

Indonesian Food

Compiled by seva



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1. 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

2. 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>

3. 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 satá), 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

4. Atjar Tjampoer

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.

5. 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>

6. 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>

7. 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>

8. 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>

9. 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](mailto:imranc[at]ONTHENET.COM.AU)>

10. 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

11. 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

12. 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

13. 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

14. 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

15. 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

16. 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

17. 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>

Compiler Profile

Nickname : seva

Gender : f

Website : http://

Location : London

Favourite food : Pizza

About :