

Balinese Cooking Class

be a chef of Balinese cuisine



BALINESE COOKING CLASS



Discover the flavors and spices from our magical island of gods. During the class you will be guided through the many flavors and secret of BALI, at the same time you will learn to appreciate the spirituality of Balinese cuisine. Class members will participate in the preparation of a dishes. After the program is completed, you can enjoy the dish that you have created.

Our Balinese cooking class is ideal for enthusiastic food lover, who like to develop new cooking skill, or simply for fun, and want to bring home more than raw photos from this magical island. Let's enjoy the food adventure and be a chef of Balinese Cuisine.



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GERANG ASEM

Clear Balinese Seafood Soup



Ingredients :

• Snapper fish	200 gr
• Yellow paste	100 gr
• Potato	100 gr
• Tomato	50 gr
• Celery	20 gr
• Limo leave	10 gr
• Fish stock	200 ml
• Fried onion	10 pcs
• Salt	½ tea spoon

Preparation / Method of Cooking :

- Cut the fish and blended
- Mix with yellow paste, sowing with celery and fried onion and seasoning with salt-paper
- Shape the mixture like a small meat ball
- Sautéed yellow paste, seasoning with salt and paper and poured fish stock in to it slowly
- When the soup was boiled, add fish ball in to the sauce for 5 minutes , then add potato and tomato cube into the soup
- Check the taste and seasoning , the last add celery lime leave and fried onion
- Serve while hot

AYAM PELALAH

Shredded Chicken Spicy Sauce



Ingredients :

- Chicken ½ whole
- Lime juice ½ tea spoon
- Lemon grass 1 pcs
- Salt 1 tea spoon
- Palm sugar 1 tea spoon
- Long bean

Spice :

- Shallot 5 pcs
- Garlic 3 pcs
- Candle nut 3 pcs
- White Ginger 3 cm
- Turmeric 3 cm

Sambal (Grind rude) :

- Red chilli 3 pcs
- Shallot 5 pcs
- Garlic 2 pcs
- Tomato red 1 pcs
- Shrimps pate 1 tea spoon
- Salt ½ tea spoon

Preparation / Method of Cooking :

- Marinade chicken with spices until well blend , keep it for 1 hour to allow the flavor infusing meat
- Grill the marinade chicken until well cooked and fragrant
- Shredded the chicken and mix with red paste, add twist of lime and stir well
- Serve immediately

SATE LILIT BE PASIH

Minced Fish Satay



Ingredients :

- | | |
|--------------------------|-------------|
| • Minced fish | 300 gr |
| • Spice paste of seafood | 50 gr |
| • Fried shallot | 30 gr |
| • Fried garlic | 10 gr |
| • Lemon grass stick | 5 pcs |
| • or Bamboo skewer | |
| • Hot chilli | 3 pcs |
| • Kaffir lime leave | 3 pcs |
| • Limau Bali | 1 pcs |
| • Coconut cream | 3 tea spoon |
| • Palm sugar | 1 tea spoon |
| • Salt & Pepper | |

Preparation / Method of Cooking :

- Mix all ingredient except lemon grass or bamboo skewer
- Mix until very sticky paste
- Take a soup spoon or dinner spoon of the mixture mold until bulbous on lemon grass stick or bamboo skewer
- Grill the satay until golden brown

LAWAR KACANG

Minced Chicken and Long Bean Mix with Balinese Spice and Balinese Paste



Ingredients :

• Greeted coconut	150 gr
• Young jack fruit	100 gr
• Long bean	8 pcs
• Red chilli	3 pcs
• Hot chilli	2 pcs
• Chicken breast	1 pcs
• Salt	½ tea spoon
• Brown sugar	¼ tea spoon

Paste :

• Red onion	6 pcs
• Clove	3 pcs
• Garlic	3 pcs
• Red chilli	3 pcs
• White ginger	3 pcs
• Candle nut	2 pcs
• Shrimps paste	½ tea spoon
• Turmeric	1 cm

Preparation / Method of Cooking :

- Boiled chicken breast in yellow paste water, with salt & pepper, shredded the chicken
- Sauted the red paste, fried chopped chilli, prepare red paste and fried hot chilli beside the shredded chicken
- Mix long bean and young jack fruit, coconut grated, lime juice, salt, brown sugar, stir seasoning, and chicken shredded serve with fried shallot and kaffir lime
- Cut the long bean about 0,5cm chopped well steam young jack fruit, prepare coconut greeted, lime twist, salt & pepper, slice coconut, palm sugar, shredded chicken and stir it well
- Serve with fried shallot and kaffir lime leave on top

DADAR GULUNG

Fragrant Grated Coconut Palm Sugar Sauce wrapped with Glutinous Rice Crepe



Ingredients :

Layered / Sheet

- Wheat flour / Stamp 250 gr
- Coconut milk 300 ml
- Pandan extract 60 ml
- Triangle blue stack 1 tea spoon
- Pandan paste ½ tea spoon
- Salt ½ tea spoon

Filling

- Coconut 300 gr
- Brown sugar 100 gr
- Water 30 ml
- Pandan cut in small pcs 1 Sheet
- Sugar 3 tea spoon
- Salt ½ tea spoon

Preparation / Method of Cooking :

Sheet

- Skin Mix Four wheat , egg paste pandan and salt stir well
- Pour coconut milk, extract pandan while continue stir , strain
- Heat pan nonstick flat which has been oiled
- Pour mixture and make thin sheet to ripe

Filling

- Mix coconut grated palm sugar sand and pandan leave , stir well
- Ripe in on pot texture coconut rather dried , remove and let cool
- Take single sheet and put single spoon dadar gulung filling
- Folding the skin then roll, ready to serve



Dong Oman
— *Balinese Cuisine* —

Buddha's Kitchen
Asian Taste

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