



Indonesian Cook Book



Lawar Ayam

Green Bean Salad with Chicken

No big religious or private celebration would be held without serving this ritual dish. Only the eldest, and most experienced men are allowed to mix the many ingredients.



INGREDIENTS

- 3 cups blanched long beans cut in ½ cm slices
- 250 gr boneless chicken, minced
- ½ cup grated coconut, roasted
- 6 clove garlic, peeled, sliced and fried
- 6 - 8 shallots, peeled, sliced and fried
- 2 large red chillies, seeded and cut in fine strips
- 4 - 6 bird's-eye chillies, finely sliced
- 3 tea spoon fried chili
- 2 table spoon chicken spice paste
- Fried shallots to garnish

DRESSING

- 2 table spoon chicken spice paste
- 1 tea spoon freshly squeezed lime juice
- 1 tea spoon salt
- ½ tea spoon black peppercorns, crushed



PREPARATION

Combine beans, coconut, garlic, shallots, all the chillies and chicken spice paste in a large bowl and mix well.

To prepare the dressing, combine chicken mince with 2 tbsp of chicken spice paste and mix well. Place minced chicken lengthwise in pan and stirred until cook.

Combine mince chicken with bean mixture; season to taste with salt pepper and lime juice. Garnish with crispy fried shallot



Tum Bebek

Minced Duck In Banana Leaf

Tum, leaf-wrapped bundles of highly seasoned food, are made with almost any basic ingredient in Bali, ranging from eels, to chicken, pork, beef or duck.



INGREDIENTS

- 600 gr boneless duck, skin removed and minced
- 1 table spoon fried shallots
- 1 table spoon fried garlic
- 1/3 cup coconut milk, thick
- 3 table spoon basic yellow paste
- 4 bird's-eye chillies, sliced
- 1 table spoon salt
- 1 tea spoon black peppercorns, crushed
- 12 pieces banana leaf, cut in 20 cm squares
- 6 pieces salam leaves



PREPARATION

Combine the above ingredients except for banana leaf and mix well. Fold a heaped tablespoon of the mixture into the center of a banana leaf and wrap. Steam parcels for about 15 minutes, until well cooked. Use greaseproof paper in preference to aluminum foil.

The above mixture can also be used for duck sate simply add 200g of grated coconut and double the quantity of the basic spice paste and pepper. Spear 2 heaped tablespoons of the paste around a large satay skewer or stalk of lemon grass.



INGREDIENTS

- 20 pcs spring roll skin
- 10 gr chopped garlic
- 10 gr chopped shallot
- 150 gr carrot julienne
- 100 gr leek julienne
- 150 gr bamboo shoot julienne
- 100 gr ear mushroom julienne
- 150 gr onion slice
- 60 gr spring onion slice
- 200 gr bean sprout clean
- 10 gr salt
- 5 gr pepper
- 30 ml sweet soy sauce
- 30 ml oyster sauce
- 20 ml sauce tape siau hing
- 30 ml cooking oil
- 10 gr maizina (corn starch)



PREPARATION

Sauté garlic, shallot, add carrots, onion, leek, bamboo shoot, mushrooms, bean sprouts and continue to sauté until crunchy, add salt & pepper, sweet soy sauce, oyster sauce and sauce tape siau hing and continue sauté a few seconds, let it cool down.

Wrap stuffing (about 40 gr) in spring roll skin, close edges with mix of water and corn starch. Deep fry rolls in hot cooking oil. Serve with your preferred dip like sauce, chilli, barbeque sauce, bulldog sauce, sweet sour sauce, ginger dip etc.



Lumpia

Crispy Fried Spring Roll

Originally from china, the lumpia has become popular throughout Southeast Asia, with each country having its own version

Gerang Asem

Chicken meat ball soup, young papaya



INGREDIENTS

Bumbu Wangen

- 120 gr turmeric
- 160 gr lengkuas
- 80 gr ginger
- 40 gr leiser galangal
- 150 gr red chili seedless
- 120 gr hot chili
- 40 gr coriander seed
- 150 gr shallot
- 160 gr garlic
- 20 gr black pepper
- 40 gr candle nut
- 4 pcs wangen sachet
- 10 pcs salam leave
- 10 pcs kaffir lime leave

Grind all ingredients except salam leaves and kaffir lime leaves, heat the salad oil in a sauce pot then pour on the grinded ingredients. Add the salam and kaffir lime leave, lower the heat and simmer until water evaporation.

Chicken Meatball

- 80 gr minced chicken
- 30 gr bumbu wangen
- 4 gr kafir lime leaf
- 8 gr salt
- 6 gr pepper
- 10 gr shallot slice and deep fried
- 10 gr garlic slice and deep fried
- 10 gr chili slice and deep fried

In a mixing bowl mix all ingredient and season, make small meat ball around 10 gr/pcs

Gerang Asem Soup

- 1 kg chicken bone
- 200 gr bumbu wangen (see above)
- 2 pcs kaffir lime leaf
- 2 pcs salam leaf
- 1 pcs lemongrass stem
- 1 pc turmeric leave
- 1,5 L water

Cut the chicken bones into small pieces and wash until clean. In a medium pot heat the salad oil and add bumbu wangen, stir until fragrant then add chicken bone, water and rest of ingredients. Simmer until obtaining desired flavor, check seasoning.

FINITIONS/PLATING

- 30 gr young papaya
- PM red chili (sliced)
- PM sliced leek
- PM celery leaves

In soup bowl arrange chicken meat ball, cooked papaya dice, chili, leek and celery leaf. Serve the soup very hot tableside.



Sate Lilit

Minced Fish Satay

This probably is the most delicious satay you will ever encounter.

The delicate flavors of the shrimp and fish are greatly improved if you can find spears of fresh lemongrass to use as skewers, and if you can cook them over a fire of coconut husks rather than charcoal. Nonetheless, even with wooden skewers and a standard charcoal grill, you will have people coming back for more.



INGREDIENTS

- 600 g skinned boneless snapper fillet
- 1 cup freshly grated coconut or
- 1 1/2 cups moistened desiccated coconut 1/2 cup seafood spice paste
- 5 fragrant lime leaves, chopped
- 1 tea spoon black peppercorns, finely crushed
- 1 tea spoon salt
- 3-5 bird's eye chilies, very finely chopped 2 table spoon palm sugar
- Lemon grass or satay skewers



PREPARATION

Mince fish fillet very finely in a food processor or with a chopper. Add all other ingredients & mix well. Mould a heaped tablespoon full of this mixture around a wooden skewer or over trimmed stalks of lemon grass and grill over charcoal until golden brown.

Be Celeng Base Manis

Pork in Sweet Soya Sauce

This delicious sweet pork dish with a hint of ginger and plenty of chilies to spice it up often appear on festive occasions, when a whole pig is slaughtered and there's plenty of meat available.



INGREDIENTS

- 2 table spoon coconut oil
- 5 shallots, peeled and sliced
- 5 cloves garlic, peeled and sliced
- 600 g (1 1/4 lb) boneless pork belly cut in 2 cm cubes
- 8 cm ginger, peeled and sliced
- 4 table spoon sweet soy sauce (kecap manis)
- 2 table spoon soy sauce
- 1 table spoon black peppercorns
- 2 cups chicken stock
- 6-10 bird's eye chilies, left whole



PREPARATION



Heat oil in a wok or heavy saucepan. Add shallots and garlic and saute for 2 minutes over medium heat or until lightly colored. Add pork and ginger, continue to sauté for 2 more minutes over high heat. Add sweet and salty soy sauce and crushed black pepper, continue to sauté for 1 minute.

Pour in chicken stock and simmer over medium heat for approximately 1 hour. When cooked, there should be very little sauce left and the meat should be shiny and dark brown. If the meat becomes too dry during cooking, add a little chicken stock.



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