Coconut milk, extracted from ½ grated coconut, and 250 ml water | 250 ml |
| Red chiles halved lengthwise | 2 ea. |
| Green chiles halved lengthwise | 2 ea. |
| Tumeric leaves, torn into pieces | 2 ea. |
| Salt | to taste |
| <i>Spices</i> | |
| Bird's eye chile paste (cili padi) | 1 Tbsp. |
| Dried chile paste | 1 Tbsp. |
| Fresh turmeric paste | 1 tsp. |

Method

1. Remove prawn feelers and legs. Rub prawns with salt and rinse with water
2. Put prawns, spices, shallots, garlic, lemongrass, and water in a pot. Stir well.
3. Add dried sour fruit slice and bring to the boil over medium heat until prawns change color.
4. Pour in half of the coconut milk, stir and reduce heat. Leave to simmer for a while.
5. Add red and green chiles and turmeric leaves.
6. Season with salt to taste and pour in remaining coconut milk.
7. Lower the heat and simmer for a few minutes and continue to stir. Turn off the heat and serve

Note: Always continue to stir when cooking prawn or crab in coconut milk curries. The correct way is to scoop and pour back the gravy several times from and to the center of the pot using a ladle. Make sure the coconut milk does not separate. If that happens, add more coconut milk and salt and repeat the scooping a pouring process.

PAHANG PATIN IN FERMENTED DURIAN GRAVY

GULAI IKAN PATIN PAHANG

| Ingredients | Amounts |
|--------------------------------------------------------------------------|----------|
| Fermented durian (tempoyak) | 2 Tbsp. |
| Red chiles, finely pounded | 3 ea. |
| Bird's eye chiles (cili padi) finely pounded | 6 ea. |
| Fresh turmeric, 4cm knob, peeled and finely pounded | 1 ea. |
| Lemongrass stalk, bruised | 1 ea. |
| Water | 450 ml |
| Patin, about 1.5 kg, cut into 3-cm slices (a type of freshwater fish) | 1 ea. |
| Tomato, wedged | 1 ea. |
| Cucumber, halved lengthwise and sliced 2-cm diagonally | 1 ea. |
| Red chile, split lengthwise with ends intact | 1 ea. |
| Green chile, split lengthwise with ends intact | 1 ea. |
| Turmeric leaf, small, torn into pieces | 1 ea. |
| Salt | to taste |

Method

1. Mix fermented durian, pounded red chiles, bird's eye chiles, and turmeric, lemongrass, and water in a pot.
2. Bring to the boil over medium heat.
3. Add fish, tomato, cucumber, red and green chiles, turmeric leaf and simmer until cooked. Season with salt.

Note: Pahang is one of the states in the federation of Malaysia. It is situated on the east coast of Peninsular Malaysia. There is no common name for Patin but its scientific name is *Pangasius spp.* Clean the fish with coarse salt and tamarind pulp to get rid of the muddy smell.

PINEAPPLE, CUCUMBER, AND CARROT PICKLE

ACAR JELATAH

| Ingredients | Amounts |
|--------------------------------------|----------------|
| Pineapple | 500 g |
| Cucumber, about 200 g | 1 ea. |
| Carrot | 1 ea. |
| Sugar | 4 Tbsp. |
| Salt | ½ tsp. |
| Vinegar or lime juice | 1 Tbsp. |
| Onion, peeled and thinly sliced | 1 ea. |
| Red chiles, seeded and thinly sliced | 3 ea. |

Method

1. Skin the pineapple, cucumber, and carrot. Cut pineapple, cucumber, and carrot into thin slices as desired. Set aside.
2. Combine sugar, salt, vinegar, or lime juice in a bowl and mix until well combined. Set aside.
3. Just before serving, mix pineapple, cucumber, carrot, onion, and chile slices with vinegar mixture.

Note: You may add red chiles and crushed fried peanuts (groundnuts) to this pickle.

REMBAU BEEF RENDANG

RENDANG DAGING REMBAU

| Ingredients | Amounts |
|-----------------------------------------------------------------|----------------|
| Dried chiles, boiled to soften and finely ground | 30 ea. |
| Bird's eye chiles (cili padi), finely ground | 20 ea. |
| Lemongrass stalks, bruised | 2 ea. |
| Shallots, peeled and thinly sliced | 5 ea. |
| Garlic cloves, peeled and thinly sliced | 3 ea. |
| Fresh turmeric paste | 2 Tbsp. |
| Ground turmeric | 1 tsp. |
| Meat curry powder | 2 Tbsp. |
| Beef topside, cut into 2 x 2 cm cubes | 1 kg |
| Water | 500 ml |
| Coconut milk, extracted from 3 grated coconuts and 750 ml water | 750 ml |

Method

1. Combine ground dried chiles, bird's eye chiles, and lemongrass in a pot over high heat and stir well.
2. Add shallots, garlic, turmeric paste, ground turmeric, meat curry powder, and beef. Stir fry until well-mixed.
3. Add water and cook until beef is tender.
4. Reduce the heat, add coconut milk and allow to simmer until the gravy thickens and turns dark brown. Season with salt.

Note: Rembau is one of the nine districts that make up the state of Negeri Sembilan. Negeri Sembilan is one of the states in the federation of Malaysia. This rending can be served with steamed white rice or compressed rice (ketupat).

GRILLED FISH WITH TAMARIND DIP

IKAN BAKAR AIR ASAM

| Ingredients | Amounts |
|----------------------------------------------------------------------|----------------|
| Coconut cream, extracted from $\frac{3}{4}$ grated coconut | 125 ml |
| Salt | to taste |
| Banana leaf, measuring 15 x 15 cm | 2 ea. |
| Chub mackerel (ikan kembung) Cleaned with salt and tamarind paste | 1 kg |
| Finely ground | |
| Shallots, peeled | 8 ea. |
| Garlic cloves, peeled | 2 ea. |

Method

1. Mix the ground ingredients with coconut cream and salt to taste until well-combined.
2. Line the grill or wire mesh with banana leaf.
3. Place fish on banana leaf and spread coconut mixture on fish.
4. Grill for 30 minutes in the oven grill with the oven door slightly ajar.

INDONESIA

AYAM TALIWANG

| Ingredients | Amounts |
|--------------------------|--------------------|
| <i>Bahan</i> | |
| Whole chicken | 1 ea. |
| Cooking oil | 100 ml |
| Lime | 1 ea. |
| <i>Bumbu, dihaluskan</i> | |
| Dried chile | 14 ea. |
| Shallot | 12 ea. |
| Garlic | 8 ea. |
| Tomato | 100 g |
| Shrimp paste | 2 tsp, or to taste |
| Lesser galangal | 2 cm |
| Palm sugar | 25 g |
| Salt | 2 tsp, or to taste |

Method

1. Cut the chicken from the chest up towards the neck, turn the chicken and press it open.
2. Grind all together the spices into paste, sauté until fragrant, mix well with squeeze lime.
3. Marinate the chicken with spice paste 10 to 15 minutes, and oven with temperature 350°F / 180°C for 45 to 60 minutes.

TUNA BAKAR SAMBAL KECOMBRANG

| Ingredients | Amounts |
|-------------------------------------|----------------|
| <i>Tuna Bakar</i> | . |
| Grilled tuna fish | 1 ea. |
| <i>Sambal kecombrang</i> | |
| Cayenne chili, finely sliced | 50 g |
| Green cayenne chili, finely sliced | 50 g |
| Shallot, finely sliced | 200 g |
| Shrimp paste | 10 g |
| Coconut oil | 150 cc |
| Limes, juiced | 2 ea. |
| Torch ginger, a finely sliced piece | 1 ea. |
| Salt | 10 g |
| Lemongrass stalk | 2 ea. |

Method

1. For the Sambal Kecombrang: Slice all the ingredients except the for the limes and the shrimp paste.
2. Mix the ingredients with the shrimp paste and the salt in a large mixing bowl.
3. Pour in the coconut oil, mix gently to combine, and then add in the lime juice.
4. To finish the dish: Flake off chunks of the grilled fish and mix gently with the Sambal Kecombrang
5. Add additional lime juice and salt to taste for the final result.

BUMBU GANEP/BUMBU BALI

| Ingredients | Amounts |
|----------------|---------|
| Lesser galagal | 750 g |
| Galingale | 400 g |
| Ginger | 500 g |
| Turmeric | 250 g |
| Garlic | 750 g |
| Shallot | 500 g |
| Lemongrass | 90 g |
| Chile | 500 g |
| Red chile | 500 g |
| Shrimp paste | 150 g |
| Nutmeg | 1 ea. |
| Cloves | 17 ea. |
| Coriander | 20 g |
| Tabia bun | 5 ea. |
| Salt | 150 g |
| Candlenuts | 30 g |
| Pepper | 2 tsp. |
| Black pepper | 2 tsp. |
| Cumin | ½ tsp. |
| Chicken powder | 2 spoon |
| Vegetable oil | 200 ml |

Method

1. Finely chop all the ingredients
2. Sauté until fragrant and ready to use

Note: Total is 4 kg ingredients

SATE LILIT IKAN

| Ingredients | Amounts |
|-------------------------------------------------|----------------|
| Mackerel fillet | 1 kg |
| Bumbu ganep (see recipe) Balinese ingredient | 250 g |
| Coconut cream | 150 cc |
| Lime leaf | 5 ea. |
| Shrimp paste | 25 g |
| Fried onions | 2 Tbsp. |
| Grated coconut | 50 g |
| Egg | 1 ea. |
| Salt | to taste |
| Palm sugar | 100 g |
| Chopstick, to skewer | |

Method

1. Blend the fish.
2. Finely chop lime leaves, mix all ingredients and fish.
3. Roll the chopstick with the sate dough, and grill before serving.

Source: William Wongso 2014

WEST SUMATERA CARMELIZED BEEF CURRY

RENDANG PADANG

| Ingredients | Amounts |
|---------------------------------------------------|----------------|
| <i>Bahan</i> | |
| Top side beef | 1 kg |
| Coconut cream, Kara or cocomas Indonesia brand | 1.8 ltr |
| Tamarind | 1 g |
| Lemongrass | 30 g |
| Turmeric leaves, if available | 1 ea. |
| Kaffir lime leaves | 4 ea |
| Cooking oil | 100 ml |
| Salt | to taste |
| <i>Paste</i> | |
| Red chili | 150 g |
| Shallot | 40 g |
| Garlic | 40 g |
| Candlenuts | 30 g |
| Cloves | 1 g |
| Galangal | 60 g |

Method

1. In a blender combine the red chili, shallot, garlic, candlenuts, galangal, cloves, and turmeric. Sauté until fragrant.
2. Add lime leaves, tamarind, lemongrass, coconut cream, and beef. Stir until the color of the sauce change in to dark brown and caramelizes.
3. Set aside and serve

Source: William Wongso 2014

FISH CURRY WITH FERMENTED DURIAN FROM JAMBI

GULAI TEMPOYAK EN CER

| Ingredients | Amounts |
|-------------------------------|----------------|
| Cat fish | 1 ea. |
| Fermented durian | 2 Tbsp. |
| Cucumber, finely chopped | 1 pc |
| Salt, to taste | 1 tsp. |
| Sugar, to taste | 1 tsp. |
| Lemongrass, stalk | 1 ea. |
| Turmeric leaves, if available | 10 cm |
| Thai basil | 20 g |
| Water | 300 cc |
| <i>Ground spices</i> | |
| Red chile | 100 g |
| Fresh turmeric | 2 cm |

Method

1. Clean the fish and cut.
2. Sauté ground spices and fermented durian; add water bring to a boil. .
3. Add lemongrass, turmeric leaves, fish, salt, and sugar. Last add the Thai basil, wait for 3 minutes.
4. Add cucumber before serving.

RECIPE INDEX

A

AYAM TALIWANG35

B

BALINESE LAMB STEW

KAMBING MEKUAH 15

BASIC INDONESIAN STOCK

Kuah Indonesia.....5

BLACK RICE PUDDING

Bubuh Injin9

BUMBU GANEP/BUMBU BALI 37

C

CHICKEN SATE

SATE AYAM 16

COCONUT MILK RICE NORTHERN STYLE

NASI LEMAK UTARA28

F

FISH CURRY WITH FERMENTED DURIAN FROM JAMBI

Gulai Tempoyak Encer40

FRIED BANANAS

GODOH BIU26

FRIED RICE WITH NOODLES

NASI GORENG MAWUT27

G

GREEN PAPAYA SALAD WITH PRAWNS

LAWAR GEDANG.....20

GRILLED FISH WITH TAMARIND DIP

IKAN BAKAR AIR ASAM33

M

MINCED CHICKEN IN BANANA LEAF

TUM AYAM 19

MINCED SEAFOOD SATE

SATE LILIT IKAN 18

P

PAHANG PATIN IN FERMENTED DURIAN GRAVY

GULAI IKAN PATIN PAHANG 30

PASTE FOR MEATS

For Pork, Duck and Lamb 11

PEANUT SAUCE-BASE SATE 17

PINEAPPLE, CUCUMBER, AND CARROT PICKLE

ACAR JELATAH 31

PORK IN SWEET SOYA SAUCE

Be Celeng Base Manis-Bali 14

PRAWN AND LEMONGRASS CURRY

GULAI UDANG SERAI 29

R

REMBAU BEEF RENDANG

RENDANG DAGING REMBAU 32

RICE CAKE IN BANANA LEAF

KETIPAT..... 22

ROAST CHICKEN IN BANANA LEAF

Ayam Betutu 12

S

SATE LILIT IKAN..... 38

SHREDDED CHICKEN WITH CHILES AND LIME

AYAM PELALAH 25

SPICE PASTE FOR SEAFOOD

Base Be Pasih 10

SWEET CORN AND COCONUT SNACK

URAB JAGUNG..... 24

T

TUNA BAKAR SAMBAL KECOMBRANG 36

V

VEGETABLE SALAD IN PEANUT DRESSING

PECELAN21

VEGETABLE SALAD WITH GRATED COCONUT

JUKUT URAB.....23

W

WEST SUMATERA CARMELIZED BEEF CURRY

RENDANG PADANG 39

Y

YELLOW RICE

Nasi Kuning 7