

## Chapter 1 : Indonesian Food and Cookery by Owen, Sri The Cheap Fast Free Post | eBay

*Indonesian Food and Cookery is far more than a collection of recipes. Sri Owen gives a comprehensive picture of the culture from which the cuisine has grown, with the charming recollections of her childhood and of happy meals in her grandmother's kitchen.*

**Indonesian Cooking Methods** Indonesian cooking methods are similar to those used in any other Asian or Western kitchen especially the basics such as blanching, broiling, steaming, frying and deep frying. However, there one important basic that you need to know how to prepare. It is how to prepare what is called the basic spice paste. There are varieties of basic spice pastes and they are called basic because they are the seasoning bases of almost all Indonesian dishes. In Indonesia, a saucer-shape granite grinding stone mortar and pestle are used. Ingredients are peeled as necessary and sometimes chopped or sliced into small pieces so they would be easier to grind. The pestle is used with a backwards and forwards motion across the mortar until the ingredients are blended together into a smooth paste. If you are using a blender or a food processor, the order of processing the spices is much the same as using a mortar, but in some cases you might need to add some liquid to keep the blades of the machine turning during the blending process. The liquid could be oil if the spice paste needs to be fried or either coconut milk, stock or water if the spice paste is to be simmered. The order to be followed when grinding spice paste ingredients is the hard items first although at most times I like to grind garlic and shallots first. The hard items are dried spices, nuts and tough fibrous rhizomes such as galangal, lemongrass. When all of these ingredients are fine, add softer rhizomes, such as turmeric, ginger and fresh soaked dried chilies. Once all of these are quite smooth, then add ingredients that are full of moisture, such as shallots and garlic. Finally, you add shrimp paste and tamarind juice or any other kind of juices and process to mix well. This spice paste often then needs to be fried or simmered depending on the recipes. If it needs to be fried, just use a little bit of oil over low to moderate heat and stir fry it until it starts to smell fragrant. This usually takes only minutes. Sometimes, pieces of meat and poultry are added to the paste and stir fried until these are well coated and the color has changed. Another process that you might need to know since Indonesian cooking often use banana leaves to wrap its dishes is how to correctly wrap them. Most of them are the ones that need steaming such as seafood dishes. Another type of dishes that use lots of banana leaves for wrapping is the desserts.

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*INDONESIAN FOOD AND COOKERY. My first book was published in , twelve years after I first came to England. By that time Roger and I were well settled in London, with two small children, and both of us were earning, he as a teacher, I as a broadcaster and producer in the Indonesian Section of the BBC Overseas Service.*

An Overview So what is Balinese food? Balinese food is completely unique. The answer is generally considered to be nasi goreng. Other famous Balinese foods include, satay, Balinese duck or chicken curry, gado gado mixed vegetables and pepes – small portions of seasoned meat, tofu or tempe, wrapped in banana leaf and grilled until cooked. Most importantly of all, Balinese foods need a fertile island with plenty of sunshine, rain and rice. Regional Bali Food Specialties While different areas of the island have different specialities, they are generally united by the fact that they are spicy and make use of a lot of pungent flavours. Ubud of the Eat, Pray, Love fame is better represented by its duck dishes than by that saccharine book and even worse film. Jimbaran Bay, on the coast, is famed for seafood dishes. The Gianyar region is rumoured to make the best suckling pig on the island no small feat as babi gulung is one of the most revered foods in Bali. The Bali Food Bible: Bebek Gerang Asem – Balinese Duck Curry Balinese Duck Curry My personal favourite Balinese meal, traditional Bumbu Bali curry paste is cooked with stock, duck and coconut milk for a melt-in-the-mouth culinary experience. Babi Gulung – Roasted Suckling Pig One of the most popular dishes in Bali, the suckling pigs are rubbed with tumeric and filled with the aromatic and flavourful base gede includes galangal, turmeric, ginger and chillies among many, many other ingredients , then slow roasted on a spit. The contrast between the flaky, soft meat and crackling needs to be tried to be believed. Gado Gado – Mixed Vegetables with Peanut Sauce In its simplest form, gado gado is just mixed vegetables with a peanut sauce. Tumis Pakis – Sautéed Fern Tips Tumis Pakis can be really difficult to find in commercial restaurants but be sure to give it a try if you do. Sayur Urab – Mixed Vegetable Salad With Coconut and Lime A gorgeous mixed vegetable salad in an impromptu coconut sauce made from squeezing the cooked vegetables with grated fresh coconut and kaffir lime juice. Deliciously moreish recipe below. Traditional Grilled Fish or Seafood Prawns in Jimbaran Bay Particularly found in the area around Jimbaran Bay and Kuta, grilled or barbecued fish is served with fresh sambal matah for a light and zingy meal. Deep fried tofu is paired with a palm sugar, chilli, lime and garlic sauce recipe below. Indonesian street food at its very finest. Make your own – recipe below. Or you can make it yourself – the recipe is further down. Bubur Injin – Black Rice Pudding Lots of Balinese desserts err on the sweet side, but Bubur Injin – a moreish concoction of black rice, sticky rice, pandan leaves, palm sugar, banana and coconut milk keeps the balance just right. Have it cold on a hot day for a cooling snack. So how did it come about? When Bali was under Dutch colonial rule, much of the quality coffee was exported out of the country. Local farmers realised that the local luwak cats ate the coffee fruit but, as they were not able to digest the beans themselves, whole beans could be harvested from their droppings, cleaned and processed into coffee. At 7am the market was almost empty. But no, it was because most of the women in the village had already been at 4am when the market had opened and were now busy turning their purchases into delicious meals to be scoffed by the rest of the family later in the day. Hats off to them. Most food markets in Bali tend to close by midday-2pm, and start winding down by about am, so if you want to do your ingredient shopping in a market, my best tip would be to start early. Seller at the Tegalalang market The class started with a visit to the small Tegalalang Market. Our guide, Bimo walked us around the market, stopping off to explain the uses of different ingredients and their roles in the food we were going to be making later that day. Fresh shallots The Perfect Weekend in Northern Ireland It was an assault on the senses – fruit, vegetables, live chickens, meat, shampoo, bracelets – you name it, it was there. After a bumpy journey to the farm, we gathered our baskets and strolled out into the lush greenery to learn more about how they grow the vegetables and most importantly collect our own to cook with later. Coffee on the farm Bimo peppered his conversation with little Balinese food facts: Walking around the organic farm Half of the fun was peeking at plants and trees to see things that you only ever see on market stalls or in the supermarket back home. Those looking for a hands-off demonstration should probably stay away:

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A favorite mix of taste and healthy ingredients. At its base are boiled long beans, spinach, potato, corn, egg and bean sprouts coupled with cucumber, tofu and tempe. Gado-gado gets sweeter as you travel eastward through Indonesia -- but Jakartans swear by the cashew sauce at Gado-Gado Boplo. Panglima Polim IX No. Nasi uduk A perennial favorite among native Betawi, nasi uduk is rice cooked in coconut milk and includes a pinwheel of various meat and vegetable accoutrements. It almost always includes fried chicken, boiled eggs and tempe soybean cake with anchovies and is topped with emping melinjo nut crackers. Nearly four decades old and still going strong, Nasi Uduk Babe Saman packs in everyone from students to celebrities morning, noon and night. The best way is to chuck away the cutlery and dig in with hands then wash the spice away with a sweet iced tea. Garuda Nasi Padang, Jl. Variations on that chain have cropped up across the country -- rumor has it that one of these was founded by a polygamist, so franchisees must have multiple wives. Bakmi goreng Noodles compete with rice for carbohydrate of choice in Indonesia, ranging from broad and flat kwetiau to scrawny vermicelli bihun. The best are bakmi -- pencil-thin and, in this case, fried with egg, meat and vegetables. Vendors add their own special spices for distinction, but the iconic Bakmi Gajah Mada garners a cult following. More modern outlets now make noodles from spinach and beets. Bakmi Gang Mangga gives diners an in to the cool hangouts in the old city, but only after 5 p. For an earlier version, try Bakmi GM on Jl. Gudeg Fit for a sultan it may not be, but gudeg is certainly the signature of the royal city of Yogyakarta. The sweet jackfruit stew is boiled for hours in coconut milk and palm sugar, making the fruit so soft and tender it falls apart with little chewing. Other spices are thrown into the mix but teak leaves give it a brown coloring. Slamet Riyadi , Solo Rawon A beef stew from East Java that goes heavy on the keluak nut to give it a nutty flavor and a deep, black color. The soup base also mingles with garlic, shallots, ginger, turmeric and red chili to make it nice and spicy. Pecel lele The sight of fried catfish may surprise first-time diners since it looks almost the same as it does living. Opor ayam Small diners, called warungs, now sell this traditional dish of braised chicken in coconut milk on a daily basis. Masakan Rumah Ibu Endang, Jl. Mie ayam In search of the perfect noodle dish? Unlike most Indonesian cuisine, where the secret is in the sauce, the clue to a good mie ayam is the perfect al dente noodle. Bakmi Orpha, a hole in the wall in west Jakarta, draws Ferrari-owning clientele for its deceptively tasty mie and wontons. Babi guling Pork is uncommon in this Muslim majority nation, but we had to include roast suckling pig given the near hysteria it generates on the Hindu island of Bali. The Balinese respect their food and lavish attention on its preparation. Before spit-roasting the pig they bath it in coconut water and rub it with chili, turmeric, garlic and ginger to ensure succulence. Babi guling fans fly from Jakarta to scarf the crispy skinned pork at Warung Ibu Oka -- but be sure to get there before 3 p. Warung Ibu Oka, Jl. Suweta sidestreet, Kuta, Bali Gulai Gulai is the common name for curry dishes, namely those from north Sumatra. Indonesian curries have regional variations that depend on the types of meat and fish available -- though gulai almost always incorporates cinnamon. Opor and rendang can be considered gulaes, but better to try out the rainbow of other options. Pagi-Sore is a national franchise serves a tangy fish-head curry. Bubur ayam From blue-collar workers to government ministers, almost everyone starts their day with this rice gruel, a savory porridge served with soy sauce, fried shallots, shredded chicken, beans and crackers. Outside Java variations can include corn, cassava and fish, while a sweeter version -- for those who prefer not to start their day with a blast of chili -- is made with mung beans. Bakpao The best thing about rush hour. Vendors often line busy roads during rush hour to offer these fluffy meat-filled buns to hungry passersby in need of a snack. Sweet offerings include chocolate and green bean, indicated by a colored dot on top. Asinan sayur When palates crave the opposite of Javanese sweetness, this pickled vegetable salad offers reprieve. The secret is in the dressing, a thin peanut sauce swirled with palm sugar to offset the salty snap of preserved mustard leaf, carrot, cabbage and cucumber. The krupuk cracker crunch comes from a yellow disc

made with egg noodles. Yaya has been serving up bowls of Asinan for 22 years outside the iconic Ragusa Ice Cream shop. He also makes a mean dried-squid salad called juhi. Outside Sate Ragusa, Jl. Because it grows well in any kind of soil, it is a common ingredient in dishes throughout Asia. Here the cah indicates its Chinese origins. Santika Baru Seafood, Jl. Bendungan Hilir Raya Kav. Pepes ikan You can get your tuna out of a can -- or you can eat it the right way. When matched with tuna the result is a dense, fiery dish that holds its distinct flavors, but should be eaten gingerly. Pempek According to lore, the name pempek refers to the old Chinese man who first produced these fish and tapioca cakes from Palembang in South Sumatra. Now a Palembang specialty, pempek or empek-empek comes in a variety of shapes and sizes. The most famed, kapal selam, or translated as submarine, contains a chicken egg and is rumored to be the most nutritious form of the spongy dough balls, which are sprinkled with shrimp powder and served with cuka, a dark dipping sauce made from vinegar, chili and sugar. Kebon Sirih, Palembang A distant relative of Dutch minced-meat frikandel, these croquettes are either potato based and filled with beef or made from corn perkadel jagung. In Bandung, crowds line up late night in seedy alleyways to snack on potato fritters made soft from frying in hot oil. Martabak You can make it without lard. The sweet version looks more like a pancake filled with gooey chocolate, peanuts or cheese, while the savory one is made from crispy pulled pastry like filo that is flattened in a wok as egg and minced meats are rapidly folded in. Served with pickled cucumber and a sweet and sour vinegar. Martabak Ayah, Muhammad Daudsyah, Jl. Tgk Dibrang, Kota Banda Aceh A very close relative called sayur lodeh is made with coconut milk and has a sweeter flavor. Abdul Rachman Saleh, Jakarta Sop buntut Revitalized by the chef at Hotel Borabodor in after a food and beverage staffer saw a government minister eating a bowl on the street, oxtail soup is loved by Indonesians from all classes. Ketoprak Not to be confused with the theatrical drama of the same name that re-enacts Javanese legends, this Ketoprak is made from vermicelli, tofu, packed rice cake and bean sprouts. It rounds out the quintet of pestle-and-mortar-based dishes that include gado-gado and pecel, and is a simple street dish that tastes mostly of peanuts and spice but is chockfull of carbohydrates. Nothing more than grilled purple eggplant topped with heaps of chili sauce made from dried shrimp paste balacan , it calls for a substantial portion of rice to even out the fire engine flavor. Seribu Rasa , Jl. Haji Agus Salim No. Lontong sayur Boiled for hours in coconut leaf casings, the glutinous packed rice cake known as lontong is one of the best vehicles for pairing with thick peanut sauces and curries. It serves as the base for this savory morning favorite, a coconut-milk curry made with young papaya, soy-braised tofu and hard-boiled eggs. Crushed up krupuk add a little crunch to get you going. Gatot Subroto Secrets from a Japanese sushi master A dried version, which can be kept for months like jerky is reserved for honored guests and important celebrations. Tahu gejrot Reason number to love tofu. Menteng Plaza has a version of fluffy tofu steeped in sweet soy sauce and chili and served in a pestle and mortar. HOS Cokroaminoto, Jakarta Sop kambing If Indonesia ever got cold enough to necessitate a winter stew, sop kambing would be even more popular. Be warned if you have high blood pressure since the dish will heat you up. Ginger, lime leaf, candlenut and spring onion give it peppery smell that adds to its refreshingly earthy flavor. Sop Kaki Kambing stands among a number of roadside street vendors, Jl. Kendal, Menteng, Jakarta A complete portion comes with a steamed potato, cabbage, egg, and bitter melon, and is served with a boiled peanut sauce similar to gado-gado. For the less health-inclined, an alternative to siomay is batagor, which is fried instead of steamed. Siomay Pak Lili, Jl. Geger Kalong Girang, Bandung Ikan bakar The best things in life are the simplest. But in a country with more than 17, islands, fish is bound to feature prominently. While squid and prawns have a place in Indonesian cuisine, ikan bakar gets a far better showing for a fleshy texture that is great for dipping. It is usually marinated in the typical trove of spices and served with a soy and chili-based sauce. Ikan Bakar Cianjur , Jl. Daun pepaya Papaya is one of the fastest growing trees in Southeast Asia, and its bitter leaves are great for sauteing. This dish is common in Manado, but regional variations have made it popular among the leaf-and-seed-eating crowd, a big bunch in Indonesia. Bumbu Desa , Jalan Suryo No.

## Chapter 4 : Best Indonesian Recipes and Indonesian Cooking Ideas

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**Chapter 5 : The Ultimate Bali Food Guide – The Discoveries Of.**

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Basil, Lemon daun kemangi: A fragrant, lemon-scented herb added at the last minute to keep its flavor, or used as a garnish. Although the flavor will be different, you can use another type of basil. A round, cream-colored nut with an oily consistency used to add texture and a faint flavor to many dishes. Substitute macadamia nuts or raw cashews. About intensely fragrant black seeds are enclosed in straw-colored, fibrous pod. Try to buy the whole pod instead of cardamom seeds or powder for maximum flavor, and bruise lightly with the back cleaver to break the pod before adding to seasonings. The celery used in Indonesia is somewhat different from the celery used in the Western world. It has a very slender stems and particularly pungent leaves. Chilies cabai, also called cabe or lombok: There are several types of chili pepper used in Indonesia. One thing that is important about chili pepper, the amount of heat increases as the size of the chili pepper diminishes. Green chilies are the unripe fruit, and have a flavor different from red chilies. Fresh, finger-length red chilies are the most commonly used. Dried chilies also used in some dishes and they should be torn into pieces and soaked in hot water to soften before grinding or blending. A thick, dark brown bark of a type of cassia. Do not substitute with ground cinnamon if you can. A small, brown, nail-shaped spice. Whole cloves are frequently used to flavour cooking liquids for simmering fish, poultry or meat. The grated flesh of the coconut is frequently added to food. It can also be squeezed in water to make coconut milk. To make fresh coconut milk, put 2 cups of freshly grated ripe coconut into a bowl and add 2 cups of lukewarm water. Squeeze and knead the coconut thoroughly for 1 minute, then strain through cheesecloth into a bowl to obtain thick coconut milk. Repeat the process with another 1 cup of water to obtain thin coconut milk. Combine both for the coconut milk. Coconut milk can be frozen; thaw and stir thoroughly before use. The best substitute for fresh coconut milk is instant coconut powder. Combine this with warm water as directed on the packet. For richer, creamier flavor required for dessert and cakes, use canned unsweetened coconut cream. Coriander Seeds ketumbar: Small straw-colored seeds with a faintly orange flavor. Whole seeds are usually lightly crushed before use. Cup Leaves daun mangkok: The shape of the leaf is like a cup. A good substitute is curly kale. The cloves of garlic in the Western countries are considerably larger. Adjust the amount to suit your taste. This pale creamy yellow root is a very important ingredient for Indonesian cooking. Always scrape the skin off fresh ginger before using, and never substitute powdered ginger as the taste is quite different. Ginger can be stored in a cool place for several weeks. This ginger-like root has a unique, champor flavor and should be used sparingly. Wash it and scrape off the skin before using. Dried sliced kencur or kencur powder can be used as a substitute. Sometimes is called galangal, this is a member of the ginger family and it has a very tough but elusively scented root that must be peeled before use. This is an intensely fragrant herb that is used for soup, seafood and meat dishes and spice pastes to produce lemony flavor. Cut off the roots and peel off the hard outer leaves, use only the tender bottom portion inches. There are several types of lime used in Indonesia. The most fragrant one is called kaffir lime jeruk purut. Kaffir lime has virtually no juice, but the double leaf is often used whole or very finely shredded, while the grated skin is occasionally used in cooking. The picture on the right shows Kaffir lime. The round yellow-skinned limes which size is slightly larger than a golf ball jeruk nipis and small, dark green limes jeruk limau are used for their juice. If limes are not available in your area, you can substitute it with lemon. Always grate whole nutmeg just before using as the powdered spice quickly loses its fragrance. Palm Sugar gula jawa: Juice extracted from the coconut flower or aren palm is boiled and packed into molds to make sugar with a faint caramel taste. If palm sugar is not available, substitute with soft brown sugar. To make palm sugar syrup, combine 2 cups of chopped palm sugar with 1 cup of water and 2 pandan leaves. Bring to a boil, simmer for 10 minutes, strain and store in refrigerator. Pandan Leaf daun pandan: The fragrant leaf of a type of pandanus sometimes known as fragrant screw pine, this is tied in a knot and used to flavor dessert and cakes. Used raw and ground to make sauce, or deep fried and used as a garnish

or condiment. Both black and white peppercorns are crushed just before use. Ground white pepper is also used on occasion. Salam Leaf daun salam: A subtly flavored leaf of the cassia family, this bears no resemblance whatsoever to the taste of a bay leaf, which is sometimes suggested as a substitute. If you cannot obtain dried salam leaf, omit altogether. Widely used in Indonesian cooking, pounded to make spice pastes, sliced and added to food before cooking, and sliced and deep fried to make a garnish. This ingredient has a strong fragrance; it is always cooked before eating, generally toasted over a fire before being combined with other ingredients. The color of this ingredient ranges from purplish pink to brownish black. Slaked Lime kapur sirih: A paste obtained by grinding sea shells in a little liquid. This is the lime which is chewed with betelnuts, gambir and tobacco. There are two types of soy sauce that are used in Indonesian cooking, thick soy sauce kecap manis, and the thinner, more salty thin soy sauce kecap asin. If you cannot obtain sweet soy sauce, use the dark brown Chinese soy sauce and add brown sugar to sweeten it. The dark brown pod of the tamarind tree contains a sour fleshy pulp, which adds a fruity sourness to many dishes. Packets of pulp usually contain the seeds and fibers. To make tamarind juice, measure the pulp and soak it in hot water for 5 minutes before squeezing it to extract the juice, discarding the seeds, fiber and any skin. An essential root in Indonesian cooking, usually sold in dried or powdered form in the US and Europe. It imparts its yellow color and pungent taste to many dishes. If you can buy fresh turmeric, pick roots that are dark in color.

## Chapter 6 : Indonesian Cookery - Food Reference

*Indonesian Food and Cookery. Author:Owen, Sri. Each month we recycle over million books, saving over 12, tonnes of books a year from going straight into landfill sites.*

By that time Roger and I were well settled in London, with two small children, and both of us were earning, he as a teacher, I as a broadcaster and producer in the Indonesian Section of the BBC Overseas Service. We both worked fairly flexible hours and we gave lots of dinner parties; Indonesians love to entertain. It soon found a taker, no less than Faber, who wanted it for their Home Book series; I cooked of course for the launch party at their offices in Queen Square. Eliot and a portrait of James Joyce. Our timing was just right. Southeast Asian food was becoming popular in London, and exotic little food shops were appearing, selling strange and aromatic ingredients. Indonesia was opening up to tourism and the food was said to be delicious. But very few people in Britain or America knew how to shop for or cook these alien herbs and spices. So the market for my book, though rather small, was enthusiastic, and I soon found myself being asked to contribute to the new foodie magazines that were springing up, and to those big Asian cookery encyclopaedias that were popular for a while. Then I had a great stroke of good luck: I met the late Alan Davidson. In fact, we both wanted to meet each other, and we got together just when he, Elizabeth David and others were setting up a new company, Prospect Books, to publish books on all aspects of food. I told Alan that I wanted to expand and improve my Faber book, and rather nervously asked if Prospect Books would be interested in it. For me, too, this was the beginning of a friendship with Alan that continued until his recent death. Like all the other food writers, scholar-cooks and Oxford Symposiasts, I like to think that I made my small contribution to his multiple projects and his great work, *The Oxford Companion to Food* - but we all know that we received far more from him in help and encouragement than we could ever repay. Four weeks after the ceremony in Amsterdam, he was gone. Four years later a second edition, with some further recipes and one or two corrections, was published in hardback and in paper covers. The drawing on its jacket, of ladies selling fruit and veg in a Javanese market, is of course by Soun Vannithone, the young Laotian artist who, with his family, was helped by Alan Davidson who had been the British Ambassador in Laos to settle in Britain after their country was bombed and attacked during the Vietnam War. It was published in Jakarta by a small family firm called Indira. As they were in rupiah, and in cash, the large bag of paper money I received had to be spent within the country and fairly quickly, but it was very useful. Another good site for food books is *Acanthus*

**Chapter 7 : Indonesian | Asian Inspirations**

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

Rice is a staple for all classes in contemporary Indonesia, [6] [24] and it holds the central place in Indonesian culture: The importance of rice in Indonesian culture is demonstrated through the reverence of Dewi Sri, the rice goddess of ancient Java and Bali. Traditionally the agricultural cycles linked to rice cultivations were celebrated through rituals, such as Seren Taun rice harvest festival. Rice is most often eaten as plain rice with just a few protein and vegetable dishes as side dishes. It is also served, however, as nasi uduk rice cooked in coconut milk, nasi kuning rice cooked with coconut milk and turmeric, ketupat rice steamed in woven packets of coconut fronds, lontong rice steamed in banana leaves, intip or rengginang rice crackers, desserts, vermicelli, noodles, arak beras rice wine, and nasi goreng fried rice. Rice was only incorporated into diets, however, as either the technology to grow it or the ability to buy it from elsewhere was gained. Evidence of wild rice on the island of Sulawesi dates from BCE. Evidence for the earliest cultivation, however, comes from the eighth century stone inscriptions from the central island of Java, which shows that kings levied taxes in rice. The images of rice cultivation, rice barns, and pest mice infesting a ricefield is evident in Karmawibhanga bas-reliefs of Borobudur. Divisions of labour between men, women, and animals that are still in place in Indonesian rice cultivation, were carved into relief friezes on the ninth century Prambanan temples in Central Java: In the sixteenth century, Europeans visiting the Indonesian islands saw rice as a new prestige food served to the aristocracy during ceremonies and feasts. Rice production requires exposure to the sun. Once covered in dense forest, much of the Indonesian landscape has been gradually cleared for permanent fields and settlements as rice cultivation developed over the last fifteen hundred years. Other than common steamed rice, the Chinese in Indonesia also considered noodles, bakpao and cakwe as staples. Yet in Indonesia, especially in Java and Sumatra, the rice culture was so prevalent that sometimes these wheat-based dishes, such as noodles are treated as side dishes and are consumed with rice, while others such as Chinese buns and cakwe are treated as snacks. The European, especially the Portuguese and the Dutch, introduced bread and various type of bakery and pastry. These European staples have now become alternatives for a quick breakfast. The Indonesian wheat consumption reached a new height after the advent of Indonesian instant noodle industry back in the s. Today, instant noodles have become a staple in Indonesian households for quick hot meals. Certain brands such as Indomie have become household names. Other staples[ edit ] Papeda, staple food of eastern Indonesia, served with yellow soup and grilled mackerel. Other staple foods in Indonesia include a number of starchy tubers such as yam, sweet potato, potato, taro and cassava. Starchy fruit such as breadfruit and jackfruit and grains such as maize are eaten. A sago congee called papeda is a staple food especially in Maluku and Papua. Sago is often mixed with water and cooked as a simple pancake. Next to sago, people of eastern Indonesia consume wild tubers as staple food. Many types of tubers such as talas a type of taro but larger and more bland and breadfruit are native to Indonesia, while others were introduced from elsewhere. Yam was introduced from Africa; while potato, sweet potato, cassava and maize were introduced from the Americas through Spanish influence and reached Java in the 17th century. Cassava is usually boiled, steamed, fried or processed as a popular snack kripik singkong cassava crackers. Dried cassava, locally known as tiwul, is an alternate staple food in arid areas of Java such as Gunung Kidul and Wonogiri, while other roots and tubers are eaten especially in hard times. Maize is eaten in drier regions such as Madura and islands east of the Wallace Line, such as the Lesser Sunda Islands. Vegetables[ edit ] Indonesian food includes many vegetables as ingredients like this Sayur oyong made with Luffa acutangula A number of leaf vegetables are widely used in Indonesian cuisine, such as kangkung, spinach, genjer, melinjo, papaya and cassava leaves. These are often sauteed with garlic. Spinach and corn are used in simple clear watery vegetable soup sayur bayam bening flavoured with temu kunci, garlic and shallot. Clear vegetable soup includes sayur oyong. Other vegetables like calabash, chayote, kelor, yardlong bean, eggplant,

gambas and belustru , are cut and used in stir fries, curries and soups like sayur asem , sayur lodeh or laksa. Daun ubi tumbuk is pounded cassava leaves dish, commonly found in Sumatra , Kalimantan and Sulawesi. Sayur sop is cabbage , cauliflower , potato , carrot , with macaroni spiced with black pepper , garlic and shallot in chicken or beef broth. The similar mixed vegetables are also stir fried as cap cai , a popular dish of the Chinese Indonesian cuisine. Tumis kangkung is a popular stir-fried water spinach dish. Vegetables like winged bean , tomato , cucumber and the small variety of bitter melon are commonly eaten raw, like in lalab. The large bitter melon variety is usually boiled. Kecombrang and papaya flower buds are a common Indonesian vegetable. Urap is seasoned and spiced shredded coconut mixed together with vegetables, asinan betawi are preserved vegetables. Gado-gado and pecel are a salad of boiled vegetables dressed in a peanut-based spicy sauce, while karedok is its raw version. Vegetarianism in Indonesia[ edit ] Tempe burger, a fusion vegan dish. Vegetarianism is well represented in Indonesia, as there is a wide selection of vegetarian dishes and meat substitutes that may be served. Dishes such as gado-gado , karedok , ketoprak , tauge goreng , pecel , urap , rujak and asinan are vegetarian dishes. However, dishes that use peanut sauce , such as gado-gado, karedok or ketoprak, might contain small amounts of shrimp paste , called "terasi", for flavor. Shrimp paste is also often used to add flavour to spicy sambal chili paste served with lalap assorted fresh vegetables. Fermented soy products, such as tempeh , "tahu" tofu and oncom are prevalent as meat substitutes and as a source of vegetable protein. In contemporary fusion cuisine, tempeh is used to replace meat patties and served as tempeh burger. Nevertheless, there are small numbers of Indonesian Buddhists that practice vegetarianism for religious reasons. Meat and fish[ edit ] The main animal protein sources in the Indonesian diet are mostly poultry and fish , however meats such as beef , water buffalo , goat and mutton are commonly found in the Indonesian marketplaces. Ayam goreng Kalasan, from Kalasan , Yogyakarta. The most common poultry consumed is chicken and duck , however to a lesser amount, pigeon , quail and wild swamp bird such as watercock are also consumed. Traditionally, Indonesians breed free-ranged chicken in the villages known as ayam kampung village chicken. Compared to common domesticated chicken, these village chicken are thinner and their meat are slightly firmer. Various recipes of ayam goreng fried chicken and ayam bakar grilled chicken are commonly found throughout Indonesia. Other than frying or grilling, chicken might be cooked as soup, such as sup ayam and soto ayam , or cooked in coconut milk as opor ayam. Chicken satay is also commonly found in Indonesia, it is a barbecued meat on skewer served with peanut sauce. Meat[ edit ] Rendang daging, a beef, mutton or goat meat dish cooked with coconut milk Beef and goat meat are the most commonly consumed meats in Indonesia, while kerbau water buffalo and domestic sheep are also consumed to a lesser degree, since water buffalo are more useful for ploughing the rice paddies, while sheep are kept for their wool or to be used for the traditional entertainment of ram fighting. As a country with an Islamic majority, Indonesian Muslims follows the Islamic halal dietary law which forbids the consumption of pork. However, in other parts of Indonesia where there are significant numbers of non-Muslims, boar and pork are commonly consumed. Today to cater for the larger Muslim market, most of the restaurants and eating establishments in Indonesia put halal signs that signify that they serve neither pork nor any non-halal meats, nor do they use lard in their cooking. With an overwhelming Muslim population and a relatively small population of cattle, today Indonesians rely heavily on imported beef from Australia , New Zealand and the United States which often results in a scarcity and raised prices of beef in the Indonesian market. The meat can be cooked in rich spices and coconut milk such as beef, goat or lamb rendang , skewered, seasoned and grilled chicken or mutton as satay , barbecued meats, or sliced and cooked in rich broth soup as soto. Muttons and various offals can be use as ingredients for soto soup or gulai curry. In Bali, with its Hindu majority, the babi guling pig roast is popular among locals as well as non-Muslim visitors, while the Batak people of North Sumatra have babi panggang that is a similar dish. Wild boar are also commonly consumed in Papua. The meat also can be processed to be thinly-sliced and dried as dendeng jerky , or made into abon meat floss. Dendeng celeng is Indonesian "dried, jerked" boar meat. Some exotic and rare game meat such as venison might be sold and consumed in wilder parts of Indonesia. Other unusual and often controversial exotic meats include frog legs consumed in Chinese Indonesian cuisine, horse meat consumed in Yogyakarta and West Nusa Tenggara, turtle meat consumed in Bali and Eastern Indonesia, snake , biawak monitor lizard , paniki

fruit bats , dog meat , and field rats , consumed in Minahasan cuisine of North Sulawesi. Batak cuisine of North Sumatra is also familiar with cooking dog meat. Grilling ikan bakar baronang in Mamuju , West Sulawesi. In an archipelagic nation, seafood is abundant, and it is commonly consumed especially by Indonesian residents in coastal areas. Fish is especially popular in the eastern Indonesian regions of Sulawesi and Maluku , where most of the people work as fishermen. Both areas have a vast sea which brings them many different kinds of seafood. Seafood is commonly consumed across Indonesia, but it is especially popular in Maluku islands and Minahasa North Sulawesi cuisine. Seafood are usually being grilled, boiled or fried. Ikan bakar is a popular grilled fish dish that can be found throughout Indonesia. However another method of cooking like stir fried in spices or in soup is also possible. Salted fish is preserved seafood through cured in salt, it is also can be found in Indonesian market. Fresh water fisheries can be found in inland regions or in areas with large rivers or lakes. Popular fresh water fish among others; carp , gourami , catfish , pangasius , snakehead , trichogaster , climbing gourami , Nile tilapia , and Mozambique tilapia. List of edible insects by country Botok tawon, botok made from bee larvae. Unlike Thailand, in Indonesia insect is not a popular food ingredient nor widely available as street food. In Java, locals do catch, breed and sell certain species of insects, usually sold fresh or alive as pet bird feed. Nevertheless, traditionally several cultures in Indonesia are known to consume insects, especially grasshopper , cricket , termite , also the larvae of sago palm weevil and bee. In Java and Kalimantan, grasshoppers and crickets are usually lightly battered and deep fried in palm oil as crispy kripik snack. During moonsoon rainy season, flying termites are abundant being attracted to lightbulbs to mate. Locals usually put a bucket of water under the lamp to trap the flying termites, pluck the wings, and roast the termites as additional protein-rich snack. In Banyuwangi , East Java, there is a specialty dish called botok tawon honeybee botok , which is beehives that contains bee larvae, being seasoned in shredded coconut and spices, wrapped inside banana leaf package and steamed. This protein-rich larvae is considered as a delicacy in Papua , and often being roasted prior of consumption. However, locals may also commonly eat the larvae raw or alive. Bumbu seasoning Various Indonesian spices "Rempah" is the Indonesian word for spice, while " bumbu " is the Indonesian word for a spice mixture or seasoning, and it commonly appears in the names of certain spice mixtures, sauces and seasoning pastes. Spices such as nutmeg or mace , clove , pandan leaves , keluwak and galangal are native to Indonesia. It is likely that black pepper , turmeric , lemongrass , shallot , cinnamon , candlenut , coriander and tamarind were introduced from India , while ginger , scallions and garlic were introduced from China.

### Chapter 8 : Indonesian Food and Cookery by Sri Owen

*Additional Details. Description: Indonesian Food and Cookery is far more than a collection of calendrierdelascience.com Owen gives a comprehensive picture of the culture from which the cuisine has grown, with charming recollections of her childhood and of happy meals in her grandmother's kitchen.*

### Chapter 9 : Indonesian Cooking Methods - Basic Spice Paste | Asian Recipes

*Indonesian Recipes Looking for Indonesian recipes? Allrecipes has more than 40 trusted Indonesian recipes complete with ratings, reviews and cooking tips.*