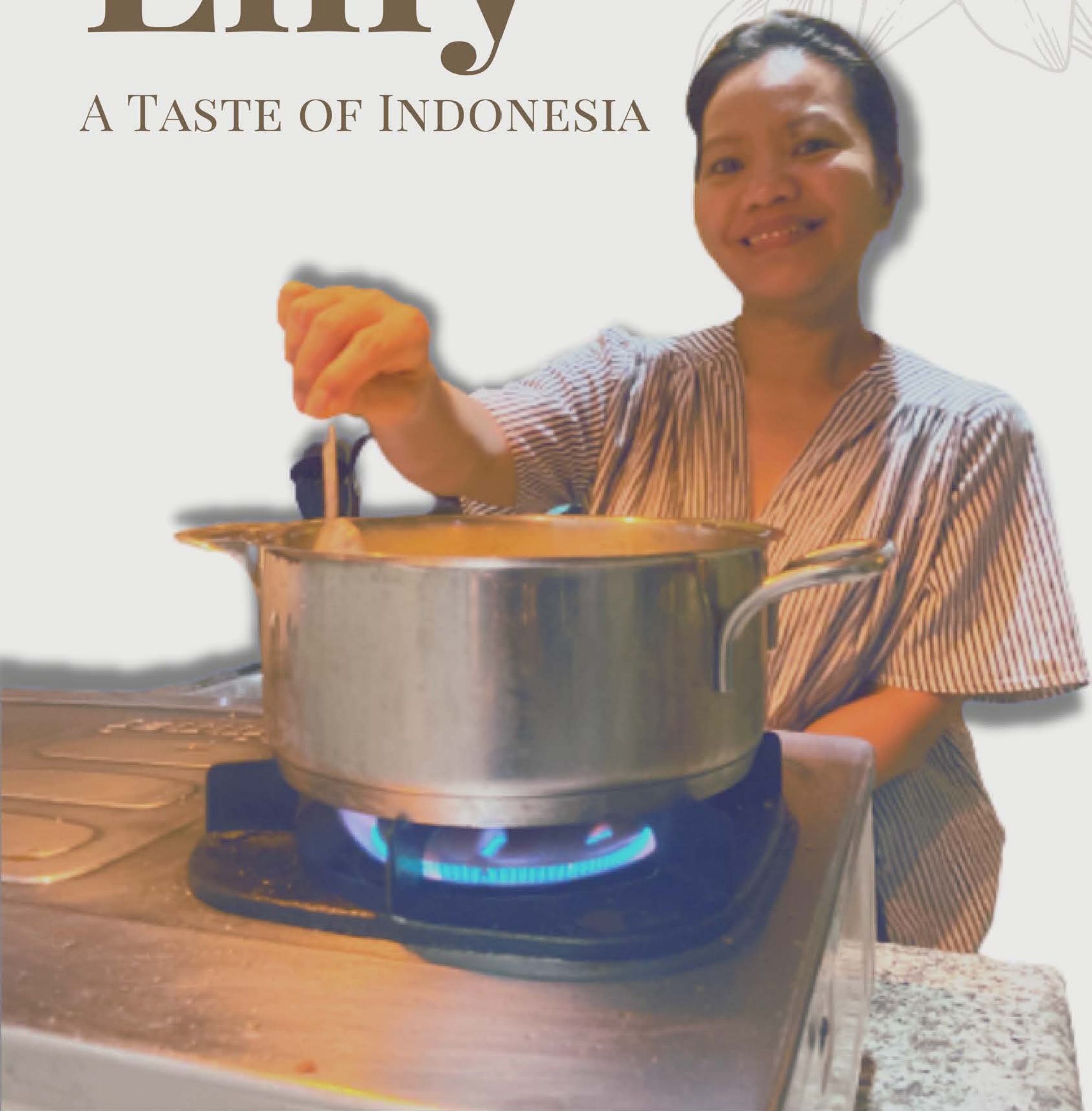


Cooking With Lilly

A TASTE OF INDONESIA



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During my time in Jakarta, I wanted to commemorate some of the best moments I experienced as a CAPI intern- bonding over food. Lilly has shown us nothing but generosity, friendship, and delicious food. I wanted to create something to show my friends back home my experience and give Lilly a compilation of her favourite dishes she enjoys cooking. Shortly after my time in Jakarta ended, I gave Lilly a copy of this "cookbook" I had made for her.

ABOUT THIS PROJECT

INTRODUCING LILLY



Meet Lilly! A beautiful woman both inside and out. Within our first week in Jakarta, Lilly welcomed us to our building with an abundance of Indonesian food. She quickly became a part of our little "Indo-family."

Throughout our internship, we have spent time enjoying tea on the balcony, sitting together enjoying meals, celebrating holidays, and going out to try new restaurants together.

A Message from Lilly

"Indonesia is known for having many tribes, languages, natural resources, spices, and flavourful dishes. One of the reasons Indonesia was colonized by several countries is because we have an abundance of spices. We love to cook and try to eat different kinds of food.

Cooking and serving food is our service to guests who come to visit our home or visit our country and is a cultural tradition where I am from- Tanah Toraja in South Sulawesi.

When we visit someone's house, we must greet the host by saying "Mannasu mo raka?" meaning, "have you cooked?" Then, the host will invite his/her guests to come in and eat. Likewise, I offered Keiran and her friend Haley my cooking. I was also able to show them how Indonesian dishes are traditionally prepared, like spice grinding. I also laughed watching Keiran mash a lot of cassava in the traditional way.

It was so fun cooking and baking with Keiran. We also spent time together in the afternoon making many traditional Indonesian herbal drinks for tea time and ate cassava cake! I hope you enjoy my traditional recipes to share in your home!"

-Liliani Kadang

BASIC INDONESIAN FOOD PHRASES

"Nasi" (Rice)

"Goreng"
(Fried)

"Daun pisang"
(Banana Leaf)



"Ayam"
(chicken)

"Kopi"
(coffee)

"Roti"
(bread)

Additional
phrases

TEMPEH

Made from packed and fermented soybeans, Indonesians have found dozens of ways to prepare tempeh.



BUNGA TELANG TEA WITH TEMPE MENDOAN

Tempeh Mendoan

Tempeh

100% soybean tempeh
1/2 cup all-purpose flour
1/4 cup rice flour
3/4 cup water
2-3 grated garlic cloves
4-5 stalks chopped green onions
1 tsp coriander
1/2 tsp white pepper
1/2 tsp salt
1 shallot finely chopped
1 egg
frying oil

Chilli Sauce

5 tbsp sweet soy sauce (kecap manis)
chopped red chillies
chopped green onions
2-3 drops of lemon juice
2 shallots (chopped - optional)

Instructions

1. Slice the tempeh block into 12-16 pieces.
2. Mix all of the ingredients into the bowl (except the tempeh to create a pancake-like batter).
3. Heat oil in a pan to shallow fry-tempeh.
4. Dip tempeh slices into the batter and fry in a pan until golden brown.
5. Mix sauce ingredients in a separate bowl and serve alongside the tempeh.



Brenebon Soup with Bakwan Jagung

Soup Ingredients

1 cup soaked red kidney beans
1 lb pork hock
1.5 L water for soup stock
7 cloves garlic (crushed)
1 onion (thinly sliced)
3 large carrots (sliced)
1 c celery leaves
1 tsp white pepper
2 tsp nutmeg
2 tbsp ginger (minced)
2 tsp salt
1 tsp butter
4 green onions (chopped)
crispy fried shallots in coconut oil

Bakwan Ingredients

2 1/2 cups corn
5 shallots (grated)
4 cloves garlic
3 tbsp rice flour
1/2 cup all-purpose flour
2 tsp mushroom broth powder
1 egg
1 tsp salt
1/2 tsp ground white pepper
1 tbsp granulated sugar
2-3 green onions (chopped)
frying oil



Instructions

For the Soup

1. Add pork, water, spices and seasonings to a large pot, and begin to boil.
2. In a separate pan, use butter to saute garlic, ginger, and onions. Once translucent, add to pot.
3. Simmer the soup for 1.5 hours.
4. At the 1 hour mark, add soaked kidney beans, carrots, and celery leaves.
5. Add green onions and fried shallot for garnish.

For the Backwan

1. Mix shallots and garlic, all-purpose flour, rice flour, and seasonings into a bowl and set aside.
2. With a mortar and pestle or food processor mash the corn kernels, slightly.
3. Add the corn kernels and chopped green onions into the spiced flour mixture. If the mix is dry, add water.
4. In a large frying pan, heat oil for shallow frying. Add spoonfuls of the batter into the oil and fry until golden brown.



BOTOK

Botok is a traditional Indonesian dish. Wrapped in a steamed banana leaf, you will find shredded coconut, chillies, and a mixture of veggies and fish inside.



Botok

Ingredients

- 1/2 c firm white tofu (cubed)
- 1/2 c fresh tempeh (cubed)
- 1/3 c small, dried anchovies
- 1/4 c shredded fresh coconut meat
- 4-5 small green chillies (sliced)
- 1-2 tbsp of tamarind juice
- 2-3 bay leaves
- 1 tsp salt
- 2 tsp sugar
- 10-15 banana leaves

Spice Paste

- 3 - 4 red chillies
- 5 shallots (grated)
- 3 cloves garlic (grated)
- 1 tbsp ground ginger
- 1/2 tsp coriander
- 1/2 tsp turmeric (grated)

Instructions

1. Combine spice paste ingredients and fry in a pan with olive oil until fragrant.
2. Add the coconut meat, anchovies, tofu, tempeh, green chillies, tamarind juice, and bay leaves to the spice mix for 3-4 minutes. Remove from heat.
3. Take a large spoon and scoop the mixture into banana leaves.
4. Wrap the leaves into small pyramids, and secure them with a toothpick. Steam with a bamboo steamer, and serve.



Lilly took me to a friend's house to show me how traditional Indonesian food is cooked. This winnowing basket is used to process a variety of starches and plants, most commonly rice.

This is the botok that I tried. It was served with rice, alongside a delicious coconut and tempeh soup.



This soup was one of the spiciest things I tried throughout my time in Indonesia!

NASI GORENG

Nasi goreng (fried rice) is Indonesia's national dish. Sweet soy sauce (kecap manis) makes Indonesia's nasi goreng distinct from the rest.



Nasi Goreng Nanas (Pineapple Fried Rice)

Ingredients

- 3 c rice, cooked
- 1 onion, cut finely
- 1 c pineapple pieces
- 2 tbsp sweet soy sauce
- 1 cup frozen mixed veggies (corn, peas, carrots)
- 4 tbsp oil
- chopped green onion
- fried egg (optional)

Instructions

1. Add oil, onion, and frozen vegetables to the pan.
2. Once cooked, add rice, sweet soy sauce, and pineapple.
3. Cook over medium heat until combined (roughly 5 mins).
4. Garnish with green onion and serve with a fried egg.



Pisang Goreng (Fried Plantains)

Ingredients

5 peeled bananas/plantains cut into thirds

3/4 c of flour

1/4 c rice flour

1 c water

1 tsp salt

1 tsp sugar

frying oil

Nutella or powdered sugar (optional)



Instructions

1. Combine and mix flour, rice flour, water, salt, and sugar into a bowl.
2. Heat frying oil into large pan or pot.
3. Place plantain chunks into batter until fully coated.
4. Drop battered plantains into frying oil until golden brown.
5. Top with nutella or powdered sugar (if preferred).

CASSAVA CAKE

Cassava cake is a traditional Indonesian cake, which is also known as "Timus Cake" in Java. There are two kinds of cassava in Indonesia- one that is white inside, and one that is pink. Pink-fleshed cassava is best for baking because it is softer and tastier. Lilly's cassava cake recipe is from her mother.



Cassava Cake



Ingredients

3 kg grated cassava (fresh)

3/4 c granulated sugar

2/3 c butter (softened)

1/2 kg grated coconut

1 stick of real vanilla

1 tsp salt

3 tbsp melted butter

chocolate spread/coconut flakes (optional)

Instructions

1. Prepare a large steamer that can fit a 10-inch cake pan (springform is best). Grease pan.
 2. Mix all ingredients in a mixing bowl (except melted butter), and then place in a 10-inch pan. Steam on medium heat for roughly 20-25 minutes.
 3. Remove cake from pan and brush with butter.
 4. You can add extra shredded coconut or chocolate spread on top.
- *note** the more traditional methods of this recipe involve replacing the granulated sugar with palm sugar and wrapping the cake in banana leaves.



"YOU HAVE TO TASTE A
CULTURE TO
UNDERSTAND IT."

– DEBORAH CATER





A SPECIAL THANK YOU TO LILLY KADANG
FOR HER GENEROSITY AND EXCITEMENT
TO SHOW ME THE WONDERFUL CULTURE
AND TRADITIONS OF INDONESIA.

