



# WAYAN SUTARIAWAN

CHERISHED RECIPES FROM MY CHILDHOOD











  
Sula  
Executive Sous Chef



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*Recipes follow the metric  
measurement system.*

*Recipe photography  
by Adrian Pardede.*



*I didn't grow up dreaming of becoming a chef or working abroad. I didn't really have any dream at all.*

I grew up in Klungkung regency and was a 'free range' village kid. My father was a farmer but we had no land and no house. He worked other people's land and then he and my mother got jobs as laborers on a construction site in another village. I was often left by myself and flew kites with my friends, took fruit from the neighbours, swam in the river, played soccer; we were just wild kids with no thought of the future.

My family lived in a simple shelter, I remember sleeping without a bed, no pillow – the pillow was a block of concrete for my head. Then the government gave a donation for my father to build a house, but half way to finish the house, my father fell from a coconut tree and broke his back and passed away. We never finished the house. I was 11 years old.

My mother remarried and left me with my auntie who had a better economic situation. My auntie took me to live in the city (Denpasar) and put me through high school. There was no more free-range Suta... Every day, I helped her in the kitchen. It was my job to use the mortar and pestle to make Tomato Sambal and grind the spices for Base Genep (Thousand Spice paste). My auntie taught me about the different ingredients and techniques of traditional Balinese cooking, how to choose the best produce at the market and balance the flavours and aromas.

When I finished senior high, I thought about becoming a policeman but my auntie convinced me to do a Food Production course at a tourism school. Her encouragement motivated me to work hard and do the best I could, to develop my cooking skills to a professional level. My auntie also exposed me to other regional cuisines of Indonesia, especially Javanese, Sumatran and Sulawesi food. I was amazed at the different flavours and this really opened up my eyes as a young cook.

After working in the kitchens of various hotels in Bali, I joined Four Seasons Resort Maldives at Landaa Giraavaru in 2006. On the way to Bali airport to fly out to my new job, somebody crashed into my car. I remembered my auntie's advice that I would have to work

hard to overcome whatever challenge life threw at me. I made it to the airport just in time to board the flight – my first time on a plane. Flying into the Maldives was an amazing experience I will never forget. I spent five years in the Maldives and learned so much about international culinary styles, from European to Indian and Chinese. I came home to join our team here at Sayan in 2011, and found that Bali had become a global dining destination offering cuisine from all over the world, even by Michelin-star chefs. I feel so lucky with how my life has turned out, and am very proud to share our authentic local food with guests. I like to keep alive the dishes of my childhood, which can be hard to find these days unless you go to someone's home in the village.

This recipe book is a compilation of these dishes, my family's favourite comfort foods from Bali and other areas of Indonesia, which we regularly enjoy at home. The aromas still take me back to my auntie's house. There are also recipes for ceremonial dishes which we make for big festivals and gatherings. Most ingredients in this book are available globally. Traditional techniques like coconut wood-fired grill can be substituted with modern equipment – of course the taste will not be quite the same as when we use the traditional method in Bali, but it will be the next best thing.

Traditional cooking over a wood fire using 'equipment' like bamboo, banana trunk, coconut husks and rice husks, and unusual ingredients like wild ginger, are irreplaceable when it comes to authentic Balinese cuisine. For this reason, the recipes in the 'Rare, But Not Forgotten' section are almost impossible for you to make at home. But I still include them as they are very special to my heart, and for me, this book would be incomplete if they were missing. While you may not be able to cook these dishes at home, they will be waiting for you at Sokasi, our riverside cooking school and Chef's Table venue. Sokasi is where we preserve techniques like the underground clay oven, bamboo stem, coconut oil-making, and manually-operated spit-roast. It's much harder work which is why the dishes are becoming so rare... but if I've learned anything in this life, it's that hard work is worth it.

Thank you for the opportunity to share my childhood recipes and stories with you, I hope you enjoy them as much as my family and I do.



**Wayan Sutariawan (Suta)**  
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Four Seasons Resort  
Bali at Sayan



**SAMBAL**



## DON'T FORGET THE SAMBAL

Of Indonesia's many regional cuisines, Balinese is known as the spicy and salty one, and it's no different when it comes to sambal. This condiment is an essential part of any meal, and sometimes it's even a main course. In Bali, if we are in a hurry or have run out of other ingredients, we just eat steamed rice with sambal matah – that qualifies as a complete meal for us!

Across Indonesia, we have so many varieties of sambal that they could fill a separate cookbook. I love the different textures, ingredients and balance of flavours, and have chosen my five favourite recipes for this book. Any of these recipes can be made spicier – simply add more bird's eye chili.

*Pictured from top to bottom:  
Sambal Matah, Sambal Colo-Colo,  
Sambal Tomat, Sambal Bawang Goreng,  
Sambal Dabu-Dabu.*

## SAMBAL TOMAT

### *Tomato Relish - Java*

*Known as the 'mother of all sambals', Sambal Tomat is common across Indonesia as it goes well with all kinds of regional cuisines. It is the first dish I ever cooked on my own, in my auntie's kitchen. The flavour is very balanced between sour, sweet and spicy. It doesn't contain any root spices, which makes it distinct to Balinese sambals. There are endless versions of Sambal Tomat according to each region; in Bali, we like to add lime and coconut oil.*

**SERVING: 200 GRAMS (4 PORTIONS)**

**PREP: 10 MINUTES**

**COOK: 10 MINUTES**

**LEVEL: EASY**

**SPICINESS: MILD**

5 red shallots, sliced  
3 garlic cloves, sliced  
3 fresh tomatoes, cut into wedges  
6 seedless big red chilis, cut into wedges  
5 bird's eye chilis  
1 tbsp palm sugar  
1 tsp shrimp paste (*optional - can be removed for vegan sambal*)  
1 tsp salt  
50 ml (¼ cup) coconut oil  
1 lime, juiced

Heat cooking pan and add coconut oil.

Fry shallots and garlic for about 1 minute until browned.

Add both types of chili and sauté until wilted.

Add shrimp paste and sauté for 1 minute, then add tomato and cook until all ingredients are softened.

Add palm sugar and sauté for 2 minutes.

Grind mixture to a smooth paste in a mortar or blender.

Heat the paste and add lime juice just before serving.

Season with salt to taste.

## SAMBAL DABU DABU

### *Fresh Tomato Salsa - North Sulawesi*

*My favourite sambal is Dabu Dabu, it's my fast and fresh comfort food. It's also the first sambal I ever made without shrimp paste (for Balinese people, to cook without shrimp paste is a nightmare, we put it in everything!) Dabu Dabu goes well with all grilled dishes. The green tomato gives a dry crunchiness, not too sour, while the red tomato adds juiciness and a balanced sweet and sour finish.*

**SERVING: 200 GRAMS (4 PORTIONS)**

**PREP: 10 MINUTES**

**LEVEL: EASY**

**SPICINESS: MEDIUM**

5 red shallots, diced  
2 red tomatoes, diced  
1 green tomato, diced  
3 lime leaves, finely chopped  
4 bird's eye chilis, finely sliced  
20 ml (2 tbsp) coconut oil,  
heated  
1 lime, juiced  
1 tsp salt

Mix all ingredients together except the lime juice and coconut oil.

Add the heated oil, then the lime juice just before serving. Season with salt to taste.

Consume immediately. Any leftover dabu dabu can be refrigerated for up to three days.



## SAMBAL COLO COLO

### *Tomato & Sweet Soy Salsa - Maluku Islands*

*Colo Colo (known as sambal kecap in Java) is Dabu Dabu, with the addition of sweet soy sauce. This gives it a caramelized flavour and smooth texture similar to molasses. It's the perfect condiment for dipping grilled and deep fried foods.*

**SERVING: 200 GRAMS (4 PORTIONS)**

**PREP: 10 MINUTES**

**LEVEL: EASY**

**SPICINESS: MEDIUM**

200g Dabu Dabu (*see recipe*)  
20 ml (2 tbsp) sweet soy sauce

Mix all ingredients together and serve immediately.



## SAMBAL BAWANG GORENG

### *Crispy Onion Sambal - Bali*

*Sambal Bawang Goreng adds a delicious crispy texture to all kinds of dishes. I love to have it alongside Dabu Dabu with my main meal of the day.*

**SERVING: 200 GRAMS (4 PORTIONS)**

**PREP: 7 MINUTES**

**COOK: 10 MINUTES**

**LEVEL: EASY**

**SPICINESS: MEDIUM**

12 red shallots, thinly sliced  
8 garlic cloves, thinly sliced  
5 bird's eye chilis, thinly sliced  
2 tsp shrimp paste  
350 ml (1½ cups) coconut oil  
1 lime, juiced  
1 tsp salt

Heat the coconut oil over medium fire.

Fry the shallots for about 1 or 2 minutes until golden brown and crispy, then remove from pan and drain off excess oil.

In the same oil, fry garlic until golden brown and crispy, then remove from pan and drain off excess oil.

Mix the chili, shrimp paste and salt together.

Saute chili mixture in about 50 ml (¼ cup) of the shallot/garlic frying oil until fragrant (around two minutes).

Transfer to a bowl with the fried shallots and garlic. Mix well.

Season with salt to taste and top with lime juice just before serving.

## SAMBAL MATAH

### *Raw Sambal - Bali*

*Bali's #1 sambal is easy to make yet flavoursome. It is perfect with grilled dishes like Ayam Panggang. Often, we just eat it on its own with rice – delicious!*

**SERVING: 200 GRAMS (4 PORTIONS)**

**PREP: 10 MINUTES**

**LEVEL: EASY**

**SPICINESS: MEDIUM**

14 red shallots, finely sliced  
2 lemongrass stalks, finely sliced  
4 bird's eye chilis, finely sliced  
2 lime leaves, finely sliced  
1 tsp shrimp paste, grilled  
(optional - can be removed for vegan sambal)  
20 ml (2 tbsp) coconut oil  
1 lime, juice only  
1 tsp salt  
1 tsp palm sugar

Wrap shrimp paste inside aluminium foil and grill it.

Unwrap and mix it with all other ingredients in a bowl, using your hand to make sure the shrimp paste mixes in well.

Add salt to taste, and extra chili if you like.

Consume immediately.



# TRADITIONAL BALINESE



# BASE GENEP

## Thousand Spices

*In Balinese cuisine, the magic is in the spice paste or 'bumbu' made from freshly ground roots and herbs. This is the foundation of many different recipes. The king of bumbu is Base Genep. It goes equally well with meat, poultry, seafood and vegetables.*



**SERVING: 400 GRAMS**

**PREP: 15 MINUTES**

**COOK: 20 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS : MEDIUM**

### Base Genep Paste

1 tbsp "Base Wangen" dry spice mix (*see recipe below - make first and set aside*)

10 red shallots, roughly chopped

6 cloves garlic, roughly chopped

3 small chilis, roughly chopped

4 cm piece galangal/laos,  
roughly chopped

4 cm piece ginger,  
roughly chopped

4 cm piece aromatic ginger/  
kencur, roughly chopped

4 cm piece fresh turmeric,  
roughly chopped

3 candlenuts (*nearest substitute:  
macadamia nuts*), toasted and  
chopped

2 tsp shrimp paste, wrapped in  
aluminium foil and grilled

5 stalks lemongrass, peeled and  
roughly chopped

30 ml (3 tbsp) coconut oil

### Base Wangen (Dry Spice Mix)

3 tbsp whole black peppercorns

2 tsp whole white peppercorns

2 cloves

4 tsp coriander seeds

1½ tsp fresh nutmeg, grated

### Base Genep

If using a food processor, blend all ingredients (except the Base Wangen). Transfer to a bowl and stir in the Base Wangen.

If grinding with a mortar and pestle, it's easier after cooking. Sauté all ingredients (except the Base Wangen) in coconut oil until soft, then grind into a paste, and stir in the Base Wangen.

Cool and store.

### Base Wangen

Heat all ingredients in a dry pan for about 2 minutes, until a strong aroma is produced. While still hot, transfer to the mortar to grind into a powder.

Store any unused portion in the cupboard in an airtight container for up to one month.



# URAB SAYUR

## Mixed Vegetable Salad with Coconut

*This is a very typical Balinese dish, mostly served at ceremonies and big gatherings. We don't have it often at home as it must be eaten straight away as soon as the vegetables are mixed with the paste, and any leftovers cannot be kept. You can use any vegetables you prefer; the key is the Base Genep. You want to have the Base Genep paste already prepared, otherwise it takes much longer to make this dish.*



**SERVING: 4 PORTIONS**

**PREP: 20 MINUTES**

**COOK: 10 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MILD**

Clean and blanch all of the vegetables.

Cool in iced water and cut into 1 cm lengths.

Mix with base genep, sambal bawang goreng and coconut.

Serve immediately.

½ cup base genep

*(see recipe)*

3 tbsp sambal bawang goreng

*(see recipe)*

¼ cup fresh coconut, grated

1 tsp salt

1 lime, juiced

½ cup long beans

½ cup spinach

½ cup fern shoots

½ cup young pumpkin leaves

*(optional)*



# GERANG BAWANG JAHE

## Dried Fish

*This dish originates from the mountains of Bali, as a way to enjoy seafood for those people who live far from the ocean and do not have access to fresh fish. The sweet and spicy batter combines with the crispy texture and saltiness of the fish.*



**SERVING: 4 PORTIONS**

**PREP: 10 MINUTES**

**COOK: 10 MINUTES**

**LEVEL: EASY**

**SPICINESS: MEDIUM**

200 g small dried fish  
200 ml (1 cup) oil for frying  
500 ml (2½ cups) boiling water

### Paste

5 cm ginger, sliced  
1 clove garlic, sliced  
10 red shallots, roughly chopped  
2 seedless big red chilis, sliced  
5 bird's eye chilis, sliced  
¼ cup palm sugar  
1 tsp shrimp paste  
½ tsp salt  
1 lime leaf

Pour boiling water over the fish in a bowl and set aside for 5 minutes.  
Drain fish, and wash with running water three times. Drain well.  
Heat the oil and fry the fish for about 4 minutes until crispy, set aside.

### Paste

Grind all ingredients except lime leaf until smooth.  
Sauté the paste over medium heat for about 15 minutes.  
Add lime leaf and salt. Remove from heat, cool in the pan.  
Mix in the fish and serve



# AYAM PANGGANG

## Shredded Grilled Chicken

*In my village, we have a tradition after every ceremony: We must have Sambal Matah served with Ayam Panggang, together with the family. All over Indonesia, every village and city has its own version of grilled chicken. In Bali, we have a simple marinade from root spices and then grill it over coconut husks for a smokey aroma.*



**SERVING: 4 PORTIONS**

**PREP: 15 MINUTES**

**COOK: 30 MINUTES**

**LEVEL: EASY**

**SPICINESS: MEDIUM**

800 g whole spring chicken

8 cloves garlic, sliced

8cm piece turmeric, sliced

¼ cup coconut oil

1 tbsp salt

Sambal Matah (see recipe in sambal section)

Grind the garlic and turmeric into a smooth paste.

Transfer to a bowl and add coconut oil and salt.

Apply marinade all over the chicken and rest for at least 15 minutes.

Grill the chicken (in Bali, we use coconut husks for our BBQ but charcoal or BBQ grill is fine). Turn it several times until cooked through.

Cool at room temperature. Shred the cooked meat by hand and mix with sambal matah.



# SATE LILIT

## Balinese Style Satay

*Balinese satays are not the skewered kind, we use minced meat to make Sate Lilit for every single ceremony and celebration. It is a communal cooking effort, we gather together with our neighbours the day before the ceremony to do the mincing and prepare the spice paste. Once cooked, there's no need to serve any sauce with Sate Lilit as the flavours are already strong enough.*

*We cook the satays over open fire made of coconut husks, while you can use a charcoal fire or flat top on the BBQ. It's best to avoid putting on the grill as it may stick.*



**SERVING: 4 PORTIONS**

**PREP: 25 MINUTES**

**COOK: 5 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MILD**

Mix all ingredients together and apply onto the lemongrass skewers.

Cook on a flat grill or non-stick pan until brown.

Enjoy on their own or with a simple peanut dipping sauce.

1kg minced chicken, beef or fish  
350 g (1½ cups) base genep  
*(see recipe)*  
4 lime leaves, chopped finely  
1 lime, juiced  
2 tsp salt  
¼ cup red shallots, thinly sliced,  
fried until crispy and then finely  
chopped again *(optional)*  
24 stalks lemongrass



# RARE BUT NOT FORGOTTEN

*Sokasi, the riverside cooking school at Four Seasons Resort Bali at Sayan, is also the venue of our signature Balinese Chef's Table Dinner, a 7-course degustation that celebrates authentic cooking techniques and ingredients.*

In Bali today, as in regions all around the world, many families lack the time to cook the really traditional way. We often take 'short-cuts' in the kitchen at home – and even at restaurants, many chefs these days will use modern techniques to cook Balinese cuisine.

At Sokasi, our mantra is 'no short-cuts'. The flavours, textures and overall enjoyment of the dishes we serve are amplified by remaining true to the original techniques and ingredients, many of which are hard to find even in Bali.

We work with small family-based suppliers to source ingredients like palm trunk, young bamboo and klengis. We have our own underground clay oven to cook Bebek Betutu and a spit roast for Babi Guling, hand-turned by Balinese men dressed in ceremonial attire, the way it is done for ceremonies.

I love to share these recipes and authentic experiences with guests – to preserve this important part of our ancestors' wisdom and our cultural heritage.



## IKAN KLENGIS

### *Barramundi marinated in coconut oil sediment, served in dabu dabu sauce*

*This ancient recipe has a rich coconut flavour due to the klengis, which is impossible to replicate with any other ingredient. It has become a ‘forgotten’ recipe nowadays as there are very few suppliers of klengis – a natural coconut product that is extremely laborious to make. First, you have to follow the traditional way of making coconut oil. To make 1.5 litres of oil, you need the water from 10 large old coconuts; the leftover flesh can then be used to make klengis and the empty shells become BBQ fuel. In Bali, we were doing Zero Waste before it had a name! To make the klengis, the grated coconut flesh is mixed with 5 litres of water, and strained. The milk is simmered for around 2 hours whilst repeatedly skimming the oil off the top so eventually we are just left with the sediment. This is then strained with a fine cloth until dry, producing the klengis. ‘Strain’ is a good description for this process!*

*Needless to say, klengis is not available from commercial suppliers. At Four Seasons Sayan, we source our coconut oil from a local family microbusiness who follow the traditional method by hand, and this provides us with a reliable supply of klengis as well.*

*The shallots, herbal root spices and chilis from our gardens balance out the intense coconut flavour of the klengis in this dish. Flavours that will not quickly be forgotten.*



**SERVING: 4 PORTIONS**

**PREP: 15 MINUTES**

**COOK: 20 MINUTES**

**LEVEL: DIFFICULT**

**SPICINESS: MEDIUM**

8 red shallots, sliced  
2 cm piece ginger, sliced thinly  
3 cloves garlic, sliced thinly  
3 bird’s eye chilis, sliced thinly  
1 seedless big red chilis  
1 tbsp white sugar  
3 tsp salt  
½ tsp shrimp paste  
2 cups klengis  
250 g fresh barramundi, diced  
4 banana leaves (or 8 cornhusks)  
100 g (½ cup) dabu dabu  
(see recipe)

Grind all ingredients into a smooth paste using a mortar and pestle, except klengis, barramundi, cornhusks and dabu dabu.

Mix the paste with the klengis and fish, and wrap ¼ cup portions inside the leaves/cornhusks.

Grill for about 15 minutes, turning half way through cooking.

Open the wrapping, top fish with dabu dabu and serve.



# AYAM TIMBUNGAN

## Chicken Cooked in Young Bamboo

*Ayam Timbungan is a lesser-known dish served on special occasions like weddings and big ceremonies. It's not as famous as Babi Guling, Sate Lilit or Bebek Betutu, but is just as delicious and keenly anticipated. The beautiful smokey flavour comes from the roasting method – we place the chicken inside young bamboo to keep it moist, and cook it over open flames fuelled by coconut husks. Unfortunately, I cannot think of a good alternative for young bamboo as a roasting vessel – the flavour just won't be the same using anything else. You will just have to enjoy this dish in Bali!*



**SERVING: 4 PORTIONS**

**PREP: 25 MINUTES**

**COOK: 40 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MEDIUM**

250 g (1¼ cups) base genep  
(see recipe)

1 kg chicken thigh, boneless

2 stalks lemongrass, crushed

3 lime leaves

4 belimbing wuluh (tree sorrel –  
can be substituted with 2 green  
tomatoes)

3 tsp salt

2 pieces young bamboo

2 pieces banana trunk

Wash the chicken thighs, cut into large pieces and marinate with base genep, lime leaves, lemongrass and salt.

Place the belimbing wuluh into a mortar, add salt and use the pestle to apply gentle pressure to the belimbing wuluh to extract the juice, which has a sharp sour flavour.

Discard the juice and mix the belimbing wuluh with the chicken, then place the chicken inside the bamboo and close each end with banana trunk.

Roast over an open fire until cooked through, about 35 - 40 minutes.



# BEBEK BETUTU

## Roast Duck

*Bebek Betutu is not rare in Bali – it's everywhere. There are entire restaurants devoted to this most revered of all Balinese dishes. However, few cook it in the traditional way: first, smoked on the coconut husk BBQ, then stuffed and steamed for 4½ hours, and finally roasted in an underground oven for another 5-6 hours. We stick true to the slow-cooked authentic process at Sokasi, as this produces the most flavoursome, tender meat.*

*For those of you who want to try this at home, the method below uses modern kitchen equipment – it's not the Sokasi technique, but it's the next best thing. Just don't forget the important first step – to give the duck a good Balinese massage!*



**SERVING: 4 PORTIONS**

**PREP: 30 MINUTES**

**COOK: 10-12 HOURS**

**LEVEL: DIFFICULT**

**SPICINESS: MEDIUM**

1 whole peking duck 2-2.5 kg  
(or whole spring chicken)  
2 cups base genep (see recipe)  
3 lime leaves  
2 stalks lemongrass, crushed  
2 banana leaves  
3 bay leaves  
2 tbsp salt  
1 palm trunk (if not available,  
substitute with aluminium foil)

Wash the duck and dry it with paper towels, then rub with salt and massage gently for 10 minutes.

Stuff the duck with base genep and rub extra on the skin.

Wrap with banana leaves and cover with the palm trunk (or aluminium foil).

Steam for 4 1/2 hours to make the meat moist and tender.

If you like crispy skin, you can put the duck on the grill or barbecue before serving.



**REGIONAL  
INDONESIAN**



# OPOR

## White Curry

*Opor was the first Javanese dish I ever had, and it was love at first bite! It's so creamy yet light, with the dominant flavours of candlenut and coconut. It's typically served to celebrate Lebaran (Eid) – one of my aunties is Muslim which is how I was exposed to Opor and other Javanese dishes like Acar. I really love the sweeter style, as a contrast to the spicy and salty character of Balinese dishes.*



**SERVING: 4 PORTIONS**

**PREP: 15 MINUTES**

**COOK: 30 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MILD**

Chicken, Mixed Vegetable or Tempe (see recipes below)  
Opor Paste (see recipe opposite)  
100 ml (½ cup) coconut milk  
2 tbsp red shallots, crispy fried for garnish

### Opor Paste

8 red shallots, thinly sliced  
7 cloves garlic, sliced  
20 candlenuts (nearest substitute: macadamia nuts), roasted  
4 cm piece galangal, sliced  
1 tsp coriander seeds  
2 stalks lemongrass  
3 lime leaves  
3 bay leaves  
3 cm piece ginger, sliced  
200 ml (1 cup) water

### Opor Ayam (Chicken Curry)

400 g chicken thigh, diced  
½ eggplant, diced  
½ brown onion, diced

### Opor Sayur (Mixed Vegetable Curry)

1 carrot, diced  
2 cauliflower, diced  
1 eggplant, diced  
2 cups long beans, cut 3 cm lengths  
½ brown onion, diced

### Opor Tempe (Tempe Curry)

1 brown onion, diced  
½ carrot, diced  
4 blocks tempe, diced

To make the paste, heat oil in a pan and sauté shallots and garlic until fragrant, about 1 minute.

Add ginger, galangal, candlenuts (nearest substitute: macadamia nuts) and coriander seeds, and sauté until it softens.

Add water, lemongrass, lime leaves and bay leaves and cook for about 30 minutes, until fragrant.

Remove the leaves from the pan and blend the remaining ingredients until smooth. Season to taste. The paste can be made ahead of time and stored in the fridge up to three days.

To make the Opor, reheat the paste, add your ingredients from the Chicken, Mixed Vegetable or Tempe recipes, and cook until almost tender.

Add coconut milk towards the end of cooking and season to taste.

Serve with crispy fried shallots on top.



# KARE INDONESIA

## Yellow Curry

Another light curry from Java, this one is now found everywhere across the Indonesian archipelago. The base ingredients are similar to Opor, but the turmeric produces a stronger flavour and yellow colour. It's very different from Balinese yellow curry which has Base Genep and a big hit from wild ginger, as well as fresh herbs and spices. The dried herbs of Javanese curries reflect Indian influence. Java was the seat of the Majapahit empire – the last Indianised kingdom in Indonesia – between the 13th and 16th centuries.



**SERVING: 4 PORTIONS**

**PREP: 15 MINUTES**

**COOK: 30 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MEDIUM**

Chicken or Mixed Vegetables  
(see recipes below)

Curry Paste (see recipe opposite)  
200 ml (1 cup) coconut milk  
2 tbsp fried shallots for garnish

### Kare Ayam (Chicken Curry)

500 g chicken thigh, diced  
1 brown onion, diced  
½ eggplant, diced and fried

### Kare Sayur (Vegetable Curry)

2 heads cauliflower  
1 carrot, diced  
2 blocks tempe or 4 blocks of  
tofu, diced  
1 eggplant, diced  
1 brown onion, diced  
1 head broccoli florets

### Curry Paste

12 red shallots, thinly sliced  
10 cloves garlic, thinly sliced  
10 candlenuts (nearest substitute: macadamia nuts), roasted  
4 cm piece galangal, thinly sliced  
2 tbsp coriander seeds  
5 stalks lemongrass  
3 lime leaves  
2 bay leaves  
3 cm piece ginger, thinly sliced  
3 seedless big red chilis, thinly sliced  
½ brown onion, thinly sliced  
3 cm piece turmeric, thinly sliced  
300 ml (1½ cups) chicken stock (or water for vegetarian option)  
2 tbsp cumin seeds  
2 tsp salt

To make the paste, heat oil in a pan and sauté shallots, onion and garlic until fragrant, about 1 minute.

Add ginger, galangal, turmeric, chili, Candlenuts (nearest substitute: macadamia nuts), coriander seeds and cumin seeds, and sauté over low heat until softened.

Add water or chicken stock, lemongrass, bay leaves and lime leaves. Simmer until the liquid reduces by half, about 30 minutes.

Remove the leaves from the pan and blend the remaining ingredients until smooth. Season to taste. The paste can be made ahead of time and stored in the fridge up to three days.

To make the Curry, reheat the curry paste, add your ingredients from the Chicken or Vegetable recipes, and cook until almost tender.

Add coconut milk towards the end of cooking and season to taste.

Serve with crispy fried shallots on top.



# KALIO

## Sumatran Red Curry

*Kalio is a red curry from Sumatra. It is the base for Rendang and has a similar flavour profile, but is saucier and milder. It's much quicker and easier to cook than Rendang, which makes it a more common dish at home, while we all want Rendang if we go out to a Padang restaurant.*



**SERVING: 4 PORTIONS**

**PREP: 20 MINUTES**

**COOK: 60 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MEDIUM**

Lamb, beef or vegetables  
(see recipes below)  
400 ml (2 cups) Kalio paste  
(see recipe opposite)  
50 ml (¼ cup) coconut milk  
2 tsp salt

### Vegetable Kalio

2 heads cauliflower florets  
½ cup long beans, cut into 4 cm lengths  
½ brown onion, diced  
1 cayote, diced (can be substituted with ½ cup of pumpkin)  
1 carrot, diced

### Lamb/Beef Kalio

500 g lamb or beef, diced  
1 stalk lemongrass, crushed  
4 lime leaves

### Kalio Paste

10 red shallots, thinly sliced  
8 cloves garlic, thinly sliced  
2 cm piece ginger, thinly sliced  
15 seedless big red chilis, thinly sliced  
6 candlenuts (nearest substitute: macadamia nuts), roasted  
2 cm piece galangal  
3 stalks lemongrass  
1 cm piece turmeric, thinly sliced  
½ tsp coriander seeds  
½ tsp cumin seeds  
2 lime leaves  
2 bay leaves  
500 ml (2½ cups) water  
100 ml (½ cup) coconut oil  
2 tsp salt

To make the paste, heat a pan over medium fire and add coconut oil. Fry shallots and garlic until lightly browned.

Add coriander seeds, cumin seeds, candlenut, chilis and root spices, and sauté until softened.

Add water, lemongrass, bay leaves and lime leaves and cook until fragrant.

Remove the lemongrass and leaves and blend the rest of the ingredients in a food processor until smooth. As you reheat the sauce, season to taste. The paste can be made ahead of time and stored in the fridge up to three days.

To make the Kalio, reheat the paste and add your ingredients from the Lamb/Beef or Vegetable recipes, and cook until almost tender.

Add coconut milk towards the end of cooking and season to taste.

*\*For a more traditional style, use a mortar and pestle to grind a smooth paste from the shallots, garlic, ginger, big red chilis, candlenuts, galangal, turmeric, coriander seeds and cumin seeds. Sauté the paste in coconut oil before adding the lemongrass, leaves, and your meat or vegetables. Add water and simmer, then add coconut milk and simmer until tender.*



# RENDANG SAPI

## Beef Rendang

*Originating in Padang, Sumatra, Rendang is a richly flavoured stew and one of the most popular Indonesian dishes. It starts with the same base as Kalio, but we add a fragrant mix of roasted, grated coconut and spend hours slow-cooking the meat until it becomes black – almost looking burnt – to completely absorb the liquid and complex flavours. Rendang typically is made with tougher cuts of beef like brisket, but at Ayung Terrace restaurant, we serve it with short ribs or cheek for melt-in-your-mouth tenderness.*

*Rendang is a very long process, so we rarely cook and eat it on the same day. It's best to break down and make the paste a couple of days before, and cook the final dish the day before you want to serve it. The extra resting time will allow the meat to further absorb the beautiful flavours.*



**SERVING: 4 PORTIONS**  
**PREP: 35 MINUTES**  
*(if Kalio paste pre-prepared)*  
**COOK: 4 HOURS**  
**LEVEL: DIFFICULT**  
**SPICINESS: MEDIUM**

### Beef Rendang

1.5 kg beef short ribs or  
800 g beef cheeks  
2x Kalio paste *(see recipe on  
previous page)*  
5 stalks lemongrass, crushed  
10 lime leaves  
3 bay leaves  
1 litre chicken stock  
2 litres coconut milk  
1¼ cup fresh coconut, grated and  
roasted *(see recipe below)*  
2 tsp salt  
1 tsp pepper  
200 ml (1 cup) coconut oil

### Roasted Grated Coconut

250 g (2 cups) old coconut,  
grated  
7 cloves garlic, sliced  
4 cm piece ginger, sliced  
4 cm piece turmeric, sliced  
7 red shallots

To make the roasted, grated coconut, open an old coconut and grate the flesh.

Grind the garlic, shallots, turmeric and ginger. Mix well with grated coconut.

Add coconut oil to a saucepan over medium heat, then stir-fry the coconut mixture and keep stirring until the colour turns dark brown. Set aside.

In a large pot, heat coconut oil over medium heat.

Add diced beef cheek or grilled short ribs along with bay leaves and lemongrass.

Sauté for around 10 minutes, then add rendang paste and lime leaves and mix well.

Sauté and keep stirring until dry, then add chicken stock and bring to the boil.

Simmer until liquid reduces by half, continually stirring to avoid the meat sticking to the pot.

Add half of the coconut milk, continue to simmer until the beef is tender.

Add the other half of the coconut milk and the roasted coconut.

Season to taste and serve.



# SATE MADURA

## Chicken, Beef or Lamb Satay Skewers

*These skewered satays from Madura, East Java, are one of the most common types of Indonesian street food, found all over the country. They are convenient for cooking at home as a variation to Balinese Sate Lilit, which we only make for ceremonies.*



**SERVING: 4 PORTIONS**

**PREP: 25 MINUTES**

**COOK: 10 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MEDIUM**

1 kg diced chicken thigh, lamb or beef  
1 cup peanut sauce (*see recipe below*)  
¼ cup sweet soy sauce  
1 lime  
3 tbsp cooking oil  
24 bamboo skewers

### **Peanut Sauce**

2 cups peanuts  
5 candlenuts (*nearest substitute: macadamia nuts*) (*optional*)  
8 cloves garlic, sliced  
20 red shallots, sliced  
5 bird's eye chillis, sliced  
500 ml (2½ cups) water or chicken stock  
½ cup sweet soy sauce  
¼ cup palm sugar  
2 tsp salt  
1½ cups vegetable oil for deep frying

Cut the chicken/beef/lamb into small cubes and place in a bowl.

Mix the peanut sauce, sweet soy sauce, lime and oil in a separate bowl or jug. Keep half for later, and pour the other half over the meat. Mix well and marinate for at least 15 minutes.

Thread the marinated meat onto the skewers and grill over hot charcoals (or BBQ grill).

Baste the meat with the marinade while cooking. Turn the skewers frequently to prevent the meat from sticking and burning, and cook through.

Serve with peanut sauce, fresh diced shallots and lime wedges.

### **Peanut Sauce**

Deep fry peanuts, candlenuts (nearest substitute: macadamia nuts), shallots and garlic.

Grind together in the mortar with palm sugar and chili until smooth. Add water as needed for a smooth consistency.

Transfer back to the frypan, add remaining water and cook until thick. Add sweet soy sauce and remove from heat.



# PEPES IKAN

## Fish wrapped in Banana Leaf

*Pepes Ikan is another dish originating from Bali's mountain villages, as a solution to put delicious seafood on the table when there's no ready access to fresh fish. Wrapping the fish before grilling over an open fire gives it a distinct smokiness and moistness, and the spices and banana leaf produce an aromatic flavour.*



**SERVING: 4 PORTIONS**

**PREP: 20 MINUTES**

**COOK: 20 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MEDIUM**

600 g fresh snapper, diced into 2cm squares  
750 g (3 cups) Pepes Ikan paste (*see recipe below*)  
2 tomatoes, sliced  
Small bunch (around 20 leaves) lemon basil (*can be substituted with Thai basil*)  
8 banana leaves (*can be substituted with 16 corn husks, but dice the fish into 1cm pieces as corn husk is thinner*)  
1 lime, juiced

### Paste

15 red shallots, sliced  
10 cloves garlic, sliced  
7 cm ginger, sliced  
5 cm turmeric, sliced  
6 candlenuts (*nearest substitute: macadamia nuts*), roasted  
8 seedless big red chilis, sliced  
4 bird's eye chilis, sliced  
1 tsp shrimp paste  
¼ cup palm sugar  
2 tsp salt

### Paste

Grind all ingredients into a smooth paste.

### Fish

Massage the paste into the fish and top with sliced tomato and lemon basil leaves (can be substituted with Thai basil).

Roll out the banana leaves along the natural grain, to avoid splitting. Cut into 30cm-long pieces and quick steam each leaf just enough to soften it.

Place spoonfuls of marinated fish on the edge of each banana leaf, make a parcel and close each end with toothpicks.

For maximum flavour, prepare minimum 1 hour before cooking to allow the fish to absorb the marinade

The fish can be either baked, barbecued, grilled or cooked in a pan for about 20 minutes (8-10 minutes each side).

When cooked, open the banana leaves and serve.



# GOHU TUNA

## Tuna Tartar

*I was excited as a chef to discover this Tuna Tartar from Ternate, North Maluku. Not everything is deep fried and barbecued in Indonesia, but raw fish is rare. This is extremely easy, refreshing and balanced, with a bit of crunch from the peanuts.*



**SERVING: 4 PORTIONS**

**PREP: 10 MINUTES**

**LEVEL: EASY**

**SPICINESS: MEDIUM**

400 g tuna sashimi, diced into small pieces  
3 bird's eye chilis, finely chopped  
10g red shallots, finely chopped  
2 tbsp lime juice  
20g (handful) lemon basil leaves  
*(can be substituted with Thai basil)*  
2 tbsp coconut oil  
1 tsp salt  
4 tbsp peanuts, fried

Mix the diced tuna with coconut oil, salt and lime juice, marinate for 1 minute.

If you prefer your fish cooked, simply warm up the coconut oil before mixing it with the fish.

Stir-fry the chilis and shallots for around 30 seconds.

Add the tuna, salt and basil, mix well.

Top with crushed fried peanuts and serve immediately.



# AYAM GORENG KREMES

## Crumbled Fried Chicken

*Ayam Goreng is everywhere in Bali, it's the number #1 fast food, but Crumbled Fried Chicken is a new spin on it. This recipe is extremely flavoursome; the chicken is first broiled in coconut water and mixed with aromatic spices, before frying. The coconut chicken stock is then used in the crumble to sprinkle on top, for super crispy texture.*



**SERVING: 4 PORTIONS**

**PREP: 10 MINUTES**

**COOK: 45 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MEDIUM**

900 g chicken legs  
1 litre (5 cups) coconut water  
2 bay leaves  
1 stalk lemongrass, crushed  
1 litre (5 cups) oil for frying  
chicken rub (*see recipe below*)  
batter (*see recipe below*)  
tomato sambal (*see recipe in sambal section*)

### Chicken Paste

5 cloves garlic  
3 red shallots  
5 candlenuts (*nearest substitute: macadamia nuts*)  
1 tbsp coriander seeds  
4 cm piece turmeric  
4 cm piece ginger  
3 cm piece galangal  
2 tsp salt

### Batter

½ cup tapioca flour (*can be substituted with corn flour*)  
4 tbsp rice flour  
650 ml (3¾ cups) chicken stock, reserved  
1 egg  
1 tsp baking soda

For the chicken paste, grind all ingredients until smooth and set aside.

Heat the cooking oil, sauté the paste, bay leaves and lemongrass for about 5 minutes.

Add the coconut water and chicken legs. Cook over medium heat until the chicken is soft and the liquid thickens. Set aside to cool; drain stock and reserve liquid.

To make the batter, mix the flours, baking soda, egg and reserved chicken stock together. Whisk until very smooth.

Heat oil in the wok until very hot. Spread some batter over the bottom of the wok, reduce heat and fry until crispy.

Repeat the process until the batter is finished.

Fry the chicken until golden brown. Serve with batter crumbled on top, accompanied by crackers, rice and tomato sambal.



# NASI GORENG & MIE GORENG

## Fried Rice or Noodles

Balinese generally cook just once a day, of a morning. We do not reheat the food, it is set aside and everyone helps themselves at any time of the day. Only the rice is served hot. Any leftover rice is kept to make Nasi Goreng the next day – our favourite “lazy to cook” meal. It’s very quick; whatever we find in the fridge, we throw in to make a meal out of the leftover rice.

A variation to Nasi Goreng is Mie Goreng. We love noodles, but no meal is complete without rice. So even when we eat noodles, we normally have steamed rice on the side. Otherwise, our tummies will not feel full and if people ask ‘Have you eaten?’, we will answer ‘Belum’ (not yet) even if we just had a bowl of noodles, fried chicken and banana fritter!



**SERVING: 4 PORTIONS**

**PREP: 10 MINUTES**

**COOK: 10 MINUTES**

**LEVEL: EASY**

800 g (4 cups) white or red rice, steamed

OR

800 g egg noodles or rice noodles – blanched in boiling water for 2 minutes and drained under running water

½ carrot, julienned

½ white cabbage, julienned

1 leek, sliced

½ brown onion, diced

4 whole eggs

120 g chicken thigh, diced into small pieces

1 tbsp red shallot, fried

1 clove garlic, finely chopped

2 tbsp sweet soy sauce

20 ml (2 tbsp) coconut/vegetable oil

4 tbsp Nasi/Mie Goreng sauce (see recipe opposite)

4 whole eggs, to serve on top

### Nasi/Mie Goreng Sauce

90 ml (around ½ cup) oyster sauce

60 g (2 tbsp) tomato sambal (see recipe in sambal section)

1 tsp sesame oil

1 tbsp Raja Rasa (can be substituted with Ninben soy sauce)

1 tsp fish sauce (optional)

1 tsp chili sauce (optional)

Mix all ingredients together and set aside

Heat the wok and add oil.

Fry chicken until cooked, set aside on a plate.

Remove some oil from the wok and add the garlic, egg and all vegetables.

Stir-fry for about 30 seconds until the vegetables become wilted.

Add the steamed rice or noodles, and stir-fry until mixed through.

Add the Nasi/Mie Goreng sauce, fried shallot and sweet soy sauce. Continue to stir-fry and check the taste.

Serve topped with a sliced omelette or individual fried eggs, accompanied by acar (pickled vegetables) and satays (more traditional) or fried chicken (modern style).



# TEMPE MANIS

## Sweet Tempe

*This is the best way to cook tempe: crunchy, flavoursome, comfort food. It's found all over Bali at roadside warung and is on my table at home several times a week, my kids love it. You can store it for up to three days, and it goes well as a side to lots of dishes.*



**SERVING: 4 PORTIONS**

**PREP: 10 MINUTES**

**COOK: 15 MINUTES**

**LEVEL: EASY**

**SPICINESS: MILD**

200 g tempe, julienned  
3 cloves garlic, thinly sliced  
7 red shallots, thinly sliced  
3 lime leaves  
3 cm galangal, crushed  
1 stalk lemongrass, crushed  
2 bird's eye chilis, thinly sliced  
¼ cup palm sugar  
¼ cup peanuts  
1 big red chili, thinly sliced  
350 ml (1½ cups) vegetable oil  
2 tsp salt  
50 ml (¼ cup) water

Heat the oil and separately fry the tempe, then peanuts, and finally shallots and garlic until golden brown and crispy, setting aside after each batch.

Heat another tablespoon of oil and saute the lime leaves, lemongrass, galangal and chilis for 1 minute.

Add palm sugar, water and salt, and cook until caramelized. Remove from heat and keep stirring the sauce while you add the fried ingredients.

Mix well until all are well coated, and serve.



# PERKEDEL JAGUNG

## Corn Fritters

*This is another popular dish found at most roadside warung, and is very easy and tasty. If you open the fridge and all you have is a piece of corn, egg and spices, you have everything you need.*



**SERVING: 4 PORTIONS**

**PREP: 5 MINUTES**

**COOK: 10 MINUTES**

**LEVEL: EASY**

**SPICINESS: MILD**

1 cup fresh sweet corn kernels  
1 whole egg  
1 tbsp corn flour  
1 tsp salt  
1 tbsp rice flour  
500 ml (2½ cups) vegetable oil  
for frying

### Paste

5 red shallots, roughly chopped  
3 cloves garlic, sliced  
3 cm ginger, sliced  
1 tsp white sugar  
½ tsp coriander seeds, roasted  
3 cm wild ginger (*optional*)  
1 red chili  
1 tsp balinese celery leaves (*can be substituted with spring onion*)

### Paste

Grind all ingredients except celery/spring onion into a smooth paste.

### Fritters

Add corn kernels into the paste mixture and grind gently.

Transfer to a mixing bowl and add the egg, salt, flours and chopped celery/spring onion.

Heat oil in a wok over medium heat.

To cook corn fritters, scoop a tablespoon of mixture into the wok and fry both sides until golden brown, about 2 - 3 minutes.

Remove from pan, cool slightly and serve immediately.



# SAYUR CANTOK

## Mixed Vegetable Salad with Peanut Sauce

*This is a favourite afternoon snack in Bali, better known as Gado Gado in Java. It's the easiest and most popular salad, and must be eaten straight away after cooking. I like to substitute the water in the dressing for homemade tuna stock, for a more complex and balanced finish.*



**SERVING: 4 PORTIONS**

**PREP: 15 MINUTES**

**COOK: 5 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MILD**

### Sayur Cantok

½ cup bean sprouts  
½ cup long beans, cut into 4 cm lengths  
½ cup spinach  
¼ white cabbage, julienned  
1 cucumber, diced  
2 eggs, hard boiled, peeled and halved  
2 tofu slices, fried  
4 crackers  
1 tsp red shallots, fried until crispy  
1 tsp sweet soy sauce for garnish

### Salad Dressing

200 ml (1 cup) water  
1 cup peanuts, fried  
2 cloves garlic, grilled in skin  
2 bird's eye chilis, grilled  
1 tsp shrimp paste, grilled in aluminium foil  
1 lime, juiced  
2 tbsp palm sugar

### Salad Dressing

Grind fried peanuts, chili, garlic, grilled shrimp paste and palm sugar into a smooth paste.

Gradually add water and continue to grind until fine and smooth.

Add lime juice and season with more salt if needed.

### Sayur Cantok

Boil water in a large pot and blanch the bean sprouts, long beans, spinach and cabbage.

Cool vegetables in iced water and add cucumber, tofu and dressing.

Top with fried shallots and sweet soy sauce, and serve with the boiled eggs.



# TELUR BALADO

## Egg Balado

*We don't really eat plain, hard-boiled eggs in Indonesia. We like to smother them in some kind of sauce like a curry. I prefer this tomato sauce. Originally from Sumatra, it's great comfort food and can be stored and reheated as an easy snack or meal served with steamed rice.*



**SERVING: 4 PORTIONS**

**PREP: 15 MINUTES**

**COOK: 20 MINUTES**

**LEVEL: MEDIUM**

**SPICINESS: MEDIUM**

8 eggs, hard boiled  
200 ml (1 cup) cooking oil  
3 cloves garlic  
5 red shallots, roughly chopped  
1 tomato, roughly chopped  
3 candlenuts (*nearest substitute: macadamia nuts*)  
2 seedless big red chilis, grilled  
4 bird's eye chilis, sliced  
3 tbsp palm sugar  
2 tsp salt  
2 lime leaves  
1 stalk lemongrass, crushed  
50 ml (¼ cup) water

Peeled the hard-boiled eggs and deep-fry until golden brown.

Grind the candlenuts (*nearest substitute: macadamia nuts*), chilis, garlic, shallots and palm sugar into a smooth paste. Add tomato and continue to grind.

Heat a tablespoon of oil in frying pan and sauté the paste for 2 minutes, until fragrant. Add water.

Season with salt and stir through lime leaves, lemongrass, and eggs.

Cook until the eggs are well coated in the sauce, and serve.



# DADAR GULUNG

## Pandan Crepe with Coconut Filling

*Indonesian cuisine does not include desserts. A meal is often finished simply with fresh fruit. Sweets like Dadar Gulung and Pisang Goreng are more commonly served as a snack alongside coffee at a street food stall, or at a ceremony or family gathering while waiting for the main meal to be served. However, they are enjoyed as dessert for many of our guests who like to finish a meal with a sweet dish.*



**SERVING: 4 PORTIONS**

**PREP: 15 MINUTES**

**COOK: 10 MINUTES**

**LEVEL: EASY**

150g (1¼ cups) plain flour, sifted  
50 ml (¼ cup) coconut milk  
200 ml (1 cup) pandan juice  
2 eggs  
½ tsp salt  
2 tbsp vegetable oil

### Coconut Filling

¼ cup palm sugar  
50 ml (¼ cup) water  
1 cup coconut, freshly grated  
½ tsp salt  
1 pandan leaf

To make the filling, boil the palm sugar and water in a saucepan. Simmer for about 10 minutes, stirring occasionally until the sugar is dissolved and the mixture becomes syrupy.

Add grated coconut, salt and pandan leaf and simmer, stirring regularly for about 15 minutes. Discard the pandan leaf and set aside to cool.

To make the crepe batter, mix flour, eggs, pandan juice, coconut milk and salt in a bowl.

Whisk until smooth and strain to remove any lumps.

Heat a small amount of oil in a nonstick pan and ladle in around 3 tablespoons of the batter to form a crepe approximately 18 cm in diameter. Cook until it begins to brown – around 30 seconds each side.

Remove from pan and set aside while you continue to cook remaining crepes.

To assemble, spoon 2 tablespoons of cooled filling into each pandan crepe. Roll and fold in the sides, and serve.

# PISANG GORENG

## Banana Fritters

*Street food hawkers usually have a container full of Pisang Goreng, a good snack any time of day. I love it served warm, with ice-cream and a simple palm sugar syrup drizzled over the top.*

**SERVING: 4 PORTIONS**

**PREP: 5 MINUTES**

**COOK: 10 MINUTES**

**LEVEL: MEDIUM**

4 bananas  
150 g (1¼ cup) rice flour or plain flour  
200 ml (1 cup) water  
½ tsp salt  
2 tbsp white sugar  
250 ml (1¼ cups) oil for deep frying

Place the flour in a mixing bowl. Make a well in the centre and add the water, sugar and salt.

Use a wooden spoon or balloon whisk to gently incorporate the flour into the liquid, whisking to remove any lumps. Add extra flour or water as needed to make a smooth, thick batter.

Peel the bananas, cut into halves and slice lengthwise.

Heat oil in a wok or pot. Dip the sliced banana in the batter to coat thoroughly, then gently immerse into the pot.

Deep fry over medium heat for 1 minute, turning occasionally until golden brown and crispy. Remove from heat and drain on paper towel.

Transfer to plates and serve.



## KOLAK PISANG

### Stewed Bananas

Banana is one of the most popular ingredients for sweet dishes, and there is always a piece of banana fruit/tree in every Balinese offering to the gods.

The fruit is available everywhere and there are dozens of different varieties. Cavendish bananas are not used in Bali, but have good texture for these recipes.

**SERVING: 4 PORTIONS**

**PREP: 10 MINUTES**

**COOK: 20 MINUTES**

**LEVEL: EASY**

6 bananas, sliced thickly  
100 ml (½ cup) coconut milk  
3 tbsp palm sugar  
200 ml (1 cup) water  
1 pandan leaf  
1 tsp salt

Heat the water in a large pot.

Add palm sugar, pandan leaf, salt and banana, and bring to boil.

Reduce heat and add the coconut milk. Cook for another 10 minutes.

Remove from heat and cool at room temperature.

Kolak can be made ahead of time and stored in the fridge. To make it sweeter, simply add more sugar.



## PISANG RAI

### Banana Dumplings

**SERVING: 4 PORTIONS**

**PREP: 10 MINUTES**

**COOK: 20 MINUTES**

**LEVEL: EASY**

4 bananas  
2 ½ tbsp tapioca flour  
100 g (¾ cup) plain flour  
200 ml (1 cup) water  
2 tsp white sugar  
2 tsp salt  
½ cup fresh coconut, grated

Place the flour in a mixing bowl. Make a well in the centre and add the water, sugar and salt.

Use a wooden spoon or balloon whisk to gently incorporate the flour into the liquid, whisking to remove any lumps. Add extra flour or water as needed to make a smooth, thick batter.

Peel the bananas, cut into halves and slice lengthwise.

Boil enough water in a non-stick pot to cover bananas completely. Dip the sliced banana in the batter to coat thoroughly, then gently immerse into the boiling water.

When the banana floats to the top, it is cooked. If, after 10 minutes, the banana is still submerged in the pot, remove it with a spatula.

Strain well and set aside to cool.

Mix grated coconut with salt and coat the cooled banana dumplings before serving.





# ASINAN BUAH DAN SAYUR

## Pickled Fruit & Vegetable Salad

*My Muslim auntie introduced me to Asinan (Javanese pickled fruits and vegetables, also known as Acar) and after I tasted it, wow, it was so good: crunchy, sweet and sour all at once. Our Balinese version of fruit salad is Rujak which contains shrimp paste, chili and palm sugar, while Asinan is more refreshing and less spicy. The dressing is cooked, so it becomes very smooth and light.*

*It's always served chilled and can be kept for up to 5 days in the fridge. It tastes better the longer you keep it. Sometimes we just eat it on its own to cool down on a hot afternoon, but most commonly it's a side dish to balance out spicy foods. It's great with Nasi Goreng.*



**SERVING: 4 PORTIONS**

**PREP: 5 MINUTES**

**COOK: 15 MINUTES**

**LEVEL: EASY**

**SPICINESS: MILD**

4 seedless big red chilis  
2 bird's eye chilis  
¼ cup palm sugar  
2 tsp salt  
600 ml (3 cups) water  
½ cup white sugar  
½ cup tamarind juice  
2 cloves garlic  
1 tbsp white vinegar  
½ cup bean sprouts  
½ carrot, julienned  
½ cucumber, julienned  
¼ jicama or young mango, julienned  
½ pineapple, julienned  
½ cup peanuts, fried and crushed  
2 green apples, peeled and julienned

Blend the chilis, garlic and palm sugar into a fine paste.

Boil the water and add the chili mixture, stir to combine.

Add white sugar, vinegar and tamarind juice and continue to simmer until reduced by half.

Set aside in a bowl and add all of the vegetables and fruits. Refrigerate for at least 2 hours to cure.

Top with the peanuts before serving.













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**Wayan Sutariawan**



sokasi



FOUR SEASONS

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