



Easy recipes from Indonesia

by Indonesia OK

Indonesia OK's 15 minute recipes



Talking about the variety of Indonesian food is not half as interesting as tasting it.

To bring you in the right travel mood we present seven easy to prepare recipes to try. We start off with [fried rice or nasi goreng](#) and continue to another popular dish: [bakso](#) or meatball soup. Then we feature [fried noodles](#), [chop suey](#), [semur](#) and [sardines-n-tomato chili](#).

We'll finish with simple and straight forward [oseng-oseng](#), strong Indonesian coffee or [kopi tubruk](#) and with a list of essential [ingredients](#).

More about Indonesian food, eating habits and restaurant culture in our **free** full color eBook **Enjoying Indonesia** (PDF), also available at [Indonesia OK!!](#).



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Nasi Goreng (Fried Rice) á la Indonesia OK!!



Indonesian fried rice is a favorite dish of President Obama, even after more than 40 years. Throughout Indonesia you will find thousands of street side stalls with *nasi goreng* (fried rice). It makes an excellent breakfast, although it can be eaten any time of the day or night. For one serving you will need a soup bowl's full of

boiled white rice.

The basic ingredients are: onions, garlic, sweet soy sauce, chili and strong chicken broth. A good alternative for chicken broth are beef or chicken cubes. According to taste you may add a handful of dried shrimps (*ebi*), or meat, fish, some leek or a combination of all.

Preparation: cut the onions and garlic and stir fry in a wok together with the chili (either chili paste or crushed fresh chili peppers) and the other ingredients. Add the broth. When most of the broth has evaporated, add the rice, stir well and finally add some sweet soy sauce. Serve in a deep plate with a fried egg and fried chicken. Decorate with slices of cucumber, tomato, and some salad leaves.

The best drinks to go with *nasi goreng* are tea or coffee. In summer ice tea is a good option.

Bakso (Meatball Soup)



Another of President Obama's favorite Indonesian dishes!

Meatball soup is just as popular in Indonesia as *nasi goreng*. It is sold from street side stalls, or push carts that make their rounds through the neighborhoods. *Bakso* is sold from late afternoon and throughout the night.

The preparation requires more time than our fried rice recipe. You will like *bakso* just as much as all Indonesians, so let's prepare enough for four servings. We'll start with the meatballs and then continue with the soup.

If you have a well stocked Oriental (Chinese, Indonesian, Thai or Vietnamese) grocery store in your neighborhood, you will find ready-made beef or fish balls there. Otherwise, preparing the meatballs yourself goes as follows.

Blend mash beef or white fish with salt and garlic. To improve the consistency, add cassava or corn flour (after the blending). Add a bit of water as needed. Roll the mixture into balls of not more than 2 cm or 1" diameter. Boil the meat balls until they're done. Throw away the water.

Prepare the soup as follows: make a strong broth from beef marrow. Let it cook until its oil surfaces. Add crushed garlic, pepper, salt and a bit of sugar or *vetsin* (which contains monosodium glutamate). According to the Indonesian way of cooking it's not possible to give exact quantities of the ingredients. It all goes according to personal taste and, most importantly, feeling.

Finally add the beef balls you already prepared and sliced tofu and let it all cook until the beef balls come to the surface. Finish it off with finely cut celery.

You may like to 'beef up' the contents of the soup with boiled noodles. The noodles go into the serving bowl first, followed by the beef or fish balls, tofu and the soup.

Serve with finely cut celery, sweet soy sauce, chili, and fried onions according to each individual's taste.

Mi Goreng (Fried Noodles) á la Indonesia OK!!



Although rice is the staple food in most of Indonesia, noodles are competing seriously to obtain first place. Different brands of instant noodles are very popular and can be found on the family menu several times a week.

It's not difficult to prepare fried noodles, known as *bakmi* (or simply *mi goreng*). Here is a basic recipe that you can experiment with.

Ingredients: egg noodles, red onions, garlic, pepper candle nuts, salt, sweet soy sauce, some shredded chicken and a bit of vegetables, such carrots, podded peas, or leek.

Boil the noodles according to the instructions. Meanwhile clean and finely cut the red onions, garlic, pepper, *kemiri* (two candle nuts will do for four servings) and salt. If you're in a hurry, just put it all in a blender.

With the noodles done and waiting, stir fry the blended condiment mix, chicken and your selection of finely cut vegetables. Add the noodles, stir well and serve steaming hot. Add a fried egg and sprinkle fried onions on top and you're done.

Experiment freely with a combination of vegetables or use pork or shrimp instead of the chicken.

Cap Cay (Chop Suy)



Chop Suy is probably one of the most internationalized dishes. Although Chinese in origin, *Chop Suy* has been known in Indonesia as *Cap Cai* for many generations.

For an easy to prepare and healthy vegetable dish like *Cap Cai* you'll

need some or all of the following veggies: broccoli, cauliflower, carrot, cabbage, mushroom, podded peas, spring onions, baby corn and bamboo shoots.

Also add some chicken filet or sliced *bakso* discussed above. As you see, *Cap Cai* is not a spicy dish.

Start with stir frying the sliced onions in a wok, followed with the garlic. Add pepper, salt (or salty soy sauce) and two table spoons of oyster sauce.

Then add the chicken or *bakso*.

When the chicken is well done quickly fry the vegetables, ensuring that they remain crisp. So, take care not to overcook them. Finally one table spoon of corn starch with a bit of water will allow the sauce to thicken.

Serve with white rice.

Semur



A really easy and quick to prepare dish is *semur*. It is not spicy; chili being served on the side for those who like it hot.

Ingredients most often used are: chicken, tofu (*tahu*) cut in approximately one inch cubes, sliced

fermented bean curd (*tempe*), and rice vermicelli (*so-on*). Vegetarians could substitute the chicken with a product like *shiitake* mushrooms or mock duck, which is based on tofu. It comes in a tin, made in China (both the artificial duck and the tin).

Use a wok to stir fry (either in butter or oil) one sliced onion, garlic according to taste, three or four cloves (*cengkeh*), one inch of cinnamon (*kayu manis*), a pinch of salt, pepper, one third tea spoon full of ground nutmeg (*pala*).

Then add the chicken or the vegetarian substitute and the slices of bean curd and let it all simmer until the chicken meat turns brownish. Add water, three spoonfuls of sweet soy sauce (*kecap manis*) then the cubes of tofu and one cube of chicken broth. Let it simmer more until the chicken is well done. Continue to add water to keep the chicken submerged. Next, dip or rinse rice vermicelli in hot water, then add it to the *semur*. *Semur* is served with steamed white rice.

Sardines-n-Tomato Chili



Like sardines and a bit in a hurry to put a meal on the table? This is the recipe you've been looking for. It will take about 15 minutes to prepare.

Ingredients are ready available anywhere; all you need is a can of

sardines, onions, garlic, fresh tomatoes, some red and green peppers according to taste, spring onions, a bit of sugar and salt, paprika, tofu and some fish stock.

Stir fry sliced onions and garlic, together with the fish stock. Cut the peppers in long slices and add to the fry.

Then add the sliced paprika, tofu, cut in small cubes, and the canned sardines. Don't stir too much or the tofu will get damaged.

Add salt and sugar, then taste and add some more salt or sugar as needed.

Add some water, close the lid and let it simmer for around ten minutes. Lastly, add the tomatoes, cut in four or six and the finely cut spring onions.

Serve with white rice.

Oseng-oseng



Oseng-oseng is one of those 15 minutes recipes you can prepare with different vegetables, with or without meat.

The basic ingredients include onion, garlic, Javanese sugar (*gula Jawa*), chicken powder, fresh chili, galingale (*laos*) and bay leaf (*salam*). Stir fry these.

Then add:

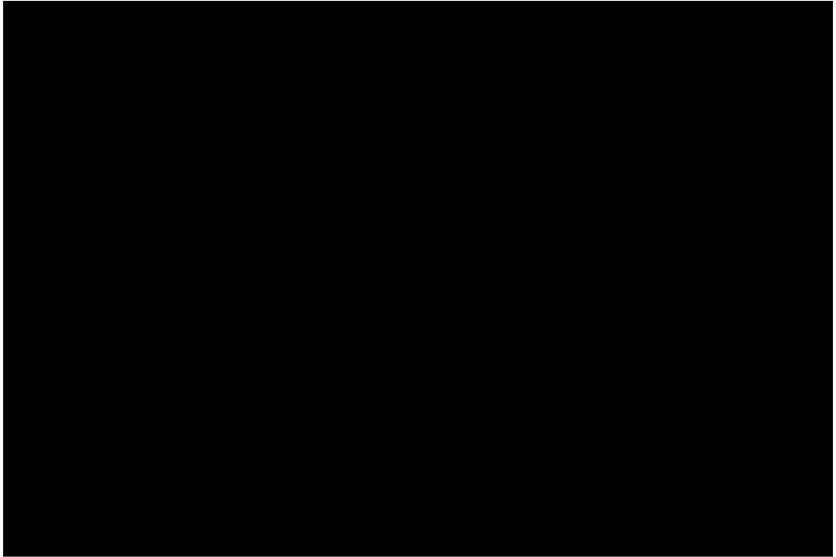
Either string beans, *kailan* (pictured) or other vegetables according to taste, shredded chicken or beef or deep fried tofu cubes (pictured). Cashew nuts will add a special flavor to the dish.

If you use chicken or beef, add the vegetables last. Do not overcook; the vegetables should still have a bite when served.

Serve with white rice.

Rendang

Well, that was easy! So now, taking it a step further, here is a recipe for vegetarian Rendang:



Kopi Tubruk



The Indonesian way of drinking coffee, during any time of the day and with any meal differs a bit from the western way. If you like a strong and sweet coffee, try *kopi tubruk*.

You will need some very finely ground coffee, sugar, hot water and a tall glass, strong enough to withstand the heat.

Put a tablespoon of coffee in the glass. Add sugar according to taste and pour a bit of hot water on, like you would to prepare hot chocolate. Stir carefully and continue to gently add hot water. Cover the glass and leave the drink for a few minutes so that the coffee can slowly settle at the bottom of the glass.

Snacks to complement the coffee include fried banana (*pisang goreng*), fried fermented tofu (*kripik tempe*), steamed bread (*kue mangkok* or *bolu kukus*) or your favorite cakes or cookies.

Useful Utensils

Pestle and mortar (*cobek*), alternatively use an electric grinder

Rice cooker

Wok (*wajan*)

That's all, folks!



Indispensable Ingredients

Bay leaf (*daun salam*)

Candle nut (*kemiri*)

Chicken powder

Chili

Cinnamon (*kayu manis*)

Cloves (*cengkeh*)

Cooking oil (*minyak goreng*)

Dried shrimp (*ebi*)

Fermented shrimp paste (*terasi*)

Fermented soy bean cake (*tempe*)

Fish sauce (*kecap asin*)

Garlic

Galingale (*laos*)

Javanese sugar -from sugarcane (*gula Jawa*)

Lemon grass (*daun pandan*)

Nutmeg (*pala*)

Onions

Oyster sauce

Rice, preferably scented rice (*beras pandan*)

Sweet soy sauce (*kecap manis*)

Tofu (*tahu*)