



# Levelling up Balinese culinary

From Authentic Paon to Chef's Table



Moch Nur Efendi  
Denok Lestari



**IPB INTERNASIONAL  
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# Our Team

## **IPB Internasional Researchers :**

Moch Nur Efendi  
Denok Lestari  
A.A. Anom Samudra  
I Made Ariana  
I Made Trisna Semara  
Komang Ratih Tunjungsari

## **ICA Bali :**

I Gede Putu Hendra Mahena  
Kadek Rina Yuniantara  
I Made Sukarmajaya  
Eko Sulistyو  
I.B. Parwata  
I Wayan Karmana



# P R E F A C E

Culinary tradition has been a stunning part of Balinese culture and has an important role in tourism. Bali as a world tourist destination has the opportunity to serve its culinary delights to tourists, who have a tendency to enjoy local food which is believed to be authentic and genuinely represents the local community. Authentic taste and attractive appearance are required in the value-added of local Balinese cuisine to compete at local and international markets. Thus, a touch of professional Chefs with the concept of a modern twist becomes necessary.

A collaboration between academics and practitioners finally came to reality in the writing of this book. A group of researchers from Institut Pariwisata dan Bisnis Internasional and culinary experts from the Indonesian Chef Association Bali Chapter work together dedicating their best efforts to maintain the authenticity in Balinese cuisine. Traditionally, Balinese culinary includes the process of preparing meals using a variety of spices. It is practiced differently in every part of the island, where the techniques or ingredients used are usually influenced by economic and geographic factors. For the sake of leveling up Balinese culinary, there should be storytelling in regards to the cooking process, ingredients, spices, types, or forms of Balinese culinary traditions. Thus, preliminary studies took place in nine regencies in Bali, seeking authentic recipes which had never been told before. This book aims to introduce the uniqueness of authentic Balinese culinary, and at the same time to level up the potentials of culinary icons in every region. Maintaining and improving such potentials will provide economic, social, and cultural benefits for the community.

Denpasar, 30 August 2021  
Moch Nur Efendi & Denok Lestari



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About the Authors and Researchers



# Foreword

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One of the major shifts in tourism and travel is that people are seeking experiences, especially in culinary tourism. Culinary tourism becomes increasingly influential in shaping visitors' decision-making and holiday experience on top of providing significant socio-cultural and economic benefits. Travelers are interested in not only tasting local flavor, but learning where it comes from, how it is produced, and in many cases learning how to make it themselves, and share their culinary journeys with friends and family.

Culinary tourism is a growing tourism market that has the potential to generate millions of dollars in the economy. It includes food festivals, cooking classes, wineries, restaurants, visits to farms, and local markets. Many destinations in Bali have so much to offer that has yet to be showcased.

For the sake of leveling up Balinese culinary, the collaboration from IPB Internasional academics and the Indonesian Chef Association (ICA) is required in elevating the potential of local products to become the culinary icon for each region. With a great potential of tradition, ingredients, and techniques, Balinese culinary will definitely be recognized worldwide and lead to the enhancement of the local community.

Dr. I Made Sudjana, S.E., M.M., CHT., CHA.

Rector of Institut Pariwisata dan Bisnis (IPB) Internasional



Balinese culinary has recently gained popularity and becomes one of the most memorable tourist experiences during vacation. The charm of Bali as culinary tourism is the result of a long journey that cannot be apart from its branding as a cultural tourist destination. Tourist visits to Bali open up opportunities to promote local culinary delights such as Sate Lilit, Nasi Campur Bali, Ayam Betutu, and the legendary Babi Guling. These menus initially attracted local residents, travel drivers, tour guides, domestic tourists, which later in the 1990s began to attract foreign tourists.

I welcome the launching of a Balinese culinary book entitled “Leveling Up Balinese Culinary: From Authentic Paon to Chef’s Table”. The book contains culinary traditions and authentic recipes from the regency and city areas in Bali. With the touch of professional chefs and the plating of modern twists, this book aims to promote Balinese culinary and bring it up to the international market.

I personally hope that this book will provide inspiration for the development of other local delights, increase people’s knowledge about the uniqueness of Balinese culinary tradition, and raise awareness to explore and develop our culinary potential in Bali. Such a huge potential, if packaged and managed properly, can certainly provide the maximum benefit for the development of Balinese cultural tourism and the welfare of the local community.

Prof. Dr. Ir. Tjokorda Oka Artha Ardhana Sukawati, M.Si.  
Vice Governor of Bali – Chairman of Indonesian Hotel and Restaurant Association



First of all, let us express our gratitude to the Almighty God for His mercy and grace that this book can be published. As the President of the Indonesian Chef Association (ICA), I would like to express my deepest gratitude to IPB International for their trust in ICA to collaborate during the research on Authentic Balinese Culinary to nine regions in Bali.

In addition to having tourist attractions and cultural richness, Bali also has culinary diversity, which surely needs to get our attention so that the authenticity of Balinese culinary can become Indonesian delight excellence to the eyes of the international world. Thus, the preparation of this book is our task as a professional association engaged in the culinary field.

Our mission to globally introduce the variety and richness of local culinary is commenced by the publication of this book. Together we can maintain and bring authentic Balinese culinary to the next level.

HENRY ALEXIE BLOEM

President of Indonesian Chef Association



Praise and gratitude to God Almighty because of His grace the book *Leveling Up Balinese Culinary: From Authentic Paon to Chef's Table* can be completed right on schedule. On behalf of the Indonesian Chef Association Bali Chapter, I highly appreciate and fully support the making of this book. I convey my highest appreciation to IPB International and all members of ICA in Bali for their contribution and mutual support during the research.

The making of this book targets three long-term goals. First, we would like to introduce authentic Balinese culinary to food lovers, gastronomers, and culinary artists around the world. Second, we believe our younger generation, or “the millennials” should learn about the origin and the story of the food they may see in their daily life. Third, preserving authentic recipes as the cultural heritage of Bali, in particular, is our main duty as an association in culinary art.

Finally, I would like to thank everyone involved in making our dream comes true. I do hope this culinary book will be useful for society in understanding traditional Balinese Food. The book is dedicated to enriching Indonesia's cultural heritage.

I GEDE PUTU HENDRA MAHENA  
Chairman of ICA Bali

# Overview of Balinese Culinary Tradition

Culinary is a reflection of the culture and traditions of local communities. Culinary features local values, known and practiced through generations in a certain area. The idea of promoting authentic culinary as a tourist attraction motivates the community and local government to preserve and develop local Balinese culinary products. Appreciating the uniqueness of culinary tradition in every region, authentic recipes are gathered and later modified to suit the taste of international tourists. When culinary tourism is enjoyable to everyone, the economy of the local community will be improved. Bali has its own culinary art that is spiritually bound to the island's cultural way of life. Tradition has it that many authentic dishes are prepared in conjunction with religious ceremonies where people balance their social and professional commitments. The Balinese today still



believe in the importance of preparing and processing dishes, prior to every religious ceremony. This tradition is called mebat/ngebat, and serves as yadnya or holy sacrifices offered to Ida Sang Hyang Widhi Wasa, God almighty, and all His manifestations. Balinese culture is based on a dualistic concept, meaning that the opposite concept becomes two different things, but they all come from the same source. This concept is manifested in a culinary classification of religious ceremonial offerings called Sukla and Surudan. Although there is almost no written history about Balinese culinary tradition, food still plays a fundamental role in Balinese ritual. The food to be offered in religious ceremonies is called sukla (means for God) while the food already used in religious ceremonies is called surudan (from God). On a daily basis, the Balinese make small rice offerings to respect and show their gratitude to their gods, and ancestors for every pot of rice they make. This reflects the universal meaning and high values in Balinese culinary tradition.



Balinese culinary is one of the most complex dishes in the world, not only in its taste but also from the way of processing, the way of presentation, the way to eat, and the amount of time to process certain dishes. Known for its rather spicy taste, Balinese dishes contain a variety of exceptional spices mixed with fresh vegetables, meat and fish. A set of complete spices, called Base Genep, contained in Balinese Culinary is considered as a blessing from God, which has sad rasa (six flavors). Those flavors are dharma wiku (salty), bima kroda (spicy), jayeng satru (bitter-tart, like unripe banana), gagang mayang (bitter), nyunyur (sweet), and galang kangin (sour). Balinese culinary is characterized for its amazing scarce blend of spices which creates the strong-sharp taste and flavour. Traditional Balinese dishes are processed using a combination of food ingredients and spices that have a specific taste, aroma, color, and texture. Other Balinese culinary characteristics is the varied cooking process which sometimes requires more than one cooking method, for example the Pesan Be Pasih which is steamed and then grilled. Since the processing is very traditional, it takes quite a long time and sincerity to prepare a certain dish. The recipes are orally passed down to generations without any transcription, nor measurement, but following the habit of the Belawa (means the Cook in Balinese).



# Balinese methods of cooking

Some of the cooking methods used in preparing Balinese culinary are as follows:

Metambus: cooking the foodstuff which is wrapped in banana leaves, over hot ashes over the stove. e.g. Be Pasih Metambus (Grilled fish)

Metunu: grilling the foodstuff directly uses charcoals, or coconut shells, e.g. Lindung Metunu (Grilled eel)

Megoreng: frying food ingredients with cooking oil

Metumis: sautéing with a little cooking oil, e.g. Tumis Kangkung (Sautéed Kangkung)

Menyahnyah: roasting without oil and keep stirring until the food is evenly cooked, e.g. Kacang Menyahnyah (Roasted peanuts)

Melablab: boiling foodstuff using a lot of water, until the food is covered with water, e.g. Taluh Melablab (boiled egg)

Menyatnyat: boiling food ingredients for a long time (simmering) until the spices seep and the water dries up, e.g. Mujair Nyatnyat

Mekukus: cooking using hot steam, the dishes is usually wrapped in banana leaves. E.g. Tum Ayam (Chicken Tum)

Mepindang: boiling ingredients in brine or mixture of spices, this method is usually employed to cook fish or egg, e.g. Taluh mepindang

Nguling: Grilling and rolling whole animal ingredients directly over coals, e.g. Babi Guling (Grilled Suckling Pig)

Nglawar: the process of cooking lawar without using fire, but the ingredients used have been cooked, e.g. Lawar Klungah (made from young coconut)

Betutu: comes from the word baa (means live coals) and tutu (means grilling), refers to the process of steaming the meat enriched in Balinese spices, e.g. Ayam Betutu

Timbungan: comes from the word embung (means Bamboo) in which the meat is cooked with Balinese spice blend, e.g. Bebek Timbungan





Undoubtedly, authentic Balinese culinary tradition can strengthen the attractiveness of the cultural heritage that is actively introduced to the world. Besides being able to add economic value, it can also support national food security and national identity. The complex, time-consuming Balinese culinary may be leveled up by optimizing the use of local products and spices, reducing the sharpness of the flavor without losing the uniqueness of taste, as well as transforming the authentic Balinese culinary into the plating of Chef's table.

# The Chef's Table: Leveling up everyday meals to the next level

The concept of the chef's table originated from an age-old practice of chefs entertaining their family and friends in the kitchen as they worked. Guests seated at the chef's tables have typically enjoyed more meaningful interactions with the chefs than would be possible in the dining room. A chef's table is an area in a chef's kitchen where guests observe the preparation of a preplanned meal before tasting it. The best moments are when guests can see and hear and feel the kitchen life.

Traditionally, a chef's table is located in the actual kitchen of a restaurant. This table is reserved for VIPs and special guests of the restaurant owner, or the Executive Chef. It is an intimate dining experience, where the chef interacts with each guest. He gives them information about each course that will be served during the meal and the pairing, and even tells a story of the dishes. The guests may obtain a history lesson on each course – ranging from where each meal was originally found, to how it is prepared, cooked and plated, before learning how to eat each meal in a way that aligns with the chef's vision for selecting those very ingredients. The idea is giving everybody the opportunity to see what the chef is doing and talk to them about it.

Today's version of this age-old practice has come down to a science, defining the culinary arts in ways that were never previously thought possible. The challenge lies in transforming the everyday meals to different looks at the Chef's table. The answer to this challenge is proposed in this book. By recommending the use of local products and spices, and reducing the sharpness of the flavor without losing the authenticity of Balinese dishes, this book encourages exploration and the unique experience of cooking and plating.



## Lontar Dharma Caruban

Lontar Dharma Caruban is the oldest palm leaf manuscript containing information on Balinese culinary recipes using traditional spices. Dharma Caruban [darma.ʃaruban] comes from the word dharma which refers to ordinance, obligation, or truth, and carub which means to mix. Thus, Dharma Caruban can be interpreted as a procedure for mixing or processing food ingredients according to the recipe description. Dharma Caruban is included in the speech text because it contains information about various culinary recipes using traditional Balinese spice blends.

In general, there are three important information contained in the Dharma Caruban lontar, namely (1) the name of the culinary with the recipe for the seasoning, (2) knowledge of spices, and (3) how to slaughter various animals and efforts to maintain the quality of meat as a culinary ingredient.

The spices mentioned in Dharma Caruban include: a). Cekuh [ʃəkuh] or aromatic ginger, is a symbol of Sahadewa with an east position, b). Isen [isen] is galangal, as a symbol of Bima with a south position, c). Kunyit [kuɲit] or turmeric, as a symbol of the Arjuna with the west position, d). Jae [dʒae:] is ginger, as a symbol of Nakula with north position, e). Bawang [bawaŋ] or shallots, as a symbol of the Dharma Wangsa, the middle position, and f). Lemo [lemo] lime as a symbol of the Goddess Drupadi with the ability to unite the five Pandawas. The addition of lemo lime is an adjustment because it functions as a flavouring and appetite stimulant. Other spices such as candlenut, chili, shrimp paste, pepper, fragrant spices (basa wangen) are the additional flavourings.

In addition to the Dharma Caruban lontar, there is also the Purincing Ebatan lontar which complements the wealth of Balinese culinary knowledge. It proves that Balinese intellectuals in the past have paid attention to literary cuisine, namely literature that contains information about culinary, both spices, ingredients, and technical processing procedures. This manuscript shows how detailed and complex knowledge about Balinese culinary art is, for example, there are several rules regarding how to boil meat that should not be mixed together. Likewise, the amount of spices processed by Sang Belawa determines the quality of the taste of the food produced. From the health side, it can also be seen that traditional Balinese cooking spices contain various natural chemical elements which also protect and strengthen the human body. The various ingredients in the form of processed flavored spices can also be used as medicinal ingredients, which are processed into main ingredients in the health sector.

There is a role in the process of a ceremony that cannot be taken lightly. In the Traditional community, in carrying out various ceremonial activities, the term “Belawa” is known which also determines the success or failure of a ceremony in the matter of providing food depending on the presence of “Belawa”. Unlike the case with cooks in other communities, Belawa fully carries out his work purely with the status of “ngayah” or volunteer without ulterior motives. Although there was no payment for the work carried out by the Belawa, he received a fairly high social award for the position.

As it is told in the manuscript (lontar) Wirata Parwa, Pandavas disguised as ordinary people and served in the kingdom of Wirata. Yudhisthira became Kangka, a legal advisor. Bhima became a cook named Balawa. Arjuna became a transvestite (because of being cursed by Urwasi) for a year. Nakula and Sahadewa disguised as caretakers of cows and horse keepers. Meanwhile, Drupadi became the queen’s servant. From the word ‘balawa’ comes the name ‘Sang Belawa’ to honour those who are in charge of cooking during piodalan day in a temple or when there are other ceremonies.



Every single village, cook and kitchen has their own take on different ingredients and dishes

Paon, The Balinese Old-Time Kitchen

The Hindu Balinese practice the concept of dualism in every aspect of their lives, including when building their houses. They consider the building as the macrocosm of nature (called Bhuana Agung), while the inhabitants are part of the Microcosm (or Bhuana Alit). Thus in building houses, people always follow the architectural repertoire in the Lontar (manuscripts) Asta Bhumi and Asta Kosala-kosali

Asta Kosala-Kosali is the Fengshui of Bali, written in the 14th century, explaining the procedure, layout, and building layout for residential buildings and shrine buildings in Bali, that are in accordance with the philosophical, ethical, and ritual foundations by taking into account the conception of embodiment, land selection, and the good day (called Dewasa Ayu, following the Balinese lunar calendar) to build a house.

The kitchen, or paon in Balinese, is not solely a domestic space which accommodates basic household activities, including preparing and processing food for the family, as well as storing food ingredients. Paon is a sacred domestic space which reflects the cultural values of its inhabitants, has a symbolic meaning, and carries a special message to the series of residential experiences.

The kitchen in Bali is usually located in the south, near the entrance of the house. It is important in Balinese Hindu society to stop by the kitchen after traveling. This is believed to be able to neutralize negative auras, because fire is able to melt and purify humans. In addition, the kitchen must be completed with bungut paon as the initial concept of the emergence of the word Paon. Bungut Paon has the nature of Sarwa Daksa, which burns whatever near. This is where Lord Brahma, the God of fire, resides. It usually faces south with the hole in the north. The idea is that people worship Lord Brahma while cooking.

Besides being known as a place for cooking, Paon can also neutralize black magic or that follows into the house. The word Paon actually comes from the term Pa Abuan which means “a place of ashes”. The burning ashes represents the meaningful evidence to “burn” all the negative energy that humans bring from outside the house. The concept is written in the manuscript Asta Kosala Kosali and Asta Bumi, and inherited from generation to generation in Balinese society up to present.

In terms of safety against smoke (as a result of cooking or fire activities), the kitchen must have its own roof, separated from the roof of the other buildings in the house. The smoke from the combustion of the Jalikan / Furnace Paon does not spread in all directions but the smoke goes upwards. The braid usually has 3 holes at the top, to control the heat. The hole in the middle is used to cook the main dish. While the holes on the right and left (called Rirun), are used to cook vegetables and fodder.





## Melapa-Melapi, the Forgotten Deities

Melapa and Melapi are the old time kitchen Gods which are symbolized in the shape of small statues made from stone and solid soil, and put amongst other kitchen utensils on the fireplace. In some rural places, they appeared in the form of a lump of soil, not finely shaped as statues. Melapa and Melapi are a couple and belong to each other, as Yin and Yang. Originally, they can be distinguished from the position of their hands: Melapa is the male figure holding his stomach, and Melapi is the female holding her breasts. Some people consider these statues as the manifestation of Brahma who resides in the fire. Strangely, most Balinese people today do not recognize Melapa-Melapi. Even the younger generations hardly ever heard about them. It seemed that these deities were forgotten or lost during the battle in the early 1900s.





Until recently, a Balinese foundation called Tri Hita Karana organized an award to hotels who served excellent Balinese food. The prestigious award is called Melapa-Melapi Award. To respect Balinese culinary arts, this award is dedicated to the cooking technique, the presentation, and the service. The taste and quality of the food symbolizes spirituality; the presentation symbolizes the relationship to the environment; and the service symbolizes the relationship between people. The three categories represent the dimensions of the Tri Hita Karana, known as the three principles of goodness in Hindu Balinese's belief. By organizing the Melapa-Melapi Award, the foundation is bringing back the memory of these kitchen deities. With the blessings of the Melapa-Melapi through this book, Balinese authentic culinary art will begin its journey to the next level.



# The Top Five Balinese Dishes

From the island of Gods, various mouth-watering dishes are waiting to be enjoyed. Babi Guling, Lawar, Sate Lilit, Betutu, and Tum, are the must-try dishes when you are in Bali. Here are the age-old recipes passed down through generations, brought first-hand to your kitchen table.



# Babi Guling



# Storytelling

is the most popular authentic dish in Bali. Local people call it Be Guling [be gulin], according to the cooking process where the suckling pig is roasted as a whole and rolled (guling) over the fire. The tender meat of the suckling pig (piglet) contributes much to its juiciness, while the mixture of typical Balinese spices, called Base Genep [basə.gənəp], stuffed and greased all over the meat and brings up the spicy-savory sensation. Babi Guling was initially served for religious ceremonial offerings, and enjoyed as a communal dish. Today, it can be easily found in various restaurants everywhere in the island. This “everyone’s favorite” dish was registered as Intangible Cultural Heritage in 2011. Here is how to make Babi Guling.



# Ingredients

1 pc	Whole suckling pig (piglet), clean and remove its belly
400 gr	Shallot
300 gr	Garlic
300 gr	Red Chili
100 gr	Red Hot Chili
1 kg	Galangal
500 gr	Ginger
300 gr	Turmeric
250 gr	Candlenut
150 gr	Wangenan
7 pcs	Salam leaves
5 pcs	Lemongrass
10 pcs	Cassava Leaves
1,5 liter	Coconut oil
	Salt to taste
	Coconut water
	Needle and thread

# Cooking Method

1. Chop all ingredients, except for Salam leaves, lemongrass, and cassava leaves
2. Roast Wangenan separately until fragrant and chopped together with the other ingredients
3. Mix the chopped spices with coconut oil and salt to taste. Set aside
4. Crush lemongrass, Salam leaves, and cassava leaves soak in the mixture for about 10 to 15 minutes
5. Douse and clean the piglet with hot water. Remove all the contents of its stomach, and cleanse thoroughly
6. Pierce the piglet with a long skewer from its mouth to the anal canal. Pull the piglet to set its position straight and does not bent
7. Insert the chopped spices into its belly, and sew it with a thread to avoid the spices spill out from the belly
8. Make sure to plug the cut scars on the pig's neck with coconut fiber
9. Coat the entire surface of the pork with coconut water and repeat every 1 hour during the rolling process
10. The piglet is rolled over the fire by turning the skewer





# Lawar



## Storytelling

Balinese people find their diet dominated by meat, especially pork and chicken. They know exactly how to work their vegetables, though. Lawar is their most favorite dish to enjoy meat and various green vegetables in one bite. Lawar is usually prepared in large quantities for religious ceremonies and other special occasions. Lawar is named according to its additional protein ingredients. For example, Lawar Ayam (chicken), Lawar Bebek (duck), Lawar Babi (pork), Lawar Penyu (turtle), and Lawar Nangka (young jackfruit). Lawar Barak is the red version which refers to its blood content, usually from pork or chicken, making this dish insanely satisfying. Lawar Putih, the white one, doesn't contain blood and uses jackfruit instead of meat. Lawar is served immediately after preparation as it spoils easily and cannot be kept long.





# Ingredients

100 gr	Minced chicken, cooked
100 gr	Young jackfruit, julienned, blanched
100 gr	Roasted coconut, grated
50 gr	Fried chili dressing
200 gr	Base Genep
50 gr	Shallot, fried
50 gr	Garlic, fried
50 gr	Red Hot Chili, fried
25 gr	Shrimp paste, grilled
2 pcs	Balinese Lemo lime
10 gr	Black pepper powder
	Salt to taste



# Cooking Method

1. Boil young jackfruit until done, then remove and drain. Let it cool
2. Coarsely chop the young jackfruit
3. Put the chopped young jackfruit, the minced chicken, and the grated coconut in a bowl
4. Mix all ingredients, add salt and black pepper

# Sate Lilit





## Storytelling

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Sate Lilit is another Bali's special creation. In Balinese language, lilit means to wrap. Thus, the meat is wrapped in a stick, made of bamboo or lemongrass, instead of being pricked into a skewer. When preparing the Sate Lilit, it is important to use only fresh ingredients, such as fish or chicken, since the frozen ones will be too watery and will not stick to the skewer. This spicy-sweet-savory dish is usually made for offerings during religious ceremonies or special occasions, as a form of respect and appreciation to God. Sate Lilit is usually made in large quantities where men are generally involved in the preparation: starting from mixing the dough, wrapping them up, to grilling them. From the process that tends to be masculine, Sate Lilit has a strong philosophical meaning in the life and virility of men.



## Ingredients

600 gr	Snapper, filleted, minced
120 gr	Fresh grated coconut
5 gr	Red hot chili, chopped
5 gr	Lemo lime leaf, chopped
2 gr	Black pepper, crushed
2 gr	Salt
15 gr	palm sugar
6 pcs	Lemongrass, cut into 15 cm for the Skewers



# Cooking Method

1. Combine all ingredients together in a bowl
2. Mix well and wrap a tablespoonful of this mixture around the lemongrass
3. Continue until all mixture is used up
4. Grill over very hot charcoal until golden brown





# Betutu

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## Storytelling

Betutu [bətutu] is a richly-spiced Balinese poultry dish. Authentically, it is cooked by stuffing the whole duck with seasoning, wrapped in banana leaf, and smoked for hours. The name Betutu refers to the process of grilling over charcoal. In Balinese language, baa [bæ:] means live coals, and tutu means grilling. It is often named after its main ingredients: Bebek Betutu is made from duck, while Ayam betutu is the chicken version. Since the dish is prepared in such a sophisticated way, Betutu was once the kings' favorite.



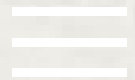
# Ingredients

5tbs	Cooking Oil
100 gr	Cassava Leaves, boiled and cut into pieces
1,5 kg	Chicken
1 sheet	Banana Leaves
7 pcs	Red Chilies
5 pcs	Red hot chilies
5 pcs	Candlenut, roasted
10 gr	Shallots
1 tsp	Shrimp paste
5 gr	Garlic
1 tbs	Coriander seed, roasted
5 gr	Lemongrass, sliced
2 tsp	Peppercorns
10 gr	Galangal, chopped
5 gr	Nutmeg
10 gr	Turmeric
4 pcs	Lemo lime leaves
10 gr	Ginger, chopped
10 gr	Aromatic Ginger, chopped
Salt to taste	



# Cooking Method

1. Heat oil and sauté the ground spices until fragrant. Set aside and let it cool.
2. Combine half of the ground spices with cassava leaves. Stuff the chicken with the mixture and secure with toothpicks.
3. Rub the chicken with the remaining ground spices.
4. Wrap the chicken with banana leaves and tie both sides with a string.
5. Grill the wrapped chicken at medium heat for three hours.
6. Remove from heat and portion the betutu.



# Tum

# Storytelling

These packets of steamed meat are real treats in Balinese culinary. Tum [*tŏm*] can either be made from pork or chicken and is usually served with rice and vegetables often as a selection of side dishes. There is a philosophical value behind the making of Tum. The packaging of the Tum must be done carefully in a very neat and tight manner to avoid the contents overflowing. Balinese people consider the tight packaging of the tum as a means of self-introspection. The next process is steaming the Tum until it is cooked. This reflects the stage to reach maturity. All in all, from the process of making Tum we learn to see first who we are, before judging everyone else.





# Ingredients

500 gr Chicken breast  
1 pc Lemongrass  
2 pcs Banana leaves  
10 pcs Salam leaves  
150 ml Water  
100 ml Coconut milk  
Cooking oil (for sautéing)

## Ground spices

180 gr Shallot  
150 gr Garlic  
10 gr Red Hot Chili  
5 pcs Lemongrass  
70 gr Turmeric  
50 gr Galangal  
20 gr Aromatic Ginger  
20 gr Ginger  
20 gr Candlenut  
2 pcs Salam leaves  
5 gr Salt

# Cooking Method

1. Cut the chicken breast into small pieces, wash and drain
2. Grind all the spices, except Salam leaf, using a pestle until smooth
3. Stir-fry the ground spices and add bay leaf
4. Put in the chicken, and water then cook for 10 minutes
5. Add coconut milk into the mixture, and cook for 5 minutes
6. After the coconut milk becomes thicker, let it cool
7. Take 2 banana leaves, and put 2 tbs of the seasoned chicken on the leaves
8. Add 1 Salam leaf then wrap and secure with a toothpick
9. Repeat until all the mixture are wrapped up
10. Steam the packets for about 20 minutes on medium heat
11. This recipe is for 5 servings of Tum Ayam





# Base Genep



# Storytelling



Base Genep [basə.gənəp] or known as Balinese spice paste, is the basic flavour for most of the Balinese cuisine. It is one example of the local wisdom in Balinese culinary art, created by Balinese ancestors who believed that food should be treated as a remedy. Thus, the skin of root ingredients are not peeled to keep their efficacy. Some herb roots in Balinese cooking are only found in Javanese Jamu (Herbal drinks).

Following the Hindu's perspective, Base Genep consists of four main spices, which represent the four Gods following the four main directions. Jae [dʒæ], or ginger, symbolizes The Vishnu in the north; Cekuh [tʃəkʊh] is aromatic ginger, which refers to The Iswara in the east; Isen [isen], or Galangal, represents The Brahma in the south; and Kunyit [kʊnʲit] is turmeric, which denotes The Mahadewa Shiva in the west.

Base Genep is basically a complete spice that is prepared prior cooking. When preparing the spices, the Belawa (Balinese cook) measures these four ingredients with the length of his fingers: turmeric the index finger, galangal by the middle finger, ginger the ring finger, and aromatic ginger the pinky. Other spices are combined with these main ones, including shallots, garlic, shrimp paste, chili and salt. It can be used for all types of preparations, whether for dry, moist, or watery (liquid) processing.

The ready-to-use Base Genep is now available in traditional markets everywhere in Bali. Every region in Bali has their own variants of Base Genep and their recipes are slightly different. However, here is one simple recipe of Base Genep to try in your kitchen.



# Ingredients



350 gr	Shallots
300 gr	Garlic
200 gr	Hot chili
500 gr	Galangal
400 gr	Ginger
250 gr	Turmeric
100 gr	Aromatic ginger
30 gr	Candle nuts
40 gr	Black peppercorns
30 gr	Coriander seeds
40 gr	Shrimp paste
40 gr	Palm sugar
30 gr	Tamarind, soaked with little water,
and	squeezed to take the juice
50 gr	Lemongrass
15 gr	Lemo lime leaves
10 gr	Salam leaves
50 gr	Salt
1000ml	Oil

# Cooking Method

1. Chop all fresh & dry ingredients, then pound in a mortar with pestle
  2. Sauté the spice mixture with oil in medium heat until fragrant, and simmer for about 20 minutes
  3. Take out and cool down
  4. It can be stored in airtight jar and refrigerate or keep it frozen in packaging until further use
- 





# Wewangen



# Storytelling

Wewangen is aromatic mixture of dry spices which adds extraordinary taste and flavour to Balinese cuisine. It consists of distinctive ingredients, such as Tabia Bun [tabi<sup>ə</sup>.bun] or Balinese long pepper (*Piper retrofractum*), Menyan (benzoin), Jangu or Dlingu Root (*Acorus calamus*), and Bangle [banle] a ginger family-like (*Zingiber purpureum* Roxb). In Balinese traditional markets, these spices can easily be found mixed together in tiny plastic packaging. Here is the recipe to prepare 110 gram wewangen.



# Ingredients

10 gr	Nutmeg
10 gr	Tabya bun (Piper retrofractum)
5 gr	Jangu (Atcorus calamus)
15 gr	Bangle (Zingiber purpureum Roxb)
10 gr	Mesui (Cryptocarya massoia)
5 gr	Menyan (Frankincense/Olibamum)
15 gr	coriander seeds
25 gr	candle nuts, or macadamia as substitute
10 gr	cumin
5 gr	cloves
2 gr	Lemo lime skin

BASE KELE [basə.kələ] (Black Spice Paste)  
This recipe is for 400 gram Base Kele

## Ingredients

100 gr	garlic
50 gr	aromatic ginger
200 gr	clean coconut, grilled
10 gr	nutmeg
20 gr	candle nuts
10 gr	black peppercorns
10 gr	coriander seeds
35 gr	galangal
25 gr	ginger
250 ml	coconut milk 5 gr salt
50 ml	oil
2 pcs	salam leaves



# Cooking Method

## Method

- 1 Roast the spices in a pan until the aroma comes out, and pound finely
- 2 It can be stored in airtight jar, keep at dry place.

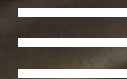
## BASE KELE [basə.kələ] (Black Spice Paste)

1. Grill the coconut until the skin turns darker but not burnt, then take out the black skin which is to be used in this recipe
2. Pound the ingredients number 1- 9 with black coconut skin.
3. sauté the spices in oil and pour the coconut milk, stirring occasionally
4. add salt and Salam leaves
5. cook in low heat (simmer) until the liquid is absorbed, and the spice look like a black paste
6. this paste can be prepared in advance and stored for further use





Authent



# ic Recipes

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# Serombotan Klungkung

*(Blanched fresh vegetables mixed with  
assorted nuts served with spicy koples dressing)*

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# Storytelling

Serombotan is a plant-based dish from Klungkung. It is a mixture of blanched vegetables and assorted nuts, served with spicy Koples dressing. As to what the name means, Serombotan has a unique taste: sweet, spicy, and savory, mixed into one. This can be served either as an appetizer, or a main course.



# Ingredients

175 gr Water Spinach  
150 gr Spinach  
175 gr Long Bean  
125 gr Bean Sprout  
150 gr Bitter Gourd  
75 gr Round Eggplant  
50 gr Black Bean  
25 gr Baby bean sprout  
50 gr Peanut  
10 gr Broad Bean  
10 gr Crispy Baby Red bean  
50 gr Kidney bean

## **Spicy *Koples* Dressing**

200 gr Coconut  
50 gr Aromatic ginger  
25 gr Galangal  
50 gr Garlic  
5 pcs Red Hot Chili  
to taste Salt

## ***Sambal Nyuh***

200 gr Coconut  
50 gr Aromatic ginger  
25 gr Galangal  
50 gr Garlic  
5 pcs Red Hot Chili  
to taste Salt

# Cooking Method

## How to make Sambal Nyuh

1. Grill the coconut slightly and grate it
2. Grind the aromatic ginger, galangal, garlic, and red hot chili
3. Sauté all ingredients and add a little water to keep it moist. Add salt to taste

## How to make Koples Dressing

1. Fry peanuts until golden brown
2. Pan fry red hot chili, tomato, garlic, and shrimp paste
3. Grind all the fried ingredients at once
4. Put all ingredients in a pan, and add water
5. Add kafir lime leaf, and season with salt
6. Toss it with hot cooking oil, and squeeze Lemo

## Method :

1. Blanche all vegetables, and arrange them in a bowl
2. Sprinkle peanuts and Sambal Nyuh on the top
3. Pour the Koples dressing





# Opokan Kusamba

*(Grilled marinated fish with sweet and spicy paste,  
wrapped in banana leaf)*



## Storytelling

Opokan is a grilled sweet-spicy fish, preferably Mackerel Tuna, wrapped in banana leaf. Unlike Pepes, a traditional leaf-wrapped dish, Opokan is made from boiled fish and covered with cooked red spices. Opokan can only be found in Kusamba, a fishing village on Bali's east coast.





# Ingredients

3 pcs	Lemongrass
5 pcs	Fresh Bay Leaf
4 pcs	Lime Leaf
10 gr	Shrimp Paste
30 ml	Tamarind juice
100 gr	Green Hot Chili
100 gr	Garlic
100 gr	Palm Sugar
250 gr	Fresh Mackerel Tuna
500 gr	Red Chili
Salt to	taste



# Cooking Method

1. Boil water, add fresh bay leaf, lemongrass, lime leaf, and salt. Add the fish and boil for 20 minutes.
2. Make hot chili paste.
  - Boil red chili and garlic until soft, then grind.
  - Add shrimp paste, and tamarind juice.
  - Sauté the ground ingredients with cooking oil, add palm sugar, salt and fresh bay leaf until fragrant.
3. Toss the boiled fish with hot chili paste in a bowl.
4. Wrap the fish with banana leaf
5. Grill until cooked.



# Ledok Nusa Penida

*(Plant-Based Porridge with Kemangi Flavour)*

# Storytelling

Ledok is a typical plant-based porridge from the island of Nusa Penida. The word Ledok means stirring continuously, which describes its process of cooking. The main ingredients are cassava, corn, and beans. Different from the other parts of Bali mainland, rice is not the main food in Nusa Penida. Due to its harsh land and rocky thin soils during the long dry season, the islanders utilize local non-rice food resources, such as nut, corn, cassava, or sweet potato, to survive in times of drought crisis. Until today, Ledok has become a food alternative, as a form of maintaining local wisdom in Nusa Penida.

Taste: spicy, savory, strong aromatic



A top-down view of various fresh ingredients arranged on a wooden surface. In the center is a large woven basket filled with green leafy vegetables, including spinach and kemangi leaves. To the right, there are two ears of yellow corn on the cob and a piece of cassava root. In the upper right, a small woven bowl contains several red shallots. To the left, another small bowl is filled with kidney beans. Further left, a bowl contains a mix of red and yellow hot chilies. In the bottom left, a large bunch of green onions is visible. The background shows a wooden cutting board and a silver spoon.

# Ingredients

1 liter	Water
30 gr	Kemangi leaf
75 gr	Kidney Bean
75 gr	Spinach
160 gr	Cassava
160 gr	Sweet Corn

## Spices

25 gr	Aromatic ginger
35 gr	Hot chili
50 gr	Shallot
50 gr	Garlic
-	Salt



# Cooking Method

1. Blend hot chili, shallot, garlic, aromatic ginger.
2. Sauté the blended ingredients until fragrant. Set aside.
3. Add cube cassava, sweet corn, spinach and Kemangi leaves
4. Pour the blended ingredients into the mixture. Stir continuously with low heat for 30 minutes.
5. Season with salt. Serve it hot.



# Oret

*(Balinese Black Pudding)*

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# Storytelling

Oret is Balinese Black pudding, usually served during ceremonial feasts as the accompaniment of Babi Guling. Slightly different from Urutan, the other type of Balinese sausage, Oret is made from offal (organ meat), and blood. It is popular among local people and visitors in Gianyar.

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# Ingredients

Suna-cekuh	50 gr
Base Rajang	100 gr
Pork liver	500 gr
Pig lungs	500 gr
pig Blood	250 gr
(mashed 25 gr Garlic, and 25 gr lesser galangal, then sauteed)	

sambal goreng (fried chili dressing) 210 gr:

Fried shrimp paste	10 gr
Palm sugar	15 gr
fried sliced Garlic	50 gr
Fried sliced shallots	50 gr
fried sliced chili	100 gr
Coconut cream	150 ml
Pig intestines	3 meters
Salt and pepper	to taste



A close-up photograph of a person wearing a red shirt, pouring a dark, thick liquid from a white container into another white container. The background is blurred, showing other people in a kitchen or food preparation area.

# Cooking Method

1. Finely chop pork liver and lungs, mix them with the chopped pig's blood.
2. Prepare Basa Rajang, and all fried items.
3. Add coconut milk, mixed with Basa Rajang. Heat it slightly for 5 minutes.
4. Mix all ingredients until smooth, add salt and pepper to taste.
5. Pour the mixture into the pig intestines, fill it carefully so that there is no air in it.
6. Steam it for 20 minutes with low heat.
7. Grill, or roast, the Oret until the pig intestine turns darker and a little dry.
8. Portion Oret, serve it as the accompaniment or side dish of the Babi Guling.



**Bebek Betutu  
Gianyar**  
*(Gianyar Roasted Duck)*

# Storytelling

Betutu is very popular among tourists everywhere in Bali. The Balinese usually use duck or chicken wrapped in banana leaves and grill it for hours. In Gianyar, Betutu is wrapped in Upih (areca nut leaf), buried in the ground, and smoked in the flamed husk for 24 hours.



# Ingredients

1 pc	Whole Duck @700gr
30 gr	Galangal
50 ml	Coconut Oil
20 gr	Shrimp Paste
30 ml	Tamarind Juice
2 pcs	Lemongrass
1 tsp	Salt
-	White Sugar
1 pc	Upih (areca nut leaf)

## Base Genep (Basic Spice)

30 gr	Aromatic ginger, peeled and sliced
50 gr	Turmeric
40 gr	Ginger
60 gr	Galangal
50 gr	Shallots
50 gr	Garlic
30 gr	Red hot chili
25 gr	Red chili, halved and seeded
5 gr	Jinten leaf
1 pc	Lemongrass, cleaned and brushed
2 pcs	Salam leaf
10 gr	Wangenan

# Cooking Method

## Base Genep

Combine all ingredients (except lemongrass, jinten leaf, and salam leaf) into the stone mortar.

Sauté the spice with coconut oil.

Toss the wangenan in a separate pan until fragrant, then grind.

Mix the ground wangenan to the sautéed ingredients

Mixed all ingredients, add salam leaf, pounded lemongrass, and jinten leaf

## Cooking method

1. Knead the duck with the mixture of shrimp paste and tamarind juice, salt, and little coconut oil. Set aside for 30 minutes.
2. Coat and stuff the duck with Base Genep. Wrap it with Upih.
3. Put the wrapped duck on the ground, underlined with bricks, cover it with a clay bowl.
4. Cover the bowl with flamed rice husk. Smoke it for approximately 24 hours.
5. Put off the flame, and let the duck rest for 2 hours.

## Alternative:

Wrap the duck with banana leaf, or aluminum foil, and roast it in the oven (temperature 180 c) for 4 hours.



**Jaje Buntulan  
Payangan**



# Storytelling

Buntilan means a small round package in the Balinese language. It is a traditional snack made from white glutinous rice, with palm sugar filling. Buntilan is the icon of Payangan district, originally from Semaon village, and registered as Intangible Cultural Heritage since 2016.





# Ingredients

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15 cm  
25 gr  
35 buns  
3,5 meter  
120 gr  
400 gr  
110 gr

Pandan Leaf  
Salt  
Corn Husk  
Bamboo String  
Palm Sugar  
White Glutinous Rice  
Grated Coconut



# Cooking Method

1. Soak the white glutinous rice 24 hours before processing.
2. Steam glutinous rice for 30 minutes.
3. Pour cool water into the steamed glutinous rice, and continue steaming for 20 minutes.
4. Take out the cooked glutinous rice, directly mix it with grated coconut. Add salt to taste
5. Steam the mixture again for 30 minutes.
6. When it is still hot, pound the mixture until smooth.
7. Mold the mixture approximately 30 grams each, and insert palm sugar filling.
8. Wrap it with a clean corn husk, and tie it with bamboo string on both sides.
9. This recipe is for 35 pieces of Buntilan. Keep it in the fridge to make it more durable.

# Urutan Asap Bangli

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# Storytelling

Urutan asap (smoked sausage) is a typical pork dish from Bangli. The sausage is hung over the heat and smoked for 24 hours, later fried for use as a side dish.

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# Ingredients

2 kg	Mixed pork (meat and fat)
1 meter	Pork Intestine
100 gr	Garlic
20 gr	Chili
10 gr	Turmeric
1 Pcs	Lemongrass, finely chopped
40 gr	Galangal
20 gr	Coriander seed
1 tsp	Salt
0.5 tsp	Pepper
1 tsp	Sugar



# Cooking Method

1. Dice pork into cubes (2 cm)
2. Clean properly pig intestines
3. Finely grind all the spices, except the lemongrass
4. Mix well the meat with the spices until smooth, add salt and sugar
5. Add the meat into the intestine little by little until all done
6. Press the meat in one direction, until it is solid and hard, then tie it with a string on both sides
7. Pierce the sausage with a skewer so that there is no air cavity
8. Hang the raw sausage above the fireplace or smoke oven
9. Smoke the sausage for 24 hours
10. When the sausage is dry, slice and fry it until crispy
11. Remove the sausage from the fryer, and portion



# Mujair Nyat-Nyat

*(Shimmered Tilapia Fish with Balinese Spice)*

# Storytelling

Mujair (Tilapia) is a type of freshwater fish, while Nyat-nyat refers to the simmering method where the liquid is receding and the spices are fully absorbed into the fish. It is a must-try dish when visiting Kintamani Bangli.



# Ingredients

1 kg ( 3 pcs )	Tilapia fish, scraped
2 pcs	Lemongrass
2 pcs	Lemo lime Leaves
2 pcs	Salam leaves
5 pcs	Hot Chili
1 pc	Lime
10 gr	Tamarind
100 gr	Base genep
1 tsp	Sugar
to taste	Salt
3 tbs	Cooking oil
500 ml	Water



## Basa Genep

5 gr	Bangles	150 gr	Shallots
40 gr	Turmeric	100 gr	Garlic
70 gr	Galangal	5 gr	Shrimp paste
40 gr	Ginger	2 gr	White Pepper
30 gr	Lesser galangal	1 gr	Cloves
50 gr	Red hot chili	1 gr	Nutmeg
		4 gr	Coriander

# Cooking Method

1. Clean the fish and marinate it with lime juice, add a little salt.
2. Heat the oil (Tips: mix cooking oil with coconut oil to get a distinctive fragrance), shallow fry
3. fish until medium-cooked. Lift and drain.
4. Heat a little oil and fry base genep over low heat. Stir well.
5. Add lemongrass, lime leaves, salam leaf, salt, and sugar. Stir fry until fragrant.
6. Add water and tamarind, let it boil for a while
7. Add the fried fish, soak it into the gravy, Shimmer until the liquid remains a little.
8. Serve Mujair nyat-nyat with hot rice, pleceng kangkung, fried peanuts and sambal matah.

# Jaje Iwel





## Storytelling

Jaja iwel is made from a mixture of ketan and injin (the black and white glutinous rice). This soft dark brown rice cake is usually wrapped in palm leaves or cut into slabs without wrapping

# Ingredients

2 kg	Injin (Black Glutinous Rice)
1 kg	Ketan (White Glutinous Rice)
1 kg	Palm sugar
3 pcs	Whole Coconut (grated to get the milk)
1 kg	Sugar
1 tsp	Salt





# Cooking Method

1. Sauté without oil the white and black Glutinous rice separately for 20 minutes, let it cool
2. Grind the sautéed glutinous rice altogether, into flour
3. Boil the coconut milk with palm sugar, white sugar, and salt until thick
4. Mix the glutinous rice flour with the boiled coconut milk
5. Knead well until smooth, and steam it for 2 hours
6. Remove the dough from the steamer, pound it when it is still hot until smooth
7. Cut the dough into pieces (250 gr) and then wrapped in corn husks / palm leaves
8. Let it cool by hanging it in open air



# Lik Lik Don Kelor

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# Storytelling

Liklik is a vegetable soup originally from Karangasem, containing grated coconut and don kelor (Moringa leaves). Besides being processed into vegetables, food and providing health benefits, Moringa leaves have long been known for their spiritual power. Presenting Moringa in culinary art is one way to preserve and develop traditional Balinese cuisine in accordance with the local wisdom.







# Ingredients

(10 servings)

1 bunch  
1/2 Pcs  
1 Pcs  
4 Pcs  
1/2 Pc  
1 Pcs  
1 tsp  
2 Pcs  
1/2 pcs  
2 pcs  
1 tsp  
1 ltr

Moringa leaves  
Young coconut, grated  
Lemo Lime  
Shallot, grated  
Ginger, grated  
Aromatic ginger, grated  
Shrimp paste  
Red hot Chili  
Turmeric  
Salam leaves  
Salt  
water



# Cooking Method

1. Add Moringa leaves into boiling water and boil for 3 minutes, then directly soaked in running water to keep the green color of the Moringa leaves
2. Grate the skin of Lemo lime.
3. Finely mix the grated coconut and the grated spices. Set aside.
4. Grind Chili and shrimp paste until smooth. Mix with all grated ingredients.
4. Boil the spices for 5 minutes. Add the boiled Moringa leaves, boil for another 5 minutes. Add a little salt to taste.
5. Serve Liklik don kelor when it is hot.

# Pesan Be Pasih

## Don Cem-Cem

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# Storytelling

Pésan [pesan] is a side dish of various types of fish covered in Base Genep, wrapped in a long flat banana leaf, and steamed or grilled. The name follows the ingredients used, such as Pesan be pasih [pesan.be.pasih], which is made from sea fish.

In Karangasem, Pesan be pasih uses cemcem leaves (*Spondias pinnata*). In addition to their strong and unique flavour, Cemcem leaves are known for their benefits in lowering hypertension and maintaining intestinal health.



# Ingredients

1 kg	Marlin Fish
50 gr	Turmeric
100 gr	Ginger
50 gr	Galangal
15 pcs	Red Hot chili
200 gr	Shallots
100 gr	Garlic
2 tbsp	Tamarind
1 tbsp	Shrimp paste
350 ml	Coconut oil
2 tbsp	Salt
4 pieces	Dried Salam leaves
30 gr	Cem-cem Leaves
8 pcs	Banana leaves



# Cooking Method

1. Marinate fish with tamarind, then thinly slice the fish
2. Clean the Cemcem leaves and slice them into 2 parts
3. Chop all the ingredients except the Cemcem leaves and banana leaves
4. Add shrimp paste, salt, tamarind, and coconut oil (add oil the last, after kneading)
5. Mix the marinated fish with all ingredients. Add Cemcem leaves and Salam leaves
6. Wrap the fish with banana leaves. Grill until cooked.
7. Serve the Pésan when it is still hot.



**Sate Gurita**  
(Octopus Sate)



# Storytelling

When you are tired of the ordinary sate [sate] made from chicken, lamb, or fish, it will be tempting to try the ones made from Octopus. In Karangasem, people enjoy Sate Gurita with yellow spices while 'metuakan', an age-old tradition of drinking Tuak (palm wine) and chatting with a group of friends.



# Ingredients

## Base Rajang

75 gr	red chili
100 gr	shallot
75 gr	garlic
25 gr	galangal
10 gr	coriander seed
10 gr	turmeric
10 gr	aromatic ginger
15 gr	candlenut

## To Marinate

100 gr	shallot
60 gr	ginger
30 gr	turmeric
15 gr	red hot chili
1 tsp	shrimp paste
1 tbs	palm sugar
1 pc	Lemo lime
to taste	salt
100 ml	coconut oil

## Main Ingredients

1 Kg	Octopus
200 gr	rice
...?	Coconut milk
1 pc	Lemo lime leaf
1 pc	dried Salam leaf
to taste	salt



# Cooking Method

## **How to make the Yellow Spices :**

1. Soak the rice for 2 hours
2. Prepare Base Rajang: grind all ingredients, then stir-fry until fragrant
3. Pour the coconut milk into the stir-fried spices, simmer for 5 minutes.
4. Grind the soaked rice, and pour it into the boiling coconut milk. Stir well until thickened
5. Add salt to taste. Keep stirring the spices until just cooked, and the color turns yellow.

## Marination spices

1. Thinly slice the shallot and the red hot chili. Chop ginger and turmeric (optional, to taste)
2. Knead the shrimp paste, palm sugar, and salt
3. Add the sliced red chili, (ginger and turmeric) and mix well
4. Squeeze Lemo lime on top, and pour the coconut oil

## **Octopus Sate :**

1. Clean the octopus meat
  2. Boil water, add sliced turmeric, Salam leaf, and salt.
  3. Put in the octopus and simmer for 1,5 hours. When the octopus is tender, soak it in cold water
  4. Dice the octopus meat, and marinate them for 30 minutes
  5. Stab the octopus meat on the skewers and grill them
  6. Serve Sate Gurita with the Yellow spices, and ketipat (optional).
- Sate Gurita is served with bumbu santan, and ketupat.

# Lawar Gurita

(Spiced Octopus with Coconut)





# Storytelling

Lawar, usually made of pork or chicken meat, is everyone's favorite in Bali. It can be found at the roadside food stalls, served as a main dish or appetizer. But in coastal areas like Kedonganan and Jimbaran, people use Gurita (octopus) instead. Lawar Gurita may be prepared in different versions and presentations. Its wonderful taste and flavor are worth trying.



# Ingredients

400 gr	octopus
40 gr	turmeric, smashed
5 gr	coriander seeds, crushed finely
120 gr	base genep (see recipe)
12 gr	wewangen (see recipe )
60 gr	base kele (see recipe )
15 gr	hot chili, fry a few minutes in little oil with shrimp paste
5 gr	shrimp paste
40 gr	shallot sliced and deep-fried until crispy
30 gr	garlic
200 gr	Grilled coconut, shredded
2 gr	pepper, crushed
1 pcs	lemo lime, halves
10 gr	salt
150 ml	cooking oil to fry garlic, shallot, and chili

# Cooking Method

1. Clean and boil the octopus with 40-gram turmeric and 10-gram salt in medium heat for 1 hour, then drain
2. Shred the octopus into small pieces
3. Combine all the spices and squeeze in lemo lime
4. Mix well with coconut and octopus
5. Season with salt and pepper
6. Serve at room temperature.

# Roroban Don Tuwi Kedonganan

(Turi Leaves in Coconut Broth)





# Storytelling

Roroban [rɔrɔban] is the remaining liquid after making traditional coconut oil. This coconut broth is good for boiling vegetables, especially Turi leaves (*Lolium venturi*). It is better served as an accompaniment of grilled/fried meat or seafood with steamed rice. Until now, Roroban is still a favorite of the Balinese family.



# Ingredients

200 gr Turi leaves, take out of the ribs, blanched and squeezed  
1200 ml Roroban (One whole coconut produces 200 ml roroban)  
100 gr Base Genep (see recipe)  
2 pcs Kemangi (Balinese basil leaves)  
10 gr Salt



# Cooking Method

1. Sauté Base Genep in saucepan until fragrant
2. Pour the Roroban and bring to a boil
3. Add Turi leaves and simmer for 15 minutes
4. Serve in a bowl with its liquid

## Tips:

Turi leaves can be substituted with Moringa leaves or spinach/water spinach.

Use thin coconut milk as a substitute for Roroban.



**Be Pasih Metambus**  
ala Kedonganan



# Storytelling

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Be pasih metambus [be.pasih.metambus] or the Grilled Fish in Spices, is usually prepared after the fishermen return from the sea with their daily fresh catch. Some are sold in the market and the rest are also cooked for their family. Be Pasih Metambus is traditionally served hot with ketipat (diamond-shaped rice cake) and vegetables. This seafood dish is available along the beachside food stalls in Kedonganan.



## Ingredients

40 ml  
600 gr (4 pcs)  
160 gr  
200 gr  
40 gr  
1 pc  
10 gr  
5 pcs  
2 pcs  
250 ml  
8 gr  
2 gr

vegetable oil  
tuna mackerel, clean and cut round through the bones  
Base Genep (See Recipe)  
red tomato, skinless and cut in chunks  
palm sugar, grated coarsely  
lemongrass smashed  
tamarind juice  
don Jerang Alit  
Salam leaves  
water  
salt  
pepper



# Cooking Method

## Method

Marinate the fish steak with little spices, then grill to perfection

Sauté the rest of the spices and tomato in oil

Add lemongrass, Don Jerang Alit, Salam leaves and palm sugar, cook for 10 minutes

Add grilled fish and moisten with water

Simmer (cook in low heat) for another 10 minutes and check the seasoning

Serves: 4

## Tips:

Tuna can be substituted with other kinds of fish

Don Jerang Alit can be substituted with young tamarind leaves



# Bulung Kuah Pindang

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(Seaweed salad with Balinese fish stock)



# Storytelling

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This seaweed salad is a favorite for both locals and tourists on Serangan island. The seaweed (*Kappaphycus Alvarezii*) is clinically proven to contain anti-oxidant and anti-aging extract. Uniquely, the seaweed is of two colors: the green is obtained from soaking in limewater, while the white one appears after the seaweed goes through the drying process. The seaweed is only briefly boiled, then doused with savory Kuah Pindang (fish stock), and sprinkled with soybeans or crackers on top.





# Ingredients

150 gr	Buluh rambut (green and white seaweed)
50 gr	Coconut, half-burnt
200 gr	Fish head or fishbone
3 gr	Shrimp paste
5 gr	Red hot chili
2 gr	Salam leaves
5 gr	Galangal
500 ml	Water
to taste	Salt
100 gr	Fried peanuts



# Cooking Method

1. Boil Seaweed separately, until cooked
2. Put fish head into boiling water, add Salam leaf and salt. Simmer for 15 minutes, then strain
3. Grate coconut and galangal, then mix with seaweed
4. Grind shrimp paste, and red hot chili. Evenly mix with the seaweed
5. Put the seaweed on a plate, flush with fish stock. Sprinkle fried peanuts and klejat on top

## Tips:

1. The green seaweed needs a longer time for boiling due to its texture, which is harder than the white one.
2. Klejat can be substituted by fried soybeans or any crispy crackers.



# Serapah Babi

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# Storytelling

Serapah was initially used as offering in religious ceremonies, together with Lawar, Babi Guling, and Betutu. It is made of pork meat and inner organs, and simmered in thick coconut milk.



# Ingredients

50 gr Pig liver  
50 gr Pig lungs  
50 gr Pork belly  
50 gr Pork meat

200 gr Shallot  
150 gr Garlic  
100 gr Red hot chili  
5 gr Shrimp paste  
5 gr Tabia bun (dried long pepper)  
50 gr Candlenut  
200 gr Galangal  
50 gr Ginger  
100 gr Turmeric  
5 gr Jangu  
30 gr Aromatic ginger  
5 gr Black pepper  
5 gr Coriander seed  
0.1 gr Nutmeg

500 ml Palm sugar  
200 ml Cooking oil

500 ml Thick coconut milk  
3 gr Salam leaf  
5 gr Lemo lime





# Cooking Method

1. Thinly slice the boiled pork meat
2. Chop all ingredients, then half fried
3. Heat coconut milk, add the chopped spices, and simmer until thickened for 5 minutes.
4. Thinly sliced shallots, garlic and chilies, then fry separately until crispy (this is for the base genep)
5. Mix all the ingredients together (meat, base genep, and penyangluh)
6. Squeeze the Lemo lime on top
7. Serapah is ready to serve.

## Tips:

1. This recipe is for 1 portion (200 grams) of Serapah.
2. Serapah is only durable for 2 hours. To make it last longer, it can be pan-fried for a while before serving.

# Cokok Serangan

*(Steamed fish rolled in banana leaf)*



# Storytelling



Similar to Pésan (or Pepes in Indonesian), Cokok is also wrapped in banana leaf. It is made from raw fish of any kind, but white snapper is highly recommended.





# Ingredients

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200 gr	Fillet of white Snapper, cut into small pieces
100 gr	Shallot
50 gr	Garlic
50 gr	Red hot chili
60 gr	Turmeric
5 gr	Aromatic ginger
100 gr	Galangal
40 gr	Ginger
10 gr	Candlenut
5 gr	Shrimp paste
10 gr	Black pepper
10 gr	Coriander seed
5 gr	Tabia bun (dried chili pepper)
5 gr	Jangu
100 gr	Tomato
20 gr	Palm sugar (optional)
60 ml	Cooking oil
3 gr	Salam leaf
150 gr	Banana leaf

# Cooking Method

1. Cut the fish into small pieces
2. Chop all ingredients, except Salam leaf, banana leaf, and oil
3. Stir-fry the chopped spices, add Salam leaf, and stir until fragrant
4. Mix the spices and the fish together, season with salt and palm sugar
5. Wrap the mixture in banana leaves, and steam for about 30 minutes
6. Remove the Cokok from the steamer, and serve

## Tips:

1. Those who prefer a sweet taste may add palm sugar.
2. To get the sour taste, tomato can be substituted with tamarind, Cemcem leaves (latin: *Spondias pinata*), or belimbing buluh (latin: *Averrhoa bilimbi*)



# Mengguh



# Storytelling

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Mengguh [məŋguh] is rice porridge with fish stock, usually served when there is a family member deceased. In Balinese tradition, each funeral or cremation (Ngaben) requires the village members to work together to help the family organizing the whole process of the ceremony, which lasts for several days and nights. There, Mengguh is prepared for the villagers who come and help at the funeral home. The name 'Mengguh' relates to the word munggah (in Balinese language means 'going up'), in the hope for the soul to attain the higher world.

# Ingredients

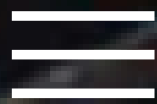
15 gr Ginger  
 15 gr Aromatic ginger  
 15 gr Turmeric  
 100 gr Shallots  
 50 gr Garlic  
 5 gr Galangal  
 6 pcs Red hot chili  
 1 piece Red chili  
 1 piece Lemongrass  
 2 pcs Salam leaves  
 1 piece Balinese Lemo  
 300 gr Mackerel  
 Shrimp paste  
 Wangenan  
 Petis (Prawn paste)  
 1 piece Lime leaf  
 - Peanuts for topping  
 - Salt

## Vegetables:

50 gr beansprout  
 50 gr water spinach  
 50 gr green beans  
 50 gr Kara beans (*Canavalia ensiformis*)  
 50 gr corns

## Ingredients for the Porridge:

100 gr Rice  
 50 gr Cassava, dice  
 50 gr Chicken meat



# Cooking Method

1. Grind all the spices until smooth, set aside
2. Boil fish for 5 minutes
3. Grind the boiled fish together with the spices
4. Soak rice for 10-15 minutes
5. Boil water, then put in the rice, kara beans, peanuts, diced cassava, and the spices, mix well
6. After 20 minutes, add diced long beans
7. Put the porridge in a bowl, top with urab, fried peanuts, and fried onions
8. Mengguh is ready to serve



# Belayag

*(Grilled and Braised Fish in Spices)*

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# Storytelling

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Blayag [blayag] is one of the most popular authentic dishes from North Bali. It is usually prepared for religious offerings, especially on Tumpek Uye (the day for animals, and live stocks), and at weddings. Blayag is rice-packed in a rectangle-shaped coconut leaf pouch. The young coconut leaves (called Busung in Balinese) are preferred as they are easier to fold. Similar to Ketupat, the Javanese diamond-shaped rice cake, Blayag is served with egg, shredded chicken, bean sprouts, chili sauce, doused with gravy, and sprinkled with fried peanuts. The taste varies from savory, somewhat sweet, and spicy. The Blayag itself is high in carbohydrates; the chicken and the peanuts are rich in protein and fat; while the vegetables contain vitamins and minerals<sup>1</sup>. These ingredients make Blayag a highly nutritious main course

(REFERENCE, TARUH SBG FOOTNOTE)  
1Trisdayanti, Ni Putu Eka. Blayag: Calliner Local Bali Processing Process, Culture, and Nutrition. International Journal of Multidisciplinary Educational Research Vol. 7 Issue 8(2), 2018.



# Ingredients

100 gr Rice  
1 tsp Lime betel powder  
50 gr Chicken meat  
50 gr Chicken feet  
250 gr Coconut (Roasted, and grated)  
250 ml Coconut milk  
50 gr Rice flour  
(optional, for thickening the broth)

## Urap (Vegetables)

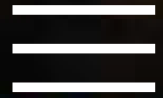
50 gr Green beans  
50 gr Bean sprout  
50 gr Fried peanuts

15 pcs Janur (Coconut leaf)  
20 pcs Semat

6 pcs  
1 pc  
15 gr  
15 gr  
15 gr  
100 gr  
50 gr  
100 ml  
2 pcs  
15 gr  
1 pc  
2 pcs  
-  
-  
-  
-  
-

Red Hot chili  
Red chili  
ginger  
Turmeric  
Aromatic Ginger  
Shallot  
Garlic  
Coconut milk  
Candle nut  
Galangal  
lemongrass  
dried Salam leaf  
Fried shallot (for topping)  
White pepper powder  
Salt  
Shrimp paste  
Wangenan

# Cooking Method



## How to make Blayag:

1. Mix lime betel powder in water then soak the rice in. The lime betel powder is to make the smooth texture of the blayag
2. After soaking for about 15-20 minutes, put in the rice into the oval-shaped busung pouch
3. Boil the blayag for 3 hours
4. Remove and drain the blayag

## How to make Blayag Gravy:

1. Boil the chicken breast and chicken feet until tender, to produce chicken stock
2. After cooked, shred the chicken meat
3. Grind all the spices to make basa nyatnyat
4. Put in the ground spices together with Salam leaves, lemongrass, shredded chicken meat into the chicken stock
5. Add coconut milk, grated coconut, and simmer for ten minutes
6. Add rice flour to make the gravy thicker

## How to make Urab (Vegetables for Blayag):

1. Boil the water and add all vegetables. Boil them for five minutes
2. Remove and drain the vegetables, and cut into dice
3. Grind Garlic, Chili, Aromatic ginger, and salt
4. Roast the ground spices until fragrant, then add grated coconut
4. Put in the vegetables and stir well

## Tips for Plating:

1. Arrange the diced Blayag on the plate
2. Pour the gravy and top it with Urab
3. Add fried peanuts
4. Blayag is ready to serve

# Jaja Lempog

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# Storytelling

Jaja lempog [ja.jə.ləmpɔŋ] is a traditional cake from Buleleng regency. Similar to Getuk [gʰətuk], a Javanese snack, this cassava dish may be served as a sweet indulgence.





# Ingredients

2 kg	Cassava
2 pcs	Pandan leaves
1.5 kg	Palm sugar
250 gr	Coconut
2 tsp	Salt



# Cooking Method

1. Peel and clean white cassava, cut into cubes
2. Heat the steamer and put in pandan leaves
3. Arrange cassava on pandan leaves, steam until cooked and tender
4. Take the cassava out from the steamer, pound it until smooth
5. Melt palm sugar
6. Pour the melted sugar into the pounded cassava, and mix well
7. Press the dough on banana leaf, until the surface is flat
8. Let it cool, then portion it to your taste
9. Finally, sprinkle grated coconut on top

# Lawar Klungah

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# Storytelling

Lawar Klungah is a typical side dish of Jembrana regency, which is always presented during religious ceremonies or special occasions. As the name implies, the main ingredient of this Lawar is Klungah, young coconut with no flesh. The part of Klungah that will be used is the inner shell which is still flexible. Alternatively, Lawar Klungah may be combined with any meat of choice.



# Ingredients

10 pcs Klungah (young coconut)

## LAWAR spices

180 gr	shallot
150 gr	garlic
20 gr	red chili
10 gr	red hot chili (optional, to taste)
5 pcs	lemon grass
70 gr	turmeric
50 gr	galangal
20 gr	aromatic ginger
20 gr	ginger
5 gr	ground pepper
5 gr	salt
2 pcs	Salam leaf

## Additional ingredients

80 gr	shallot
30 gr	garlic
10 gr	red hot chili
5 pcs	Lemo lime leaf





# Cooking Method

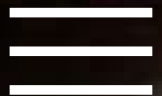
1. Split the Klungah into 8 parts, then take the inner shell using a spoon
2. Boil the Klungah in the coconut water (to avoid the boiled Klungah turn black) for 2 hours. After the Klungah is cooked and tender, take out and drain.
3. Slice the Klungah as thinly as possible, then squeeze it to reduce the water
4. Grind all the Lawar spices until smooth, except the Salam leaf
5. Stir-fry the spices. Add Salam leaf, cook for about 20 minutes
6. Thinly slice all the additional ingredients. Fry until completely dry and crispy
7. Evenly mix all ingredients (sliced Klungah, spices and additional ingredients)



# Bedetan Kocing

# Storytelling

Lawar Klungah is a typical side dish of Jembrana regency, which is always presented during religious ceremonies or special occasions. As the name implies, the main ingredient of this Lawar is Klungah, young coconut with no flesh. The part of Klungah that will be used is the inner shell which is still flexible. Alternatively, Lawar Klungah may be combined with any meat of choice.



# Ingredients

500 gram	Sardinella Lemuru
20 gram	Ginger
10 gram	Turmeric
10 gram	Coriander seed
15 gram	palm sugar
5 gram	salt
20 gr	tamarind (to improve the taste)
50 ml	Water





# Cooking Method

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1. Split and fillet the Lemuru fish by removing the gills, stomach, and middle bones. Wash and drain
2. Grind all the spices with a pestle, and add water
3. Coat the fish with the spices one by one until evenly distributed on the inside (the meat part).
4. Dry the fish under the sun for 2 days until the spices are completely absorbed
5. After going through the drying process for 2 days, fry the Bedetan and serve
6. this recipe is for 4 servings of Bedetan Kocing

## Tips:

Alternatively, smoke the fish for two hours before frying

# Jaje Bendu





# Storytelling

Jaja Bendu [jajə.bəndu] is a traditional cake from Jembrana. It looks like rolled crêpe filled with sweet grated coconut (called Unti in Balinese). The presentation seems simple but adds a unique value that displays the uniqueness of Balinese culture. This cake emerged in the midst of West Balinese society starting from the need for a variety of cakes as a form of offering during religious ceremonies. The offering aims to express a sense of devotion and gratitude to God Almighty; thus it must be presented in such a way in various forms, arts, and meanings. Jaja Bendu is processed using natural ingredients that are trusted by the community as a symbol to seek peace in a series of prayers.







# Cooking Method

1. Evenly mix all ingredients (starch, boiled sweet potato, water, and salt) until they become small lumps. Sift the dough to get fine granules
2. Heat the pan (without oil), put in 2 spoons of the dough, and wait 1 minute before removing it from the pan. The dough will be a thin round crêpe. Continue until the dough is used up
3. Put the crêpe on a pile of banana leaf, add a tablespoon of Unti in the middle, then roll up and pin both ends of the banana leaf using toothpicks
4. This recipe is for 70 pieces of Jaja Bendu

# Lindung Metunu Base Sune Bongkot

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# Storytelling

Before tourism developed rapidly in Bali, people often looked for eels in the rice fields and freshly grilled them with very simple spices. Now eels are increasingly difficult to find even though they have been cultivated. This grilled eel dish reminds the Balinese of their pleasant childhood.



# Ingredients

500 gr	eel
20 gr	red hot chili
40 gr	red chili
30 gr	garlic
20 gr	Bongkot (Torch Ginger)
10 gr	ginger, grated
5 gr	shrimp paste
1 piece	Lemo lime, squeezed for the juice
1 piece	lime
10 gr	ground pepper
10 gr	salt
15 gr	Kemangi (Basil) leaves
50 ml	coconut oil



# Cooking Method.

1. Soak the eel in hot water to remove the slime, clean and rinse the entrails
2. Sprinkle with salt and squeezed lime, and grill for 15 minutes
3. Take out the eel from the griller, and shred it to separate the meat from the bones
4. Roast the spices: red hot chili, red chili, garlic, Bongkot, and shrimp paste. Once cooked, grind the red hot chili, red chili (remove the seeds), and garlic, then shred the bongkot. Base Sune Bongkot is ready to use.
5. Mix all ingredients together in a bowl: grilled eel, base sune bongkot, lemo juice, Ke mangi leaves, grated ginger, shrimp paste, salt, pepper, and coconut oil



# Entil Sanda Pupuan

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# Storytelling

Entil is a rectangular-shaped rice cake, similar to the Javanese Lontong. The basic difference between Entil and lontong can be seen from the packaging. Lontong is generally wrapped in banana leaves, while Entil is wrapped in Telen-gidi (or Kalingidi) leaves. The leaves look similar to turmeric leaves, only not flavourful.

Historically, Entil is prepared during the Ulihan ceremony (the day after Kuningan) in Sanda village, Pupuan. The community believes that Entil is served as an offering to God, as well as a gift to Sang Pitara or ancestral spirits when returning to Nirvana. Ulihan refers to the word “returning”, thus the people is expected to return to a peaceful inner condition just like during Galungan day and continue to maintain it by directing their minds to positive things.

Seeing Entil as a food that is rich in philosophy, the government of Tabanan Regency encourages the local community to develop Entil’s potentials as one of Pupuan’s culinary tourism products by promoting its creation at events such as exhibitions and culinary festivals. Evidently, Entil is now a special food that is in great demand by the public, especially by tourists who deliberately come to Pupuan just to taste Entil.

Entil was initially served with Urutan (Balinese sausage), smoked bacon, crackers, and yam leaves. Today, Entil is served with gravy, boiled eggs, sweet potato vegetables, peanuts, roasted-grated coconut, shredded chicken, and crunchy taro chips as a bonus. There is a myth that during the process of wrapping and tying, the Entil may not touch one’s belly. It is believed that the Entil will not be cooked properly. Is it true or just a myth? It is for you to decide.





# Ingredients

## Ingredients (Entil 20 pcs)

400 gr	rice
100 gr	brown rice
20 pcs	Telengidi leaf
20 pcs	bamboo string

## Ingredients for 200 gram Yellow spices:

50 gr	garlic
100 gr	shallots
50 gr	turmeric
30 gr	aromatic ginger
10 gr	coriander seed
30 gr	lemongrass
2 pcs	Balinese lemo leaf
100 ml	Coconut oil
Salt and pepper (to taste)	

## Ingredients for yellow broth:

200 gr	yellow spices
1000 ml	chicken stock
120 ml	coconut milk
Salt and pepper (to taste)	

## Compliment:

3 pcs	Pindang egg
5 tbs	Roasted grated coconut
5 tbs	Fried peanuts
10 pcs	Crispy taro crackers
250 gr	Shredded chicken
250 gr	Urap vegetable
Sambal sera tabia (optional)	



# Cooking Method



## How to make Entil:

1. Soak rice (white and brown rice) together for 2 hours
2. Wrap the rice with Telengidi leaves, tie it with a bamboo string. Boil for 4 hours on medium heat.
3. Lift and drain. Let it cool.

## How to make Yellow spice:

1. Blend all ingredients, except lemo leaves and lemongrass
2. Sauté the blended spices in coconut oil, put in lemo leaves and lemongrass, add salt and pepper
3. Add water, simmer until thick and become a paste. The yellow spice is ready to use.

## How to make yellow broth

1. Boil chicken stock, put in the yellow spice, season with salt and pepper. Simmer for 15 minutes.
2. Add coconut milk, and stir well.

\*Taluh Mepindang is cooked by boiling whole eggs with guava leaves, shallot skin and garlic skin, until they turn a deep, dark brown color. Then, the eggs are cooked again in aromatic Balinese spices.

## Tips for serving Entil Sanda Pupuan (optionally adjusted to any taste):

1. Unwrap and arrange 4 pieces of Entil in a bowl.
2. Add urap Vegetables, shredded chicken, and Taluh Mepindang. Then pour the yellow broth
3. Add roasted grated coconut, and fried peanuts. Top with sambal emba, and crispy taro crackers

# Be Genyol

(Pork Belly Simmered in Base Genep)

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# Storytelling

Be Genyol [be.gəŋɔl] refers to the springy texture of the pork belly. Besides Be Guling and Lawar, this porky dish must be present on the family dining table during Galungan day.

# Ingredients

1 kg Pork belly  
15 gr Salam leaf  
75 ml coconut oil

**Base Cenic**  
125 gr shallot  
75 gr garlic  
25 gr red hot chili  
50 gr red chili  
100 gr galangal  
50 gr ginger  
75 gr turmeric  
25 gr aromatic ginger  
75 gr lemongrass  
15 gr shrimp paste  
5 gr palm sugar  
10 gr salt

**Wewangen**  
20 gr coriander seeds  
50 gr candlenut  
10 gr nutmeg  
20 gr white pepper  
15 gr black pepper  
15 gr tabia bun (Balinese long pepper)  
5 gr clove

# Cooking Method

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1. Boil pork belly for 10 minutes to remove the blood. Lift, wash, and drain.
2. Finely chop the spices of Base Cenik and Wewangen, grind until smooth. (the mixture of base cenik and wewangen is called Base Gede in Balinese)
3. Heat the coconut oil, then put in the ground Base Gede. Sauté until fragrant.
4. Put the sautéed Basa Gede into a pan, filled with water, put in the pork belly, and add Salam leaf. Simmer for three hours until the water recedes.



