

For Review Only

The Little
Indonesian
Cookbook

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inside!

HEINZ VON HOLZEN

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Email: genref@sg.marshallcavendish.com Online bookstore: www.marshallcavendish.com/genref

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Introduction

Indonesian cuisine is diverse, in part because Indonesia is composed of approximately 6000 populated islands. Many regional cuisines exist and are often based on cultural and foreign influences .

Throughout its history, Indonesia has been involved in trade due to its location and natural resources. Additionally, Indonesia's indigenous techniques and ingredients were influenced by India, the Middle East, China and Europe. Spanish and Portuguese traders brought new world produce to Indonesia even before the Dutch came to colonize most of the archipelago. The Indonesian islands of Maluku, which are famously known as the Spice Islands, also contributed to the introduction of native spices, such as cloves and nutmeg, to Indonesian and global cuisine.

Some popular Indonesian dishes such as *nasi goreng* (fried rice), *mie goreng*, (fried noodles) and *sates* (meat skewers) are ubiquitous in the country and considered as Indonesian national dishes and yet do not even originate from the country. *Nasi* and *mie goreng* originated from the Chinese while *sates* are found almost everywhere.

Sumatran cuisine, featuring curried meat and vegetables such as *gulai* and *kari* often has Middle Eastern and Indian influences, while Javanese cuisine is more indigenous. The cuisines of Eastern Indonesia are similar to Polynesian and Melanesian cuisine. Elements of Chinese cuisine can also be seen in Indonesian cuisine everywhere. Foods such as *bakmi* (noodles), *bakso* (meat or fish balls), and *lumpia* (spring rolls) have been completely assimilated.

Some popular dishes that originated in Indonesia are now common in South East Asia. Indonesian dishes such as *rendang sapi* (beef braised with coconut milk and spices) and sambals (spiced sauces) are highly favoured in Malaysia and Singapore while *tempeh*, a fermented soybean cake originated in Java has proven to be popular among South East Asians. Eaten on its own or in combination with other foods, soybeans provide an inexpensive and nutritious meal with its nourishing benefits.

As it is very common to eat with one's hand in parts of Indonesia such as Bali, West Java and West Sumatra, households or restaurants like seafood food stalls, traditional Sundanese and Minangkabau restaurants or even food stalls selling East Javanese *pecel lele* (fried catfish with sambal) and *ayam goreng* (fried chicken), *kobokan*, a bowl of tap water with a slice of lime is usually served. However, this bowl of water is used to wash one's hand before and after eating and should not be consumed. Eating with chopsticks is generally only seen in food stalls or restaurants serving Indonesian adaptations of Chinese cuisine, such as *bakmie* or *mie ayam* (chicken noodle) with *pangsit* (wonton), *mie goreng* (fried noodles) and *kwetiau goreng* (fried flat rice noodles).

With the large amount of foreign influences that has greatly impacted the style and taste of Indonesian cuisine, the food in Indonesia has become even more varied and vibrant. This book brings together some of the country's best-loved dishes, with one section detailing basic spice and stock recipes to help bring out the authentic flavours that are representative of Indonesia, and five different sections from mains to desserts that are sure to be a favourite at your dining table. From the rich and savoury *opor ayam* (chicken in spiced coconut sauce) to the delicious *sate manis* (assorted satays), this book is a celebration of Indonesia's culinary delights.



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Rice & Soup

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Nasi Goreng Mawut (Fried Rice with Noodles) Serves 4

This has to be my favourite version of the famous *nasi goreng*. Although it is not often cooked in private homes for local consumption, *nasi goreng* is a very popular street food treat for the Indonesians. The term literally means “fried rice” but it is different from the usual fried rice cooked in Chinese restaurants all over the world. There are almost as many varieties of it as there are small *warungs* (roadside food stalls) and cooks who prepare this dish.

100 g boneless chicken thighs, skin removed and cut into 1-cm cubes
2 tablespoons *bumbu daging* (page 8)
100 g prawns, peeled, cleaned, deveined and halved
2 tablespoons *bumbu ikan* (page 8)
vegetable or coconut oil, as needed
50 g white cabbage, sliced
20 g large red chillies, halved, seeded and sliced
3–5 bird’s eye chillies, finely sliced
1 tablespoon chilli sauce
2 tablespoons salty soy sauce (*kecap asin*)
50 g shiitake mushrooms, sliced
3 eggs, whisked thoroughly
300 g rice, cooked and cooled
300 g egg noodles, cooked and cooled
30 g spinach, cleaned and roughly sliced
30 g leek or spring onions (scallions), sliced
20 g celery leaves, sliced
2 tablespoons finely sliced lemon basil (*kemangi*)
salt, to taste
2 tablespoons fried shallots

1. Marinate chicken with *bumbu daging* and prawns with *bumbu ikan*.
2. In separate frying pans, heat a little oil and quickly stir-fry chicken and prawns for 1 minute. Set aside and keep warm.
3. Heat 4 tablespoons oil in a wok or large non-stick frying pan. Add cabbage, red chillies and bird’s eye chillies and fry over high heat for 1 minute.
4. Add chilli sauce and soy sauce and fry until almost dry.
5. Add shiitake mushrooms and fry for another minute.
6. Add eggs and continue to fry until eggs are scrambled and almost cooked.
7. Add rice, mix well and fry for 1 minute.
8. Add egg noodles, mix well and fry again for 2 more minutes over high heat.
9. Add spinach, leek or spring onions, celery leaves and lemon basil, mix well and fry for 1 more minute.
10. Remove from heat and season to taste with salt. Garnish as desired.





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Otak Otak (Minced Fish Steamed in Banana Leaf) Serves 6–8

South Sulawesi is known for Coto's various types of beef soups and *otak otak*, and Makassar Ibu Elli is renowned nationwide for serving the best *otak otak*. Up to 10, 000 of these delicate fish parcels are prepared daily by a team of ladies that still follow traditional techniques and preparation methods. Most visitors will not only stop by to enjoy a quick snack but will also bring a takeaway box home for their loved ones.

200 ml coconut cream
50 g sago flour
800 g mackerel fillet, skinned and minced
100 ml light *kaldu udang* or *kuah Indonesia* (page 10)
2 tablespoons lime juice
50 g spring onions (scallions), finely sliced
salt, to taste
16 banana leaves, cut into 20-cm squares

SPICE PASTE

80 g shallots, peeled and sliced
20 g garlic, peeled and sliced
3–5 bird's eye chillies, finely sliced
ground white pepper, to taste
salt, to taste

1. Prepare spice paste. Combine all ingredients in a stone mortar or food processor and grind into a very fine paste.
2. Combine coconut cream and sago flour and whisk into a smooth mixture.
3. Combine minced fish, *kaldu udang* or *kuah Indonesia*, spice paste and coconut cream mixture in a food processor and blend into a very smooth paste. Add lime juice and spring onions. Season to taste with salt.
4. Place 2 tablespoonfuls fish paste in centre of each banana leaf square. Fold two opposite sides of banana leaf over to enclose filling tightly. Secure open ends with bamboo skewers. Repeat until ingredients are used up.
5. Steam parcels for 4 minutes, then place on a charcoal grill and cook for 3 more minutes until banana leaves are evenly browned.
6. Serve with *saus pedas tomat* (page 9) and lime wedges.





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Sate Manis (Assorted Satays) Serves 4–6

Sate is a word that is regularly associated with Indonesian food. Most visitors to Indonesia will probably eat *sate* at their hotel or restaurant lunch stops. These *sates* consist of chunks of meat threaded through a skewer, then grilled to perfection over glowing charcoal.

800 g lamb leg, beef tenderloin, sirloin or topside or boneless skinned chicken leg, cut into 1.5-cm cubes

600 g fermented soybean cakes (*tempeh*), cut into 2-cm cubes

bamboo skewers, as needed, pre-soaked in water

2 limes, cut into wedges

sweet soy sauce (*kecap manis*), as needed

SPICE PASTE

3 tablespoons coconut oil

60 g shallots, peeled and sliced

40 g garlic, peeled and sliced

70 g large red chillies, halved, seeded and sliced

½ tablespoon roasted and crushed coriander seeds

¼ tablespoon cumin seeds

2 tablespoons lime juice

1 tablespoon chopped palm sugar

¼ tablespoon salt

4 tablespoons sweet soy sauce (*kecap manis*)

1. Prepare spice paste. Combine all ingredients except sweet soy sauce in a stone mortar or food processor and grind into a very fine paste. Add sweet soy sauce and blend well.

2. Combine meat with spice paste, mix well and allow meat to marinate in a cool place for 30 minutes.

3. Thread meat and soybean cakes evenly onto bamboo skewers.

4. Grill over very high heat and serve with lime wedges and sweet soy sauce as a dipping sauce.

A rich creamy *base sate* (page 11) together with rice cakes makes the perfect condiment for these tasty meat skewers.



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Vegetables & Salads

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Pecelan (Vegetable Salad in Peanut Dressing) Serves 4

This is the Balinese version of one of Indonesia's most famous dishes, *gado gado*. The biggest difference between the two versions is the use of water here in Bali for the peanut sauce instead of the coconut milk in Java and also the fact that the Balinese version of the peanut sauce is not cooked but simply ground into a creamy sauce using a stone mortar. Any firm vegetable of your choice or simply one vegetable can be used for this very tasty dish.

SALAD

100 g long bean or French beans, cut 3-cm long, blanched
100 g bean sprouts, blanched for 10 seconds in rapidly boiling water
100 g spinach, blanched
100 g small cabbage, thinly sliced and blanched
salt and pepper, to taste
4 hard-boiled quail eggs, peeled and halved
2 tablespoons fried shallots,
2 tablespoons peanuts with skin, fried till golden and crushed
sweet soy sauce (*kecap manis*), to drizzle

PEANUT SAUCE

1–3 bird's eye chillies, finely sliced
3 garlic cloves, peeled and sliced
25 g lesser galangal (*kencur*) or galangal (*laos*), finely sliced
250 g peanuts with skin, fried till golden and crushed
20 g palm sugar, chopped
2 tablespoons sweet soy sauce (*kecap manis*)
250 ml water
1 tablespoon tamarind pulp, soaked in 100 ml warm water for 15 minutes and strained

1. Prepare peanut sauce. Combine chillies, garlic and galangal or lesser galangal in a stone mortar or food processor and grind finely. Add peanuts, palm sugar, sweet soy sauce and continue to grind into a fine paste, by gradually adding water and tamarind juice, slowly working the paste into a creamy sauce.
2. Combine vegetables and peanut sauce and blend well. Season to taste with salt and pepper.
3. Garnish with quail egg, fried shallots, peanuts and drizzle sweet soy sauce around.

As mentioned above, there are countless ways of preparing this delicious tasty vegetarian delight. In Bali, cooks often add diced rice cakes to the vegetables and top the salad with a deep-fried duck egg. In Sumatra, I have come across several versions using egg or vermicelli noodles and in Java I enjoyed a popular version that blended diced cooked potatoes with the vegetables.





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Rujak (Fruit Salad in Tamarind Chilli Sauce) Serves 4

One of the most popular snacks in Bali, and indeed in all of Indonesia, *rujak* is a mixture of crispy, sliced fruits served with sweet and sour sauce. It is best to use crispy fruits to give the dish its desired texture. Although these snacks are easily available from push carts throughout Indonesia, the locals like to make them from fruits grown in their own backyards.

- 75 g pineapple, peeled and sliced
- 75 g green mango, peeled and sliced
- 75 g green papaya, peeled, seeded and sliced
- 75 g cucumber, peeled, halved, seeded and sliced
- 75 g water apple, cut into quarters
- 75 g Hikkoman yam bean, peeled and sliced

SAUCE

- 250 ml palm sugar syrup
- 1 teaspoon roasted and crumbled dried shrimp paste (*terasi*)
- 4–6 bird's eye chillies, finely sliced
- 100 g tamarind pulp, soaked in 120 ml warm water for 15 minutes and strained
- salt, to taste

1. Prepare sauce. Place palm sugar syrup, shrimp paste and chillies in a stone mortar or food processor and grind to a very fine paste. Gradually add tamarind juice and blend until smooth. Season to taste with salt.
2. Combine all fruits and vegetables in a deep bowl. Add sauce and toss well.

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Chef Heinz von Holzen has spent many years investigating and documenting Balinese cooking that is distinct from its Indonesian cousin. He first realised that Bali lacked a restaurant serving authentic local cuisine during his time with the Grand Hyatt Bali. To fill the culinary gap, he opened his first restaurant, Bumbu Bali. Chef Heinz von Holzen then began conducting cooking classes at his restaurant three times a week. His classes became extremely popular, increasing chef Heinz von Holzen's standing as a master of Balinese cuisine and sealing Bumbu Bali's reputation as an authentic Balinese restaurant internationally.

Today, chef Heinz von Holzen runs two other authentic Balinese restaurants, Warung Sate and Pasar Malam. He has also written several cookbooks on Balinese and Indonesian cooking and pictorial books on Bali and Indonesia.

OTHER TITLES BY HEINZ VON HOLZEN

