

INTRODUCTION

Indonesian food tends to be either very sweet or very spicy.

Many Indonesian have what they call "Bumbu", one spice mixture that prepared in large quantities and use in their day to day cooking. This mixture typically consists of garlic, ginger, shallots, chilis, shrimp paste, galangal, salt and pepper etc. This spice mixture is usually used on duck, fish, chicken, soy beans product, vegetable and rice.

The Indonesian use pestle and mortars to blend their spices, large knives to chop ingredients, and open fires to cook their dishes. They prepare most of their meals by frying in oil.

Usually when the Indonesian eat with their right hand's fingers, scooping up food.

Overall rice is a central element to the eating experience of the Indonesian. All meals are centred around rice and sometimes, the Indonesian also interchangeably use word "rice" for the words "food" and "eating". Indonesian dish consist of rice with side dish in their cuisine. The Indonesian grow and eat various kinds of rice including: the newly introduced high-yielding white rice, sticky rice, red rice, black rice, and etc...

From all these essential factors and ingredients arise the take away behind all things Indonesian cuisine.

GLOSSARY

That frequently use in Indonesian cooking.

Coconut <kelapa>



Coconut trees cover the island of Lombok. From the coconut, the Indonesian make use of its water, milk, oil, and white flesh. Your coconut, about ten months old, contains a lot of water that has dried up and the flesh is transparent.

In old coconuts, on the other hand, the water has dried up and the flesh can be grated. Coconut milk and oil can then be made from the grated coconut. To make peeling the coconut easier, bake it first for about ten minutes. If fresh coconut is not available, use unsweetened packaged coconut moistened with a small amount of hot water.

Coconut oil <minyak kelapa>



Almost all Indonesian food is prepared by being fried in oil. The oil they use in the village is traditionally coconut oil. Vegetable oil may be used, but a less rich flavor is obtained.

Chilli <cabai>



The chilli is an essential ingredient to Indonesian cooking. Chillies provide heat and spice in dishes. Basically, the smaller the chilli, the hotter it is. Long red chillies are not hot, whereas the short green ones are the hottest chilli.

Lombok means 'chilli' in the local Sasak language.

DESSERT

SWEET COCONUT ROLL

Ingredients:(for 2 portion)

Filling

- 200g hard Coconut
- 1 pandan leaf
- 50g alm suger
- 1+1/2 cup water

Crape dough

- 1+ 1/2 TBSP rice flour
- 2+ 1/2 cup wheat flour
- 1 TBSPpalm suger
- 150 ml milk
- 1 egg
- 1 pinch of salt
- Proper about of coconut oil



Step to cook:

1. Grade hard coconuts and roast it.
 2. In another pan add water , palm sugar , pandan leaf and make caramel .
 3. Add roasted coconut in the caramel.
 4. Mix all ingredients of dough in a bowl.
 5. Put proper amount of oil on the non stick pan and add dough and bake.
- Put the filling on the dough .

Blue magic garden herbal tea



Candle nut< kemiri>

Indonesian almost all ways put a candle nuts in with spice mixture. Candle nut is very similar to macadamia nuts. cashew nuts , hazelnuts may be used as a substitute.

Peanuts<kacang>



Peanuts make a protein enriched side dish.

Salt<garam>

The Indonesian use a lot of sea salt .

Pepper <merica>

Both black and white pepper are used in Indonesia.

Nutmeg<pala>



Coriander <ketumbar>

Coriander seed is a spice that is commonly used with ground pepper and coconut in spicy sauce.



Shrimp paste<terasi>

Shrimp paste is a condiment made from blended fermented shrimp or other small fish.

Indonesian soy sauce <kecap>

Two kinds of soy sauce are used in Indonesia sweet soy sauce (kecapmanis), which is most common and the saltier soy sauce(kecapasin)

Sugar <gula>

Traditionally palm sugar is used in Indonesia.



Tempe (fermented soy beans) :

Tempe is made from boiled soy beans that have been pressed dry and the fermented.

Tofu <tahu>



Tofu is made from soy milk.

Long green beans<kacang panjang>



Cheese green beans are literally about a bad long. They can be cut up and used in any of the vegetable dishes. String beans may used as a substitute.

Beans sprout <tauge>



Beans sprout are commonly used as a second vegetable in side vegetable dishes.

- 1 eggs
- 50g tempe
- 50g tofu
- *1/4 kg any mixed hard and soft vegetables.

Step to cook:

1. Heat (medium heat)the oil until hot and fry the peanut.
2. In the mortar and pestle, blend peanuts , chillies, lesser galangal, and garlic together until all ingredients turn a smooth and pasty(add some warm water to help)
3. Add salt, pepper and sweet soy sauce and palm sugar in the peanut paste
4. Next add the kaffir lime juice and skin and the peanut sauce is ready.
5. Cut all vegetables .
6. Heat the water until bubbling and boiled hard vegetables for 2 minutes first , then follow by soft vegetables into the same pot for another 3 minutes (5 minutes in total)Then set aside from water.
7. Cut tempe and tofu then deep fry it .
8. To serve gado gado , place all vegetables, on a plate. Spread the peanut sauce over them. Place tempeh and tofu over the sauce. Garnish with egg(also chips if you like).

PEPES

Ingredients:(for 2 portion)

- 2 TBSP Bumbu Pepes
- 2 piece of Mahi mahi
- 1 grab of local basil
- 1 leaf Kafir lime leaf
- 1/4 tsp salt
- 2pcs banana leaf



Step to cook:

1. Marinate mahi mahi with bumbu and local basil, chopped kaffir lime 10~15mins.
2. Cut banana leaf and wrap mahi mahi(or use aluminium foil)
3. Steam for 20 minutes .Pepes is ready to serve.

BUMBU

- Bumbu is not eaten directly, but used as a basic spice in cooking .Bumbu usage is depending on how much ingredients to be cooked.
- Bumbu can be used to cook chicken, vegetables, tempe, tofu, tuna, shrimp, lobster.
- Use Bumbu with a ratio of 4:1 (for example : If you intend to cook 100g of ingredients, then you must use 25g or 1 tablespoon of (Bumbu for any stronger taste use more.)
- If you want to store Bumbu in the refrigerator /freezer (last for 3 weeks -1 month.) then fry it with small or very small flame for 45 min until all the ingredients are browned or well cooked.

INGREDIENTS:

Bumbu for Urap

- 20g garlic
- 20g shallot
- 40g red chilli
- 5g shrimp paste
- 1/2 tsp salt
- 1/4 tsp pepper
- Proper quantity of coconut oil

Bumbu for Pepes

- 6 piece garlic
- 2 piece shallot
- 3 stick of lemon-glass
- 1cm ginger
- 1cm turmeric
- 1/2 piece red chilli
- 1/2 piece lime juice
- 1/2 tsp salt
- 1/4 tsp pepper

Bumbu for Green curry

- 30g shallot
- 20g garlic
- 120g green chilli
- 4g shrimp paste
- 10g lemon grass
- 10g ginger
- 10g galangal
- 10g turmeric
- 10g candlenut
- 1/2 tsp salt
- 1/4 tsp pepper
- Proper amount of coconut oil





INDONESIAN FOOD

COOKING CLASS

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Shallot<bawang merah> 

The shallot is a basic ingredient in almost all Indonesian recipes. The shallot are actually very small, mild red onions.

Garlic<bawang putih> 

Garlic is important ingredients in spicy sauce for rice, fish meat, and vegetable in Indonesia. Large quantities are used at a time.

Ginger <jahe> 

Turmeric <kunyit> 

Turmeric is the root spice that gives sauce for rice and meat yellow colour .

Galangal <lengkuas> 

Galangal looks like ginger root, and ginger may be used as substitute galangal. It is a basic spice in most hot sauce. It can sometimes be found in dried or powder.

Lesser galangal <kencur> 

Lesser galangal is similar to galangal except that has a stronger flavour than galangal and not as much is needed in each recipe. It can sometimes be found in dried or powdered form in Asian food stores.

Lemongrass<sereh> 

Lemongrass can be used to add flavour to broths. If dried lemongrass is used add a little extra.

Salm leave<daun salam> 

Salam leaves are used in Indonesian cooking the same way as bay leaves are used in western.

Pandan leaf 

Pandan leaves are used for their flavour and sometimes for the green colour they give to foods.

Kaffir lime leaf <daun jeruk kering> 

leaves have an aromatic smell similar to the fruit, but it is much stronger and more intense.

Lemon zest is a good substitute.

Local basil <kemangi> 

It has thinner leaves than Basil leaves. KEMANGI leaves have a unique, refreshing aroma, like lime and mint. Indonesian people usually eat basil leaves as vegetables that are consumed raw as a side dish when eating rice. Besides being eaten raw, Kemangi is usually used for a mixture of foods made from fish or meat to strengthen the fresh aroma and arouse the taste, and eliminate fishy odors in fish.

Butterfly pea flower< bunga telang>



Butterfly pea flower may help ensure skin and hair health, promote weight loss, and reduce blood sugar levels.

Moringa <daun kelor>



Miracle tree/Moringa plant is beginning to gain more popularity as a new superfood for its highly nutritious profile and powerful anti-inflammatory, antioxidant, and tissue-protective properties among many other health benefits.

It's nutrient-packed.

RECIPE

1. Bumbu
2. Nashi pandan
3. Sayur urap
4. Gado Gado
5. Pepes
6. Green Indonesian chicken curry
7. Sweet coconut roll



GREEN INDONESIAN CHICKEN CURRY

Ingredients:(for 2 portion)

- 2 TBSP Bumbu for green curry
- 150ml tick coconut milk /coconut cream
- 500ml water
- 1pc salam leaf
- 1/2 tsp salt
- 1/4 tsp pepper
- 160g chicken
- 100g local eggplant
- 100g banana flower
- 50g long green beans
- 2 lime

Step to cook:

1. Put the chicken in to the pan. Add bumbu, salt leaves, salt and pepper. Wrap around and massage on the meat.
2. Pour water in to the mixture above(water covered the meat.)
3. Boil chicken over high heat for 10 minutes.
4. Put the vegetable in the next 10 minutes(cook over medium heat) until the water is almost dry.
5. Add in the coconut milk, and lime juice,(cook over high heat). Continue cooking until the curry become thick.
6. Ready to serve .



DIRECTIONS :

1. Cut finally chop all ingredients.
2. Pound in a mortar and pestle or us blender.all the ingredients except lemongrass.(If using a blender, adds a little water.)
3. Heat the coconut oil (cook over a high heat). Fry the grounded species, add the lemongrass.
4. Stir constantly for 5 minutes until you got a pleasant strong aroma.
5. Bumbu is ready to use.

NASI PANDAN/STEAMED RICE WITH PANDAN LEAF

In almost every Indonesian house hold, rice is made every morning to be eaten throughout the day.It forms the basis of every meal .Here is a description of how Indonesian make rice traditionally , but an electric rice cooker makes a substitute.

Ingredients:

- 2 cup white rice
- 1 leaf of pandan

To make steamed white rice , begin by putting the rice in a large , shallow basket, shaking the basket to toss the rice in to the air to get rid of the husks and clean it in village.

Next the rice is washed in cold water and drained.

Water is brought to boil in a large pot, and the rice is placed in a conical basket over the pot ,add pandan leaf and covered with a terracotta lid.

The rice is steamed for about half an hour.

The rice is then placed in a bowl with about two cups of hot water, and allows to sit for fifteen to twenty minutes to absorb the water.

Next the rice is returned to the steamer and cooked for another half hour to dry it out .

**SAYUR URAP LOMBOK STYLE**

Ingredients:(for 2 portion)

- 2 TBSP Bumbu Urap
- 150g hard coconut
- 2 kafir lime leaf
- 4pice Small local eggplant
- 80g long green beans
- 50g cassava leaves

Step to cook:

1. Grade hard coconut and roast it .
2. Mix bomb and roasted coconut.
3. Cut eggplant small thin slice.
4. Boil long green beans after boil cassava then cut it.
5. Mix all tougher in a bowl.

**GADO-GADO**

Gado-gado simply meaning at least two vegetable mixed together and served with a peanut sauce. Gado gad is also served with tempe, tofu, a potto, an egg, and chips.

Ingredients: (for 2 portion)

Peanut sauce

- 1/2cup peanut
- 3 red chilli
- 15g shallot
- 2 cloves garlic
- 2cm of ginger
- 2cm of aromatic ginger /lesser galangal
- 1TBSP sweet soy sauce/ kecap manis
- 1 pinch of salt
- 1 Kafir lime
- 2 TBSP palm sugar
- Proper amount of coconut oil for fry
- 2 leaves of Chinese cabbage
- 50g water Spinach
- 50g long green Beans

