

WORLD CULINARY ARTS: *Indonesia and Malaysia*



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Unilever Food Solutions

Recipes from

Savoring the Best of World Flavors:
Indonesia and Malaysia

BASE GEDE: BASIC SPICE PASTE

| Ingredients | Amounts |
|--------------------------------|-----------|
| Red chilies, seeded and sliced | 300 grams |
| Shallots, peeled and sliced | 500 grams |
| Garlic, peeled and sliced | 500 grams |
| Galangal, peeled and chopped | 75 grams |
| Ginger, peeled and chopped | 75 grams |
| Kencur, peeled and sliced | 100 grams |
| Tumeric, peeled and sliced | 175 grams |
| Candlenuts | 75 grams |
| Shrimp paste, roasted | 2 Tbs. |
| Coriander seeds, crushed | 2 Tbs. |
| Black peppercorns, crushed | 1 Tbs. |
| Nutmeg, fresh grated | 1/4 Tsp. |
| Cloves, whole crushed | 10 each |
| Coconut oil | 150 ml. |
| Water | 250 ml. |
| Salt | 3/4 Tsp. |

Method

1. Combine all ingredients except the water and salt in a food processor, and process until a coarse texture is reached.
2. Place mixture in sauce pan, add salt and water, and simmer over medium heat until all water evaporates.
3. Cool for further use

FISH SATE

| Ingredients | Amounts |
|--|---------------------|
| Red Chiles, seeded and sliced | 3 oz. |
| Birds Eye Chiles, sliced | 3 each |
| Garlic, peeled and sliced | 1 oz. |
| Shallots, peeled and sliced | 3 oz. |
| Turmeric, peeled and sliced | 2 oz. |
| Ginger, peeled and sliced | 1 oz. |
| Candlenuts, crushed | 1 oz. |
| Tomatoes, seeded | 2 oz. |
| Coriander seeds | 1 tsp. |
| Shrimp paste | 1 tsp. |
| Coconut oil | 2 tbs. |
| Tamarind pulp, seeds and fiber removed | 1 tbs. |
| Salam leaf | 1 each |
| Lemon grass, bruised | 1 stalk |
| Water | 1 oz. |
| Red snapper, minced | 1 lb |
| Coconut milk | 4 oz |
| Kaffir lime leaf | 2 each |
| Palm sugar | 1 Tbsp, or to taste |
| Salt | To taste |
| Pepper | To taste |
| Lemon grass, for use as skewers | As needed |

Method

For the Marinade:

1. Combine ingredients from red chilies to shrimp paste in a food processor, and grind into a fine paste
2. Add paste to heavy pan with remaining ingredients, coconut oil, tamarind pulp, salam leaf, lemon grass and water. Cook until liquid evaporates, and let cool.

For the fish:

3. Combine minced fish, coconut milk, kaffir lime leaves, palm sugar, salt and pepper, and 4 oz of the cooked marinade. Mix to a sticky paste.
4. Mound paste over skewer of lemon grass.
5. Mix remaining marinade with equal parts of oil to baste skewers
6. Grill and baste over charcoal until the fish is cooked through.

NASI GORENG: INDONESIAN FRIED RICE

| Ingredients | Amounts |
|--------------------------------------|---------|
| Coconut oil | 2 oz. |
| Shallot, peeled and sliced | 6 each |
| Carrots, julienned | ½ cup |
| Red Chiles, split, seeded and sliced | 2 each |
| Birds Eye Chiles, sliced | 2 each |
| Cabbage, julienned | ½ cup |
| Tomato sauce | 1 TBSP |
| Chicken thigh, diced | 1 cup |
| Light Soy Sauce | 1 oz. |
| Eggs | 2 each |
| Rice, cooked | 6 cups |
| Celery, finely sliced | 1 oz. |
| Leeks, finely sliced | 1 oz. |
| Spinach, chiffonade | 1 oz. |
| Shallots, sliced and fried | 2 oz. |

Method

1. Heat oil in pan, add shallots, garlic, carrots, and chilies, and cook about 1 minute
2. Add cabbage, tomato sauce, soy sauce, and chicken. Sauté until chicken is cooked through.
3. Add eggs and scramble. Add rice, and all remaining ingredient except for the fried shallots.
4. Check seasoning, and serve topped with fried shallots as garnish.

PADANG CHICKEN CURRY

| Ingredients | Amounts |
|--|---------------|
| Whole chicken, cut into pieces | 1 each |
| Tamarind pulp | 2 tbsp. |
| Water, warm | 3 oz. |
| <i>For the spice paste</i> | |
| Shallots, peeled and sliced | 2 oz. |
| Garlic, peeled and sliced | 1 oz. |
| Red Chilies, seeded and sliced | 2 oz. |
| Turmeric, peeled and sliced | 1 oz. |
| Candle nuts, crushed | ¾ oz. |
| Ginger, peeled and sliced | 1 oz. |
| <i>For the soup</i> | |
| Coconut oil | 1 oz. |
| Lemon grass, bruised | 2 stalks each |
| Kaffir lime leaves | 3 each |
| Turmeric leaves, sliced | 1 each |
| Coconut milk | 1 quart |
| Knorr Liquid chicken base | 1 oz. |
| Salt and Pepper | To taste |
| Shallots, sliced and fried (for garnish) | ½ cup |

Method

1. Soak tamarind pulp in warm water for 10 minutes strain and reserve liquid.
2. Place cut up chicken in tamarind liquid and soak about ½ hour.
3. Prepare spice paste, place ingredients for spice paste in food processor and blend into to a paste.
4. Heat coconut oil, and add spice paste, lemon grass, kaffir lime leaves and turmeric leaves. Cook over medium heat until fragrant.
5. Add coconut milk and Knorr chicken base then bring to boil.
6. Add chicken and cook until tender.
7. Season with salt and pepper.
8. Serve with rice and fried shallots.

NYANYAT CELENG: PORK BRAISED IN COCONUT MILK

| Ingredients | Amounts |
|--|----------|
| Coconut oil | 2 tbsp. |
| Basic spice paste (see recipe above) | 8 oz. |
| Pork shoulder, cubed | 2 lbs |
| Lemon grass, bruised | 2 stalks |
| Salam leaves | 3 each |
| Coriander seeds, crushed | 1 tbsp. |
| Black pepper, crushed | 1 tbsp. |
| Knorr prepared chicken base or pork base | 1 quart |
| Coconut milk | 8 oz. |
| Shallots, sliced and fried (for garnish) | ½ cup |

Method

1. Heat oil in heavy pot and spice paste and cook a few minutes until fragrant
2. Add cubed pork, salam leaves, lemon grass, coriander and black pepper, continue to cook until pork has some color.
3. Pour enough stock to cover pork and bring to simmer until almost tender. Add more prepared base if evaporates
4. Add coconut milk bring back to simmer until meat is tender and sauce thickens
5. Garnish with Fried Shallots

SOTO AYAM: INDONESIAN CHICKEN NOODLE SOUP

| Ingredients | Amounts |
|--|---------------|
| <i>For the spice paste</i> | |
| Shallots, peeled and sliced | 3 oz. |
| Garlic, peeled and sliced | 2 oz. |
| Ginger, peeled and sliced | 1 oz. |
| Galangal, peeled and sliced | 1 oz. |
| Turmeric, peeled and sliced | 1 oz. |
| Candlenuts, roasted and crushed | 1oz. |
| Birdseye chilies, sliced | 3 each |
| Black pepper, crushed | ½ tsp. |
| Cloves, crushed | 5 each |
| Cinnamon stick | 1 each |
| Sweet soy (kicap manis) | 4 Tbsp. |
| Lemon grass, bruised | 2 stalks each |
| Kaffir lime leaves, bruised | 3 each |
| <i>For the soup</i> | |
| Coconut oil | 2 oz. |
| Knorr prepared Liquid Chicken | 3 quarts |
| Chicken, cooked and shredded | 1 pint |
| Glass noodles, soaked in warm water | 4 oz. |
| Eggs, hard boiled, peeled, and cut in halves or wedges | 6 each |

Method

1. Make spice paste, combine all ingredients for spice paste in food processor
2. Heat Oil in pot add spice paste and cook until fragrant
3. Add prepared and simmer about 15 minutes
4. When ready to serve blanch noodles in stock and place in service bowl
5. Place portion of chicken , celery leaves and bean sprouts in sieve blanch place in bowl over glass noodles
6. Ladle over hot stock , garnish with egg and fried shallots

BASIC BRAISED BEEF

| Ingredients | Amounts |
|-------------------------------------|----------|
| Beef chuck, cut into 1 ½-inch cubes | 10 lbs. |
| Salt | To taste |
| Pepper | To taste |
| Prepared Knorr® Demi-Glace | 3 quarts |
| Water | 1 pint |

Method

1. Season beef with salt and pepper, and lay flat on sheet pan.
2. Place in 400 degree oven, and brown.
3. Remove from oven, and place in braising pan with Knorr® Demi-Glace.
4. Deglaze the sheet pan with water, and add the liquid to the braising pan.
5. Braise in the oven at 350 degrees for about 1 ½ hours, or until the beef is tender.
6. Chill and hold for future use.

ASIAN BRAISED BEEF

Yield: 3 quarts

| Ingredients | Amounts |
|---------------------------------------|----------------|
| Oil | 1 oz. |
| Garlic, peeled and minced | 1 Tbsp. |
| Ginger, peeled and grated | 2 Tbsp. |
| Green onions, chopped | 1 Tbsp. |
| Lemon grass, minced | 1 Tbsp. |
| Brown sugar | 1 Tsp. |
| Soy sauce | 3 oz. |
| Hoisin sauce | 2 oz. |
| Basic Braised Beef Recipe (see above) | 3 quarts |

Method

1. Prepare Basic Braised Beef recipe (see recipe above).
2. Heat oil, and add garlic, ginger, green onions, and lemon grass. Heat through until fragrant
3. Add soy sauce, brown sugar, hoisin and Basic Braised Beef and toss until the beef is well coated. Serve with rice.

CARAMELIZED ONIONS AND BALSAMIC BRAISED BEEF

Yield: 3 quarts

| Ingredients | Amounts |
|---------------------------------------|----------------|
| Balsamic Vinegar | 1 cup |
| Tomatoes, roasted | 1 quart |
| Onions, caramelized | 1 pint |
| Basic Braised Beef Recipe (see above) | 2 quarts |

Method

1. Prepare Basic Braised Beef recipe (see recipe above).
2. Reduce balsamic vinegar by half.
3. Add braised beef, roasted tomatoes, and caramelized onions
4. Bring to simmer and cook until flavors are well combined.

BURGUNDY-STYLE BRAISED BEEF

Yield: 3 quarts

| Ingredients | Amounts |
|---------------------------------------|----------------|
| Red wine | 1 cup |
| Thyme leaves | 1/8 tsp. |
| Bay leaf | 1 each |
| Basic Braised Beef Recipe (see above) | 2 quarts |
| Pearl onions, cooked | 1 cup |
| Mushrooms, sautéed | 1 cup |
| Baby carrots, cooked | 1 cup |
| Bacon, diced, and cooked | ½ cup |

Method

1. Prepare Basic Braised Beef recipe (see recipe above).
2. Heat red wine, thyme and bay leaf, reduce by half, and strain
3. Add Braised Beef and bring to simmer.
4. Add pearl onions, mushrooms and carrots, and bring to simmer.
5. Add bacon, and adjust seasoning if needed.

SPANISH-STYLE BRAISED BEEF

Yield: 3 quarts

| Ingredients | Amounts |
|---------------------------------------|----------------|
| Olive oil | 1 oz. |
| Sofrito | 1 cup |
| Tomato sauce | ½ cup |
| Basic Braised Beef Recipe (see above) | 2 quarts |
| Tomatoes, roasted | 1 pint |
| Cilantro, chopped | 1 Tbsp. |

Method

1. Prepare Basic Braised Beef recipe (see recipe above).
2. Heat oil, add sofrito and tomato sauce, cook a few minutes.
3. Add Basic braised beef and bring to a simmer.
4. Add roasted tomatoes , bring to simmer, and finish with cilantro.

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