villa coco

YOUR PLACE IN BALI

BALINESE cooking class

RECIPES & NOTES



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our balinese chef

AYU



NYOMAN



DWI



PUSPA



cooking process



CHOPPING & GRINDING

An essential part of Balinese cooking is the art of chopping, grinding, and pounding fresh ingredients by hand.

Visit a Balinese home early in the morning, and you might find the lady of the house already at work, preparing spices while sharing stories along the way.

While the modern world turns to food processors, Balinese cooking embraces patience, tradition, and the joy of doing things by hand.

And the result? Flavours that are simply worth the extra effort

balinese ingredients

CANDLENUT: KEMIRI

Obtained from the candleberry tree, this creamy coloured nut is related to the macadamia and similar in appearance. Used as thickening agent to hold spices together, it is soft, oily and easy to work in paste. It is one of the few nuts that should not be eaten raw, as its high oil content renders it a natural laxative.

Candlenut is rich in proteins, calories and fats and has a pleasant mild flavour Substitute: macadamias, almond, cashews or Brazil nuts.

CLOVE: CENGKEH

These beautiful slim trees have bright green and pink leaves studded with clusters of clove buds, which are dried out for further use. Cloves are not used in Balinese cooking, in fact, their intense camphor like fragrance and powerful flavour is more prized in the Indonesian cigarettes known as kretek.

CORIANDER SEEDS: KETUMBAR

Related to parsley, the refreshing orange flavour of coriander is a main ingredient in curries and may be used as substitute for pepper. The whole sleds, freshly ground are far superior to the powdered variety and should be bought only in small quantities. Coriander is one of the ingredient use in boreh, a Balinese herbal paste that warms the body and helps alleviate congestion.

Coriander cools the body and settles the stomach.

NUTMEG: PALA

A native of Indonesia, nutmeg has a powerful bitter sweet flavour that cools the tongue, aids digestion and liver function, prevents discoloration of the skin and scar formation. When taken in large quantities, nutmeg is powerful hallucinogenic, when taken in small quantities, it helps you sleep, and in ayurvedic medicine is prescribed for insomnia.

Substitute: Dried nutmeg

PEPPER: MERICA

Pepper was one of the first spices ever used in cooking, it was an important article of trade in early times, it enhances any food, stimulate the appetite, and cures digestive ailments. Black is more aromatic, white is hotter. Best freshly ground

LONG PEPPER: TABIABUN

This is another type of pepper available in Bali. Its hotter and sweeter than black pepper and is shaped almost like a chilli.

balinese ingredients

BASE WANGEN:

1 tsp. whole black pepper, 1/2 tsp. whole pepper 3 ground candlenut, 3 long pepper, 1tsp. coriander seeds, 1/4 tsp. freshly ground nutmeg, 1 tsp. sesame seeds, 2 cloves

BASE WANGEN: the FRAGRANT SEEDS and NUTS

This combination of fragrant seeds and nuts is used in all ceremonial foods and many other every dishes. This combination is unique to Bali and varies slightly from region to region.

Base men spice paste, wangen means fragrant.

GALANGAL

A member of the ginger family and similar in appearance but larger. The aromatic root of the plant has a sweet, woody fragrance and is used mainly to disguise fishy odors: Substitute: Frozen or dried

GINGER: JAHE

Possibly originated in China, ginger is a rhizome or root spice that aids digestion, stomach and sore throats. It is also used in Indonesian herbal remedies. Available almost everywhere. Buy in small quantities and store in cool place.

AROMATIC GINGER: KENCUR

A highly fragrant root or rhizome, smaller than galangal. Also known as zeodary or aromatic ginger. It is responsible for the distinctive taste of Balinese food and when combined with garlic, tumeric and candlenut makes a delicious seasoning known as suna cekoh. Also used in herbal remedies and poultices.

Substitute: Frozen or dried

TUMERIC: KUNYIT

A bright yellow root spices obtained from the rhizome of plant from the lily family.

Native to south East Asia. It is a mild warm, attractive spice that gives a characteristic colour curries. The flavour is earthy with a aroma like ginger. It is used in medicine for skin disorders and cosmetics and has a preserving quality. It is also used in herbal remedies. Buy small quantities only. Substitute: Frozen or dried.

TORCHED GINGER: BONGKOT

Sambal bongkot (Torch Ginger Sambal) is an unique sambal and originated from Bali. Bongkot is Balinese word for torch ginger or other Indonesian call it kecombarang, honje, rias, kencong, kencung, kincuang, sambuan, asam cekala, asam patikala depend on the area. It is delicious with seafood.

balinese ingredients

LEMONGRASS: SEREH

The health benefits of lemongrass include relief from stomach disorders, disorders, aches, infections, & rheumatism. The defensive antioxidant activity of the lemon herb protects against antibiotic-resistant Staphylococcus aureus and helps in maintaining optimum levels, cellular health, nervous system.

SESAME SEEDS "LENGE": WIJEN

Sesame is a native to Indonesia; India and tropical Africa and is one of the world's oldest seeds. When ground, it works as a thickening agent while adding that subtle sweet sesame flavour. It's a key ingredient in base wangen and seldom used on its own. For Balinese cooking, the organic unhulled seeds are preferred.

Sesame is high in calcium

Substitute: Tahini paste

KAFFIR LIME: JERUK PURUT/LEMU

Both the fruit and leaves are used in cooking. The fruit is only small and has concentrated lime flavour. The leaves known as Daun Jeruk Purut or Daun Lemu are dark green and glossy and when finely chopped add the same distinctive flovour as the fruit. The Balinese also use a type of lime called Calamondin or Kalamansi as it is known in the Philippines.

Substitute: Frozen or dried kaffir lime leaves.

TAMARIND: LUNAK/ASAM

A dark red pulp extracted from the pods of tamarind tree and sold in block. High in iron, fibre and vitamin C. It is usually soaked in water then strained with only the juice being used. Also used in herbal tonics.

SHRIMP PASTE

A pungent seasoning essential to southeast asian cooking and made up maily of fermented crustaceans. In Bali shrimp paste is either fried or roasted. Store it wrapped in foil in a glass jar and leave it in fridge and don't forget to open all the window while cooking. Shrimp paste is in protein.

SOY SAUCE – KECAP MANIS

Is a thick sweet soy sauce available at asian foodstore or subsiture with soy sauce and brown sugar.

PALM SUGAR SYRUP: 500G PALM SUGAR 2 CUPS WATER:

Simmer for 15 minutes or until completely dissolved. Do not stir and ley reduce by half. When small bubbles appear on surface, turn it off. Strain while warm into a jug and let it cool.

Use 2 Salam leaf, or 1 Bay leaf

FRIED RICE/NOODLE



Ingredients (for 4 serving)

400 gr Rice/Noodle
100 gr White Cabaage
100 gr Caisin (Bok choy)
100 gr Carrot
25 gr Celery
50 gr Leek
50 gr Garlic
100 ml Oil

Sauce :
2 tbs Thick soy sauce (raja rasa)
2 tbs Oyster
1 tbs Fish sauce
3 tbs Sweet soy
1 tsp salt & pepper
1 tbs sesame oil

Method

1. Heat oil add the chicken half cook & add garlic, fish sauce, leek, carrot, cabbage, bokchoy
2. Add rice/noodle, sauces, lastly celery, mix all through
3. And the, served in the bowl (bakul)

CHICKEN SATAY



Ingredients

250 gr Chicken

Marinated Sauce:
- 2 tbs Sweet soy sauce
- 1 tbs Soy sauce
- 1/2 tsp Chopped garlic
- 1/2 tsp White pepper

Peanut Sauce:
- 250 gr Ground peanuts
- 100 gr Fried shallots
- 50 gr Fried garlic
- 100 ml Sweet soy sauce
- 4000 ml Water
- Salt & Pepper

Method

1. Wash and clean the chicken, then cut in to cubes
2. Marinated the chicken with garlic, sweet soy, pepper, and soy sauce
3. Put in refrigerator for 2 hours
4. Put on three cubes of chicken to each bamboo skewers
5. Grill each one & flip when needed
6. Served with white rice & peanut sauce (satay sauce)

1. Fry the peanut with cooking oil
2. Mix all ingredients, put on mortar stone, and grind until smooth
3. Boil for 10 minutes until thick, then add sweet soy sauce and mix through

CORN FRITTERS



Ingredients

5 pcs fresh corn
5 pcs shallot
4 pcs garlic
25 gr chopped celery
25 gr sliced leek
2 pcs egg
200 gr flour
1 tbs salt
2 tbs sugar
1 teaspoon white pepper
250 ml oil

Method

1. Slice (shave corn), Slice shallot & garlic & then grind
2. Put the corn paste in the bowl, add egg, flour, celery, sugar, salt and pepper.
3. Heat oil, then put one spoon each and then fraying until golden colour
4. Served with Sambal Matah on the side

PORK SATAY



Ingredients

250 gr Pork

Marinated Sauce:

- 2 tsp Salt & white pepper
- 1 tsp Sweet soy sauce
- 1/2 tsp Garlic powder
- 1/2 tsp Corn starch

Method

1. Wash and clean the pork, then cut in to cubes
2. Marinated the pork with garlic, sweet soy, pepper, and soy sauce
3. Put on three cubes of pork to each bamboo skewers
4. Grill each one & flip when needed
5. Served with white rice & peanut sauce (satay sauce)

BEEF SATAY



Ingredients

250 gr Beef

Marinated Sauce:
- 2 tsp Salt & white pepper
- 1 tsp Sweet soy sauce
- 1/2 tsp Garlic powder
- 1/2 tsp Corn starch

Method

1. Wash and clean the beef, then cut in to cubes
2. Marinated the beef with garlic, sweet soy, pepper, and soy sauce
3. Put in refigerator for 2 hours
4. Put on three cubes of beef to each bamboo skewers
5. Grill each one & flip when needed
6. Served with white rice & peanut sauce (satay sauce)

PRAWN SATAY



Ingredients

250 gr Prawn

Marinated Sauce:

- Squeezed Lemon
- 1/2 tsp Salt
- 1/2 tsp White pepper

Method

1. Wash and clean the prawn, then cut in to cubes
2. Marinated the prawn with garlic, sweet soy, pepper, and soy sauce
3. Put in refigerator for 2 hours
4. Put on three cubes of prawn to each bamboo skewers
5. Grill each one & flip when needed
6. Served with white rice & peanut sauce (satay sauce)

SATE LILIT

(Spiced Minced Chicken/Fish Satay)



Ingredients

1 kg Chicken/Fish minced
- 50 ml Coconut milk
- 100 gr shallot
- 50 gr Garlic
- 50 gr galangal
- 5 teaspoon Tumeric (small piece)
- 25 gr Candle nut 4 pieces)
- 50 gr Curly/red chilli
- 100 gr lemongrass chopped (3 pieces)
- 2 gr Coriander ground (2 teaspoon)
- 1 gr Black pepper (1 teaspoon)
- 15 pcs stalk lemongrass

Method

1. Clean the chicken/fish and then grind until smooth
2. Chop all spices and then grind until smooth
3. Mix chicken/fish and spices all together add coconut milk
4. Put one spoon on the stalk of lemongrass
5. And then grill

PLECING KANGKUNG

(Waterspinach with Spicy Tomato Sauce)



Ingredients (for 8 servings)

- Washed spinach

TOMATO SAMBAL:

- 3 large red chilli, seeds removed
- 2-3 Small chili
- 3 Tomatoes medium
- Salt to taste
- 8 Shallots
- 4 Garlic cloves
- 1 tsp Shrimp paste
- 3 Candlenut
- 2 tbs Sweet soy sauce
- 2 tbs Fried shallot
- 1 tsp Squeezed lime

Method

1. Boil the spinach in water to cover with a teaspoon of salt for 3-4
2. Minutes or until the stem is soft. Grind or blend all the spices in a grinder food processor until a fine paste.
3. Heat the oil in a wok over a medium flame.
4. Fry the blended spices until it reduces by nearly half, put the sweet soy sauce, cook until the oil rises to the surface for at least five minutes.
5. Remove from the heat and cool.
6. Mix with the cooked spinach, tomato sambal, fried shallots & shredded lime leaves thoroughly, preferably by hand. Add a little kecap manis.
7. Check seasonings.
8. Top with fried shallots. Serve with slices of lime.

Alternatively:

1. Fry the spice paste & then add the uncooked spinach & remaining ingredients.
2. Use English spinach if asian water spinach is not available

CHICKEN/FISH CURRY



Ingredients (for 6 servings)

- 1 kg Fish (white firm fish) or chicken

Grind these ingredients:

150 gr Red chili
100 gr Shallot
50 gr Garlic
2 tbs Ground coriander
1 tbs Cumin
2 pcs Lemongrass
30 gr Candle nut 6 pieces)
50 gr Galangal
50 gr Tumeric
50 gr Ginger
50 gr Aromatic ginger
1 tea spoon Shrimp paste
50 gr Palm sugar
500 gr Coconut milk
2 pcs Salam leaves
2 pcs kaffir lime leaves

>> (Add to pot):

50ml Tamarind water (for Fish
200 ml Coconut oil
2 pcs Salam leave
500 ml Coconut milk
Salt & paper

Method

1. Clean the fish or chicken and cut into cubes
2. Cut and slice the spices, then grind in a mortar stone until smooth
3. Heat oil add the spices, coconut milk, salam leaf, lemongrass, cook off for a few minutes than add fish & cook few minutes until fish cooked through.

Note: Chicken will take longer time to cook

SAMBAL MATAH

(Fresh Sambal with Coconut Oil)



Ingredients (for 10 servings)

10 pcs Shallot
150 gr Curly/red chillies
3 pcs Hot Chilli(small ones)
3 pcs Kaffir Lime Leaf
1 tsp Shrimp paste
150 ml Coconut oil
5 pcs Lemongrass
1 tbs Lemon water

Method

1. Slice or chop all ingredients without oil & shrimp paste
2. Mix all ingredients together & add lemon water, oil & shrimp paste, salt &taste

PEPES IKAN

(Minced Fish Wrapped in Banana Leaf)



Ingredients (for 6 servings)

- 1 kg Fish (white firm fish) or chicken
- 8 pcs Shallot
- 8 pcs Red chili
- 6 pcs Garlic, 4 cm Ginger
- 6 cm Galangal (laos), 5 cm Turmeric
- 3 pcs Candle nut (or use macadamia nut, cashews or brazil nut)
- 3 pcs Lemongrass
- 2 cm Aromatic ginger
- kencur (canola, sunflower, vegetable)•
- 200 ml Oil canola
- 4 pcs Salam leaf / 2 Bay leaf
- 3 tbs Tamarind water
- 4 tbs Palm sugar
- Banana Leaf

Method

1. Clean the fish and cut it into cubes or slices.
2. Place all the spices in a stone mortar and grind until smooth, excluding the salam leaves and banana leaves.
3. Combine the ground spices with the fish, oil, tamarind water, and palm sugar. Mix well.
4. Cut the banana leaves into squares, approximately the size of a serviette. Place a salam leaf in the centre of each piece.
5. Place 2 tablespoons of the fish mixture onto each banana leaf.
6. Fold the banana leaves into parcels and secure with toothpicks.
7. Steam for approximately 5 minutes, or until the fish is fully cooked.

URAPAN

(Balinese Vegetable Salad)



Ingredients

Spices :

- 100 gr Shallot
- 50 gr Garlic
- 20 gr Ginger
- 20 gr Tumeric
- 50 gr Curly chillies
- 25 gr Candle nut (4 pieces)
- 1 gr Corriander (1 teaspoon)
- 1 gr Black peper (1 teaspoon)
- 200 gr Green bean
- 100 gr Bean sprout
- 50 gr Fried shallot
- 50 gr Grated coconut
- 25 gr Fried garlic
- 50 ml Coconut milk
- Lemon squeeze

Method

1. Wash and clean the vegetables and then boil
2. Burn the coconut on the top of the stove until it turns to black skin, and then grate
3. Chop and grind all spices and then fry for a few minute.
4. Mix all together and then taste

BANANA FRITTER

(Banana/Pineapple/Jackfruit)



Ingredients

- Banana/Pineapple/Jackfruit
- 150 gr rice flour
- 75 gr plan flour
- 275 ml water
- ¼ teaspoon salt
- 200 ml oil

Method

1. Put all ingredients in the bowl without oil and banana mixing with ballon wisk
2. Cut half banana and put in the flour
3. Heat oil put one by one in the oil and then fried until brown colour

Ingredients (for caramel sauce)

- 250 gr Palm sugar
- 100 ml water
- 200ml Coconut Milk
- ¼ tsp Salt

Method

1. Boiled all ingredients with low fire until thick.

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