



# THE SPICE ISLANDS COOKBOOK

**Indonesian Cuisine Revealed**

**by Tatie Sri Wulandari**

Your step by step guide to creating delicious Indonesian food  
With 200 recipes and colourful pictures

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## THE AUTHOR



Tatie Sri Wulandari, was born and grew up in Surabaya, the second biggest town in Indonesia. She spent all her childhood in *kampung* where she experienced the taste of different kinds of delicious street Indonesian Food. She studied Communication science and graduated in 2002. After graduation, Tatie started working in one of the biggest telecommunication company in Indonesia. She married with a Slovenian citizen in 2006. Tatie always loved cooking, but never really did it because her mother always cooked for the family. Then the time came when she had to move from a big metropolitan city to a small peaceful town in Slovenia in mid 2007.

Being an Indonesian living abroad, one thing that always comes as an issue is the food. She never got used

to western meals. For her, something is missing. Yes, the chillies and the blend of flavour from different kind of exotic spices!!! She can't live without them!! Indonesian food is known to be spicy, yet delicious and rich in herbs and spices. Here she has to do everything by herself, including cooking, no street food vendors to indulge her cravings. Armed with the knowledge transferred to her from her mother, she started to learn cooking Indonesian food for the family. In the beginning she had problems finding ingredients to make Indonesian food since there are no Asian shops in Slovenia. Thus she managed to do some tricks by substituting the missing ingredients with something similar. In time, she found piece by piece, ingredients in certain supermarkets. Sometimes, to get a complete choice of ingredients, her husband had to drive her to Austria. Since then she learned and explored the food of her ethnic background. Everyone that tasted it, loved her cooking.

In Slovenia, she also started working on internet, creating a blog and building a website in her spare time. She created [www.tasty-indonesian-food.com](http://www.tasty-indonesian-food.com) to share her passion in cooking with other Indonesian food lovers. The site got many positive feedback from Indonesians as well as from other foreigners.

## PREFACE

I can say that Indonesia is a 'heaven for food lovers'. You can find any kind of food from local to international dishes. But when you are travelling to Indonesia, don't waste your money tasting anything except the local food. Eating Indonesian food can be an interesting experience. The diversity of the country will bring you to taste variety of foods. Each of Indonesia's ethnic groups uses the country's entire rich array of the spices, but each has its own combinations and tastes: spicy, sweet, hot and sour.



**Vegetables seller in traditional market**



**A woman selling Tempe in traditional market**

## INDONESIAN MAIN KITCHEN TOOL

So what you need when you want to cook Indonesian dishes? Indonesian's kitchen doesn't need modern tools because most of the ingredients and spices are prepared in ready to use form – especially in big cities. Here are some handy tools you should have.



### Frying pan (wajan/penggorengan)

At least you need to have a deep frying pan with 30 cm diameter, in which you can easily fry 500 g fish. Choose frying pan from stainless steel, email or Teflon. Deep frying pan can be used to fry something that needs a lot of oil or gravy dishes such as curry.



### Pot (Panci)

Pot with thick bottom is ideal to cook rice 'liwet' which easily burn when it was cooked for a long time. A long time ago the pot used for cooking was made of clay.



### Steamer Pot (Panci Kukusan)

A practical and easy way to cook rice is with rice cooker, therefore steamer pot is good to steam some special dishes, to heat up dishes or to cook spiced rice.

## IMPORTANT SPICES (THE ROOTS, LEAVES, SEEDS AND FLOWERS)

Indonesian food is rich in spices that create aromatic dishes. That's what makes Indonesian food different than Chinese, Japanese or Western food. In Indonesia, you can find most of the spices fresh, especially if you shop in traditional market. Here is the list of spices and leaves which is usually used:

### THE ROOTS

#### Ginger (Jahe)



Young ginger rhizomes are juicy and fleshy with a very mild taste. While mature ginger roots has rough fibre. The juice from old ginger roots is extremely spicy. Ginger is important to ease rancid smell in the fish, beef or chicken. It can be used fresh or in powder. *1 teaspoon shredded ginger can be substituted with ½ teaspoon of ginger powder.*

#### Kaempferia galanga (Kencur)



This plant is in the same family with ginger. Sometimes it is incorrectly known as lesser galangal. The correct English name, rarely encountered, is zedoary. It gives a distinct aroma to the dish such as *sambal pecel*, *rempeyek*, and *lodeh* or *urap sayur*. Because of the distinct aroma, usually the usage in the food is small. *1 teaspoon fresh shredded kencur can be substituted with ½ teaspoon of powdered kencur.*



#### Turmeric/Curcuma (Kunyit)

Turmeric or in Indonesian is called '*kunyit*' or '*kunir*' gives a yellow colour to the food. Can be used either fresh or powdered. *1 tablespoon of fresh shredded turmeric can be substituted with ½ teaspoon of turmeric powder.*



# APPETIZERS

## LUMPIA AYAM *Chicken Spring Roll*



Difficulty: Easy

Cooking time: 45 minutes

Serving for 4-5 people

### **Ingredients**

#### **For Filling**

- **½ chicken fillets or 1 chicken breast, cook until it's tender, but don't throw away the stock. Cut the meat into small pieces.**
- **2 big carrots, thinly sliced**
- **½ onion, chopped**
- **2 cloves of garlic, chopped**
- **1 teaspoon of pepper**
- **½ teaspoon of sugar**
- **A pinch of salt or ½ cube chicken bouillon**

#### **For wrapper**

- **20 spring rolls sheets (available ready-made at Chinese stores) or supermarket**

### Directions

1. Make the filling: Heat 3 table spoons of oil and stir fry the onion and garlic. Then add the chicken meat, and the carrots. Pour some of the chicken stock, just enough to make the carrot tender. Add the pepper, salt, sugar and cook until about 10 minutes or until the carrot is tender and water is absorbed.