

# Recipes & Notes



**Cooking Class**

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## **Chopping & Grinding**

*This is a very important part of Balinese cooking.*

*If you visit a Balinese house in the early morning,  
you will see the lady of the house chopping and grinding away.*

*In the western world we have food processors*

*but the Balinese are patient and*

*they love their time gossiping, chopping, grinding*

*and sometimes pounding!*

***It's a Fact, THE FOOD TASTES so much better!***

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## Balinese Ingredients:

### **CANDLENUT: KEMIRI**

Obtained from the candleberry tree, this creamy coloured nut is related to the macadamia and similar in appearance. Used as thickening agent to hold spices together, it is soft, oily and easy to work in paste. It is one of the few nuts that should not be eaten raw, as its high oil content renders it a natural laxative. Candlenut is rich in proteins, calories and fats and has a pleasant mild flavour  
Substitute: macadamias, almond, cashews or Brazil nuts.

### **CLOVE: CENGKEH**

These beautiful slim trees have bright green and pink leaves studded with clusters of clove buds, which are dried out for further use. Cloves are not used in Balinese cooking, in fact, their intense camphor like fragrance and powerful flavour is more prized in the Indonesian cigarettes known as kretek.

### **CORIANDER SEEDS: KETUMBAR**

Related to parsley, the refreshing orange flavour of coriander is a main ingredient in curries and may be used as substitute for pepper. The whole seeds, freshly ground are far superior to the powdered variety and should be bought only in small quantities. Coriander is one of the ingredients used in boreh, a Balinese herbal paste that warms the body and helps alleviate congestion. Coriander cools the body and settles the stomach.

### **NUTMEG: PALA**

A native of Indonesia, nutmeg has a powerful bitter sweet flavour that cools the tongue, aids digestion and liver function, prevents discoloration of the skin and scar formation. When taken in large quantities, nutmeg is powerful hallucinogenic, when taken in small quantities, it helps you sleep, and in ayurvedic medicine is prescribed for insomnia.

Substitute: Dried nutmeg

### **PEPPER: MERICA**

Pepper was one of the first spices ever used in cooking, it was an important article of trade in early times, it enhances any food, stimulates the appetite, and cures digestive ailments. Black is more aromatic, white is hotter. Best freshly ground

### **LONG PEPPER: TABIABUN**

This is another type of pepper available in Bali. It's hotter and sweeter than black pepper and is shaped almost like a chilli.

**BASE WANGEN:**

1 tsp. whole black pepper, 1/2 tsp. whole pepper 3 ground candlenut, 3 long pepper, 1tsp. coriander seeds, 1/4 tsp. freshly ground nutmeg, 1 tsp. sesame seeds, 2 cloves

**BASE WANGEN: the FRAGRANT SEEDS and NUTS**

This combination of fragrant seeds and nuts is used in all ceremonial foods and many other every dishes. This combination is unique to Bali and varies slightly from region to region.

Base men spice paste, wangen mean fragrant.

**GALANGAL**

A member of the ginger family and similar in appearance but larger. The aromatic root of the plant has a sweet, woody fragrance and is used mainly to disguise fishy odors: Substitute: Frozen or dried

**GINGER: JAHE**

Possibly originated in China, ginger is a rhizome or root spice that aids digestion, stomach and sore throats. It is also used in Indonesian herbal remedies. Available almost everywhere. Buy in small quantities and store in cool place.

**AROMATIC GINGER: KENCUR**

A highly fragrant root or rhizome, smaller than galangal. Also known as zeodary or aromatic ginger. It is responsible for the distinctive taste of Balinese food and when combined with garlic, tumeric and candlenut makes a delicious seasoning known as suna cekoh. Also used in herbal remedies and poultices.

Substitute: Frozen or dried

**TUMERIC: KUNYIT**

A bright yellow root spices obtained from the rhizome of plant from the lily family. Native to south East Asia. It is a mild warm, attractive spice that gives a characteristic colour curries. The flavour is earthy with a aroma like ginger. It is used in medicine for skin disorders and cosmetics and has a preserving quality. It is also used in herbal remedies. Buy small quantities only. Substitute: Frozen or dried.

**TORCHED GINGER: BONGKOT**

Sambal bongkot (Torch Ginger Sambal) is an unique sambal and originated from Bali. Bongkot is Balinese word for torch ginger or other Indonesian call it kecombarang, honje, rias, kencong, kencung, kincuang, sambuan, asam cekala, asam patikala depend on the area. It is delicious with seafood.

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**LEMONGRASS: SERAH**

The health benefits of lemongrass include relief from stomach disorders, disorders, aches, infections, & rheumatism. The defensive antioxidant activity of the lemon herb protects against antibiotic-resistant *Staphylococcus aureus* and helps in maintaining optimum levels, cellular health, nervous system.

**SESAME SEEDS "LENGE": WIJEN**

Sesame is a native to Indonesia, India and tropical Africa and is one of the world's oldest seeds. When ground, it works as a thickening agent while adding that subtle sweet sesame flavour. It's a key ingredient in base wangen and seldom used on its own. For Balinese cooking, the organic unhulled seeds are preferred.

Sesame is high in calcium

Substitute: Tahini paste

**KAFFIR LIME: JERUK PURUT/LEMU**

Both the fruit and leaves are used in cooking. The fruit is only small and has concentrated lime flavour. The leaves known as Daun Jeruk Purut or Daun Lemu are dark green and glossy and when finely chopped add the same distinctive flavour as the fruit. The Balinese also use a type of lime called Calamondin or Kalamansi as it is known in the Philippines.

Substitute: Frozen or dried kaffir lime leaves.

**TAMARIND: LUNAK/ASAM**

A dark red pulp extracted from the pods of tamarind tree and sold in block. High in iron, fibre and vitamin C. It is usually soaked in water then strained with only the juice being used. Also used in herbal tonics.

**SHRIMP PASTE**

A pungent seasoning essential to southeast asian cooking and made up mainly of fermented crustaceans. In Bali shrimp paste is either fried or roasted. Store it wrapped in foil in a glass jar and leave it in fridge and don't forget to open all the window while cooking. Shrimp paste is in protein.

**SOY SAUCE - KECAP MANIS**

Is a thick sweet soy sauce available at asian foodstore or substitute with soy sauce and brown sugar.

**PALM SUGAR SYRUP: 500G PALM SUGAR 2 CUPS WATER:**

Simmer for 15 minutes or until completely dissolved. Do not stir and let reduce by half. When small bubbles appear on surface, turn it off. Strain while warm into a jug and let it cool.

-Salam leaf, use bay leaf

2 salam leaf = 1 bay leaf

# **COOKING CLASS**

## **MENU**

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## NASI GORENG / FRIED RICE ( Vegetarian )



### Ingredients : Served 4pax

400 gr Rice  
100 gr Cabaage  
100 gr Caisin (Bok choy )  
100 gr Carrot  
25 gr Celery  
50 gr Leek  
50 gr Garlic  
100 ml Oil

### Sauce :

2 tbs Thick soy sauce ( raja rasa )  
2 tbs Oyster  
1 tbs Fish sauce  
3 tbs Sweet soy  
1 tsp salt & pepper  
1 tbs sesame Oil

### Method :

- 1.Heat oil add the chicken half cook &add garlic , egg, fish sauce, leek, carrot, cabbage, bokchoy
  - 2.Add rice & sauce & lastly celery , mix all through
  3. Served with fried egg on top & crackers
- Add 100 grams of chicken breast for non-vegetarian option.  
This is added at the start with the garlic.

## MIE GORENG / FRIED NOODLE (VEGETARIAN)



### **Ingredients : Serves 4 pax**

400 gr Noodle  
200 gr White Cabbage  
200 gr Bokchoy  
150 gr Carrot  
100 gr Leek  
50 gr Celery

### **Sauce :**

2 tbs Raja rasa ( thick soy sauce )  
2 tbs Sauce tiram ( oyster sauce )  
1 tbs Fish Sauce  
3 tbs Sweet soy  
1 tbs sesame oil

### **Method :**

1. Heat the oil add chicken until half cook than put garlic until cook, add egg fish sauce  
carrot, leek, cabbage, caisin, bokchoy, tomato, noodle, the last celery.
2. Served on top with egg & shrimp crackers.  
Add 100 grams of chicken breast for non-vegetarian option.  
This is added at the start with the garlic.

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# URAPAN / VEGETABLE BALINESE SALAD



## **Ingredients :**

- Green bean
- Bean sprout
- Coconut whole
- Fried shallot
- Fried garlic
- 50 ml Coconut milk

## **Spices :**

- 100 gr Shallot
- 50 gr Garlic
- 20 gr Ginger
- 20 gr Tumeric
- 25 gr Candle nut ( 4 pieces )
- 1 gr Corriander ( 1 teaspoon )
- 1 gr Black peper ( 1 teaspoon )

## **Method :**

1. Wash and clean the vegetable and then boil
2. Burn coconut on oven, or top of stove until black skin and then grated
3. Chop and grind all spices and then fry a few minute .
4. Mix all together and then taste

## CHICKEN / FISH CURRY



### Ingredients :Serves 6 Pax

1 kg Fish( white firm fish ) or you can use chicken

#### >> ( Grind the follow ) :

100 Red chili( 5 pieces )  
150 gr Shallot  
50 gr Garlic  
2 tbs Coriander Ground coriander  
1 tbs Cumin  
5 pcs Lemongrass  
30 gr Candle nut( 6 pieces )  
50 gr Galangal  
50 gr Tumeric  
50 gr Ginger  
50 gr Aromatic ginger  
1 tea spoon Shrimp paste  
100 gr Palm sugar

#### >> ( Add to pot ) :

50 ml Tamarind water  
200 mlCoconut oil  
5 pcs Salam leave  
750 ml Coconut milk  
Salt & paper

### Method :

1. Clean the fish and cut into cubes
2. Cut + slice spices smaller&then grind in a mortar stone until smooth
3. Heat oil add the spices , coconut milk, salam leaf , Lemongrass, cook off f  
or a few minutes than addfish&cook few minutes until fish cooked through.  
Chicken will take longer

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## SATE AYAM ( Chicken Satay Skewers )



### Ingredients

250 gr Chicken

Marinated sauce :

- Salt pepper
- Sweet soy

### Method :

1. Wash & clean the chicken & cut in to cubes
2. Marinated the chicken with garlic , sweet soy, pepper& soy sauce
3. Put on each bamboo skewers 3 pcs chicken ,
4. Grill each one & turn when needed
5. Served with white rice &bumbu sate ( peanut sauce )

## BALINESE CORN CAKE / FRITTES



### Ingredients :

- 5 pcs fresh corn
- 5 pcs shallot
- 4 pcs garlic
- 25 gr chopped celery
- 25 gr sliced leek
- 61 pcs egg
- 100 gr flour
- 1 tbs salt
- 2 tbs sugar
- 1 teaspoon white pepper
- 250 ml oil

### Method :

1. Slice (shave corn), Slice shallot & garlic & then grind
2. Put in the bowl corn paste add egg, flour, celery, sugar, salt and pepper.
3. Heat oil , then put one spoon each and then fraying until golden colour

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## SAMBAL MATAH ( Raw Spicy with Coconut Oil )



### Ingredients : Serves 10 pax

- 10 pcs Shallot
- 6 pcs Red Chilli
- 3 Pcs Hot Chilli( small ones )
- 3 pcs Lemon leaf
- 1 tsp Shrimp paste
- 150 ml Coconut oil
- 5 pcs Lemongrass
- 1 tbs Lemon water

### Method :

1. Slice all ingredients without oil & shrimp paste
2. Mix all ingredients together & add lemon water , oil & shrimp paste , salt & taste

## BUMBU SATE ( PEANUT SAUCE )



### **Ingredients : Serves 10 pax**

250 gr Peanuts  
100 gr Fried shallots  
50 gr Fried Garlic  
50 gr Fried Red Chilli  
100 gr Palm Sugar  
50 ml Sweet Soy  
400 ml Water  
Salt & Pepper

### **Method :**

1. Fry peanuts
2. Mix all ingredients, put on mortar stone and grind until smooth
3. Boil 10 minutes, add sweet soy and mix through

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# KANGKUNG PELEcing

## ( Waterspinach with spicy tomato )



### Ingredients : Serves 8 pax

- Washed spinach
- 2-3 tbs Fried shallots
- 1 tsp Kecap manis
- 2-3 tbs oil
- 1 tsp squest of water lime fruit

### TOMATO SAMBAL :

- 3 large red chilli, seeds removed
- 2-3 Small chili
- 3 Tomatoes medium
- salt to taste
- 5 Shallots
- 8 Garlic cloves
- 1 tsp Shrimp paste
- 3 Candlenut

### Method ;

1. Boil the spinach in water to cover with a teaspoon of salt for 3 -4 Minutes or until the stem is soft. Grind or blend all the spices in a grinder food processor until a fine paste.
2. Heat the oil in a wok over a medium flame.
3. Fry the blended spices until it reduces by nearly half & the oil rises to the surface for at least five minutes.
4. Remove from the heat and cool.
5. Mix with the cooked spinach, tomato sambal, fried shallots & shredded lime leaves thoroughly, preferably by hand. Add a little kecap manis.
6. Check seasonings.
7. Top with fried shallots. Serve with slices of lime.

### Alternatively:

fry the spice paste & then add the uncooked spinach & remaining ingredients.  
Use English spinach if asian water spinach is not available

## SATE LILIT CHICKEN ( Meat chicken with spicy sauce lemon grass stick )



### Ingredients :

-½ kg Chicken minced

### Spices :

- 100 ml Coconut milk
- 100 gr shallot
- 50 gr Garlic
- 50 gr galangal
- 5 teaspoon Tumeric ( small piece )
- 25 gr Candle nut( 4 pieces )
- 3 pieces Red chili
- 100 gr lemongrass chopped ( 3 pieces )
- 2 gr Coriander ground ( 2 teaspoon )
- 1 gr Black pepper ( 1 teaspoon )
- 15 pcs stalk lemongrass

### Cooking Method :

1. Clean chicken and then grind until smooth
2. Chop all spices and then grind until smooth
3. Mix chicken and spices all together add coconut milk
4. Put ( 1 ) one spoon on the stalk of lemongrass
5. And then grill

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## PEPES IKAN ( Minced Chicken Wrap in Banana Leaf )



### Ingredients : Serves 8 pax

- 1 kg Fish (white firm fish ) / 8 pcs Shallot
- 8 pcs Red chili
- 6 pcs Garlic, 4 cm Ginger
- 6 cm Galangal ( laos ) , 5 cm Turmeric
- 3 pcs Candle nut(or use macadamia nut, cashews or brazil nut)
- 3 pcs Lemongrass
- 2 cm Aromatic ginger kencur( canola , sunflower, vegetable)
- 200 ml Oil canola
- 4 pcs Salam leaf / bayleaf
- 3 tbs Tamarind water
- 4 tbs Palm sugar
- Banana Leaf

### Method :

1. Clean the fish and cut cube/ slice
2. Mix all spice put on the mortar stone and grind until smooth without salam leaf and banana leaf
3. Combine all ingredients + oil , tamarind water and palm sugar
4. Put salam leaf on banana leaf that has been cut into a square about the size of a serviette
5. Put 2 tblsp of fish mixture on
- 6 Fold up secure with toothpick & steam for 5 minutes or until cooked

## BANANA or PINEAPPLE FRITTER / PISANG GORENG



### Ingredients :

- 150 gr rice flour
- 75 gr plan flour
- 275 ml water
- ¼ teaspoon salt
- 2 teaspoon sugar
- 200 ml oil
- Banana or pineapple

### Method :

1. Put all ingredients in the bowl without oil and banana mixing with ballon wish
2. Cut half banana and put in the flour
3. Heat oil put one by one in the oil and then fried until brown colour

### Ingredients for caramel sauce :

- 250 gr Palm sugar
- 100 ml water
- 200 ml Coconut Milk
- ¼ teaspoon salt

### Method :

Boiled all ingredients with low fire until thick .

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