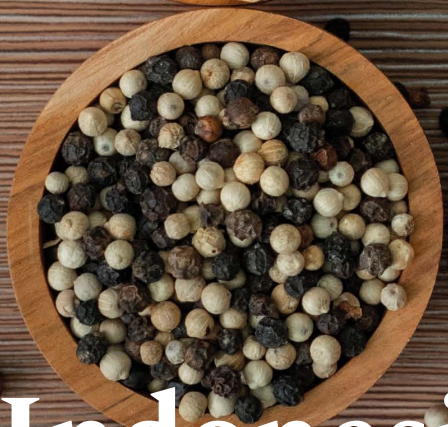




wonderful indonesia 



Indonesia Spice Up The World



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Indonesia, a land rich in culture and spices, is an ideal place for the gastronomy tradition to be born. As a tropical country on the equator, Indonesia has produced tasty and healthy spices to be consumed worldwide. With its six main spices: **pepper**, **nutmeg**, **clove**, **ginger**, **cinnamon**, and **vanilla**, Indonesia has become known as **The Mother of Spices**.

Through the collaborative effort of many parties, We bring you **Indonesia Spice Up The World (ISUTW)**. ISUTW is a program aimed to bring Indonesia's gastronomy experience to the international stage with the introduction of iconic dishes such as *gado-gado*, *soto ayam*, *nasi goreng*, *sate ayam*, and *rendang*. Enjoy these flavorful, mouthwatering, and authentic Indonesian dishes.

Selamat menikmati!

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Gado-Gado

Imagine a vibrant and fresh appetizer. That is *gado-gado*. *Gado-gado* is a colorful dish consisting of a variety of vegetables, hard-boiled eggs, and fried tofu. Common vegetables used are cabbage, bean sprouts, long beans, and spinach, among others. Topped with specially made peanut sauce, *kecap manis* (sweet soy sauce), and *emping*, *gado-gado* is a delectable choice for an appetizer.

Key Ingredients



Vegetables



Peanut Sauce



Eggs



Soy Sauce



Palm Sugar

Ingredients (Serves 6)

150	gr	long beans
125	gr	bean sprouts
125	gr	spinach/water spinach, use the stems and leaves
100	gr	cabbage, julienned
150	gr	cucumber, julienned
250	gr	potato, boiled, diced
250	gr	firm yellow tofu, fried, diced
3	pcs	eggs, hard-boiled, cut into quarters
3	tbsp	fried shallots
6	pcs	shrimp crackers, fried
15-20	pcs	<i>emping</i> (crackers made from <i>melinjo/gnetum gnemon</i> nuts), fried

Peanut Sauce

3	pcs	red chilies
3	pcs	bird's eye chilies
1	tsp	shrimp paste, roasted
1½-2	tsp	salt
125	gr	cashews, fried, ground
125	gr	peanuts, fried, ground
3	tsp	palm sugar
1	tbsp	tamarind juice
500	cc	boiled water
2	tbsp	sweet soy sauce

Directions

- 1 Boil the long beans, bean sprouts, spinach or *kangkung* (water spinach), and cabbage until well cooked. Lift and drain.
- 2 Grind the red chilies, bird's eye chilies, shrimp paste, and salt. Add cashews and peanuts, continue grinding while adding palm sugar, tamarind juice, boiled water, and sweet soy sauce. Mix well. Heat the sauce in a pan, cook until boiling. Let it cool down.
- 3 Serving: place the boiled vegetables and fresh cucumber on a plate. Add the boiled potatoes, fried tofu, and boiled eggs. Pour the peanut sauce over the vegetables, top with fried shallots, shrimp crackers and *emping*.



Soto Ayam

Soto ayam is the quintessential comfort food of Indonesian people. *Soto ayam* can be eaten as an appetizer or even as a single meal, making it a very flexible dish ready to be consumed at any time. Thinly cut deep-fried chicken, accompanied by glass noodles, bean sprouts, and cabbage slices, all come together in a hearty broth to create the dish known as *soto ayam*.

Key Ingredients



Chicken



Glass Noodle



Turmeric



Shallots



Ginger

Ingredients (Serves 7-8)

3.000	cc	water
½		free-range chicken
3	pcs	lemongrass stalk, crushed
3	cm	galangal, crushed
1-2	pcs	cloves
½	pcs	nutmeg
1½	tsp	salt
2	pcs	lime, sliced into small pieces
		cooking oil

Ground Spices

2	pcs	shallots
6	pcs	garlic cloves
3	cm	ginger
3	cm	turmeric
5	pcs	candlenuts, toasted
1½	tsp	pepper
1½	tsp	coriander, toasted

Garnish

50	gr	dry glass noodle, soaked in water until soft
3	pcs	hard-boiled eggs, sliced
50	gr	cabbage, sliced into ½ cm each, boiled
150	gr	bean sprouts, placed in boiling water for less than a minute
2	pcs	celery stalks, cut into ½ cm pieces
3	tbsp	fried garlic
		<i>sambal</i> (chili paste)

Directions

- 1 Boil chicken along with lemongrass stalks, galangal, cloves, nutmeg, and salt. Turn down the heat and keep cooking until the broth subsides. Take out the chicken. Measure the broth at 1.750 cc. Add more water if necessary, then continue cooking. Fry the chicken, drain and shred it. Set aside.
- 2 Heat 6 tablespoons of oil, then sautee the ground spices until well cooked and aromatic. Add to the broth. Bring to another boil, add sweet soy sauce, and remove.
- 3 Set cabbage, shredded chicken, bean sprouts, and glass noodle into the bowl. Pour in the chicken broth, and top it with celery and fried garlic. Add slices of hard-boiled eggs. Serve hot with limes and *sambal*.



Nasi Goreng

Nasi goreng has a special place in the Indonesian heart. In hard times, happy times, sad times, and even festive times, *Nasi goreng* is the go-to menu for many people. This dish traditionally combines rice, chicken, eggs, chili, shallots, and most importantly *kecap manis* (sweet soy sauce), all stirred into a heavenly goodness. *Nasi Goreng* can be served with a sunny side up and prawn crackers, adding texture to every bite.

Key Ingredients



Rice



Chicken



Soy Sauce



Eggs



Garlic

Ingredients (Serves 4-5)

3 tbsp cooking oil
750 gr rice (best to use cold,
 left overnight rice)
5 pcs eggs
4-5 tbsp sweet soy sauce
3 tbsp fried shallots
20 gr shrimp crackers, fried
 cucumber-and-carrot pickles

Ground Spices

60 gr red chilies,
 take out the seeds
3 pcs garlic cloves
10 pcs shallots
1-1 tsp salt
1¼ tsp shrimp paste,
 roasted

Directions

- 1 Heat oil in a wok, make a scrambled egg. Add steamed rice and mix well.
- 2 Sautee the ground spices until well cooked and aromatic. Place the rice and egg in the wok, and stir constantly until well mixed. Pour in the sweet soy sauce to taste. Keep stirring until the rice is heated evenly.
- 3 Serve with sunny side-up egg, fried shallots, shrimp crackers, and pickles.



Sate Ayam

Succulent pieces of skewered chicken meat and creamy peanut sauce create the scrumptious dish of *sate ayam*. Cuts of tender chicken meat marinated deeply using a collection of spices, then charcoal grilled to a juicy perfection. This dish is topped with carefully prepared peanut sauce and a dash of *kecap manis* (sweet soy sauce). *Sate ayam* can be served with rice cake and lime on the side.

Key Ingredients



Chicken



Peanut Sauce



Chilies



Soy Sauce



Palm Sugar

Ingredients (12-15 skewers)

600	gr	chicken thigh and breast fillet, diced
150	gr	chicken fat, cut into 12-15 pieces
8	tbsp	sweet soy sauce
7-8	tbsp	cooking oil
12-15	pcs	sate ayam skewers

Garnish

8	pcs	bird's eye chilies, sliced
6	pcs	shallots, thinly sliced
3	pcs	tomatoes, sliced into ½ cm pieces
6	tbsp	sweet soy sauce
2	pcs	limes
3	pcs	rice cakes

Directions

- 1 Thread 4 pieces of chicken meat into each skewer, including 1 piece of fat or skin in the middle.
- 2 Peanut sauce: grind peanuts together with red chilies, then add palm sugar, sweet soy sauce, salt, and water. Mix well.
- 3 Mix one part of the peanut sauce with sweet soy sauce and cooking oil. Baste it on the sate, then set it aside.
- 4 Grill them over coconut charcoal, turn it often until all sides are brown and cooked through.
- 5 Serve with the rest of the peanut sauce along with the mixture of tomatoes, shallots, bird's eye chilies, and sweet soy sauce. Add lime juice and rice cake pieces.

Peanut Sauce

300	gr	peanuts, lightly toasted, grounded
5	pcs	red chilies
2	tbsp	palm sugar, thinly sliced
8 -10	tbsp	sweet soy sauce
1-1½	tsp	salt
400	cc	boiled water



Rendang

If there's a list of food beloved by all Indonesians, *rendang* will be on top of the list. Caramelized beef braised for a long time in a pot full of herbs and spices, all combined into one plate. This delicate process has been perfected and passed down for generations to enjoy. The flavorful taste of *rendang* will surely be the highlight of every meal.

Key Ingredients



Beef



Coconut



Chilies



Galangal



Asam Kandis

Ingredients (20 pieces)

1.000 gr	beef stew meat (chuck steak)
2.250 cc	coconut milk (use 3 big, mature coconuts)
4 pcs	lemongrass stalks, crushed
2 pcs	<i>asam kandis</i> (<i>garcinia xanthochymus</i>)
2 sheets	turmeric leaves, twisted into knots
10 sheets	kaffir lime leaves

Sauce

225 gr	shallots
5–6 pcs	garlic cloves
250 gr	red chilies
3 tsp	salt
4 cm	ginger
4 cm	galangal
3 cm	turmeric (to taste)

Directions

- 1 Cut the meat into 20 pieces.
- 2 Place meat and mature coconut milk into a pot, together with the ground spices, lemongrass stalks, turmeric leaves, and kaffir lime leaves. Bring to a boil, then turn down the heat. Continue cooking, stirring occasionally until the meat is tender. Should the sauce take longer to thicken, remove the meat and continue stirring.
- 3 After the sauce turns thick, dark brown, and oily, put the meat back into the pot. Stir well, then remove the *asam kandis*. When the thickness of the sauce is to your liking, remove it from the fire.
- 4 Serve with rice.

Note

Tenderloin tends to become tender faster than other parts of the beef. Take out the meat once the coconut milk starts to thicken. Turn down the heat and continue cooking until the coconut milk releases oil. Then put the meat back into the sauce. Continue cooking until you reach the desired state: dry or with plenty of sauce.

Indonesia's Authentic Made For The World

