

Indonesian Food

Compiled by seva



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1. Mango Tart - Thailand

tag: thailand

Yield: 4 servings

Ingredients

- 250 g Ready made puff pastry
- 4 tb Lime curd
- 2 400 g mango slices; drained
- Coconut slices to decorate
- A little apricot jam; warmed and sieved

Directions

Use ready roll pastry and trim to 30cm x 20cm. Transfer to a baking sheet and prick all over. Spread the curd over the pastry, leaving a 1 inch border. Arrange the mango slices over the pastry in overlapping rows, leaving a 1cm border to the pastry.

Slightly cut into the pastry and bake at 200C for 20-25 minutes, until browned. Paint the jam over the mango slices to glaze and scatter with the coconut. Serve warm with real vanilla ice cream.

2. Thai Green Curry Paste

tag: thailand

Yield: 1 Servings

Ingredients

- 15 Green hot chilies
- 3 tb Chopped shallots
- 1 tb Chopped garlic
- 1 ts Chopped galangal
- 1 tb Chopped lemon grass
- 1/2 ts Chopped kaffir lime rind
- 1 ts Chopped coriander root
- 5 Peppercorns
- 1 tb Coriander seeds
- 1 ts Cumin seeds
- 1 ts Salt
- 1 ts Shrimp paste

Directions

In a wok over low heat, put the coriander seeds, and cumin seeds and dry fry for about 5 minutes, then grind into a powder.

Into a blender, put the rest of the ingredients except the shrimp paste and blend to mix well. Add the coriander-cumin seed mixture and the shrimp paste and blend to obtain 1/2 cup of a fine-textured paste.

This can be stored in a glass jar in the refrigerator for about 3-4 months.

Recipe from: The Elegant Taste of Thailand, by Sisamon Kongpan & Pinyo Srisawat.

3. Sajoer Lodeh (Vegetables, Cooked in Coconutmilk)

tag: [indonesian](#)

Yield: 1 servings

Ingredients

- 1 lb Green beans
- 1 Coconut; milk of
- 4 Tomatoes
- 2 Onions
- Stock cubes
- Beans sprouts in it is great
- 1 Red or green Spanish pepper.
- Daon salam; (bay-leaves)
- Daon djeroek peroet; (lemon-leaves)
- A little piece of ginger

Directions

Indonesian recipe of course!

This is a way of cooking vegetables, often used in the Indonesian kitchen. Most of the time women use leftovers to fix it. Best is to use vegetables, which don't cook too sloppy. I just found out that taugé in English is: beans sprouts. They are often used in the Indonesian kitchen. My daughter loves to make sajoer lodeh with green beans. They are good in it.

Fry the onion and the pepper. Put the beans in a pan, add water till it is covered, add the tomatoes (in parts) and the stock cubes. Don't forget to add some salam and djeroek leaves. about 2 of each kind. Makes the flavor. (Don't eat them tho!). And the ginger. Not too much. Just to taste it a little bit. Ginger root is best. (Don't eat that too! It will make you run to your dentist). Let it cook till the green beans are well cooked. add the coconutmilk. after one minute add the beans sprouts and stir it all.

This is great with the chicken livers and the white rice. When you fix this together, you have a real Indonesian dinner. You can eat it with kroepoek (that is a kind of chips, you can use that instead). Fried pieces of tofu with a bit of soysauce (sweet). peanuts. and a spoon of pickles with it is great too.

Here in the Netherlands we are not dependend of having a coconut. We can buy an instant bloc of the stuff in the stores, and simply cut a slice of it. You can use grinded coconut too. It is easy to make milk of that: pour water on it and squeeze over a pan. Oops..bad English, I suppose! I hope you all do understand what I mean. Pretend that your granny wrings out the laundry!

Posted to JEWISH-FOOD digest by "Coby Andel en Han Mauwer" <hanmauwer[at]wxs.nl> on Oct 25, 1998, .

4. Indonesian Soy Sauce

tag: [indonesian](#)

Yield: 1 Batch

Ingredients

- 2 Bottles Regular Soy Sauce*
- 3 Bottles Water
- 4 m Onions - chopped
d
- 6 Bay Leaves
- 2 ts Laos**
- 1/2 Bag Demerara Sugar

Directions

*I use 17 oz. bottles of China Lily (a Canadian Brand) **Laos is also called Gallinjal and can be found at Asian food/spice stores.

Here's the recipe for Indonesian Soy Sauce, which I THINK is called Kecap Manis. And even if it's not you might find some use for it... :-}

Put all the ingredients in a large pot and cook on medium till onions are limp. Add sugar and bring to a boil to dissolve sugar. Strain and pour into bottles. I keep it in the fridge but I don't know if you have to.

It's a very sweet Soy Sauce that may take a little getting used to but you will probably find that you can use it for things and not worry about a "salty" taste.

Posted by Stephen Ceideburg November 27 1990.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

5. Udang Kari (Indonesian Prawn Curry)

tag: [indonesian](#)

Yield: 4 Servings

Ingredients

- 1 tb Oil
- 1 m Onion, finely chopped
- 2 Cloves garlic, chopped
- 1 ts Turmeric
- 1/2 ts Lemon grass
- 1 ts Sambal oelek
- Sliver of shrimp paste
(belacan)
- 1 ts Salt
- 1 c Coconut milk
- 450 g Shelled frozen prawns

Directions

Heat oil and lightly saute onion and garlic. Add garlic, turmeric, cummin and lemon grass. Stir and add sambal oelek, shrimp paste and salt. Stir again.

Add coconut milk and bring to a boil. Lower heat and add prawns. Simmer uncovered for 15-20 mins.

Serve with rice.

Source: Cook Indonesian-Agnes Brackman

Compiled by Imran C. Gold Coast....'Oz

Posted to TNT - Prodigy's Recipe Exchange Newsletter by "I. Chaudhary" <imranc[at]onthenet.com.au> on Jul 6, 1997

6. Indonesian Pickled Pineapple

tag: [indonesian](#)

Yield: 1 Batch

Ingredients

- 1 s Pineapple (ripe)
- m Whole cloves
- 1/2 c Vinegar
- 1/4 c Sugar

Directions

Peel pineapple and remove the core. Cut into serving portions. Tack a nail-shaped clove into each piece of pineapple. Place in an earthen pot.

Meanwhile, in a saucepan, bring to a slow boil a mixture of vinegar, sugar and 2/3 cup water. Simmer for 10 minutes.

Pour this liquid over the pineapple. Cool. Cover and pickle for at least 6 hours. Serve.

TNT'd by Imran C. Source: Cook Indonesian by A. Brackman Posted to EAT-L Digest 17 Jan 97 by "Imran C." <imranc[at]ONTHENET.COM.AU> on Jan 20, 1997.

7. Bami Goreng (Indonesian Fried Egg Noodles)

tag: [indonesian](#)

Yield: 2 Servings

Ingredients

- 1 pk Chinese egg noodles; boiled and drained
- 1/4 lb Pork filet; diced
- 1/2 c Small shrimp
- 1 m Onion; diced
- 2 Cloves garlic; crushed
- 1 Carrot; finely sliced
- 1 s Leek; finely sliced
- 2 ts Sambal oelek
- 1 ts Trassi
- 3 tb Ketjap manis
- 3 tb Oil
- To taste salt and pepper

Directions

Set cooked noodles aside. Heat wok; add oil. Stir-fry onion and garlic for one minute. Add meat and shrimp, trassi (if not available, omit), and sambal oelek; fry for further 3 minutes. Add carrot and leek and fry for 4 more minutes. Add noodles and ketjap manis. Use salt and pepper as needed (none is good) and stir-fry for 4 minutes more. Serve hot. Delicious with hot peanut sauce.

NOTES : Ketjap manis is Indonesian Sweet Soya Sauce and has a distinctive taste. Sambal oelek is Indonesian red chili paste.
Recipe by: Internet/Unknown Posted to Bakery-Shoppe Digest V1 #206 by Bill & Leilani Devries <devriesb[at]cyberbeach.net> on Aug 29, 1997

8. Ayam Gereng (Indonesian Fried Chicken)

tag: indonesian

Yield: 4 Servings

Ingredients

- 1 m Chicken
- d
- == MARINADE ==
- 1/2 c Tamarind water
- 1 tb Clear soya sauce
- A pinch of chilli powder
- 1 ts Ground ginger
- 1 ts Ground coriander
- 1 Clove garlic, crushed
- A pinch of turmeric

Directions

The name means simply 'fried chicken', and that is all it is. The marinade, however, gives it a characteristically Indonesian flavour. Marinate the pieces of chicken in this mixture for 2 hours, turning them from time to time. Strain the chicken, so that the marinade drips away from it. Then deep-fry the portions, 4 or 5 at a time. Chicken fried in this way is excellent with Nasi Goreng. [Nasi Goreng is fried rice. S.C.] Makes 4 servings. From "Indonesian Food and Cookery", Sri Owen, Prospect Books, London, 1986." ISBN 0-907325-29-7. Posted by Stephen Ceideberg; March 1 1993.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

9. Kwee Lapis

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- 30 Eggs
- 30 tb White sugar
- 15 tb Flour
- 1 lb Butter
- Butter
- 1 ts Clove powder
- 4 ts Cardamon powder
- 1/2 ts Cinnamon.

Directions

This is really good, very tasty, and definatly not the most healthy cake there is. I remember my mother-in-law, busy making it. She was sitting next to her oven, and it lasted so long before she was finished, she fell asleep all the time. She was smart enough to set her alarmclock, so nothing terrible happened. To make a cake like this takes so much time, there are hardly people left who bother making it. Tho my son-in-law..... I must admit: He makes a great kwee lapis. Even my husband has to admit that he does a good job.

Mix in a bowl 16 egg yolks and 20 tablespoons sugar and stir till it is creamy. While stirring add 8 tablespoons flour, and 1/2 lb butter, in little pieces (one by one). Mix the 16 eggwhites foamy and add this while stirring to the batter. Mix in a second bowl the other egg yolks with 10 tablespoons sugar, 7 tablespoons flour, the spices and 1/2 lb butter. This cake needs an oven with grill heating: so: not on the floor, but the top. The two batters have different colors, one is white, the other is brown. This cake is baked film by film: one white, one brown film. First bake a film, draw the bakin tin out the oven after a film is finsihed, smear some butter on it, put with a spoon some of the other batter on it, smear this out, and let it bake. The films need to be thin. This cake is really good the day after you made it. You have to cut it in very thin slices, and really enjoy it. It is not done to serve it in huge pieces.

Well, let me know what you think about this. I am sure this cake is unknown by other people than the Indonesians. Of course it is eaten my many people over here, since the Indo-Europeans are in our country now for about 50 years.

I got a lot of questions about my 30-eggs cake. And I find it very difficult to answer them, because everything over here is so different from the States. We use other grades messurements, and too centimeters and stuff. But Debbie's letter answers almost all the questions. THANKS!!! The layers ought to be thin, about the thickness of a pancake. And the women in Indonesia bake always several cakes at the same time, since it is so much work. So, if you think your pan is not big enough, take onother one, and fill it too. You can make this cake as high as you want. We, here in Holland, have ovens with heat on the floor, and a grill on the top. We use the grill to make this. If there is a different kind of heat on the top, that is okey. To see when the new layer is baked, we use a thin knittingneedle and stick it in it. When there is batter sticking on the needle, it needs to bake a little longer. But since the layers are thin, they bake quickly. We over here have only one temperature on top of our ovens. Use the heat you use to grill something, that is okey. You have to use the top-heat, because every toplayer has to bake. Floorheat will make it dry, and you cannot bake the layers then. This egg-cake tastes delicious when it is a cople of days old. Then it turns out to be smoothly and creamy. And you really need to cut thin slices. When you make it together with the kids, you will see it is much fun! I am glad that there are people who like my different recipe's. The way of cooking over here is indeed not the same as in the States. I know, I have been there this year, stayed in an American family, and I was very amazed. But I loved the experience. Every country has its own way of cooking. I have been often in

Germany, that is our neighbour, and they don't cook in the same way as we do. Indonesian food is very very good when you give yourself the chance to get used to it. I will look in my recipe book and find another one, okey??? I have a recipe of a cake, not baked but steamed in a steamingpan. I don't know if you people over there know what that is?? You can use a rice steamer. Those are 2 pans, one for the boiling water, the other one fits in it, it has little holes, like a colander. To let the steam come in. Is anybody interested?? Is it possible for you to make it?? Coby.

Posted to JEWISH-FOOD digest by Coby Andel en Han Mauwer [mailto:hanmauwer[at]wxs.nl] on Nov 18, 1998, .

10. Lombok Isi (Hot Chili Peppers Stuffed with Spiced Ground Mea

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- == STUFFING 1 ==
- 2 lb Lean ground meat; (your choice)
 - 1 ts Ground cloves
 - 1 ts Ground nutmeg
 - 3/4 c Fresh dried bread crumbs
 - 2 Eggs; slightly beaten, to bind the meat
 - Salt to taste
 - 1 ts Kare Jawa; (Java curry powder, mild Indian curry powder can be used)
- == STUFFING 2, (REMPAH ==
- 2 lb Lean ground meat; (your choice but traditionally it is beef or goat meat)
 - 1 1/2 c Grated fresh coconut; (up to 2)
 - 4 Cloves garlic; chopped or crushed
 - 10 tb Minced sweet onions; (traditionally Bombay onions, Vidalia onions are also very good)
 - 1 ts Salt or to taste
 - 2 ts Fresh ground black pepper
 - 1/4 ts Trassi; (shrimp paste, which must first be roasted over an open flame)
 - 2 ts Ground "katubar"; (coriander seed)
 - 1/2 ts Ground "djintan"; (cumin)
 - 1 ts "gula jawa"; (unrefined brown sugar, molasses can be used)
 - 2 Eggs slightly beaten as a binder for the meat
- == STUFFING 3, (FRIKADEL GORENG ==
- 2 lb Lean; tender beef, ground extra fine., (any other meat is also good)
 - 4 Cloves ; crushed or 1/4 teaspoon ground cloves
 - 1/2 ts Grated nutmeg
 - 2 c Fresh; dried bread crumbs
 - 2 Eggs slightly beaten for a binder
 - 1/2 ts Salt or to taste

Directions

Stuffing 1: Peanut oil for deep frying (peanut oil is traditionally used in Indonesia but canola oil is a good substitute. If canola oil is used you will miss the authentic Indonesian flavor though).

Mix all the ingredients together in a large mixing bowl and stuff the peppers. To prepare and cook the stuffed peppers, see below.
Stuffing recipe 2 (called Rempah):

Mix all the ingredients together in a large mixing bowl and stuff the peppers. To prepare and cook the peppers, see below. To make the rempah, simply make small meatballs in the size of ping-pong balls and deep fry to a golden brown. Drain the meatballs on paper towels and serve warm.

peanut oil for deep frying Stuffing recipe 3 (called Frikadel Goreng) Mix all the ingredients together in a large mixing bowl and stuff the peppers. To prepare and cook the peppers, see below. To make the frikadel, simply make small meatballs in the size of ping-pong balls and deep fry to a golden brown. Drain the meatballs on paper towels, serve warm.

peanut oil for deep frying 2 pounds of meat should be ample to stuff 12 large hot peppers. The peppers should be about 8 inches in length and 1 to 1 1/2 inches in diameter.

Make a slit in the peppers length wise, remove the seeds and ribs. Do not cut peppers in half and start the slit about 1/2 inch from the stem and stop about 1/2 inch from the tip. Fill the peppers with the meat mixture of your choice. Heat enough peanut oil to not quite smoking, in a large wok or deep fryer, to take about 4 to 5 chilies at one time. The oil must remain hot and too many chilies at once will cool the oil enough to make the chilies soggy. Deep fry the chilies till the exposed meat appears golden brown. Remove chilies from the oil and drain on paper towels. Deep-fry the remaining chiles.

If more oil is to be added, reheat first before adding more chiles.

Posted to the Chile-Heads Digest by Jace Carter <jace.carter[at]extra.co.nz> on Mar 30, 1998.

11. Laksa Lemak

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- 8 oz Fine fleshed fish (ikan parang/wolf herring or ikan tenggiri/Spanish mackerel) or fish balls
- 12 oz Raw prawns
- 2 c Water
- 1 1/2 lb Laksa noodles -or-
- 13 oz Beehoon noodles
- 6 1/2 oz Beansprouts, scalded
- Several sprigs of daun kesom (mint)
- 1/2 s Cucumber, cut into matchstick size
- m
- == GRAVY ==
- 4 Dried red chillies, soaked (up to 6)
- 1 Stalk lemon grass (serai)
- 8 Shallots (bawang merah) or medium onion
- 4 sl Lengkuas
- 1 Cm fresh turmeric -or-
- 1 ts Turmeric powder
- 4 Candlenuts (buah keras) or macadamias
- 1/2 ts Blacan (shrimp paste)
- 2 ts Fresh ground coriander
- 2 tb (heaped) dried prawns, soaked and pounded
- 4 tb Oil
- 3 c Thin coconut milk
- 1/2 c Thick coconut mil
- 1 ts Salt

Directions

A little late, but here is another laksa recipe from Wendy Hutton's <Singapore Food>. This is laksa lemak. The first recipe was for Penang laksa in the nonya cooking tradition.

Put prawns and water in saucepan, bring to boil, simmer two minutes and strain. Keep stock aside. Peel prawns. Keep aside. Scald laksa noodles or beehoon in boiling water for three minutes and set aside. Prepare gravy. Pound or grind first seven ingredients finely, adding about 1.5 tablespoon of oil during grinding if using a blender or food processor. Mix in coriander. Heat remaining oil in a clay pot or large saucepan and gently fry the ground ingredients, stirring frequently, for 4-5 minutes. Add pounded dried prawns and fry a further two minutes. Pour in thin coconut milk and reserved prawn stock and bring to the boil, stirring constantly. When simmering, add fish balls and simmer for five minutes. Add thick coconut milk, salt and simmer until gravy thickens. To serve, put noodles in 6 bowls. Put some beansprouts on top, then pour over the gravy. Garnish with the prawns, chopped herbs and cucumber. Serve with extra pounded fresh red chillies if liked.

Comments: The coconut milk makes this different from the nonya Penang laksa. Fish balls are more common in this kind of laksa than

fish, but fish balls should be made at home. Most commercial fish balls are just white, rubbery balls with a faint fish taste. Laksa is fast food; it is not usually served as part of a larger meal and seems to best bought from little hawker stalls along the "5-foot way" in Malaysia and Indonesia. In Singapore, of course, you have to go to a nice, super clean food market. A year ago, excellent laksa lemak was available at Aziza's on Emerald Hill in Singapore. The original recipe uses monosodium glutamate. I have not tried this recipe. In Asia, laksa is too cheap to try and make at home and in the U. S., we just can't get it to match the "real" kind. Posted to FOODWINE Digest 18 Jan 97 by Elliott Parker <3ZLUFUR[at]CMUVM.CSV.CMICH.EDU> on Sun, 19 Jan 1997.

12. Chicken Satay with Spicy Peanut Sauce

tag: [indonesian](#)

Yield: 4 Servings

Ingredients

- 1 ts Finely chopped garlic
- 1 ts Salt
- 1/8 ts White pepper
- 2 tb Soy sauce
- 1 tb Dark molasses
- 2 ts Fresh lime juice
- 2 lb Boned; skinned chicken breasts or thighs, cut into 1" cubes
- 2 tb Vegetable oil
- == KATJANG SAUCE; (SPICY PEANUT ==
-SAUCE)
- 2 tb Vegetable oil
- 1/4 c Finely chopped shallots or scallions; white part only
- 1 ts Finely chopped garlic
- 2 c Chicken stock; fresh or canned
- 1/2 c Shelled Spanish peanuts; ground fine
- 2 ts Soy sauce
- 1 ts Dark molasses
- 1 ts Lime juice
- 1/4 ts Finely grated ginger root
- 1/4 ts Finely chopped hot chillies; or cayenne, or to taste

Directions

Combine the garlic, salt and pepper in the bottom of a deep bowl and with the back of a spoon mash them to a paste. Mix in the soy sauce, molasses and lime juice. Add the chicken cubes and toss with a spoon until they are evenly coated. Marinate in the refrigerator for 2 hours, stirring occasionally. Remove the chicken from the marinade and thread it tightly, 4 or 5 pieces at a time, on small skewers (preferably Oriental wooden skewers about 6 in.(15 cm) long. Brush the oil evenly over the chicken. Cook over charcoal (traditional) or under the kitchen broiler for 5 to 10 minutes, turning occasionally, until the chicken is crisp and brown. Serve at once, with the meat still on the skewers, accompanied by katjang sauce presented separately in a bowl. Serves 4.

Katjang Sauce (Spicy peanut sauce)

Heat the oil in a heavy skillet and cook the shallots (or scallions) and garlic 3 to 4 minutes, until they are soft and transparent but not brown.. Add the chicken stock and bring to a boil over high heat. Add the ground peanuts, soy sauce, molasses, lime juice, ginger, and chillies or cayenne. Reduce the heat and simmer for 10 minutes, stirring occasionally. Allow to cool slightly before serving.

NOTES : If you have been to Southeast Asia you have probably had satay (also spelled sat?), and even if you managed to avoid eating it, you are guaranteed to have smelled it cooking. Satay stands are on virtually every street corner in Malaysia, Indonesia, Singapore, and who knows where else. This recipe calls for chicken, but you can substitute beef, pork. or lamb. We even saw turtle satay on a menu in Bali. Recipe by: TheChef[at]jwwrecipes.com

Posted to recipelu-digest by "Valerie Whittle" <catspaw[at]inetnow.net> on Feb 5, 1998

13. Rujak (Hot, Spicy Fruit Salad)

tag: [indonesian](#)

Yield: 8 Servings

Ingredients

- 1 Pomelo or ugli fruit or texas grapefruit (jeruk bali)
- 1/2 Cucumber
- 1/2 Pineapple
- 2 Apples; granny smith or cox's (kedondong)
- 2 Mangoes or slightly unripe pears
- == FOR THE BUMBU ==
- 1 Cabe rawit (capasicum frutescens; hot peppers - those from an ornamental pepper tree; according to the author; thai hot peppers are probably okay)
- 1 sl Grilled terasi (a dark colored paste made from shrimp); optional
- 4 oz Gula jawa (the sugar mentioned below)
- 1/3 Cooking banana (known as 'stone banana'; chopped up, skin and all; and has many small crunchy seeds inside it); optional
- lg Pinch of salt
- 1 tb Tamarind water (soak 1 oz of dried tamarind in about 1/2 pint water)

Directions

From: [jojo\[at\]leland.Stanford.EDU](mailto:jojo[at]leland.Stanford.EDU) (Joanne Spetz)

Date: 25 Feb 1994 13:04:16 -0500 "At home we use fruit that is not fully ripe, such as a slightly unripe mango, because this has the right sourness and sharpness of taste. The best sugar to use is gula Jawa (brown sugar made from juice of the flower of the coconut palm. It is sold in hard cakes; the amount needed is cut off and crushed, or scraped off. Gula aren is similar, but comes from the sugar-palm. A general name for both types is gula merah, 'red sugar', and similar palm sugar are found elsewhere - e.g. jaggery in Burma and gula Malaka in Malaysia). However, I also use dark, soft, brown sugar or Demarara sugar, and either of these is quite satisfactory.

In Indonesia, we would usually add also bengkuang (yam-bean) and jambu (guava or the fruit - not nut - of the cashew are types of jambu). Peel and segment the pomelo (or ugli, etc). Slice the cucumber; this may be peeled or not, as you prefer. Prepare the other fruit, washing and peeling as required, and cutting everything into small pieces. Put the pieces straight into a bowl of cold water with 1 tsp of salt. When you are ready to serve, drain off this water and pile all the fruit in a plate or bowl.

For the bumbu: Pound all these, except the tamarind water, until they are smooth; add the water and mix well. You may need to add another tbsp of tamarind water. This bumbu should look like a fairly thick, sticky syrup. To serve, pour all the bumbu over the fruit and mix well; then serve and eat as you would an ordinary fruit salad. Alternatively, put the bumbu in its own small bowl, and let everyone help themselves."

REC.FOOD.RECIPES ARCHIVES

/FRUIT

From rec.food.cooking.archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

14. Atjar Tjamper

tag: [indonesian](#)

Yield: 1 Batch

Ingredients

- 100 g Carrots
- Salt
- 100 g Green beans
- 4 Scallions
- 100 g White cabbage
- 2 Toes of garlic
- 1/4 Cucumber
- 1 tb Oil
- 150 ml Vinegar
- 100 g Bean sprouts/shoots
- 1 tb Sugar
- 1 ts Powdered ginger
- 1 ts Kunjit/kurkuma
- 1 ts Sambal ulek

Directions

Cut carrot into the size of matches. Cut beans in 1" pieces. Chafe the cabbage. In a pan with a little water and salt, boil the vegetables for 5 minutes. Drain. Cut cucumber in *small* cubes. Peel scallions and garlic. Put in kitchen machine; cut to paste. Mix with sambal, kunjit and ginger. Heat oil in a frying pan. Fry the herb-mixture for 2 minutes. Add vinegar and sugar; stir to dissolve sugar. Add all vegetables (also the ones not cooked yet); add a *little* water if there is too little liquid. Boil softly for 2 minutes. Put in a bowl and let cool. You can also preserve it by putting the hot veggies in sterilized screw-lid jars (metal lids with a 'dome' in the middle are quite handy, I always save jam-jars when they're empty); add liquid as well. Screw the lids on. Place jars upside down until cooled completely (the 'dome' in the lid will be down, this is to check if the jar closed well). Can be kept for at least a year (store in dark place to avoid having the color goes away). Nice as a present! Kunjit or kurkuma is a herb. If I look on the jar, it says 'powdered yellow-root'. It is used to color this dish, and other dishes as well. In that way it is much like saffron, although kunjit tastes a little bitter. Sambal ulek [INDONESIA]: Used as an accompaniment and in cooking. Made by crushing fresh red chilis with a little salt. Remove the seeds from the chilis, chop finely, then crush with salt using a pestle and mortar. Three chilis will make about 1 tablespoon sambal ulek. Also available ready-prepared in small jars from Oriental stores and some delicatessens. This is a refreshing side dish made of crisp, sweet-and-sour vegetables. Goes really well with Nasi Goreng. The dish can be kept in the fridge for a few days.

15. Indonesian Spice Info (and Galanga)

tag: indonesian

Yield: 1 Servings

Ingredients

*** NON NE *****

Directions

Indonesian cooking is richly spiced with ginger, turmeric, galangal (see below), lemon grass, aromatic leaves and herbs, but above all with chilies. In addition to the spicing used in the preparation of a dish, Indonesians make a range of relishes, based on chilies, called sambals. These are served in small dishes on the table. Some are fiercely hot because the chili seeds have been left in: all are highly aromatic. The Indonesians use a chili called lombok, similar to tabasco, when making sambals but other small red chilies can be substituted.

Galanga is a relative of ginger. There are 2 main kinds: lesser and greater. Both are used in Indonesian cooking, where the former is known as kencur and the latter as laos. Greater galanga is used in Thailand (khaa) and Malaysia (lengkuas). The lesser has a more pungent odor than the greater, with hints of eucalyptus, with a taste like cardamom and ginger mixed. The greater galanga tastes more peppery-gingery, with lemon-sour overtones. Galangal is used throughout Malaysia and Indonesia in curries and stews. The greater galangal is an essential ingredient in Thai curry pastes and much preferred there to ginger.

Source: Jill Norman "The Complete Book of Spices" Viking Studio Books, 1991 ISBN 0-670-83437-8 The book is lavishly illustrated with full color photographs of the herbs and spices- whole, mixed, ground.

Recipe by: Jill Norman * Web File 4/97 Posted to MC-Recipe Digest V1 #631 by "Mary Spyridakis" <MSpork[at]msn.com> on Jun 2, 97

16. Satay Sauce (Malay)

tag: [indonesian](#)

Yield: 1 servings

Ingredients

- 5 ts Galangal; ground
- 5 Candlenuts or almonds soaked in water for; 10 minutes
- 5 ts Dried lemongrass
- 2 Onions; peeled and sliced
- 6 Cloves garlic; peeled and sliced
- 1 ts Turmeric powder
- 1 c Vegetable oil
- 3 tb Red chile paste
- 1 cn Coconut milk; shaken well (13 1/2; oz.)
- 1/2 c Tamarind water
- 5 tb Sugar
- 1 1/2 ts Salt
- 2 c Ground roasted peanuts

Directions

To prepare the rempah, grind the galangal, candlenuts or almonds, lemongrass, onions, garlic and turmeric to a smooth paste in a blender or food processor. Add a tablespoon or more of water if needed to facilitate the blending. Heat a wok over low heat. Add the oil and chile paste and fry, stirring frequently, until the oil takes on a reddish hue, about two minutes. Add the ground mixture and fry, stirring frequently, until it is completely combined with the oil. Continue frying and stirring until the rempah (satay paste) is fragrant and has a porridge-like consistency, about 10 minutes. When reddish oil seeps out, it is done.

Add the coconut milk, tamarind water, sugar, salt and peanuts. Simmer over low heat until oil separates from the sauce, about 10 minutes. Serve at room temperature with satay. Satay sauces seem to be universally loved, particularly by the Western palate. The original satay and satay peanut sauces come from Indonesia, as do many variations and interpretations. The neighboring countries of Malaysia and Thailand adopted this Indonesian style of cooking and created their own versions as well. This Malay-style satay sauce is also very good with blanched vegetables. Extra sauce may be frozen for future use. Makes about 3-1/2 cups.

From Chris Yeo's and Joyce Jue's "The Cooking of Singapore"

Per serving: 2831 Calories (kcal); 276g Total Fat; (84% calories from fat); 9g Protein; 101g Carbohydrate; 0mg Cholesterol; 3244mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 1/2 Vegetable; 1/2 Fruit; 55 Fat; 4 Other Carbohydrates

17. Nasi Kuneng (Yellow Rice)

tag: indonesian

Yield: 6 Servings

Ingredients

- 1 Lemon grass stalk; OR
Lemon zest
- 2 1/2 c Rice
- 1 1/2 c Coconut milk
- 3 c ;Water
- 2 1/2 ts Turmeric
- 1 ts Salt
- 1 sl Galangal, dry
- 1 Bay leaf
- 1 Krapau leaf

Directions

Once reserved for religious ceremonies, nasi kuning is still served on special occasions in Indonesia. This sweet and aromatic centerpiece of a dish is perfect with satay.

Cut lemon grass into pieces about 3" long and tie into a bundle. In a 3-quart pan combine lemon grass, rice, coconut milk, water, turmeric, salt, galangal, bay leaf, and citrus leaf. Bring to a boil over medium-high heat. Reduce heat to medium-low and simmer, uncovered, stirring gently every now and then, just until liquid is absorbed. To finish cooking, steam according to one of the methods listed below.

To steam in cooking pan: cover pan, reduce heat to low, and cook until rice is tender (15-20 minutes). Halfway thru estimated cooking time, gently fluff rice with 2 forks. Remove and discard seasonings. Transfer to a serving bowl or mound rice on a platter into a rounded cone.

To steam using traditional method: transfer rice and seasonings to a colander or steamer basket insert. Into a large kettle, pour water to a depth of 1 1/2 inches: bring to boil over high heat. Place colander in kettle. Cover and reduce heat, steam until rice is tender (about 20 minutes). Remove and discard seasonings. Serve as noted above.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

18. Babi Ketjap (Soy Pork)

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

500 Pork
1/2 ts Pepper
 Salt
1 Onion
2 ts Ground ginger
1/2 ts Sambal Oelek (hot pepper condiment)
5 tb Sweet soy sauce (Ketjap Manis)
150 Water
 Margarine or Oil

Directions

There are quite a few pork dishes in the book (including another version of this one). Evidently minorities are well enough represented that pork has earned a place in the cuisine of predominantly Muslim Indonesia. I think this would be excellent done with 1 inch long pieces of baby back ribs. I also won't stew it as long as I did++or maybe use bigger chunks of pork. I used pieces between a half and a quarter inch on a side and the meat got a tad dried out. No complaint on the taste though! I'll also toss in a couple of scallions cut into one inch chunks just before it's done stewing. I was out of sambal oelek so I used some tuong ot toi cut with a little lime juice. Worked good.

Dice Pork, rub in salt and pepper and fry in hot oil or margarine. Then add the finely sliced onions, spices and the hot pepper condiment.

After this add the water and the soy sauce. Bring to the boil and simmer for at least half an hour until the meat is done.

Serve Babi Ketjap on a large plate, garnish with sliced tomatoes and chopped vegetable pickles. Eat with plain or savory rice or Mei.

From "Indonesian Food and Cookery", Sri Owen, Prospect Books, London, 1986."

For those who aren't familiar with it, Kecap Manis (or ketjap manis) is a thick, sweet Indonesian soy sauce that does wonderful things for meat and poultry as a marinade/BBQ sauce as well as a condiment.

Posted by Stephen Ceideberg; October 7 1992.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

19. Sambal Bajak

tag: indonesian

Yield: 1 Cup

Ingredients

- 1/2 lb Red hot chilies (fresh), chopped coarsely
- 1 lg Onion
- 6 Garlic cloves
- 8 Kemiri nuts, chopped fine
- 3 tb Peanut oil
- 1/2 ts Laos powder
- 1 tb Trasi (dried shrimp paste)
- 1 ts Salt
- 5 tb Tamarind liquid
- 2 tb Sugar

Directions

Chop the chilies, onion and garlic in a food processor. In a small frying pan, saute this mixture in oil until well-cooked. Do not brown. Add the kemiri nuts, laos, trasi and salt. Stir and mash until it is well blended. Add the tamarind liquid and sugar; simmer until the oil separates out. Cool and serve cold.

NOTES:

* Fried chili-pepper sambal relish -- Indonesia is not known to have nuclear weapon capability, but visitors to Djakarta often suspect that if enough Sambal Bajak is put into an artillery shell it will have the same general effect. Indonesian hosts normally warn Westerners that this is "an acquired taste."

* Laos is a form of ginger. Other names for it are galangal, Java root, galingale, or lengkuas. If you can't find it, use about 1 t of powdered ginger mixed with about 1/4 t of powdered cinnamon. Trasi is shrimp paste; it can be left out. Tamarind liquid is made by soaking dried tamarind pulp in hot water for 1 hour and then straining. To make about 5 T of tamarind liquid, use about 1/4 cup of pulp and about 1/2 cup of hot water.

: Difficulty: easy if you have the ingredients. : Time: 30 minutes. : Precision: approximate measurement OK.

: Brian Reid : DEC Western Research Laboratory, Palo Alto, CA : reid[at]decwrl.DEC.COM -or- decwrl!reid

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From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

20. Ayam Panggang (Indonesian Barbecued Chicken)

tag: [indonesian](#)

Yield: 4 servings on its own, 6 as pa

Ingredients

- 3 lb Broiler chicken
- 1 c Kecap (or ketjap) manis*
- 2 Garlic cloves - peeled and mashed
- 2 tb Fresh lime juice
- 1/2 c Melted, unsalted butter
- 1/2 ts Grated fresh ginger
- 1 ts Sambal oelek**
- 1 pk Kroepoek oedang***
Cornstarch to thicken - marinade for sauce

Directions

*Sweet soy sauce.

**Hot pepper sauce.

***Shrimp puffs.

Note: Ingredients from Indonesia are available at many Dutch, Chinese, Vietnamese and Indonesian specialty stores. This...dish is good with Nasi Goreng (fried rice).

Cut chicken into 8 pieces. Combine remaining ingredients, except shrimp puffs, in large bowl. Add chicken pieces; toss to coat. Marinate 2 hours at room temperature, stirring occasionally. Remove chicken pieces from marinade (reserving some of the marinade for basting and the rest for sauce).

Roast, uncovered, at 400 F. for 35 to 40 minutes or until done, basting as needed. If browning too quickly, cover with foil. (In summer, barbecue over charcoal fire.)

Heat reserved marinade with cornstarch until thickened and serve as sauce, if desired. Serve with shrimp puffs on the side. For these, simply deep-fry in hot fat or oil (375 F. on fat thermometer), draining at once on paper towels. The chips will puff up as soon as they hit the fat.

From Nancy Enright's Canadian Herb Cookbook by Nancy Enright. Toronto: James Lorimer & Company, 1985. Pg. 57. ISBN 0-88862-788-2. Electronic format by Cathy Harned. Posted to MM-Recipes Digest V3 #255

Date: Tue, 17 Sep 1996 22:37:48 -0700

From: Julie Bertholf <jewel1[at]ix.netcom.com>

21. Oseng-Oseng Wortel (Stir Fried Carrots)

tag: [indonesian](#)

Yield: 2 Servings

Ingredients

- 250 g (8 oz) carrots
- 4 Shallots
- 1 Clove garlic
- 1/2 Green or red chilli or
- 1 p Of chilli powder
n
- 4 tb Good stock or
- 1 ts Dark soya sauce and 4 tb water
- 2 tb Vegetable oil or clarified butter

Directions

Did my first cooking out of my new Indonesian cookbook last night. I fixed a stir fried carrot dish to back up a pork/soy stew (originally posted by Jen Kuiper) and plain white rice. Both are very easy to fix and quite good. Here's the particulars.

These are carrots, cut into matchsticks and cooked in a little oil or butter. The word wortel doesn't sound Indonesian and isn't. It is borrowed from the Dutch name for the carrot, since it was the Dutch who introduced this vegetable to Indonesia.

Peel, wash, and cut the carrots into small sticks. Slice the shallots and chilli. Crush the garlic. In a wok, heat 2 tablespoons of vegetable oil or clarified butter. Saute the slice shallots and chilli for 1 minute, then add the garlic and the carrots. Stir continuously for a minute or so and then put in the stock, or soya sauce and water. Cover and continue to cook for 4 minutes. Uncover, taste, and add salt if necessary. Cook for a further 2 minutes, stirring all the time. Serve hot.

Makes 2 servings.

From "Indonesian Food and Cookery", Sri Owen, Prospect Books, London, 1986."

Posted by Stephen Ceideberg; October 7 1992.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

22. Dendeng Pedas ('hot' Fried Beef)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- 1 kg (2 lb) topside (beef)
- == MARINADE ==
- 1 tb Olive oil
- 1/2 ts Black pepper
- 1 tb Dark soya sauce
- == BUMBU ==
- 10 Shallots
- 4 Red chillis (or 2 tbs Sambal Ulek)
- 2 tb Vegetable oil
- Salt
- 1 tb Lemon or fresh lime juice

Directions

* Cut the beef fairly thin and trim it into small, square pieces. Marinate it for 1 hour or longer. Remember that pedas=hot++spicy hot! This is fried beef, with a robust flavour of chilli. Slice the shallots finely. Seed and slice the chillis. Fry them in a tablespoonful of oil, in a wok, stirring all the time until they are golden brown. Add salt to taste. Keep hot. Put a tablespoonful of oil in a thick frying-pan, and fry the slices of meat a few at a time. Three minutes on each side will be ample*. When all the pieces are cooked, put them into the wok with the shallots and chilli. Heat, and mix well. Sprinkle over the mixture 1 tablespoonful of lemon juice, or, better still, fresh lime juice. Stir, and add more salt if necessary. Serve hot, with rice. * NOTE: In Indonesia, the meat is usually fried until crisp. You can even buy sun-dried dendeng which only needs coating with bumbu and frying. Crisp dendeng can be rather tough, and I prefer it as described above; however, a purist might say that my recipe is not 'genuinely' Indonesian. Makes 6 servings. From "Indonesian Food and Cookery", Sri Owen, Prospect Books, London, 1986." ISBN 0-907325-29-7. Posted by Stephen Ceideberg; March 1 1993.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

23. Sambal Bajak (Fried Red-Pepper Sauce)

tag: [indonesian](#)

Yield: 1 Cup

Ingredients

- 8 Macadamia nuts
- 1/4 lb Fresh red chilies, stems removed
- 1 m Onion, peeled and quartered
- d
- 4 Cloves garlic, peeled
- 1/2 ts Shrimp paste
- 1 tb Brown or palm sugar
- 2 tb Oil
- 1 Salam leaf or curry leaf (optional)
- 1/4 c Water

Directions

1. To prepare in a mortar: Pound nuts to a coarse paste. Mince chilies, onion, and garlic and add to mortar with shrimp paste and sugar. Pound mixture to a coarse paste. To prepare in a food processor: Combine macadamia nuts, chilies, onion, garlic, shrimp paste, and sugar, and process to a coarse paste. Add 1 or 2 Tbsp of water if necessary to facilitate blending.

2. In a small skillet or saucepan, heat oil over medium heat. Add chili paste and salam leaf and cook, stirring until fragrant. Add the water and continue cooking until water has evaporated and oil begins to separate. Serve warm or at room temperature, or store in a tightly covered jar in the refrigerator.

This popular sambal is as common in Indonesia as nuoc cham is in Vietnam or nam prik in Thailand. It is typically added to rice or stirred into soups. It packs quite a punch...

Posted to CHILE-HEADS DIGEST V3 #233 by "Eruna Schultheiss" <eruna[at]taom.com> on 97.

24. Spam Indonesia

tag: [indonesian](#)

Yield: 1 servings

Ingredients

- 1 cn Spam Lite luncheon meat -; (12 oz)
- 2 c Cooked pasta shells
- 1/2 c Peeled grapes
- 1 1/4 c Pineapple bits
- 3 tb Butter
- 3 tb Flour
- 2 ts Curry powder
- 1/2 ts Ginger
- 1/2 ts Salt
- 1/4 ts Freshly-ground black pepper
- 1 cn Evaporated milk -; (13 oz)
- 1/3 c Flaked coconut

Directions

Cook your pasta shells and set them aside. Place 3 tablespoons of butter in a fry pan and add Spam sliced into cubes. Cook until brown. Now add in the grapes and pineapple. Keep stirring.

In a sauce pan, add the evaporated milk, ginger, salt, curry powder and thicken with the flour. It is important to keep stirring this. Add more flour if it is not thick enough for you.

Combine pasta, Spam mixture and milk mixture in a bowl. Ladle on to dishes and sprinkle the top with coconut that has been placed in broiler for 3 minutes and is golden brown.

This recipe yields ?? servings.

Chefs & Stirrers: The curry smell may be a little strong -- gas masks are always good to have on hand. SPAM stands for Specially Prepared Assorted Meats. I don't even want to think about what that means!

Source: "Undocumented, but from somewhere on the WWW" S(Formatted for MC5): "10-08-1999 by Joe Comiskey - jcomiskey[at]krypto.net"

Per serving: 407 Calories (kcal); 35g Total Fat; (76% calories from fat); 3g Protein; 21g Carbohydrate; 93mg Cholesterol; 1420mg Sodium Food Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates

Recipe by: John Crean and Barbara Venezia

25. Gado Gado (Mixed Vegetables with Peanut Sauce)

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- 1/2 c Peanut Butter
- 1 Clove Garlic, minced
- 1 tb Brown Sugar
- 1 c Coconut Milk
- 1 tb Lemon Juice
- Salt to taste
- 1 c Sliced Cabbage
- 1 c Sliced Carrots
- 1 c Green Beans, cut in 1" slices
- 1 lb Spinach
- 1 c Bean Sprouts
- 2 m Potatoes, boiled and sliced
- d
- 2 lg Hard Boiled Eggs
- 1 m Cucumber, sliced
- d
- 1/2 c Fried Onion Flakes
- 2 c Shrimp Puffs*

Directions

Make a sauce by mixing peanut butter, garlic, sugar, coconut milk, lemon juice and salt. Bring to a boil, reduce heat, and simmer for 2 minutes. Add water if the sauce is too thick. Boil cabbage, carrots, green beans and spinach in water for 20 minutes. One minute before other vegetables are done, add bean sprouts, stir and drain. Place vegetables on a large serving plate and garnish with sliced potatoes, sliced eggs, sliced cucumber, onion flakes and Shrimp Puffs. Serve with peanut sauce on the side. *Shrimp Puffs: Originally made in Indonesia from tapioca flour mixed with fish or shrimp and spices. Now made locally and sold in Chinese grocery stores. From John Kohnen. Posted by Stephen Ceideberg; February 24 1993

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

26. Nasi Goreng (Indonesian Fried Rice)

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- 2 Eggs
- 4 tb Peanut oil
- 1 Onion; peeled and chopped
- 1 Clove garlic; peeled and chopped
- 4 oz Pork; chicken or beef, diced fine
- 4 c Cold cooked rice
- 1 tb Hoisin sauce*
- 4 oz Cooked small shrimp; shelled
- 8 oz Peas; defrosted if frozen
- 2 Scallions; chopped in 1/2" pcs.
- 1/2 tb Chili sauce; optional

Directions

Beat the eggs and heat half the oil in an omelette pan. Pour the eggs in and allow to set into a pancake-type omelette. Turn out, slice into 1 in. (2.5 cm) ribbons and set aside. In the same pan, put the rest of the oil and fry the onion and garlic for 3 minutes. Add the meat and cook for 3 minutes, then add the rice and stir till well heated. Season with the Hoisin sauce, and the shrimp, scallions and peas with the chilli sauce , if used, and allow to heat through. Serve decorated with strips of omelette. Serves 4.

*Available in most good supermarkets and in Asian groceries and specialty shops.

NOTES : Nasi Goreng is traditionally eaten in Indonesia as a one-dish meal and can be accompanied, instead of the omelette, by fried eggs. We offer it as a side dish in our Southeast Asian sampler menu. Indonesian cooks put their leftovers in it, so use any leftover chicken, beef or pork you have on hand. Recipe by: Chef and Staff at World Wide Recipes:

Posted to recipelu-digest by "Valerie Whittle" <catspaw[at]inetnow.net> on Feb 4, 1998

27. Ayam Goreng Asam (Indonesia) Piquant Fried Chicken

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- 1 1/2 Roasting chicken
- 3 Cloves garlic
- 1 1/2 ts Salt
- 1 ts Ground black pepper
- 1 ts Palm sugar or substitute
- 2 ts Ground coriander
- 1/2 ts Ground turmeric
- 1/3 c Tamarind liquid
- Oil for frying

Directions

Cut chicken into small serving pieces. Crush garlic with salt to a smooth paste and combine with pepper, sugar, coriander, cummin, turmeric and tamarind liquid. Rub over the chicken pieces and leave for 1 hour, or cover and marinade in refrigerator overnight. Heat enough oil in a large heavy frying pan to cover base of pan. Take chicken pieces from marinade and drain on paper towels to get rid of excess moisture. Put pieces into the frying pan and cook over medium heat for 2 minutes on each side, turning with tongs until golden brown. Reduce heat, cover pan and cook for 10-12 minutes longer, turning pieces half-way through. Drain on absorbent paper and serve warm.

Compiled by Imran C. Gold Coast - Oz

Source: The Complete Asian Cookbook-C. Solomon Posted to EAT-L Digest 29 October 96

Date: Wed, 30 Oct 1996 13:58:47 +1000

From: "I. Chaudhary" <imranc[at]ONTHENET.COM.AU>

28. Ketjap Manis (Debaat)

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- 2 c Sugar, brown, dark
- 2 c Water
- 1 1/2 c Soy sauce, light
- 3/4 c Molasses, dark
- 1/2 ts Galangal, ground
- 1/2 ts Cilantro, ground
- 1/2 ts Pepper, black

Directions

Sure...Kecap (or, more commonly, "ketjap") refers to a number of sauces from Indonesia; the most common is ketjap manis, which is the Indonesian kind of soy sauce, and is rather sweeter than Chinese soy sauce or Japanese shoji or tamari. (It's pronounced "ketchup", btw.)

Recipe follows:

Number of Servings: 40 Approx. Cook Time: 0:30

Combine and sugar and water in a 2-quart stainless steel saucepan and bring to a boil over moderate heat, stirring until the sugar dissolves. Increase the heat to high and cook briskly, uncovered, for 5 minutes or until the syrup reaches 200F on a candy thermometer. Reduce the heat to low, stir in the soy sauce, molasses, galangal, cilantro, and pepper, and simmer for 3 minutes. Remove from the heat; let cool.

Strain the sauce through a fine sieve set over a bowl. Sauce will keep at room temperature for 2 to 3 months if tightly covered.

Posted by Stephen Ceideberg; October 7 1992.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

29. Coconut Milk

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- 1 lg Coconut, grated
- 2 c To 2 1/2 cups boiling water

Directions

Coconut Milk is Santen in Malaysia and Indonesia. Coconut Milk is Narial Ka Doodth in India. Best made from Fresh Coconuts. Grate the flesh of one Coconut into a bowl, pour on 2-2 1/2 c Boiling Water, then leave to stand 30 min. Squeeze

The flesh and strain before using. This makes thick Coconut Milk, for a thinner milk reuse the pulp and mix the result with the thick milk, or use by itself for an even thinner Coconut Milk. I use an old T-shirt to squeeze the Coconut flesh and strain in one operation.

Made from Dried Coconut Put 1 Cup unsweetened Dried Coconut into a blender. Pour in about 1 1/4 Cups boiling water and blend on high speed for a couple of minutes. Let cool for about fifteen minutes then squeeze the pulp and strain. Makes about 1 Cup milk. To make a thinner milk reuse the pulp.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

30. Chicken Satay

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- 1 c Unsweetened coconut milk
- 2 tb Snipped fresh cilantro
- 2 ts Curry powder (Oriental)
- 1/8 ts Salt
- 1 lb Skinless boneless chicken breasts (and thighs) (partially frozen)
 - Peanut sauce
 - Cucumber relish
 - To 16 6" bamboo skewers

Directions

Satays (sometimes spelled sates) of meat, fish and poultry are woven into the food patterns of several Southeast Asian countries, particularly Indonesia and Thailand.

Soak skewers in water at least 30 minutes. Stir together coconut milk, cilantro, curry powder and salt in a shallow dish. Slice chicken across the grain into 3" long strips about 1/4 to 1/8" thick. Thread strips accordion-style onto skewers. Add to marinade, turning to coat chicken. Cover and chill for one hour. Drain chicken, reserving marinade. Broil skewered chicken 3-4 inches from heat for 5 minutes; brush with marinade. Turn and broil 4-5 minutes more or till done. (Or, grill over medium coals for the same time.) Serve warm with Peanut Sauce and Cucumber Relish. Makes 12-16 servings.

Recipe by: Holiday Appetizers 1996, Better Homes and Gardens, page 21.

Posted to MC-Recipe Digest V1 #865 by Peg Baldassari <Baldassari[at]compuserve.com> on Oct 25, 1997

31. Nasi Goreng Istimewa (Fried Rice Special

tag: indonesian

Yield: 2 Servings

Ingredients

- 2 Dishes white rice already cooked
- 100 g Chicken cut and diced
- 100 g Shrimps peeled and chopped
- 4 Meatballs; sliced
- 2 Eggs
- 1 Clove onion
- 2 Cloves garlic minced
- 1 Red chilies chopped
- 2 tb Tomatoes sauce
- 1 tb Soya sauce
- 1 ts Pepper powder
- 1/2 ts Salt
- 2 tb Butter or cooking oil

Directions

Date: Fri, 21 Jun 1996 23:08:47 +0700

From: Jane <lmuiw[at]SERVER.INDO.NET.ID> Nasi goreng is the one of the most popular food in Indonesia because it's very easy and very fast to make ! Usually, we make 'nasi goreng' for breakfast :)

1. In a wok, heat the cooking oil. Mix the garlic with the cooking oil until yellowish.
2. Add chicken (and salt a little if you want to make chicken more tasty)and stir.
3. When the chicken is cooked, add shrimp and red chiles.
4. Mix eggs about 10 seconds , add to the wok and stir.
5. Add white rice and all the other ingredients.
6. Reduce heat and stir fry until cooked.
7. Serve while it's still hot. Serving ideas : serve with the sliced cucumber and chili sauce.

EAT-L DIGEST 20 JUNE 1996

From the EAT-L recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

32. Rujak (Pungent Fruit Salad)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- 1 Cucumber, peeled
- 1 c Jicama, julienned
- 1 c Firm, ripe papaya in 1/2 inch cubes
- 1 c Ripe pineapple in 1/2 inch cubes, fresh or canned
- 1 Firm, tart apple, cut in 1/2-inch cubes
- 1 Almost ripe mango, peeled, cubed
- 3 tb Dry-roasted peanuts
- 1 Or 2 fresh, hot red chiles, seeded, sliced
- 1/4 c Brown sugar
- 1 tb Tamarind paste dissolved in 1/2 cup water, strained

Directions

Buried way down in my stack of papers I found an article from the SF Chron entitled "Sumatran Food++Hotter than Hot". Sumatra is close to Indonesia and the Malay peninsula and there seems to be some similarity between the cuisines.

Cut the cucumber in half lengthwise, scoop out and discard the seeds. Cut the halves in 1/4-inch thick half moons. Mix the cucumber with jicama and fruit.

Prepare a sauce in a processor; first process the peanuts to a crunchy consistency, then add the chiles, sugar and tamarind liquid. The sauce should have texture so don't over process. Toss the sauce and fruit together.

Serve chilled or at room temperature as a snack, or with an assortment of Sumatra dishes.

Serves 6.

San Francisco Chronicle, 3/9/88.

Posted by Stephen Ceideberg; February 24 1993.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

33. Sambal Fried Green Chilli (Goreng Sambal Lada

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- Stephen Ceideburg
- 1/4 lb Green chillies
 - 2 Onions, thinly sliced
 - 1/4 c Oil
 - Salt, to taste
 - 2 Green tomatoes, diced
 - 1 Tin anchovy fillets in olive oil, chopped

Directions

Pound chilli into paste in a mortar or put in a blender with 2 tablespoons of water and switch on for 20 seconds on medium speed. Stir-fry onions in hot oil until golden. Add chilli and salt, stir and reduce heat. Let simmer for 2 minutes. Add diced tomatoes, chopped anchovies, oil and all. Stir and let simmer very gently for 15 minutes. Stir occasionally. This long cooking removes the bite of the chilli and blends all the flavours together. The same recipe can be prepared using red chilli instead of green chilli and ripe tomatoes instead of green ones. This sambal will keep for a week if put in the refrigerator.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

34. Dried Prawn Sambal (Sambal Lada Udang Kering)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

Stephen Ceideburg

- 1 lb Dried Prawns
- 1 lg Onion
- 20 Fresh red chillies
- 1 tb Salt
- 1/2 c Oil
- 1/2 c Very thick coconut milk (type I)
- 1/2 Lemon, juice only

Directions

Soak prawns in boiling hot water until they are soft. Rinse and drain, then mince them. Grind onion and chillies until fine. Pound the chillies and onion finely with salt. Heat oil and fry chilli mixture until soft. Add minced prawns and mix well. Then add coconut milk, stirring and bring to boil on medium heat. Reduce heat, allow to simmer until mixture is thick for about 30 minutes. Stir from time to time. Add lemon juice 3 minutes before finishing the cooking.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

35. Fish Relish - Sambal Ikan

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- Stephen Ceideburg
- 4 oz Tuna fish, or:
 - 3 oz Eel or:
 - 3 oz Ikan teri
 - 1 c Thick santen (coconut milk)
 - 4 Cloves garlic
 - 3 Shallots, peeled and chopped
 - 4 Kemiri (candlenuts)
 - 3 Cabe rawit or:
 - 2 ts Chilli powder
 - 2 tb Tamarind water or
 - 2 ts Tomato puree
 - 1 ts Brown sugar
 - Salt
 - 2 tb Vegetable oil

Directions

I find that the easiest and tastiest Sambal Ikan is made with canned tuna fish. Sambal made with eel, however, is also delicious; cut the eel up very small and wash it in vinegar. In Indonesia we make this sambal with ikan teri or ikan bilis (tiny dried anchovies). Pound the garlic, shallots, kemiri and cabe rawit into a paste. Fry this paste in vegetable oil in a wok for about half a minute. Put in the tuna fish, eel or teri; stir-fry for 1 minute and add the tamarind water, or tomato puree, sugar and salt. Stir in the santen, and go on simmering until the mixture becomes thick. This sambal can be served hot or cold.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

36. Sambal of Brown Bean Sauce (Sambal Tautjo)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- Stephen Ceideburg
- 1 oz Dried prawns, soaked in hot water and rinsed
 - 1 Onion, thinly sliced
 - 2 Cloves garlic, chopped
 - 5 Chillies, thinly sliced diagonally, discard seeds
 - 1 One-inch piece ginger, sliced
 - Salt, to taste
 - 2 Firm tomatoes, diced
 - 2 tb Brown bean sauce

Directions

Soak prawns in hot water until soft and rinse once or twice. Chop and put aside. Stir-fry onion, garlic, chillies, ginger and salt until fragrant. Add dried prawns and stir. Lower heat and let simmer until prawns are tender. Add brown bean sauce and tomatoes in the last stage of cooking and cook on a low heat until tomatoes are soft, but not mushy.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

37. Shrimp Paste Sambal (Sambal Terasi)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

Stephen Ceideburg
2 tb Ground chilli
1 s Onion
m
1 ts Shrimp Paste, lightly grilled
Salt, to taste
1/2 Lemon, juice only

Directions

Pound finely the chilli, onion and shrimp paste with salt to taste. Add lemon juice and blend well. Place in a bowl. This sambal is well known throughout the archipelago. However I recommend it only for addicts. If you want to make Indonesian newcomers feel at home, serve it with vegetables, plain boiled rice and with a grill. Anchovy fillets, about 2 pieces, may be substituted for shrimp paste if you wish.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

38. Indonesian Beef-Coconut Balls

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- 1 lb Lean ground beef
- 1/2 c Grated fresh coconut
- 2 lg Eggs; beaten
- 1/4 c Onion; finely chopped
- 2 Cloves garlic; minced
- 1 ts Ground coriander
- 1 ts Brown sugar
- 1/2 ts Salt
- 1/4 ts Ground red pepper
- 1/8 ts Ground black pepper

Directions

In Indonesia, meatballs usually are fried. We found this baked version to be juicier and more flavorful, as well as lower in fat. Combine ground beef coconut and eggs in a bowl. Add remaining ingredients and mix well. Form mixture into 1" balls. Place balls on a 15x10x1" baking pan. Bake at 350F 15-18 minutes or till done. Drain. Serve warm with Coconut and Peanut Butter Sauce. Makes 48.

NOTES : Holiday Appetizers 1996, Better Homes and Gardens, page 25. Posted to MC-Recipe Digest V1 #866 by Peg Baldassari <Baldassari[at]compuserve.com> on Oct 26, 1997

39. Ayam Petis (Indonesia)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- 3 tb Groundnut oil (or sunflower)
- 1 Big onion sliced into rings
- 1 m Chicken cut up
- d
- 3 Cloves garlic
- 1 tb Shrimp paste
- 2 ts Sambal Ulek (see separate recipe)
- 1/2 ts Tumeric
- 1 3/4 c Coconut milk (thin)
- 1 ts Brown sugar
- 2 tb Lemon juice
- 1/4 lb Peeled shrimp
- 1 tb Coriander

Directions

1. Dry the chicken.
2. Heat oil, stir fry the onion.
3. Add garlic, petis, sambal, tumeric, salt and pepper. Stir and then add chicken.
4. Stirring constantly, add the coconut milk. Bring to a boil, then reduce and simmer gently for 30 minutes.
5. Remove chicken, and leave sauce. Boil until it thickens. Then add sugar and lemon juice.
6. Add shrimp and cook for about 3-4 minutes... until cooked.
7. Present with chicken covered in sauce and decorate with coriander.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

40. Dried Prawn Sambal (Sambal Lada Udang Keri)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

Stephen Ceideburg
2 oz Dried prawns
2 Onions, thinly sliced
2 oz Oil
1/4 lb Fresh chillies, ground
1 Lemon, juice only

Directions

Soak prawns in hot water until soft. Rinse and mince. Stir-fry onion in hot oil until golden; add finely ground chillies, salt to taste. Stir and reduce heat. Let simmer until chillies become tender. Add prawns and lemon juice; simmer gently another 10 minutes.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

41. Crisp Coconut Sambal (Sambal Kelapa Kering)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- Stephen Ceideburg
- 2 Onions, thinly sliced
 - 2 Fresh red chillies, sliced diagonally
 - 2 tb Oil
 - 1 oz Ground dried prawns
 - 1/4 lb Desiccated coconut
 - 1 Two-inch piece lemon grass, sliced or:
 - 1 ts Grated lemon rind
 - Salt, to taste

Directions

Stir-fry onions and chillies in hot oil until soft, then add ground diced prawns, coconut, sliced lemon grass (or lemon rind) and cook on low heat until golden brown, stirring all the time. Add salt to taste. This will keep in an airtight jar for a week.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

42. Ikan Woku (Baked and Grilled Fish)

tag: [indonesian](#)

Yield: 1 Servings

Ingredients

- 1 Whole fish, weighing a total of 2 lbs. together (Owen calls for either mullet, snapper, or mackerel) (up to 2)
- 3 Chiles (either frutescens or annuum; I use a half dozen long Afgan chiles. If I only had bird chiles, I'd toss in a dozen)
- 3 Candlenuts (substitute Brazil nuts)
- 1 Piece ginger root, 1 inch long
- 1 lg Ripe tomato, peeled and chopped
- 1/2 ts Turmeric
- 1 Lime, juice of
- 2 tb Chopped mint
- 4 tb Shopped green onion
- 2 ts Salt

Directions

From Sri Owen's "Indonesian Food and Cookery", from Manado, Indonesia

Clean the fish. Pound the chiles, candlenuts, and ginger together into a paste. Add all the other ingredients, and rub the resulting mixture onto the fish, inside and out. Wrap the fish in foil, refrigerate for at least 30 minutes. Bake in a 375 F oven for 15 minutes. Just before serving, unwrap the fish and put under the grill for 5 minutes.

Posted to CHILE-HEADS DIGEST V3 #161

Date: Fri, 15 Nov 96 22:07:22 -0500

From: anthony rue <true[at]ucet.ufl.edu>

43. Steamed Sambal Peasant Style (Sambal Lada Uap)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- Stephen Ceideburg
- 5 Fresh red chillies
- 1 Onion, quartered
- 2 Tomatoes
- Salt, to taste
- 1/4 ts Shrimp paste, grilled lightly, or 1 anchovy fillet

Directions

Place chilli, onion and tomatoes in a bowl and steam until tender. Put in a blender with salt to taste and shrimp paste to make into a very fine paste. Or pound in a mortar.

Yields 1 small bowl.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

44. Indonesian Potato and Beef Perkedel

tag: [indonesian](#)

Yield: 15 Servings

Ingredients

- 2 lb Baking potatoes, boiled and mashed
- 1 1/2 ts Salt
- 1/2 ts Freshly ground pepper
- 2 ts Ground coriander
- 1/8 ts Nutmeg
- 1/4 c Chopped parsley leaves
- 1 lg Egg
- 2 tb Peanut oil, plus more for deep frying
- 4 Shallots, finely chopped
- 2 Garlic cloves, minced
- 1/2 lb Lean ground beef.

Directions

Not too long ago, there was a bit of discussion about potato pancakes. (I'm still smarting from all the verbal flack I got about my love of instant mashed potatoes... ;-)) Here's a recipe with a twist from Indonesia. This is traditionally served with soto ayam++a kind of chicken soup.

In Indonesia, these fritters are served as part of a rijstaffel (rice-table) or as a side dish to embellish a main course. You will find they work well as a delicious appetizer for a Western meal.

Mix together the mashed potatoes, 1 teaspoon of the salt, half the pepper, the coriander, nutmeg, parsley and egg.

Preheat a wok until hot. Add 2 tablespoons of the oil, the shallots and garlic; saute until soft. Add beef and stir to break up clumps; brown until meat is no longer red, about 2 minutes. Season with remaining salt and pepper. Cool.

Combine the meat with the potato mixture. Form into 16 balls and flatten them into cakes about 2 inches round by 1 inch thick. Set on a tray. Refrigerate, if not fried immediately.

Pour 2 inches of oil into a preheated wok. Heat to 365F. Add 4 or 5 cakes, or as many as will fit into the pan without crowding or reducing the temperature of the oil. Deep fry, turning occasionally until golden brown, about 3 minutes. (If preferred, the cakes may be pan-fried in a flat skillet.) Remove to paper towels to drain. Serve hot or at room temperature.

Makes 15 cakes.

Joyce Jue, San Francisco Chronicle, 5/13/92.

Posted by Stephen Ceideberg; May 19 1992.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

45. Coconut Fish Roe Sambal (Sambal Kelapa Dengan Telur Terubuk)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

Stephen Ceideburg

- 1 c Desiccated or freshly grated coconut
- 1 oz Fish roe, chopped
- 1/4 ts Turmeric
- 2 ts Ground chilli
- 1 Lemon, juice only
- 2 oz Hot water to moisten coconut
- 1 Onion, grated
- 1 One-inch piece ginger, scraped and grated
- Salt, to taste

Directions

Mix everything together in a saucepan. Cook on low heat for 20 minutes with the lid on. Stir occasionally to prevent it from burning.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdjaxxx.zip>

46. Sambal Oelek (Indonesia)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

- 8 oz Fresh red chilies
- 1 ts Salt
- 1 ts Brown sugar

Directions

Heat a heavy frying pan and put in the chilies after 2-3 minutes. Dry roast over medium heat for a few minutes. Cool, then chop finely and lb to a paste with the salt and sugar.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

47. Soya Sauce Sambal (Sambal Ketjap)

tag: [indonesian](#)

Yield: 6 Servings

Ingredients

Stephen Ceideburg
1/2 c Soya sauce
2 Fresh chillies, cut into ringlets
1 lg Onion, thinly sliced
1/2 Lemon, juice only

Directions

Combine all these ingredients and blend well. Place in a small bowl. In Indonesia it accompanies many popular dishes including fried rice. In this country it may be used to accompany grills and roast chicken served with rice. Avoid the chilli ringlets if you prefer a milder taste. The onions are particularly tasty.

From "Dishes From Indonesia", Yohanni Johns, Thomas Nelson Ltd., Sydney, 1971. SBN 17 001929 2 [It says "SBN", not "ISBN" in the book. S.C.]

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

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