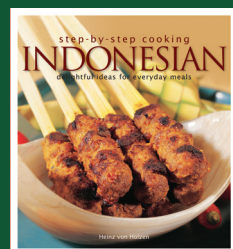
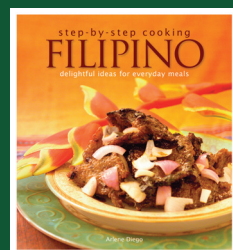
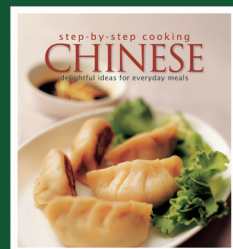
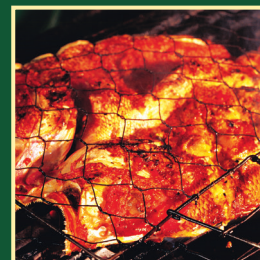


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The *Step-by-Step Cooking* series features classic and modern dishes from various world cuisines. Details on selected ingredients provide an insight into, and an understanding of, the intricacies and unique heritage of each cuisine. Photographs and advice on food preparation and cooking techniques accompany the step-by-step instructions, making each dish a breeze to recreate in the home kitchen.

Step-by-Step Cooking: Balinese is a collection of 42 authentic Balinese recipes from renowned Chef Heinz von Holzen. From tangy salads such as the pickled vegetables and corn and fern tips with grated coconut that teases and tantalises the palate to sumptuous main staples like Balinese lamb stew and roast chicken in banana leaf that will no doubt provide exciting options for everyday meals, this book showcases the unique spices and aromas of Balinese cooking and will inspire home cooks to prepare the dishes in their home kitchen.



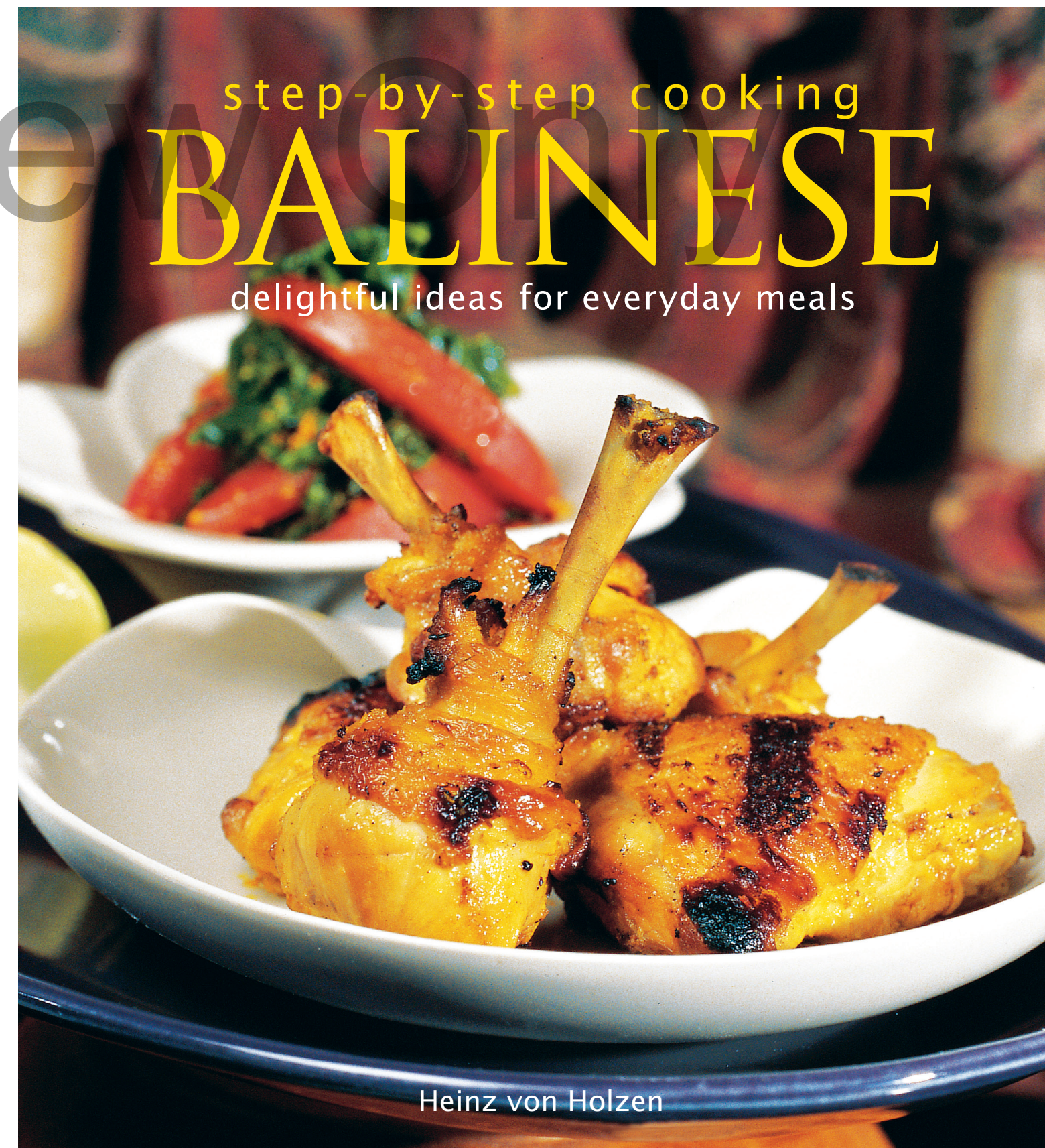
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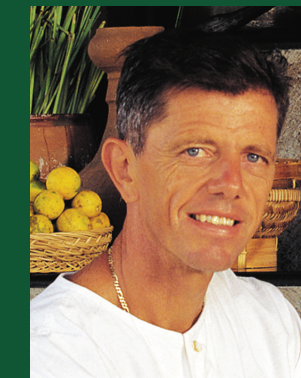
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step-by-step cooking
BALINESE
delightful ideas for everyday meals

Heinz von Holzen



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 are 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.

For Preview

step-by-step cooking
BALINESE
delightful ideas for everyday meals

Heinz von Holzen

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COOKING TECHNIQUES

Balinese cooking techniques are very simple and vary little from those in other cultures and cuisines. The traditional source of heat was, and still is in many homes, a simple wood fire. In more modern homes, often a kerosene or gas stove makes life just a little easier. Cooking vessels are simple and mostly made from sheet iron and sometimes from aluminium. Very rarely and only for a few dishes, a wok finds its way to the stove. The Balinese also tend to use very low heat when cooking. This means that it is important to have plenty of time when preparing Balinese food.

BLANCHING AND PARBOILING

Blanching is a basic cooking process frequently used for leafy vegetables such as water convolvulus, spinach or fern tips. Harder vegetables such as long beans and cabbage are parboiled, or lowered into boiling water for partial cooking or softening. To blanch vegetables, the ratio of water to vegetables must be ten to one (10:1). The water should be well salted and boiling rapidly before vegetables are added. Blanching can also be used to cleanse bones meant for a stock. Place well washed bones in cold water and bring to a slow boil. This opens the pores and allows the impurities to flow out.

BOILING AND SIMMERING

When it comes to boiling or simmering, it is important to know whether the food item should begin in cold or hot liquid. Always add rice or noodles into rapidly boiling liquid, for instance, as this will prevent the rice or the noodles from sticking together, and stir frequently when boiling. Meats such as chicken or beef should be added to simmering liquid or stock, which will close the pores and prevent the meat juices from being leached out and

becoming dry. Do not cover the pot as this will intensify the heat, increase boiling motions and in the case of stocks, make them cloudy. For dry beans (Green Bean Pudding; pg 102) or black glutinous rice (Black Rice Pudding; pg 96), start with cold liquid and bring to a quick boil, then reduce heat and simmer over low heat until done. Do not cover.

STEAMING

One of Bali's most used cooking methods, steaming is used daily for meat, fish, rice, vegetables, sausages and sweet snacks. Steaming is a gentle cooking process and food cooked in such a manner retains many nutrients and vitamins and, at the same time, maintains a most pleasant appearance. To steam properly, first bring water in a steamer to a rapid boil, then position a steamer rack inside with items to be cooked on top. Lastly, cover with a heavy lid. The Balinese use a traditional steamer basket which also adds a certain flavour and aroma to the food steamed. Add some lemon grass, ginger and galangal to the boiling liquid for enhanced fragrance.

POACHING

Poaching is suitable for such diverse food items as sausages, fish, eggs, dumplings and bananas. Heat liquid (water or stock) to 70–80°C / 158–176°F, then add in food to be poached. Never cover the pot. This is a gentle cooking process that retains the flavour, colour and shape of food.

Note: Covering the pot when poaching immediately increases heat and with that, the liquid would start to boil and cause many of the proteins, vitamins and minerals to be discharged and result in a loss of flavour, colour and shape.

DEEP-FRYING

Deep-frying is easily the most widely practised cooking method in Bali. This is because it only requires a vessel to cook in and plenty of oil. If not done properly, however, which is almost always the case in Bali, deep-frying becomes a most unhealthy and fattening way of cooking. To deep-fry well, always use oil which is neutral in flavour and suitable for heating. Peanut, soy and corn oils are ideal. The ratio of oil to food should be ten to one (10:1). Never lower large quantities of food into the heated oil as this will rapidly cool down the oil, open the pores of the food being cooked and cause the food to absorb excess oil. Instead, heat oil to 160–180°C / 320–356°F, then add small quantities of food, which must be very dry, and fry at increasing heat. Drain cooked items thoroughly—first on a draining rack, then on paper towels.

STIR-FRYING

This must be without any doubt Asia's most popular cooking method and yet it is seldom employed in Balinese cooking. Contrary to deep-frying, the food here is not cooked in the oil and then drained. In stir-frying, the oil becomes part of the dish. A good steel wok, relatively high heat and good quality oil form the foundation of a successful stir-fry. Unlike Chinese cooking, the heat source in Bali is mostly a wood fire and as such, the heat is relatively low. This means that the Balinese cook will be unable to whip up a quick stir-fry as it will take a lot longer to prepare a dish.

SAUTÉING OR PAN-FRYING

This is a very quick, basic cooking method for tender cuts. Heat oil in a shallow frying pan to medium-high hotness, add fish fillets or meat, sear both sides and continue cooking until food is cooked through. Avoid having the heat reduce considerably as this will cause the pores of the meat or fish to open and lead to a loss of liquid or juices and toughen the food. For the same reason, always add salt only at the end. For vegetables, heat oil in a shallow pan to medium hotness, then add vegetables and sauté, stirring continuously.

GRILLING OR BROILING

This very popular cooking method is mostly used for the preparation of saté, fish and food wrapped with banana leaves. For saté and other tender cuts, which are always cooked over glowing charcoal, ensure that the fire is very low and the heat very high. This, in Bali, is achieved by vigorously fanning air into the fire, which is done by a sturdy, hand-held bamboo fan. The heat should be as high as possible so that the skewers of saté are lightly burnt, which will add the desired slightly bitter, smoky aftertaste.

For fish, start grilling first over very high heat, which will close the pores, then finish the grilling over lower heat. Avoid having meat juices drip into the fire as this will cause the flames to leap up and add a very unpleasant burnt flavour to the food. Frequently baste grilled foods with an oil-based basting liquid to prevent the food and the spices from burning and, at the same time, to ensure that the flavours of the seasoning penetrate the meat.

Note: Combining 125 g (4¹/₂ oz / ¹/₂ cup) of spice paste (see pg 8) and 125 ml (4 fl oz / ¹/₂ cup) of oil makes a delicious marinade. Always use the chicken spice paste for chicken, seafood spice paste for fish, beef spice paste for beef and basic spice paste for pork, duck, lamb or game.

ROASTING

Roasting is usually done to cook suckling pigs, whole ducks or chickens. Traditionally, roasting in Bali is done over an open fire on a spit or when food is wrapped in various kinds of leaves, then buried under hot charcoal. In the modern kitchen, use a traditional oven. For the first 15–20 minutes, roast at high heat or 180–200°C / 350–400°F, then reduce the heat to 150–180°C / 300–350°F. Frequently baste food with an oil-based basting liquid.

BRAISING OR GLAZING

This cooking method is more for secondary or tough cuts of meat, chicken and duck. Begin by heating oil in a heavy pan, then add meat and seal pores with frequent stirring until colour changes. Add all the spices and other ingredients, except liquid, and sauté again for a few minutes. Finally, add liquid and braise meat over low heat until done. Stewing is very much similar to braising, except that lower heat is used. Note the following points for a successful braised or stewed dish:

1. Always use a stew pan, which is wide and shallow, and not a pot.
2. Always use cheap, secondary cuts such as brisket, shoulder or neck. Avoid using tender cuts because they cook too quickly and do not allow the sauce to develop a rich, meaty flavour.
3. The ratio of meat to liquid should be two to one (2:1) when liquid is added the first time. Keep liquid as short as possible and top up with small amounts as liquid evaporates during the cooking process. This ensures that the sauce at the end will have the right, thickened consistency and the meat will have a shiny coating.
4. Never cover the pan when stewing.
5. Do not cook stews from start to finish in one go. Stew for about an hour or until meat is 75 per cent done, then remove from heat, leave to cool and refrigerate until the dish is required. Finally, reheat the stew and simmer until meat is tender, then season to taste and serve.

INTRODUCTION

For Review Only



VEGETABLES & SALADS

Pickled Vegetables (*Acar*)

Corn and Fern Tips with Grated Coconut (*Jukut Urab*)

Steamed Mushrooms in Banana Leaf (*Pesan Wong*)

Fermented Soy Bean Cake in Sweet Soy Sauce
(*Sambel Goreng Tempe*)

Mixed Vegetable Salad in Peanut Dressing (*Pecelan*)

Creamy Long Bean Salad (*Jukut Antungan*)

Vegetable and Prawn Salad (*Lawar Udang*)

Minced Duck and Green Papaya Salad (*Lawar Kwir*)

Jackfruit and Pork Salad (*Lawar Nangka*)

CORN AND FERN TIPS WITH GRATED COCONUT (JUKUT URAB)

Kaffir lime leaves, palm sugar and lesser galangal make the dressing for this crunchy salad delightfully bold and flavoursome.



Prepare crisp-fried shallots first, then set aside to cool and use as garnish later. This is because dressed salad cannot wait.



Prepare all salad ingredients next and set aside. To blanch vegetables, use the ratio of 1 part vegetables to 10 parts heavily salted, rapidly boiling water.



Add dressing to vegetables and toss only just before serving.

INGREDIENTS

Corn kernels	300 g (10 oz), blanched
Fern tips	300 g (10 oz), blanched
Red chillies (optional)	2, large, seeded and sliced
Grated coconut	250 g (9 oz), lightly roasted
Crisp-fried shallots	3 Tbsp

FRIED CHILLI DRESSING

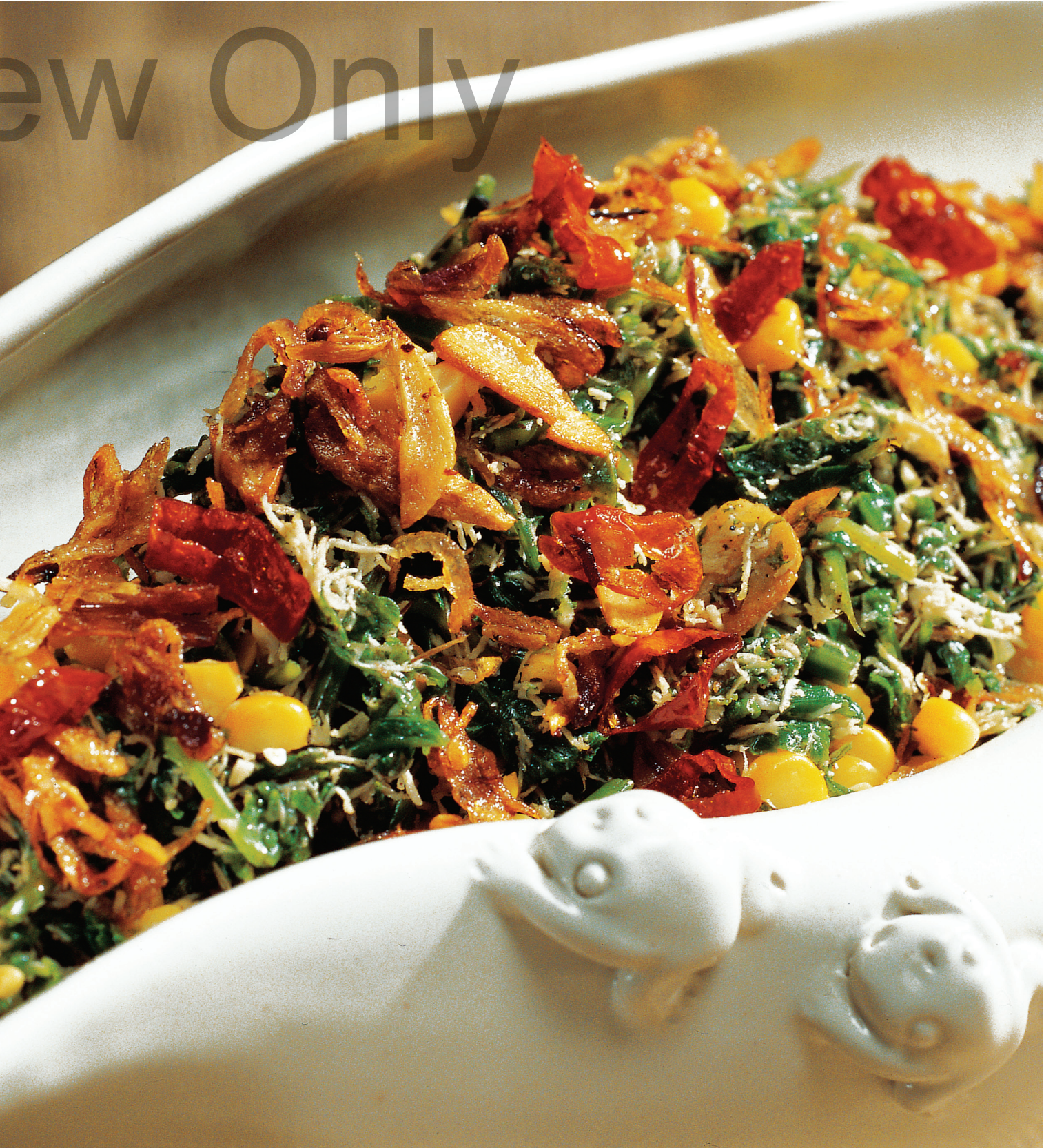
Vegetable oil	4 Tbsp
Shallots	100 g (3½ oz), peeled and finely sliced
Garlic	75 g (2½ oz)
Bird's eye chillies	25 g (¾ oz), finely sliced
Dried prawn (shrimp) paste (<i>terasi</i>)	½ tsp, roasted and finely crumbled
Salt	a pinch

DRESSING (COMBINED)

Cooking oil	2 Tbsp
Fried chilli dressing (<i>sambal sereh tabia</i>)	4 Tbsp, see recipe
Kaffir lime leaves	3, finely chopped
Salt	a pinch
Crushed black peppercorns	a pinch
Palm sugar	1 Tbsp, chopped
Lesser galangal (<i>kencur</i>)	40 g (1¼ oz), washed and finely ground

METHOD

- Combine corn, fern tips, chillies and coconut in a large bowl. Mix well.
- Prepare fried chilli dressing. Heat oil in a frying pan.
- Add shallots and garlic and sauté for 2 minutes.
- Add chillies and dried prawn paste and continue to sauté until golden, then season with salt.
- Remove from heat and leave to cool before use.
- When ready to serve, add combined dressing ingredients to mixed vegetables and toss to mix.
- Garnish with crisp-fried shallots and serve immediately.



For Review Only



SEAFOOD

Grilled Fish in Banana Leaf (*Pesan Be Pasih*)

Lobster Braised in Coconut Milk (*Udang Pantung Kuning*)

Marinated Grilled Seafood (*Be Pasih Mepanggang*)

Marinated Mahi-mahi Steamed in Bamboo (*Timbungan*)

Minced Seafood Saté (*Sate Lilit Ikan*)

Tuna Salad with Shallots and Lemon Grass Dressing
(*Sambel Be Tongkol*)

MARINATED GRILLED SEAFOOD

(BE PASIH MEPANGGANG)

The combination of sweet seafood juices and a smoky charcoal-grilled flavour makes this a memorable dish.



Mix assorted seafood with lime juice, salt, pepper and spice paste. Leave to season.



Just before grilling, whether fish or assorted seafood, brush on a little basting liquid first.



When grilling over charcoal heat, turn and baste frequently to prevent the seafood from drying out and the spices from burning.

INGREDIENTS

Assorted seafood	1 kg (2 lb 3 oz), use fish fillets, prawns (shrimps), clams, mussels, etc., or 1 whole fish, 1 kg (2 lb 3 oz), use snapper, trevally, mackerel, etc.
Lime juice	2 Tbsp
Salt	1 tsp
Black peppercorns	1 tsp, finely crushed
Seafood spice paste (see pg 8)	200 g (7 oz)

BASTING PASTE (COMBINED)

Seafood spice paste (see pg 8)	125 g (4 1/2 oz)
Vegetable oil	125 ml (4 fl oz / 1/2 cup)

METHOD

- If using assorted seafood, mix well with lime juice, salt, pepper and spice paste. Leave to marinate.
- If using whole fish, halve butterfly style; start at the head and work towards the tail. Make 4 slits, each about 1-cm (1/2-inch) deep, on the side with the bones. The seasoning will penetrate better and the fish will cook more evenly.
- Season both sides of fish with lime juice salt and pepper. Evenly spread spice paste all over.
- Brush assorted seafood or whole fish with a little basting paste before grilling over medium charcoal heat. Turn and baste frequently.
- Serve with white rice accompanied by desired portions of spiced tomato sauce (*sambel tomat*) (see pg 9) and shallot and lemon grass dressing (*sambel matah*) (see pg 10) on the side.



For Review Only



MEAT & POULTRY

Balinese Lamb Stew (*Kambing Mekuah*)

Braised Beef in Coconut Milk (*Be Sampi Membase Bali*)

Braised Pork Ribs with Young Jackfruit
(*Balung Nangka*)

Minced Pork and Mushrooms in Banana Leaf
(*Pesan Babi-Wong*)

Pork in Sweet Soy Sauce (*Be Celeng Base Manis*)

Pork Saté (*Sate Asam Celeng*)

Chicken in Spiced Coconut Milk (*Be Siap Base Kalas*)

Fried Chicken (*Siap Megoreng*)

Grilled Chicken (*Siap Mepanggang*)

Quail's Eggs in Spiced Tomato Sauce
(*Telor Base Lalah*)

Roast Chicken in Banana Leaf (*Ayam Betutu*)

Shredded Chicken with Chillies and Lime
(*Ayam Pelalah*)

BRAISED PORK RIBS WITH YOUNG JACKFRUIT (BALUNG NANGKA)

The unusual combination of pork ribs and jackfruit is enhanced by the subtle fragrances of lemon grass, salam leaves and ginger.



Cover pork ribs with spice paste well. This ensures even flavouring and colouring.



Pan-fry pork ribs to lightly cook the surfaces and seal in the juices before adding stock to braise.



Separately cook the jackfruit pieces in salted water before adding to pan to braise with pork ribs.

INGREDIENTS

Pork ribs	1 kg (2 lb 3 oz), cut into 3-cm (1 1/2-inch) pieces
Basic spice paste (see pg 8)	325 g (11 1/2 oz)
Cooking oil	2 Tbsp
Lemon grass	2 stalks, bruised
<i>Salam</i> leaves	4
Ginger	50 g, peeled, sliced and bruised
Red chillies	2, large, left whole
Chicken stock (see pg 10)	1.5 litres (2 2/5 pints / 6 cups)
Young jackfruit	400 g, peeled, cleaned and cut into 2.5 x 1-cm (1 x 1/2-inch) pieces
Salt	to taste
Crushed black peppercorns	to taste
Kaffir lime leaves (optional)	1–2, finely chopped, for garnishing

METHOD

- Season pork ribs with 125 g (4 1/2 oz) spice paste and set aside in cool place for 1 hour.
- Heat oil in a heavy stewing pan. Add remaining spice paste and sauté until fragrant.
- Add pork ribs, lemon grass, *salam* leaves, ginger and chillies. Continue to sauté until pork ribs change colour.
- Pour in half the chicken stock. Bring to the boil and simmer until ribs are almost cooked. Top up with more stock as it evaporates.
- Meanwhile, cook jackfruit. Bring 3 litres (5 4/5 pints / 12 cups) of salted water to the boil and add jackfruit.
- Return to the boil and simmer for about 15 minutes or until almost cooked.
- Drain and transfer jackfruit into ice water to cool, then drain well.
- Add jackfruit to pork ribs and simmer until ribs are tender.
- Season to taste with salt and black pepper. Serve garnished with chopped kaffir lime leaves, if used.

