

## A large, stylized Swastika symbol is formed by a collage of numerous small images of Indian food. The symbol is oriented with its arms pointing towards the top-left, top-right, bottom-left, and bottom-right. The food items include a wide variety of Indian cuisine: sweets like gulab jamun, rasgulla, and jalebi; savory snacks like samosas, pakoras, and fried breads; and various curries and vegetable dishes. The collage is dense and colorful, representing a rich tapestry of Indian culinary diversity.

# Durusang Ngajeng

Authentic Vegetarian Balinese Cuisine

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## **OM Food**

### **Durusang Ngajeng**

#### **- Authentic Vegetarian Balinese Cuisine**

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**OMUNITYBALI**  
Love in Action

# Food Mantra

OM OM OM

Brahmarpanam

Brahma Havir

Brahmagnau

Brahmanaahutam

Brahmaiva Tena Ghantavyam

Brahmakarma Samadhina

Aham Vaishvanaro Bhutvam

Praninaam Dehamaashritaha

Pranapana Samayuktah

Pachaamyannam Chaturvidham

OM SHANTI SHANTI SHANTI



# Foreword

Welcome to OMUnity Bali's Vegetarian Kitchen. We are so happy to share our ancestors' recipes with you today.

We believe that providing the freshest organic ingredients from the farm to the table is important. Making the connection from nature to nourishment is key to honouring the land and its gifts. Each person who is touched by the food from our table gets to experience it.

For many years we have had requests to create a collection of our recipes. We are so happy to spread the seeds of vegetarianism to all parts of the world.

Our greatest wish is that you make these recipes a part of your daily meals.

We have made 53 recipes by knowing that 53 is a curious and creative number. And it has a good business sense. The number presents balance which we believe is important while cooking, eating and living.

Feel free to find substitute ingredients in your local markets. We realise some of ours maybe difficult to find. If you have an Asian market nearby, you may be able to find the original ingredients.

We wish that you have a good nourishing experience by playing in the kitchen with us!

Ohm, Shanti, Shanti, Shanti, Ohm



# Introduction

## OMUnity Bali

OMUnity has been created to welcome visitors from around the world. Zanzan and Putu invite guests from all over the globe to stay with them in Sudaji. Based on the concept of a heart-centered business, OmUnity 's founded vision is on five [C]ommunity principles: Create, Concept, Commit, Consistent, and Client

Simplicity is key to our success:  
Natural clean environment. Fresh air, fresh food, connection to nature, connection to our community. It is our desire that every guest have an authentic Balinese experience. We believe that traditional customs handed down through generations is important to share with our guests. Our daily lives include honouring spirit, family and village.



Creating sustainability in our community and Sudaji is the utmost importance to us. Leading with heart connection, kindness and compassion creates our larger world family.

“Everything you do from the bottom of your heart and everything you really wish for is gonna be fulfilled.”

Ohm, Shanti, Shanti, Shanti, Ohm,

- Zanzan and Putu

## Why this Cookbook?

First of all this book was created because of all the amazing guest at OMunity who requestet some recipes so they would be able to make this delicious food themselves.

The recipes have never been written down but comes from generation to generation by mouth. So it's definately about time.



Since the beginning of OMUnity Bali, our guests have raved about our vegetarian meals. Zanzan's mom was the original culinary artist. She served her traditional family recipes to our guests. To her surprise, our previous guests loved her meals and our kitchen was born. Zanzan's mom has handed the daily duties off to Putu.

Putu has masterfully taken the reigns and provides meals for all our guests now. She has created more guests favourites that are gobbled up quickly. Every dish is made with the special ingredient - - sprinkles of love. She and her staff carefully prepare home made meals for all to enjoy.

Everything is made from scratch with finely chopped ingredients to ensure delight infusion of flavour that hits your pallet. "YUM" is a normal response.

Serving vegetarian meals is important to us. We like to introduce and expose people to new foods. Eating vegetarian creates less harm to the planet and other animals.

After many guests' request for a cookbook, we're happy to deliver a collection of our recipes. These recipes have never been written down before. They've been orally shared from generation to generation. We are delighted to share our recipes as a gift from our home to your home.

Durusang Ngajeng!



## Guest Raving Comments:

"...the food and surroundings are out of this world."

"The vegetarian dinner spread was incredibly delicious (and I'm a carnivore)."

"Putu's food is the best in Bali"

"...the variety of food options will give you an opportunity to sample bites of Balinese cuisine. Vegetarian and non-vegetarian alike."

"I love the meals prepared with love by Zanzan's mom. Everything is vegetarian. The soy "chicken" and "tofu" is extremely meat like. I also loved how we prayed before meals - it was a fabulous experience and it made the meal so much more enjoyable."

"...Ate the best home-cooked food in Bali."

"Being at OMUnity and eating delicious food every day, made me feel so much at home. "

"The food at OMUnity was incredible and made with lots of love. I'm gonna miss it!"

# Balinese Cuisine

The Balinese cuisine is based upon an agrarian lifestyle. Rice is locally grown and the mainstay of our diet. It's not unusual to have a portion of rice for breakfast, lunch and dinner. The cuisine is known for its spicy flavours made from farm fresh ingredients.

In most kitchens, women go to the market in the early morning to grab the ingredients for the day's meals. Morning markets open from 3 a.m. to 8 a.m. Menus are created from the day's finds in the market.

The markets offer fresh vegetables, fruit and spices. Markets are open air and tucked into neighbourhoods that only locals would know.

Rice fields are grown throughout the island. Rice as a crop feeds the local people and economy. Rice fields are the natural backdrop for Sudaji and elsewhere. This is a part of indigenous Bali and the old way of life.



For many in the area, tending the rice fields bring a certain cadence or rhythm to the Balinese lifestyle. You may not feel its impact in big cities such as Denpasar; yet everywhere else where the rice fields are preserved and growing, the fields' influence is felt.

This connection between field, farm and table provides seasonal food that nourishes everyone. This is how sustainability is supported and honoured.

Also, traditional mortar and pestle usage is preferred. Why? Because hand smashing or pounding of spices and herbs bring out the highest quality and taste. And the intention of love while working the stone is our secret ingredient.

In the traditional Balinese cuisine pork and chicken are used in recipes. At OMUnity all of the food is vegetarian. They make traditional dishes with meat substitutes from soy beans such as tofu and tempeh.



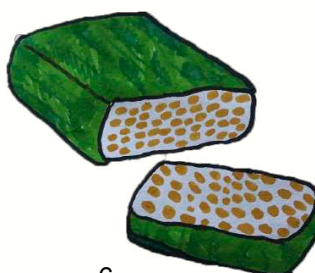
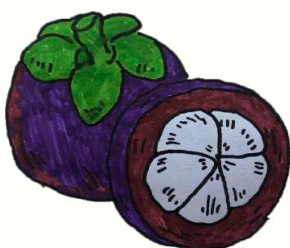
## Vegetarian Food

The ingredient should be as organic as possible, because we need the best for our bodies. If there is poison in the food our body will be poisoned. What you eat is what you are. Let's make something different.

We believe that having the smallest carbon and consumption food print on the planet is best. By eating only what nature provides without the sacrifice of animals, we uphold our spiritual intentions.

As much as possible, we bring organic vegetables and fruits to our kitchen. A wide variety of vegetables and fruits are provided from the jungle and local farms. Consuming organic food sources are the best for the body as there are no pesticides or poison residuals found within the cellular structure or sprayed on top of it. Ingesting non organic food may have these deleterious effects.

In addition, organic vegetables and fruits taste better. Their flavour is more robust and tasty. Next time you're in the store buy organic and non organic. Do side by side taste test and experience the difference!





# Why Eat with Your Hands?

Eating with your hands connects your mind to the food you eat. Your hands are the completion of the circuit to the mind and body that you are feeding you it. This may also help signal the body's natural mechanism to indicate the feeling of being "full". The level of consciousness while eating is also enhanced when the circuit is closed.

According to the Vedas, the hands are the most precious organs of action.

The scriptures tell how every finger is connected to the five elements: space, air, fire, water and earth. When you eat with your fingers these five elements get stimulated and begin to activate the digestive juices to be released.



Furthermore, the nerve ending of the fingers get stimulated when you eat with your hands, which sends signals to the stomach that food is on its way.

Each finger represents different elemental aspects:

**Thumb = space**

**Forefinger = air**

**Middle finger = fire**

**Ring finger = water**

**Little finger = earth**

As you feed yourself with your hands, you are activating the five elements. As you bring food from hands, to your mouth, a level of physical and subtle consciousness is awakened.

Eating with your hands, you get more in touch with your food; you use more of your senses than you do if you eat with a fork or a spoon. You become more conscious of the taste, texture and aromas.

Also, our fingers have good bacteria that can provide digestive benefits. When eating with your fingers, these bacteria get swallowed and digested. Many health benefits for your entire body may occur for your mouth, throat and intestines. Using your hands to eat may make you eat slower which allows your brain and stomach to sync up to feeling full sooner.

Give it a try and see if you feel the difference!



## Good To Know Before You Start Cooking

Many of our recipes have been handed down through oral tradition. Much of our cooking is done by shaking this or that into a recipe because we “see” its the right amount. Note that our measurements are “about the right amount”. We’ve tried to tie our eyeball amounts to the right measurements the best we could.

Please keep in mind that fruits and vegetables comes in different shapes and sizes. So the potato we use may be much bigger than the one you use.

### **Tasting**

One of the most important things to remember when cooking, is to always taste. Taste the food before serving it and add sweet, sour, salt or other to make it just as you prefer.

For example, determining how much chili to use, we believe is a personal preference. In Balinese cuisine they use two types of chili; small or big. The small ones are the strongest and the bigger ones are more mild. For the recipes in this book we will write how many chilis you need and then you can decide for yourself if you want to use small hot or big mild ones.





## Our Recommendation

All of our dishes get's served with rice (except for the dishes that already contain rice). It's common to eat different dishes in one meal. We would recommend that you make 1 to 2 main courses and add 1 to 2 side dishes for the perfect feast. Keep in mind that the measurements in the ingredients list may not be exact as written. Use your judgement if you want to add or subtract to any given spices or ingredients.

Most of the ingredients are bought on the local morning market. We buy fresh whenever possible. For example the ginger, turmeric, galanga, shallots and garlic are always fresh. Some of the ingredients are powdered which we note in ingredients list as so.

Please experiment. Substitute local vegetables if ours are not available. Look at the picture and see if you can find something similar. I'm sure yours will be just as delicious!

## Mushroom flavor

In the cookbook you will see that mushroom flavor is well used as a seasoning. Mushroom flavor is a dried mushroom boullion, so if you can't find it in your local asian market it's possible to replace it with mushroom boullion or a vegetable. If you replace it with boullion have in mind not to add too much water because it has to be very concentrated.



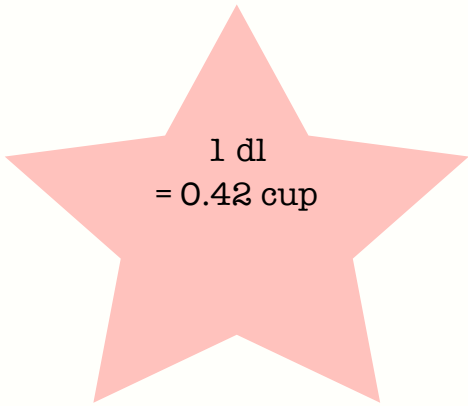
## Conversion Table:

### Liquids, herbs and spices:

1 Cup	250 ml
1 Tablespoon	15 ml
1 Teaspoon	5 ml

### Common Ingredients:

Flour	1 Cup	120 g
Palm Sugar	1 Cup	180 g
Peanuts	1 Cup	150 g
Rice	1 Cup	200 g



1 dl  
= 0.42 cup

## Diet Marks:

In the book we identify the recipe as gluten-free, soy-free, vegan or dairy-free,. The recipes that contains vegetarian meat are made from soybeans in this book. Make sure to look at the packaging to determine if you have any allergies.

Look for these marks on each recipe:



Gluten-free



Soy-free



Dairy-free



Vegan

# Ingredients and Typical Fruits and Vegetables

- The most important ones

## Ginger

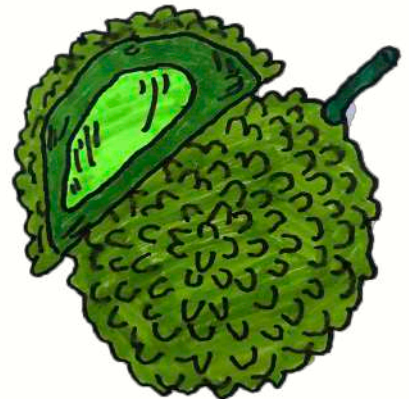
One of the spices you use a lot in the Balinese kitchen is ginger.

Ginger is a root in the Zingiberaceae family and has a lot of health benefits, which is partly due to the natural oil, called gingerol which ginger has a high amount of. Gingerol has antioxidants- and anti-inflammatory effects and therefore ginger is used to reduce nausea, it can treat flu or a cold and has a lot of benefits in case of stomach pain.



## Durian

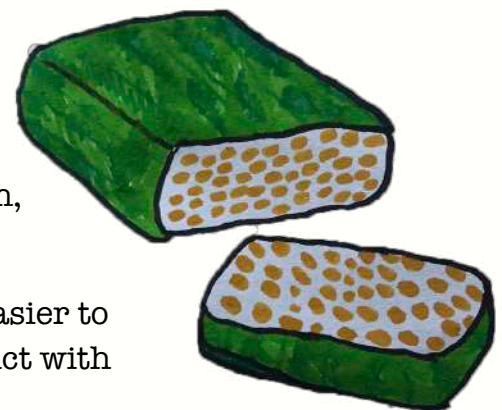
Durian is a fruit native to Indonesia and Malaysia. It has a special divisive smell, either you like it or you do not. The fruit contains high amounts of vitamins and minerals like vitamin C, folic acid, iron and magnesium. It is a meaty fruit and therefore contains dietary fibers, which is good for the digestive system. Due to its high level of fibers, durian can reduce cholesterol levels and constipation among others. Durian can also reduce blood pressure because it is a rich source to potassium.



## Tempeh

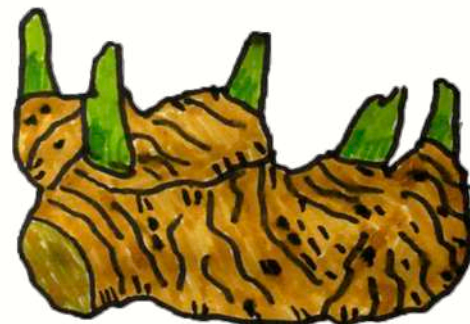
Tempeh is a fermented soy product from Indonesia. It can be used as a vegetarian meat replacement due to its high amount of protein. Tempeh is also a good resource to calcium, magnesium and iron and are low in carbs and sodium.

In tempeh the soybeans are fermented which makes them easier to absorb and digest. The fermentation also provides the product with probiotics, which can help digestive health.



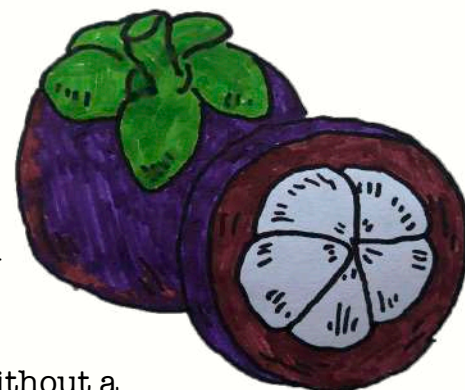
## Galanga

Galanga is a plant in the ginger family, used as an herb in cooking, especially in Indonesian cuisines. Galanga has many medicinal advantages similar to ginger. It is a digestive stimulant and also helps to settle stomach upsets, ease nausea and curb flatulence. You will meet this ingredient a lot in the book as it is a main ingredient in Balinese cuisine and OMunity cuisine as well.



## Mangostan

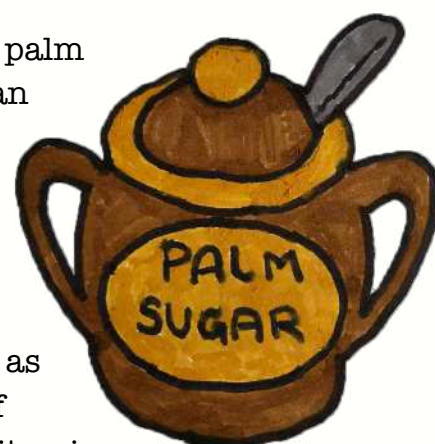
The mangosteen is a round purple fruit where in you eat its white middle. The fruit is juicy and sweet. The fruit have been used to treat skin infections, wounds, urinary tract infections, and gastrointestinal complaints. Also the peel contains xanthonoids, and other phytochemicals with many health benefits. The peel can be used in the when dried.



The fruit is not easy rather impossible to buy in countries without a tropical climate.

## Palm Sugar

Palm sugar is made from the nectar of flowers from different palm tree varieties. While writing this cookbook we visited a woman who showed us how to make it. She basically boil the water for a certain amount of time until it gets thick and then pour it into a half coconut shell and wait until its dry (this happens very fast). This sugar taste caramelized and is not similar to the white industrial sugar. It has a lower glycemic index which mean that you blood sugar will not rise as much as if you eat refined sugar. Besides that the palm sugar is rich of different minerals and vitamins such as kalium, zink, iron, vitamin B- and C.





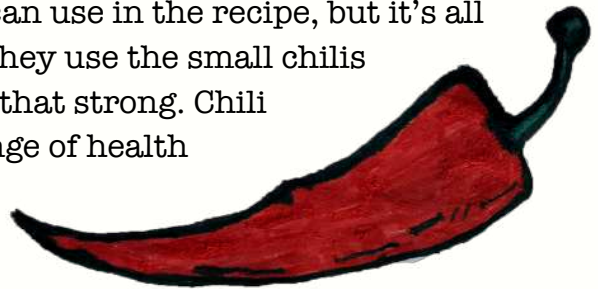
## **Turmeric**

Turmeric is also a part of the ginger family and is commonly used in Asian food. It has a warm, bitter and powerful taste. Turmeric is used as a flavor or to color curry powders and other foods, but also cosmetics. The root is also used for headaches, bronchitis, colds, lung infections, menstrual problems, even cancer and many others.



## **Chili**

We all know chili. It comes in so many different shapes, size and colors. In the book there will be an amount of how many chilis you can use in the recipe, but it's all about how spicy you like your food. In OMunity they use the small chilis to make it extra spicy, while the big chilis aren't that strong. Chili contains a big amount of vitamin C and has a range of health benefits including, aiding digestion, helping to relieve migraines and nerve pain. Chili is also a good source of vitamin A, E and beta-carotene.



## **Palm Oil**

You will meet a lot of fried food in this cookbook and it gets fried in palm oil. The oil is extracted from the fruit of the oil palms. The biggest production of palm oil is in Indonesia. The palm oil is along with coconut oil one of the few highly saturated vegetable fats and semisolid at room temperature which makes it really good for cooking with high temperature.

In OMunity they are really good at reusing the oil to reduce the waste of it.



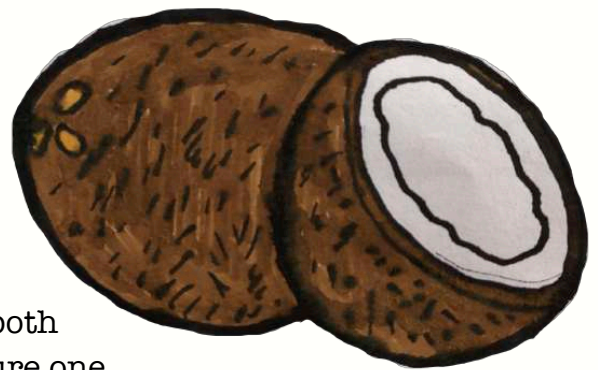
## Candlenut

The candlenut is a big round and fatty nut. In the cooking you will see them being used as a texture enhancer in pastes. They have a slightly bitterness which is helped by cooking or in the addition of a little sugar. If you can't find candlenuts in your market, it's possible to use macadamia nuts or cashews instead.



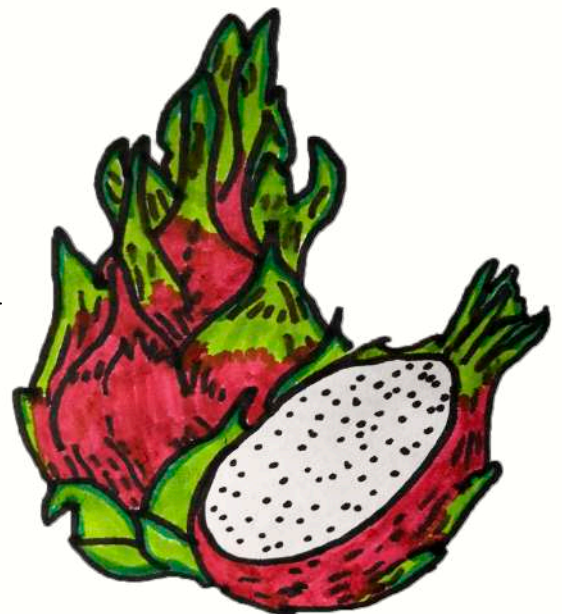
## Coconut

Coconut is very popular in the Balinese cuisines and can be used in so many ways. First you can drink the coconut water which is hydrating for the body and delicious. Then you can use its meat in many different ways. In the book you will see how both the young coconut meat are used and also the mature one.



## Dragonfruit

The dragonfruit is rich in antioxidants, contains vitamin C, carotene and protein. the seeds of the dragon fruits are high in omega-3 and omega-6 fatty acids. The benefits include a boost to immunity, body metabolism, and a smoother digestive process. It's claimed to could help prevent cardiovascular diseases and to improve rate of metabolism in body.





# Pastes



The balinese cuisine is based on using pastes made out from fresh ingredients. The paste is the base to almost every dish.

In the following there are recipes for different kinds of paste. However you will see that the pastes come in different variations and it is up to you to mix the ingredients you like in your paste, so that the paste fits you.

You can always add more chili if you like it more spicy or add more of the other ingredients to your taste.



# Balinese Spice Paste



# Balinese Spice Paste



Makes

300-400 ml

## Ingredients:

150 gm Galanga (chopped)  
25 gm Ginger (chopped)  
50 gm Turmeric (chopped)  
2 chilis (chopped)  
5 cloves of garlic (chopped)  
5 Shallots (chopped)  
2 tsp. cumin powder  
2 tsp. black pepper ground  
2 tsp. coriander powder  
2 tsp. nutmeg powder  
Palm oil, vegetable oil or deep frying oil

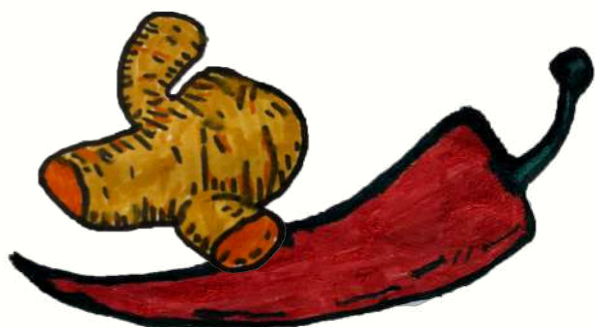
## Directions:

1. Blend all the fresh spices with a good amount of oil until you have a smooth mass.
3. Add cumin powder, black pepper ground, coriander powder and nutmeg powder.
4. Sauté the paste in a frying pan until the aroma of the spices comes out. About 5 minutes. No additional oil needed.
5. Put the paste in an air tight container and keep it in the refrigerator. Max. good for one month.

**Tip!**

**It's spicy!**

So make sure you taste it before using it in your dishes.





# Sambal Undis

- Black Lentil Sambal



# Sambal Undis

- Black Lentil Sambal

V

GF

SF

Makes  
200 ml.

## Ingredients:

2 cloves of garlic  
(chopped)

1 tbsp. of ginger (chopped)

2 chilis (chopped)

1 tsp. salt

1 tbsp. sugar

2 tsp mushroom flavor (see page 10)

2 dl (200ml) fresh lentils (if you  
can't get them fresh, use dry ones as  
a substitute - follow the preperations  
instructions on the back).

## Directions:

1. Use a mortar and a pestle to mash the garlic, ginger, chili, salt, sugar and mushroom flavor. (You can also use a blender or a food processor).
2. Add the uncooked lentils. and mash again.
3. Put the paste in an air tight container and keep it in the refrigerator. Max. good for one

## Fact:

These lentils are  
fresh and not dried  
as the ones you may  
usually buy.





# Serapah Paste

- Sweet and Spicy Paste





# Serapah Paste

- Sweet and Spicy Paste



Makes  
200-300  
ml.

## Ingredients:

1.5 tsp. ginger (chopped)  
10 shallots (chopped)  
3 chilis (chopped)  
1.5 tsp. black pepper ground  
1 tsp. cumin powder  
1 tsp. coriander powder  
1 tsp. nutmeg powder  
3 tbsp. palm sugar powder  
Salt to taste  
Mushroom flavor (see page 10)  
2 bay leaves  
4 tbsp. rice flour

## Directions:

1. Put all the ingredients (except for bay leaves and rice flour) in a blender until smooth.
2. Boil the paste in 100 ml. water and add bay leaves.
3. Bring it to boiling and add rice flour. Boil it until it is thicken.
4. Put the paste in an air tight container and keep it in the refrigerator. Max. good for one month.





# Breakfast





# Ketela Goreng

- Fried Sweet Potatoes with Vanilla Batter



# Ketela Goreng

- Fried Sweet Potatoes with Vanilla Batter



Serves 8

## Ingredients:

### Batter:

1 tsp. vanilla powder

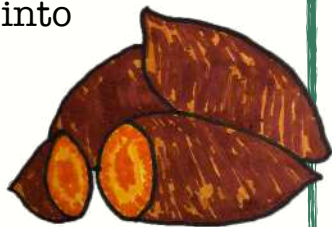
160 gm rice flour

160 gm corn flour

Water

5-6 small sweet potatoes (cut into 6-7 cm long sticks)

Palm oil, vegetable oil or deep frying oil



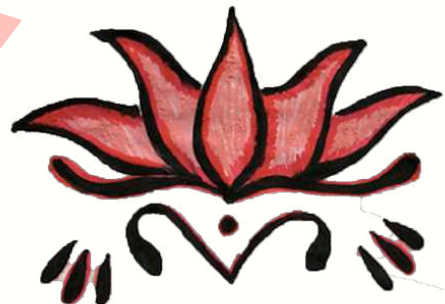
### Tip!

### Dinner Version:

Replace the vanilla powder and add salt instead.

## Directions:

- 1. Batter:** Mix vanilla, rice flour, corn flour together. Add water while stirring until the batter is smooth (should have the consistency as a pancake batter).
- 2.** Put the stick potatoes in the batter and cover the potatoes.
- 3.** Heat the palm oil, take the battered clump of potatoes and deep fry. Fry as many as you can at a time.
- 4.** Deep fry them until golden brown.





# OMUnity Banana Pancakes



# OMUnity Banana Pancakes

GF

SF

## Ingredients:

500 gm rice flour

2 eggs

250 ml milk

50 gm white sugar

1 tbsp. butter

1 tsp. vanilla powder

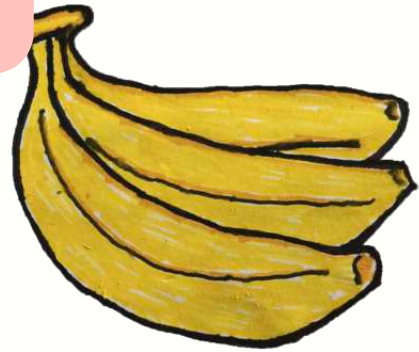
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3 bananas (sliced)

Salt to taste

Makes

12 pancakes



## Directions:

1. Mix all the first ingredients together until you have a smooth batter.
2. Cook the batter on a frying pan and add slices of banana on the top.
3. Fry the pancakes until they are golden. Flip for 5 seconds.
4. Serve with honey, palm sugar or what ever you like on your pancakes.

**Optionally:** you can fry the pancake on both sides, but also just on one





# Selong

- Rice Pancakes



# Selong

- Rice pancakes



Makes  
14 pancakes

## Ingredients:

300 gm rice flour

3 tbsp. cane sugar

Salt to taste



## Directions:

1. Mix the rice flour, sugar and salt. Add water until you have a smooth, not sticky batter.
2. Let the batter set overnight or at least for 8 hours.
3. Next morning add more water until the batter is very liquid.
4. Fry the pancakes in a deep frying pan on one side and put a lid on the top (this make the pancake thick in the middle).
5. They are done when they are golden.
6. Serve with palm sugar or honey!





# Pisang Goreng

- Fried Bananas



# Pisang Goreng

- Fried Bananas



## Ingredients:

150 gm rice flour

150 gm corn flour

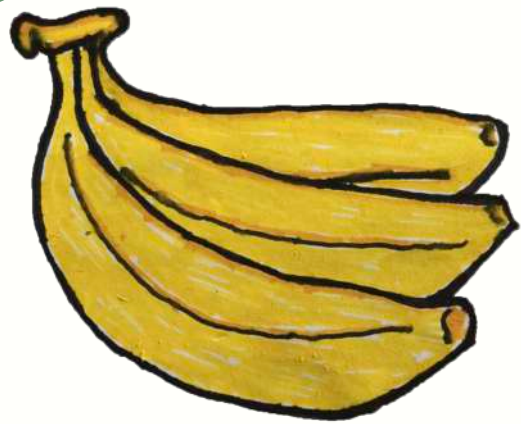
1 tsp. vanilla

7 small or 3 big bananas -  
plantains (cut in half)

Palm sugar for serving

Palm oil, vegetable oil or deep  
frying oil

Serves  
4-6



## Directions:

1. Mix the rice flour, corn flour and vanilla. Add water until it is a sticky batter.
2. Add the bananas to the batter and deep fry them in oil until they are golden brown.
3. Serve with palm sugar on the top.





# Bubur Injin

- Black Sticky Rice Porridge



# Bubur Injin

- Black Sticky Rice Porridge

V

GF

SF

## Ingredients:

250 gm black sticky rice

2 pandan leaves (if available -  
if not it's fine)

250 gm palm sugar

Coconut milk (see recipe  
on page 115)

Salt

Serves 4-6

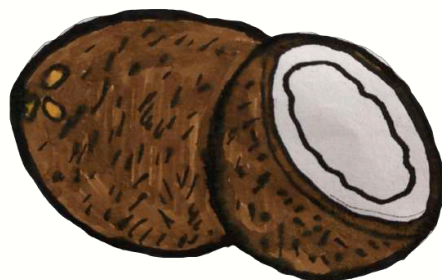


## Directions:

1. Soak the black sticky rice in water overnight.
2. Next day pour the water off and cover the rice with fresh water and bring to boil.
3. Add the pandan leaves and the palm sugar and boil until it is thick. Turn heat to simmer.
4. Remember to stir the pot often, so that the porridge does not gets burned.
5. Serve with fresh coconutmilk on top.

## Fact!

Black sticky rice are a good source of antioxidants and fibers.





# Putri Ayu

- Steamed Coconut Cake



# Putri Ayu

## - Steamed Coconut Cake



Makes  
70-80 small cakes

### Tip!

\*The leaves  
are for coloring  
so they are  
optional.

### Ingredients:

1 bundle of daun kayu  
sugi leaves (\*if you don't  
have it, you can replace  
it with a green superfood  
powder)

5 eggs

1 kg sugar

2 tbsp. vanilla powder

1 tbsp. SP (yeast)

1 kg wheatflour

1 coconut  
(peeled and  
shredded)



### Directions:

1. Use a morder and a pestle to mash the Daun kayu sugi leaves. When all of it is mashed you squeeze all the "green" water out of the leaves. Put it aside.
2. Whip the eggs together with sugar, vanilla and yeast for 2 minutes.
3. Add the mixture to the wheat flour in another bowl and whip it together.
4. Add the green water from the leaves to the mass and whip it together.
5. Put some of the shredded coconut in water so you make coconutmilk and add it to the green mass. Whip it for 10 minutes.
6. Put the shredded coconut in the top of the cake tins and press it down.
7. Fill up the tins with the batter and steam them for 7 minutes.
8. Take them out of the tin and serve!





# Bikang

- Rice Flower Cake





# Bikang

- Rice Flower Cake

DF

SF

Makes  
about 20

## Ingredients:

1 liter coconut milk (see recipe on page 115)

500 gm rice flour

500 gm wheat flour

500 gm sugar

1 tsp. salt

1 egg

Coloring: Cacao powder.



The color of the cake is made from natural colors. You can use flowers, leaves, berries, coffee or anything you like.

## Directions:

1. Heat up the coconut milk bring to boil.
2. Mix 5 tbsp. rice flour with 2 dl water and heat until it thickens. Add water if needed.
3. Mix in the rest of the rice flour, wheat flour, sugar and salt.
4. Add the egg to the rice batter. Mix it all together by using your hands. It will be a dry mass.
5. Add the warm coconut milk into the batter little by little with your hands. It is supposed to be a very thin batter.
6. Take out 3 tbsp. of the batter and mix in cacao powder for coloring.
7. Add batter into each cavity in the iron dumpling. Add cacao batter to make a cross top on white batter.
8. Heat them on the stove for 5-7 minutes until they rise. Normally the first batch gets a little burned. Thereafter, subsequent batches are golden brown.

For this recipe you need a iron dumpling



# Batu Duren

- Durian Seed Cake



# Batu Duren

- Durian Seed Cake



## Ingredients:

1 coconut - about 450 gm  
(shredded)

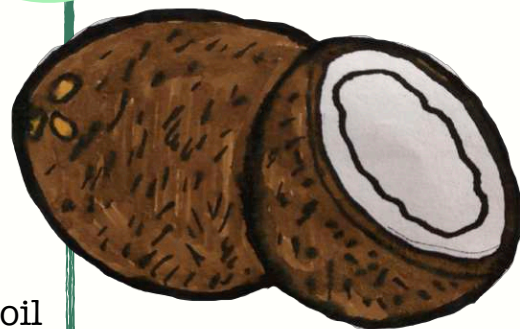
250 gm sticky rice flour

Salt to taste

100 gm white sugar

Palm oil, vegetable oil or deep frying oil

Makes  
about 20



## Directions:

1. Remove the skin of the coconut and shred it.
2. Mix the shredded coconut with the rice flour and salt until it becomes a dough. Knead the dough for about 15-20 min. It gets really sticky.
3. Shape the dough around your finger so it becomes oval with a hole in the middle.
4. Deep fry the oval shapes cake until they are golden brown.
5. **Make Icing:** Melt the sugar in a pan with a little bit of water. The sugar has to be thick and white.
6. When the icing is ready, fold the fried cakes until they are covered in sugar.
7. Serve!





# Onde-Onde

- Sesame Seed Balls



# Onde-Onde

- Sesame Seed Balls



Makes  
about 16

## Ingredients:

### The Inside:

100 gm coconut (shredded)

100 gm palm sugar (shredded)

### The Outside:

250 gm cane sugar

250 gm sticky rice flour

Sesame seeds

Palm oil, vegetable oil or deep frying oil



## Directions:

- 1. The Inside:** Mix the coconut with palm sugar and sauté it.
- 2.** Cool it down and shape it into round balls.
- 3. The Outside:** Melt the cane sugar with water.
- 4.** When the sugar is melting add it to the sticky rice little by little until the dough forms.
- 5.** Take a pinch of the dough, roll into balls and then flatten it out to a size of your palm. Place the inside coconut/palm mix ball in the center, close it together and roll it into a ball.
- 6.** Roll the ball in sesame seeds.
- 7.** Deep fry them until golden brown.



A traditional alternative to the coconut/palm sugar filling would be a mix between mashed green beans and palm sugar. Both really YUMMY!





# Lupis

- Steamed Sticky Rice





# Lupis

- Steamed Sticky Rice



Serves  
10

## Ingredients:

500 gm sticky white rice  
(depending on how many  
people you cook for)

1 tbsp. pamor (optional -  
may be difficult to find)

Banana leaves

Shredded coconut and  
palm sugar for serving

## Directions:

1. Wash the sticky rice and strain water.
2. (Add the pamor to the rice and mix it together).
3. (Leave it until the color has changed to soft yellow).
4. Wrap the rice in banana leaves into the shape you want - here we did triangles.
5. Steam the triangles for 2 hours on slow fire.
6. Serve with coconut on the top and palm sugar on the side.





# Main Course





# Sambal Matah

- Vegetarian Style Sambal





# Sambal Matah

- Vegetarian Style Sambal



Serves  
4

## Ingredients:

250 gm of vegetarian pork  
4 shallots (chopped)  
3 chilis (chopped)  
3 lemongrass (smashed and then chopped)  
1.5 tsp. mushroom flavor (see page 10)  
1 tsp. salt  
3 tbsp. vegetable oil  
1 jeruk limau (small lime)  
Palm oil, vegetable oil or deep frying oil



## Directions:

1. Deep fry the vegetarian meat until it is half cooked. Set it aside.
2. Mix shallots, chili and lemongrass with mushroom flavor and salt.
3. Heat up 4 tbsp of oil in a pan until it is warm. Mix heated oil into the shallots, chili and lemongrass. Let it cool.
4. Squeeze some jeruk (small lime) into the mixture.
5. Mix it all together with your hands, so that you can squeeze all the flavors out.
6. Add the fried vegetarian meat and serve!



# Daun Singkong Bumbu Serai

- Cassava Leaves with Lemongrass





# Daun Singkong Serai Sayur

- Cassava Leaves with Lemongrass



Serves  
6

## Ingredients:

3-5 chili (chopped in big pieces)

10 cloves of garlic (chopped)

18 shallots (chopped)

10 gm of galanga (chopped)

5 gm of ginger (chopped)

5 gm turmeric (chopped)

9 sticks of lemongrass (chopped)

\*3 bunches of cassava leaves (600 gm)

Salt to taste

Mushroom flavor to taste (see page 10)

## Directions:

1. Use a mortar and pestle or a blender to pound the chilis. Set aside.
2. Pound the rest of the chopped ingredients with pestle or blender.
3. Mix it all together.
4. \* Remove the cassava leaves off its stem and boil the leaves for 5 minutes.
5. When the leaves are done, mix all of the ingredients in a frying pan and add salt and mushroom flavor to taste.

## Fact:

Cassava leaves are high in fiber, protein and is a good source of the antioxidant C-vitamin. For a substitute any vegetable that has a strong stem and leaf structure will do.





# Tempe Manis

- Sweet Tempeh



# Tempe Manis

- Sweet Tempeh

V

GF

Serves 10

## Ingredients:

700 gm of tempeh (cut into pieces of 3x3 cm)

5 cloves of garlic (chopped)

8 shallots (chopped)

4 chilis (chopped)

5 gm galanga (chopped)

2 tbsp. of palm sugar

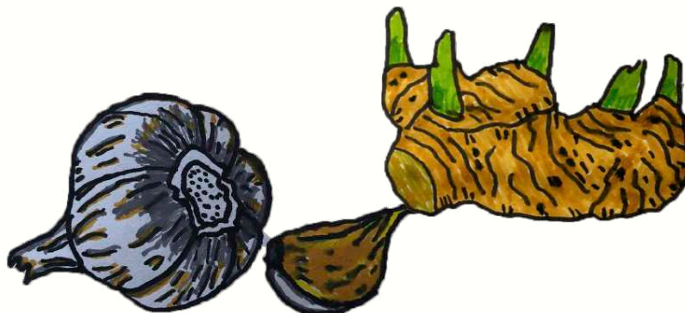
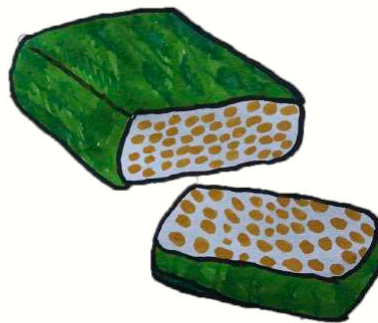
Salt to taste

Mushroom flavor to taste (see page 10)

Palm oil, vegetable oil or deep frying oil

## Directions:

1. Deep fry the tempeh in oil until golden.
2. Sauté all the other ingredients in a frying pan until soft (except for the tempeh).
3. Once the palm sugar is melted throughly.
4. Add tempeh in the last 5 minutes.
5. Serve!





# Gudeg Vegetarian

- Vegetarian OMUnity Style Gudeg



# Gudeg

- Vegetarian OMUnity Style

V

GF

Serves 6

## Ingredients:

6 cloves of garlic  
(chopped)

3 shallots (chopped)

50 gm galanga

2 chilis (chopped)

6 or 7 candle nuts

400 gm tempeh (cut into  
pieces of 6x6 cm)

1 tbsp. coriander powder

400 ml coconut milk (see  
recipe on page 115)

1 lemon grass stalk  
(pounded)

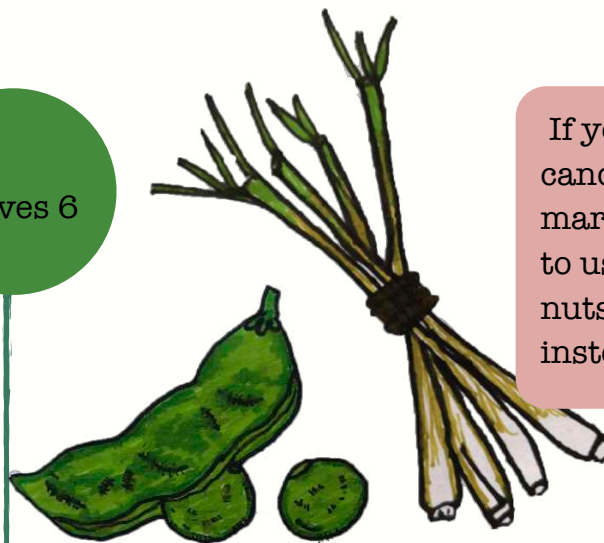
4 bay leaves

2 tbsp. palm sugar

1 tsp. salt

1 tsp. mushroom flavor  
(see page 10)

Palm oil, vegetable oil or  
deep frying oil



If you can't find  
candlenuts in your  
market, it's possible  
to use macadamia  
nuts or cashews  
instead.

## Directions:

1. Put garlic, shallots, galanga, chillis and candlenuts in a food processor and blend until you have a smooth paste.
2. Deep fry the tempeh pieces. Put aside.
3. Heat some vegetable oil in the frying pan, add the paste and coriander powder, stirring it often to not burn it on the bottom. Fry it until the mixture browns and becomes fragrant.
4. Then add the coconut milk, lemongrass and bay leaves. Let it boil for a few minutes on low.
5. Add the fried tempeh, palm sugar, salt and mushroom flavor. The taste should be between sweet and salty. Cook on low fire for about 1 hour or until the oil floats on top.
6. Serve!





# Ayam Penyet Sambal Hijau

- Vegetarian Chicken with Green Chili



# Ayam Penyet Sambal Hijau

- Vegetarian Chicken with Green Chili

V

GF

Serves 4

## Ingredients:

5 chilis (chopped  
in big pieces)

300 gm vegetarian  
chicken

3 sticks of lemongrass

4 lime leaves

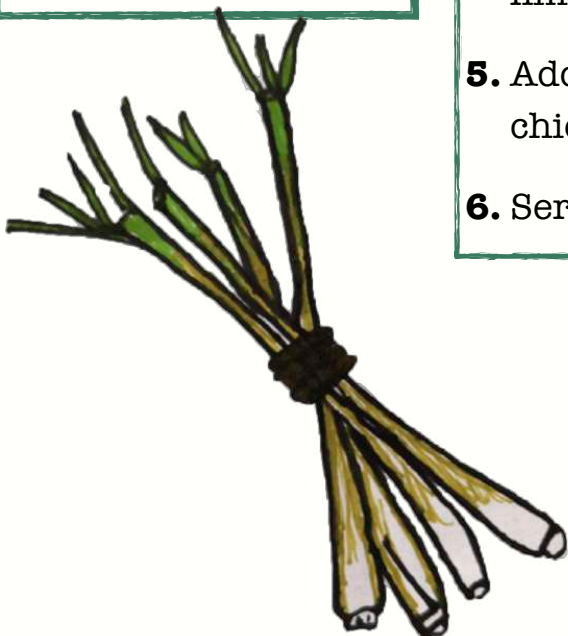
2 bay leaves

1.5 tbsp. cane sugar

Palm oil, vegetable oil  
or deepfrying oil

## Directions:

1. Pound all the chilis by using a mortar and pestle or a blender.
2. Deep fry the vegetarian chicken.
3. Pound the lemongrass with the back of a knife to extract the flavors.
4. Heat a frying pan with 1 tbsp of oil. Sauté the lemongrass with the chilis, lime leaves and bay leaves until soft.
5. Add the sugar and the vegetarian chicken. Mix it all together.
6. Serve!





# Sayur Pare

- Sweet Zucchini



# Sayur Pare

- Sweet Zucchini

V

GF

SF

Serves  
4

## Ingredients:

6 cloves of garlic (chopped)

3 chilis (chopped)

2 shallots (chopped)

6-7 sweet zucchini or any  
type of zucchini you can find  
(cut into slices)

1 tomato (Cut half and then into  
slices)

Mushroom flavor to taste (see  
page 10)

Salt to taste



## Directions:

1. Sauté the garlic, chilis and shallots in a frying pan.
2. Add the zucchini and the tomato and sauté for 5-10 minutes.
3. Add salt and mushroom flavor as you like.
4. Top with fresh chili and garlic.
5. Serve!





# Urab Timun

- Coconut Cucumber



# Urab

- Coconut Cucumber



Serves 8

## Ingredients:

1/2 coconut (roasted and shredded)

6 small cucumbers (cut into bite-sized pieces)

3 handful of sprouts

2-3 tbsp. of the balinese spice paste (see recipe on page 18)

Fried shallots to serve

## Directions:

1. Grill the coconut and shred it.
2. Mix the cucumber, coconut, the sprouts and the spice with your hands.
3. Top with fried shallots if you like and serve!

## Fried shallots:

On top of the dish you see fried shallots which is used a lot in OMUnity's kitchen. The recipe is very simple, you use 3 parts of shallots and 1 part of garlic and cut them into thin slices and deep fry them in a palm oil, vegetable oil or frying oil until they are golden and crispy.





# Ayam Serundeng

- Chicken with Shredded Coconut



# Ayam Serundeng

- Chicken with Shredded Coconut



Serves 6



## Ingredients:

1/2 coconut (shredded)  
10 shallots (chopped)  
3 cloves of garlic (chopped)  
1.5 tbsp. galanga (chopped)  
1 tbsp. turmeric (chopped)  
2 stalks of lemongrass (chopped)  
2 chilis (chopped)  
1 tsp. coriander powder  
1 tsp. salt  
1 tsp. mushroom flavor (see page 10)  
500 gm vegetarian chicken  
4 lime leaves

## Directions:

1. Take the skin off the coconut and shred it. Set it aside.
2. Blend all the rest of the ingredients and blend into a paste (except for the lime leaves). Add some oil if needed.
3. Sauté the paste in a frying pan and add a cup of water. Add the chicken and boil it in the spices.
4. Add the lime leaves.
5. Boil the water off until there is only a little bit left.
6. Remove the chicken from the mixture. In another pan, fry it until it is golden.
7. Add the coconut in the spice pan and sauté it.
8. Now add the chicken - mix it around and serve!





# Ayam Cram Cam

- Vegetarian Chicken Cram Cam



# Ayam Cram Cam

- Vegetarian Chicken Cram Cam



## Ingredients:

### Paste:

3 cloves of garlic  
3 shallots (chopped)  
1 tsp. ginger (chopped)  
1 tsp. tumeric (chopped)  
1 tsp. galanga (chopped)  
1 tbsp. black pepper ground  
2 chilis (chopped)  
1 tbsp. of palm sugar

-----  
200 gm vegetarian chicken  
2 stalks lemongrass (pounded)  
5 bay leaves  
Palm oil, vegetable oil  
or deep frying oil  
Salt to taste  
Mushroom flavor to taste (see  
page 10)

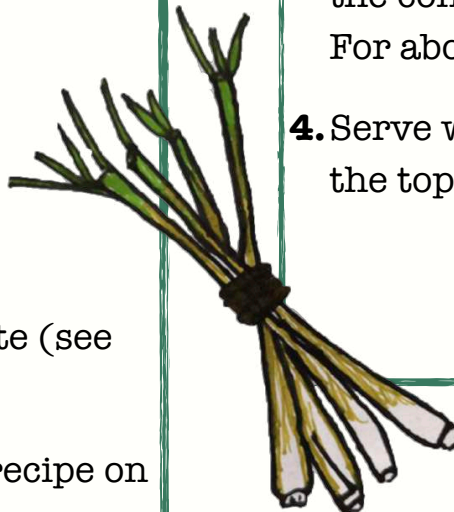
Fried shallots (See recipe on  
page 58)

Serves  
6



## Directions:

1. Start by making the paste. Blend all the ingredients until you have a smooth paste.
2. Add the paste to the vegetarian meat and the remaining ingredients.
3. Boil the vegetarian meat with the paste in water until the water is evaporated. Stir until it has the consistency you like. For about 10 minutes.
4. Serve with fried shallots on the top.





# Nasi Kuning

- Yellow Rice



# Nasi Kuning

- Yellow Rice



Serves  
6

## Ingredients:

1.5 tbsp. turmeric  
(chopped)

1.5 tbsp. ginger (chopped)

1.5 tbsp. galanga (chopped)

1.5 tbsp. shallots (chopped)

1.5 tbsp. garlic (chopped)

1 liter of coconutmilk (see  
recipe on page xx)

0.5 tbsp. coriander powder

0.5 tbsp. black peber ground

0.5 tbsp. cumin powder

1 kg rice

3 bay leaves

2 stalks lemongrass (pounded)



## Directions:

1. First pound the tumeric, ginger, galanga, shallots and garlic with mortar and pestle or use a blender.
2. Put the coconut milk in a pot with the rest of the spices.
3. Heat it up slowly until it boils.
4. Cook the rice until it is half cooked.
5. Add the coconut milk with the spices to the half cooked rice and add the bay leaves and lemongrass.
6. Let it stay until the coconut milk is absorbed into the rice.
7. Steam the rice until the rice is fully cooked.





# Mie Goreng

- Balinese Fried Noodles



# Mie Goreng

- Balinese Fried Noodles

v

Serves  
4

## Ingredients:

150 gm noodles  
3 cloves of garlic (chopped)  
1 carrot (chopped)  
2 stalks celery (chopped)  
1 tsp. black pepper ground  
6 tbsp. sweet soy sauce  
Salt to taste



## Directions:

1. Boil the noodles.
2. Sauté the garlic, carrot, celery and black pepper ground in a frying pan.
3. Add the vegetables to the noodles and mix it together.
4. Add the sweet soy sauce and salt to taste.
5. Serve!





# Nasi Goreng

- Fried Rice



# Nasi Goreng

- Fried Rice

DF

Serves 2

## Ingredients:

250 gm rice

3 cloves of garlic (chopped)

1 carrot (chopped)

50 gm vegetarian chicken (in small pieces)

2 eggs

1 stalk of celery leaves (chopped)

3 tbsp. sweet soy sauce

1 tbsp. oyster sauce

1 tbsp. Sesame oil

Mushroom flavor to taste (see page 10)

Salt to taste

Fried shallots to serve (see recipe on page 58)

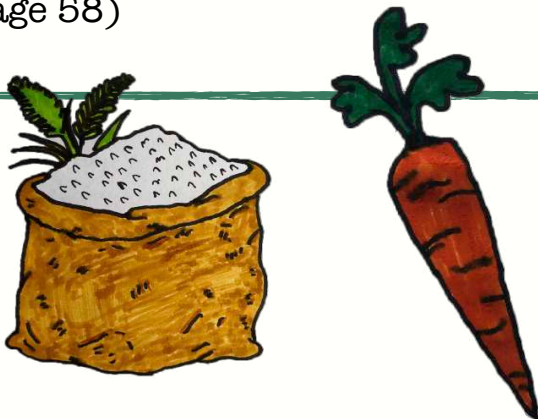
## Optionally!

If you want the dish to be spicy you can add chili as you prefer!



## Directions:

1. Cook the rice.
2. Sauté the chopped garlic in a frying pan.
3. Add the carrot and the vegetarian chicken and sauté it for 2 minutes.
4. Add the eggs, cooked rice, celery, sweet soy sauce, oyster sauce, sesame oil, mushroom flavor and salt.
5. Fry it all together.
6. Serve!





# Gado Gado

- Tofu in Peanut Sauce



# Gado Gado

- Tofu in Peanut Sauce



Serves  
6



## Ingredients:

200 gm tofu (in small pieces)

100 gm peanuts

2 cloves of garlic (chopped)

3 tbsp. palm sugar

1.5 tsp. salt

2 chilis (chopped)

1 tsp. mushroom flavor (see page 10)

Limejuice to taste

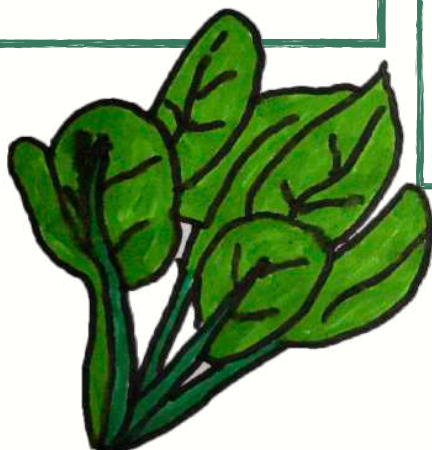
50 gm sprouts

1 bundle of waterspinach or spinach

Palm oil, vegetable oil or deep frying oil

## Directions:

1. Deep fry the tofu until it is golden and put it aside.
2. Deep fry the peanut for 2 minutes.
3. Smash the garlic, palm sugar, salt, fried peanuts, chilis and mushroom flavor in a mortar and pestle and add a little bit of water so it becomes a paste.
4. Add limejuice to the paste.
5. Boil the sprouts and waterspinach for about 10 minutes.
6. Take the vegetables out from the water and mix it with the paste and add the tofu.
7. Serve!





# Tuna Bumbu Manis

- Tuna in Sweet Sauce



# Tuna Bumbu Manis

- Tuna in Sweet Sauce

V

## Ingredients:

500 gm vegetarian tuna  
3 cloves of garlic (chopped)  
1 tomato (chopped)  
1/2 onion (chopped)  
1 tsp. black pepper ground  
3 tbsp. cane sugar  
1 tbsp. corn flour  
1 carrot (Julienne)  
Salt to taste  
Mushroom flavor to taste (see page 10)  
2 tbsp. tomato paste  
Palm oil, vegetable oil  
or deep frying oil

Serves  
6



## Directions:

1. Deep fry the tuna and put it aside.
2. Sauté the garlic, tomato and onion in a frying pan.
3. Add black pepper ground, sugar and the corn flour mixed in water to the sauté.
4. Put the carrot, salt, mushroom flavor and the tomato paste into the sauté pan.
5. Add 50 ml. of water.
6. Add the tuna and boil it until it is thickened.
7. Serve!





# Kare Rebung

- Young Bamboo Curry



# Kare Rebung

- Young Bamboo Curry



## Ingredients:

1.5 tbsp. tumeric  
(chopped)

6 shallots (chopped)

4 cloves of garlic (chopped)

2 tbsp. galanga (chopped)

1 chili (chopped)

7 candlenuts

0.5 tsp. white pepper ground

1 tsp. coriander powder

5 tbsp vegetable oil

2 tsp. mushroom flavor (see  
page 10)

2 stalks of lemongrass  
(pounded)

3 bay leaves

3 lime leaves

1.5 tsp. salt

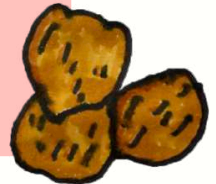
250 gm young bamboo  
(sliced)

Serves  
4

## Tip!

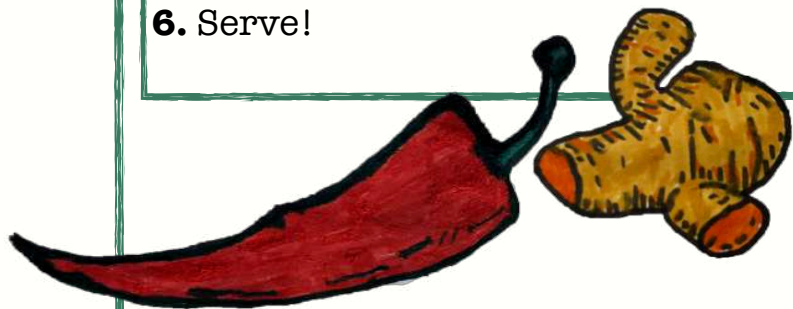
Replace with canned  
bamboo.

If you use that you  
don't need to boil it  
for 30 minutes.



## Directions:

1. Blend the tumeric, shallots, garlic, galanga, chili, candlenuts, white pepper ground, coriander powder and oil together in a blender until it becomes a paste.
2. Sauté the paste in a frying pan and add the mushroom flavor.
3. Pound the lemongrass and put into the frying pan.
4. Add the bay leaves, lime leaves, salt and young bamboo.
5. Add a cup of water and let it boil for about 30 min or until the bamboo is cooked but still has a crisp.
6. Serve!





# Lawar Timbul isi Pepaya Muda

- Bread Fruit Lawar with Young Papaya



# Lawar Timbul isi Pepaya Muda

- Bread Fruit Lawar with Young Papaya

V

GF

SF

Serves 4

## Ingredients:

### Lawar:

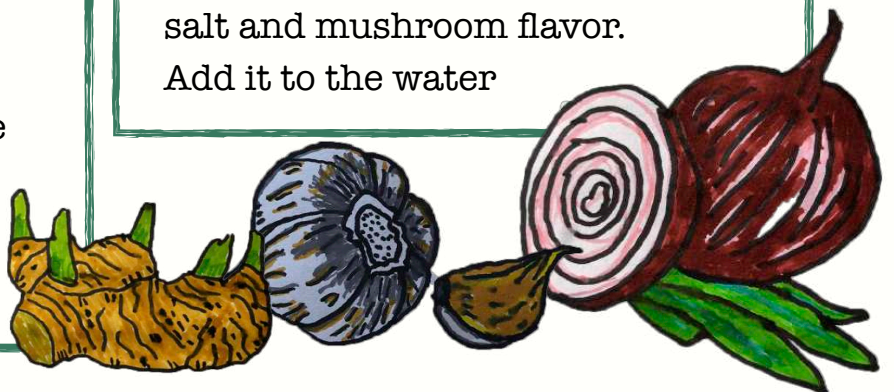
- 1 breadfruit (in big pieces)
- 2 tbsp. galanga (pound with the butt of the knife)
- 3 bay leaves
- 2 stalk lemongrass (pounded)
- 1/2 of a whole coconut (shredded)
- 1 small young papaya (shred bulky)
- 6 tbsp. balinese spice paste - (see recipe on page 18)

### Soup (optional):

- 2 cloves of garlic
- 3 tbsp. galanga
- 1-2 tsp. salt
- 1 tsp. mushroom flavor (see page 10)
- 1 tbsp. fried shallots (see recipe on page 58)

## Directions:

1. Boil the breadfruit for 20 minutes in water with the galanga, bay leaves and lemongrass.
2. After boiling, take the breadfruit out and take half of the seeds aside. Chop the rest of the breadfruit. Save the water for soup and add the breadfruit seeds that you took aside (if you want soup).
3. Grill the coconut, take off the skin and shred it all. Put aside.
4. Boil the shredded papaya for 6-8 minutes.
5. Now mix the young papaya, coconut, chopped breadfruit and the paste together. Done.
6. **(Optional)** For the soup you blend the garlic together with galanga, salt and mushroom flavor. Add it to the water





# Sayur Rambanan

- Vegetables with Spicy Sauce



# Sayur Rambanan

- Vegetables with Spicy Sauce



Serves  
6

## Ingredients:

100 gm long green beans (in small pieces)

100 gm sprouts

50 gm peanuts

250 ml. coconut milk (see recipe on page 115)

3 tbsp. balines spice paste (see recipe page)

Bay leaves

Lemongrass (pounded)

4 tbsp. rice flour.

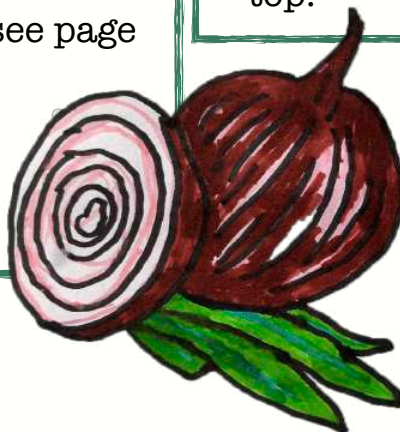
Salt to taste

Mushroom flavor to taste (see page 10)

Fried shallots (see recipe on page 58)

## Directions:

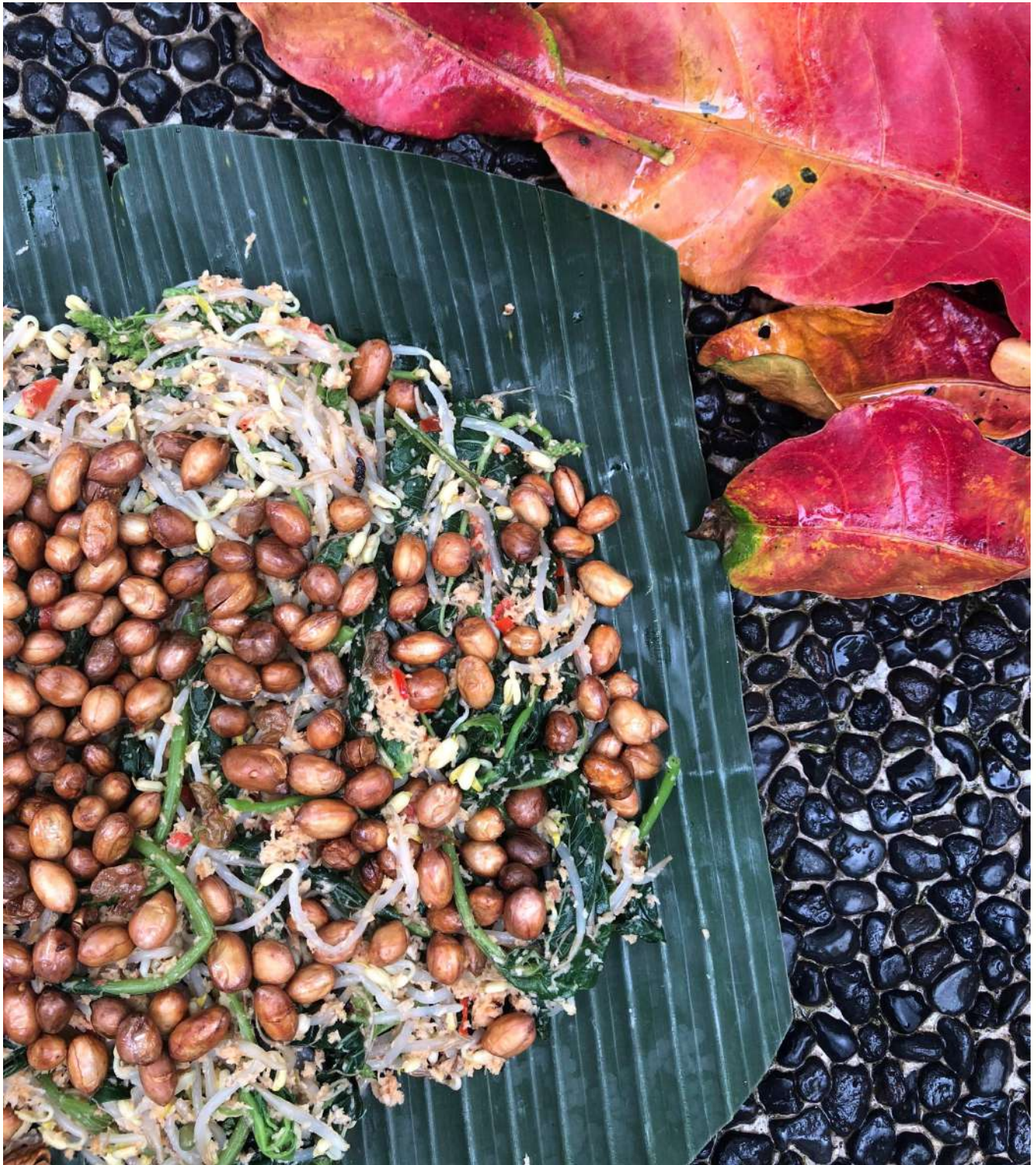
1. Boil the first three ingredients separately for about 10 minutes or until they are cooked. Set aside.
2. Mix the coconut milk with the balinese paste, bay leaves and lemongrass and heat until it boils.
3. When it's boiling add the rice flour and cook until it is thick.
4. Add salt and mushroom flavor to taste.
5. Serve the vegetables with the sauce and fried shallots on the top.





# Serombotan

- Spinach, Sprouts and Peanuts





# Serombotan

- Spinach Dish

V

GF

SF

Serves  
4

## Ingredients:

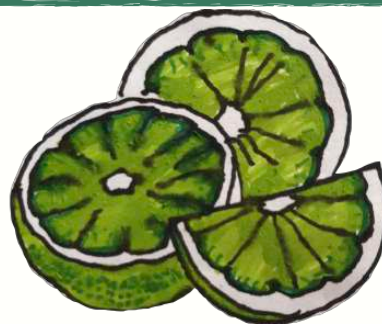
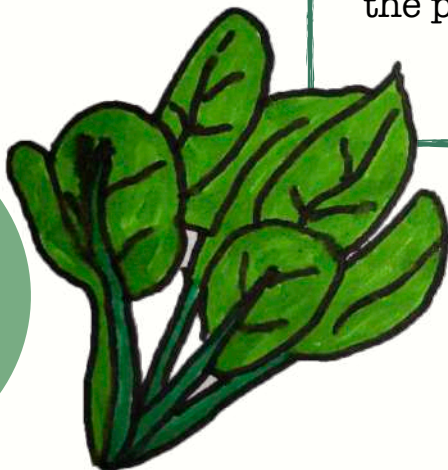
0.5 tsp. vegetarian shrimp fish paste  
6 chilis (chopped)  
1/4 lime (squeezed)  
1 tsp. salt  
1 tsp. mushroom flavor (see page 10)  
200 gm water spinach or spinach  
200 gm sprouts  
100 gm peanuts  
1/2 of a whole coconut (roasted

## Directions:

1. Blend the shrimp fish paste, chilis, lime, salt and mushroom flavor into a paste.
2. Boil spinach, sprouts and peanuts separately until crisp-tender. Set aside.
3. Mix half the paste with all of the shredded coconut. Set aside.
4. Mix the other half of the paste and cook it in a pot with a half cup of water.
5. Serve the dish with vegetables at the bottom, then the coconut mix and top it with the rest of the paste.

## Fact!

A traditional dish from the klungkung village in Bali.





# Jekut Jepang

- White Pumpkin Soup



# Jekut Jepang

- White Pumpkin Soup



Serves  
2

## Ingredients:

### Paste:

- 0.5 tsp. fresh cumin
- 1 clove
- Pinch of black pepper corn
- Pinch of white pepper corn
- Pinch of fresh nutmeg
- 0.5 chili (chopped)
- 4 cloves of garlic (chopped)
- 2 shallots (chopped)
- 2 tsp. mushroom flavor (see page 10)
- 2 tsp salt to taste
- 1 white pumpkin (in bite-sized pieces)
- 1 stalk of lemongrass (pounded)
- 1.5 tbsp. galanga (pounded)
- 3 bay leaves.
- 100 gm vegetarian chicken
- 1 stalk of celery leaves (chopped)
- 3 tbsp. fried shallots (see recipe on page 58)



## Directions:

1. Pound the first five spices with chili, 3 cloves of garlic, 1 of the shallots, 1 tsp. mushroom flavor and salt until it becomes a paste. Set aside.
2. Remove the skin and the seeds from the white pumpkin and cut it into smaller pieces.
3. Heat up 1 liter of water and add 1 shallot, 1 clove of garlic, lemongrass, galanga, the bay leaves and mushroom flavor.
4. Add the paste to the water.
5. When the water boils add the white pumpkin and the vegetarian chicken and boil for 10 minutes or until the pumpkin is soft or fork-tender.
6. Add the fried onion, garlic and the celery leaves.
7. Serve!





# Sayur Undis

- Black Lentil Soup



# Sayur Undis

- Black Lentil Soup



Serves  
6

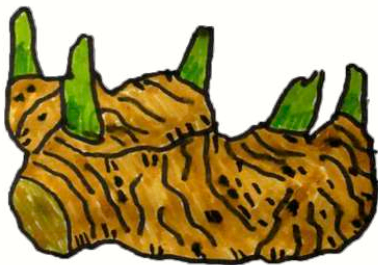
## Ingredients:

2 cloves of garlic (chopped)  
5 shallots (chopped)  
1 tsp. vegetarian shrimp fish paste (salted bean curd)  
2 tsp. galanga (pounded)  
1 stalk of lemongrass (pounded)  
2 bay leaves  
250 gm fresh black lentils  
Salt to taste  
Mushroom flavor to taste (see page 10)



## Directions:

1. Slice the garlic and shallots into thin slices and mix it with the vegetarian shrimp fish paste.
2. Boil 1.5 liter of water and add the garlic, shallots and vegetarian shrimp fish paste.
3. Pound the galanga and the lemongrass and add to the water with the bay leaves.
4. Now add the fresh black lentils and boil it for about 30 minutes.
5. Add salt and mushroom flavor to taste.
6. Serve!





# Ares

- Banana Trang Soup



# Ares

## - Banana Trang Soup



Serves  
6-8

### Ingredients:

1 banana trang (thin slices) or chinese cabbage

2 tsp. salt

5 tbsp. of balinese paste

5 dried bay leaves



### Fact!

The banana trang is the stem of the banana tree and is a good source of fibers and is gentle for the digestive system.

### Directions:

1. Mix the banana trang with salt by using your hands.
2. Wash the banana trang and salt until the water is clear. If using chinese cabbage, wash it and chop.
3. Press out the water from the banana trang and keep the water in a pot.
4. Boil the water.
5. Add the balinese spice paste and the bay leaves to the water.
6. When the water boils add the banana trang.
7. Boil for 30 minutes or until the banana trang has absorbed the spices. If using chinese cabbage boil it until soft.
8. Serve!





# Jekut Kelor

- Moringa Soup



# Jekut Kelor

- Moringa Soup

V

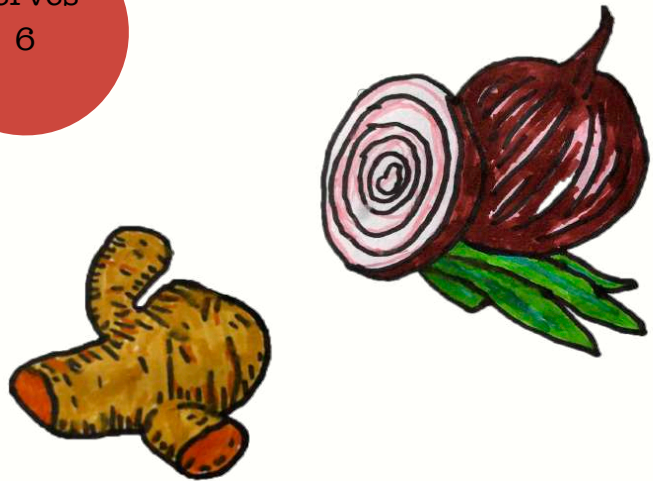
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Serves  
6

## Ingredients:

25 stalks of Moringa leaves (boiled for 15 minutes)  
3 cloves of garlic (chopped)  
4 shallots (chopped)  
1 stalk lemongrass (chopped)  
1 tbsp. galanga (chopped)  
1 tbsp. ginger (chopped)  
1 tbsp. turmeric (chopped)  
3 dried bay leaves  
Salt to taste  
Mushroom flavor to taste (see page 10)



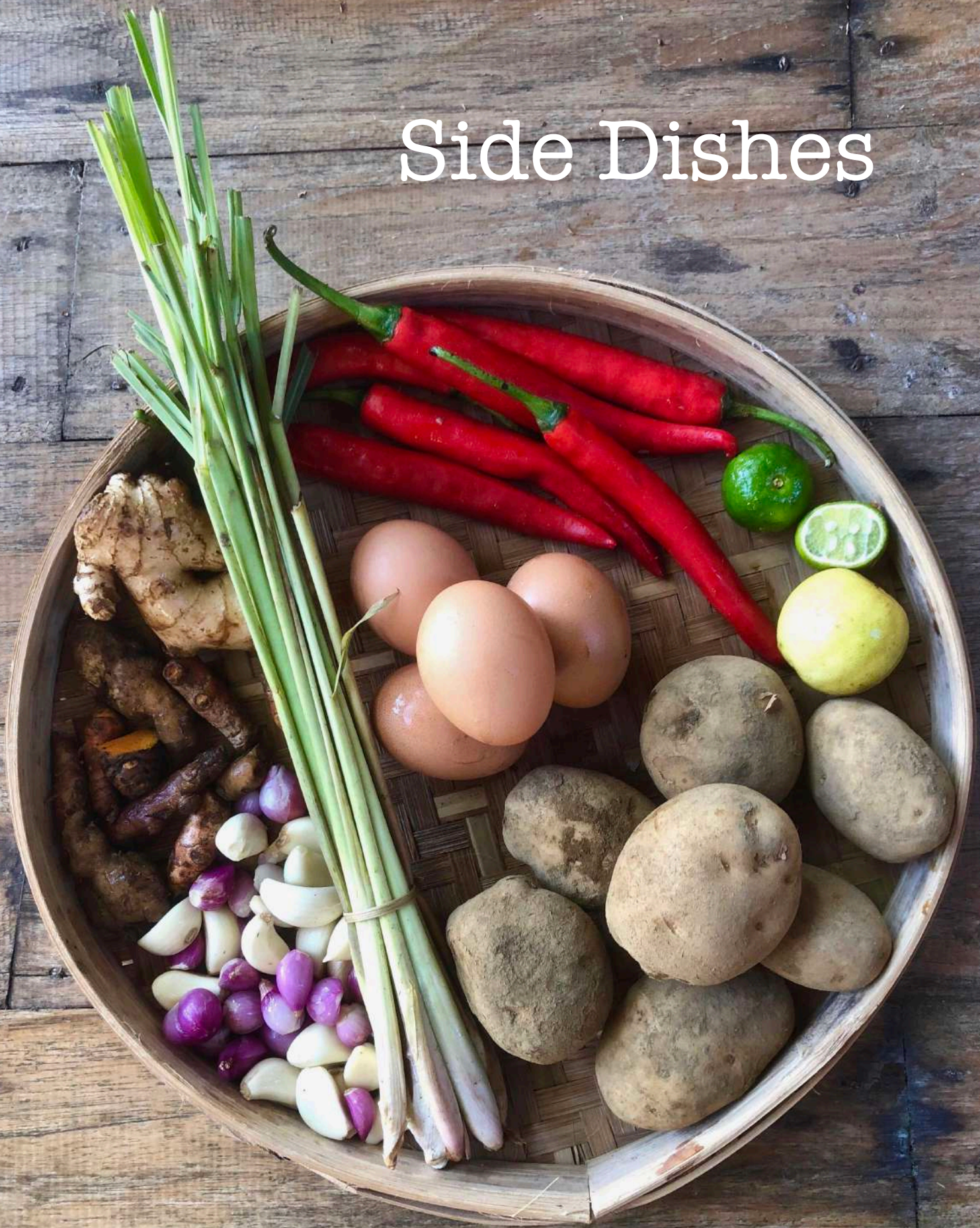
## Directions:

1. Peel off all the leaves from the main stalk of moringa.
2. Pound garlic, shallots, lemongrass, galanga, ginger and turmeric so all the flavors comes out.
3. Boil all of it with bay leaves in water for 10 minutes. Add salt and mushroom flavor to taste.
4. Take out all of the spices and discard. Use remaining water for soup stock.
5. Put the moringa leaves back into the spiced soup stock. Allow the leaves to steep for 5 minutes. Serve!





# Side Dishes





# Perkedel Jagung

- Corn Patties





# Perkedel Jagung

- Corn Patties



Serves 8

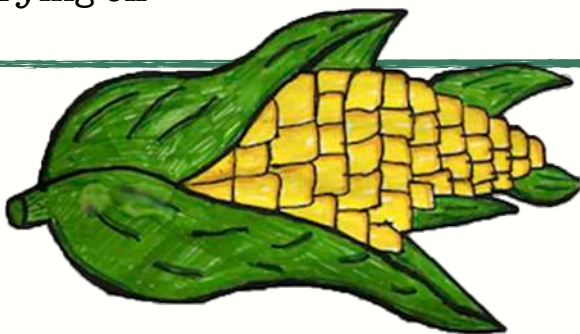
## Ingredients:

10 small corns (raw)  
3 chilis (chopped)  
3 small shallots (chopped)  
2 cloves of garlic (chopped)  
1 tsp ginger (chopped)  
2 eggs  
0.5 celery ribs - both the leaves and the rib (chopped)  
1 tsp mushroom flavor (see page 10)  
2 tsp salt  
Palm oil, vegetable oil or deep frying oil

## Directions:

1. Slice the kernels off the corncob with a knife.
2. First pound the chilis, shallots, garlic and ginger with a mortar and pestle or use a blender.
3. Set it aside and then pound the corn until it is a smooth mass.
4. Mix it all together (if using blender you can blend it all together).
5. Add the eggs, celery, mushroom flavor and salt. Mix it together.
6. Warm up the oil and deep fry the corn patties until golden.
7. Serve!

This recipe is so delicious! You better move fast before the plate is empty!



# Tahu Isi

- Stuffed Tofu





# Tahu Isi

- Stuffed Tofu



Serves  
8

## Ingredients:

1kg tofu (cut into squares of 5x5 cm)

## Stuffing:

1-2 carrots (julienned)

4 handful of sprouts

½ celery ribs - both the leaves and the rib (chopped)

3 small shallots (chopped)

## Batter:

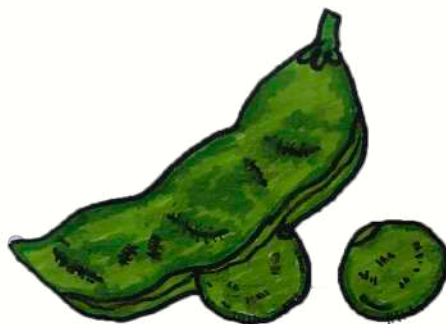
150 gm rice flour

1 egg

Palm oil, vegetable oil or deep frying oil

## Directions:

1. First you deep fry the tofu squares.
2. Sauté the stuffing ingredients. Set aside.
3. Make a hole into the tofu squares and take some of the middle out to make room for the stuffing.
4. Now mix the rice flour and the egg together in a separate bowl.
5. Fill all the tofu with the stuffing and dip into the batter.
6. Deep fry it all together in oil until golden.
7. Serve!



# Loteng Pangi

- Special Sudaji Patties





# Loteng Pangli

- Special Sudaji Patties



Makes  
20-25

## Ingredients:

4 Roots of galanga  
(chopped)

4 tbsp. chili (chopped)

5 shallots (chopped)

4 tbsp. ginger (chopped)

0.5 kg Pangli - Indonesian  
fruit

Palm oil, vegetable oil or  
deep frying oil

## Tip!

If you can't find  
pangli you can  
replace it with  
mushroom.



## Directions:

1. Pound the root of the galanga, chili, shallots and ginger in a mortar and pestle or a blender.
2. After you mashed the spices, pound the pangli and fold into mixture.
3. Form the mixture into small patties and let them dry in the sun or in an oven. (Oven use as dehydrator).
4. When the patties are dry, deep fry them in palm oil until golden.
5. Serve!



# Perkedel Kentang

- Potato Patties





# Perkedel Kentang

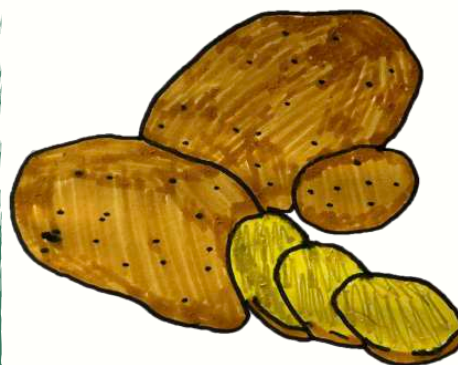
- Potatoe patties



Serves  
8

## Ingredients:

- 1 kg. potatoes (sliced)
- 2 chilis (chopped)
- 3 cloves of garlic (chopped)
- 2 tsp. cumin powder
- 1 tsp. black pepper ground
- 2 tbsp. fried shallots (see recipe on page 58)
- 3 stalks of celery (chopped)
- 2 eggs
- Salt to taste
- Palm oil, vegetable oil or deep frying oil



## Directions:

1. Fry the sliced potatoes.
2. Pound the spices in a mortar and pestle or a blender.
3. Add the fried potatoes, fried shallots and the celery and combine it all together with a mortar and pestle or blender.
4. Add the eggs to the mixture and form it into small patties.
5. Dip the patties in egg and deep fry them until golden.
6. Serve!



# Sate Nyuh

- Coconut Sate





# Sate Nyuh

- Coconut Sate

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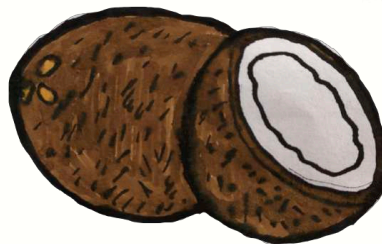
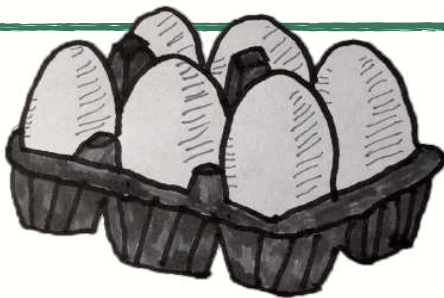
Serves  
6

## Ingredients:

3 cloves of garlic (chopped)  
5 shallots (chopped)  
5 chilis (chopped)  
2 tbsp. of ginger, galanga and turmeric (chopped)  
1 tsp. black pepper ground  
100 gm palm sugar  
1 tsp. mushroom flavor (see page 10)  
1 tsp. salt  
2 eggs  
1 coconut (shredded)  
Palm oil, vegetable oil or deep frying oil

## Directions:

1. Blend all the spices (everything except for the coconut and eggs) into a paste.
2. Mix the shredded coconut and the paste and add the 2 eggs.
3. Form the mixture into small oval patties.
4. Deep fry them until they are golden.
5. Serve!



# Jamur Crispi

- Crispy Mushrooms





# Jamur Crispi

- Crispy Mushrooms

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SF

Serves  
6

## Ingredients:

0.5 kg Oyster mushrooms

## Tempura flour:

1 tsp. black pepper ground

100 gm wheat flour

50 gm corn flour

1 tsp. garlic powder

1 tsp. salt

1 tsp. mushroom flavor (see page 10)

Palm oil, vegetable oil or deep frying oil

## Fact!

This recipe is a favorite among the kids!



## Directions:

1. Clean the mushrooms.
2. Add the tempura flour to the mushrooms.
3. Deep fry them until golden.
4. Serve!



# Sudaji Kentang Goreng

- Sudaji French Fries





# Sudaji kentang goreng

- Sudaji French Fries

V

SF

Serves 4

## Ingredients:

0.5 kg potatoes (thick cuts)

## Tempura flour:

1 tsp. black pepper ground

100 gm wheat flour

50 gm corn flour

1 tsp. garlic powder

1 tsp. salt

1 tsp. mushroom flavor (see page 10)

Palm oil, vegetable oil or deep frying oil

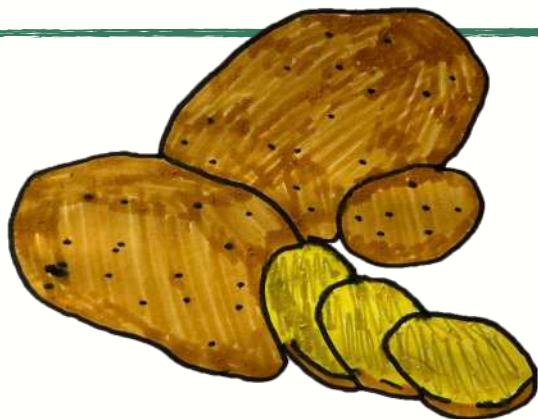
## Fact!

This recipe is a favorite among the kids!



## Directions:

1. Cut the potatoes into thick cuts (steak fries). Leave the skin on.
2. Boil the potatoes until soft in salted water (20 minutes).
3. Drain the water from the potatoes and add the tempura mixture.
4. Deep fry the potatoes until golden.
5. Serve!





# Sweets & Snacks





# Kali Adrem

- Balinese Donuts



# Kali adrem

- Balinese Donuts

V

GF

SF

Makes  
60

## Ingredients:

600-700 gm of palm  
sugar (block)

1.5 kg of rice flour (the  
amount of flour can vary, so  
notice if you need less or  
more)

Palm oil, vegetable oil or  
deep frying oil

## Fact!

These donuts contain simple ingredients so they can last for up to two weeks. They are really crispy on the first day and then gets more soft.

## Directions:

1. First you grate all the palm sugar from the block.
2. Mix the rice flour into the palm sugar and knead it together little by little.
3. Do this until the dough is elastic, uniform, smooth and still a little bit sticky.
4. Put some palm oil out on a piece of baking paper and spread it out in a thin layer (about 1 cm high).
5. Cut the dough into triangles and mark three holes like you can see on the picture.
6. Deep fry it and serve it up!

## Fact!

The block of palm sugar doesn't have the same structure as normal sugar, when it's grated it contains moisture so it mixes together easily.





# Gulungan Kayu Manis

- OMUnity Style Cinnamon Rolls



# Gulungan Kayu Manis

- OMUnity Style Cinnamon Rolls

SF

Makes  
about 48

## Ingredients:

### Dough:

300 ml of milk (we used soy milk)

12 gm dried yeast (or 50 gm fresh)

3 eggs

100 gm cane sugar

100 gm butter

2 tsp. vanilla powder

7 cardamom pods

1 tbsp. cinnamon

1 tsp. salt

800 gm of wheat flour



### Paste:

250 gm butter.

250 gm palm sugar.

3 tbsp. cinnamon



## Directions:

1. Heat milk until lukewarm and add the yeast.
2. Proof the yeast by adding to the lukewarm milk and wait until the yeast become active, indicated with slight bubbles.
3. Add the eggs, sugar, butter, vanilla, cardamom, cinnamon and salt and mix it together.
4. Add the flour little by little until you have a dough that is a little bit sticky.
5. Let the dough rise for 20 min.
6. While the dough rise, make the paste by mixing butter, palm sugar and cinnamon.
7. Divide the dough in two and roll it out until it has a thickness around 1 cm.
8. Spread out the paste and roll it together.
9. Cut the roll into around 24 pieces and let them raise again for another 45 min.
10. Bake the cinnamon rolls at 180 C for around 20-30 min depending on your oven until they are golden.





# Keciput Kue Bawang

- Onion Crackers



# Keciput Kue Bawang

- Onion Crackers

DF

SF

Makes  
50

## Ingredients:

100 gm shallots  
(chopped)

2 cloves of garlic (chopped)

20 gm tapioca flour

200 gm wheat flour

1 egg

30 gm butter

10 celery leaves (chopped)

0.5 tsp. baking soda

0.5 tsp. salt

0.5 tsp. mushroom flavor  
(see page 10)

Palm oil, vegetable oil or  
deep frying oil



## Directions:

1. Use a blender to blend the shallots and garlic smooth.
2. Mix the tapioca flour, wheat flour, egg, butter, celery leaves, baking soda, the garlic and shallots and use a mixer.
3. Add salt, mushroom flavor and mix again.
4. Now the dough is ready to be shaped. Use the back of a fork to press it on in shape of a rectangle. See on the picture.
5. Now warm up the oil and deep fry the crackers until golden.
6. Serve!





# Rempeyek

- Crispy Peanut Crackers



# Rempeyek

- Crispy Peanut Crackers



Makes  
30

## Ingredients:

2 cloves of garlic

1 tsp. black pepper ground

1 tsp. mushroom flavor  
(see page 10)

1 tsp. salt

250 gm wheat flour

1 tbsp. corn flour

2 handfull of peanuts (cut  
into half)

1 egg

4-6 Lime leaves (cut into  
thin slices)

Palm oil, vegetable oil or  
deep frying oil



## Directions:

1. Blend the garlic, black pepper ground, mushroom flavor and salt into a seasoning.
2. Mix the seasoning together with the rest of the ingredients, add 250 ml water and then its ready to deep fry.
3. Warm up the palm oil and add a big spoon to make it a big and flat.
4. Deep fry until golden and serve!





# Drinks





# Santen

- Fresh Coconut Milk





# Santen

- Fresh Coconut milk



Makes  
1-1.5 liter

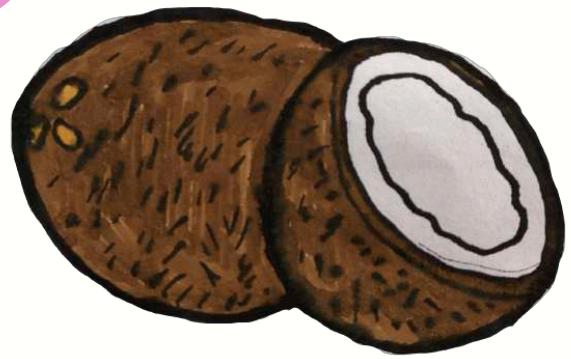
## Ingredients:

1 coconut (peeled and shredded)

1-1.5 liter boiled water

1 tsp. salt

Optional: palm sugar  
or dates.



## Tip!

If you want to use the milk for breakfast or in your coffee, you can blend palm sugar or dates in the milk



## Directions:

1. Put the shredded coconut in a bowl.
2. Add the hot water and wait until it is cold.
3. When the water is cold, squeeze the water out of the shredded coconut. You can use your hands or a strainer.
4. Add salt, put the milk in the refrigerator and serve!



# Golden Milk





# Golden Milk

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GF

Makes  
1 liter

## Ingredients:

1 liter Plantbased  
milk (we used soy  
milk)

2-3 tbsp fresh  
tumeric (shredded)

10 slices of fresh  
ginger (sliced)

3-5 cinnamon stick

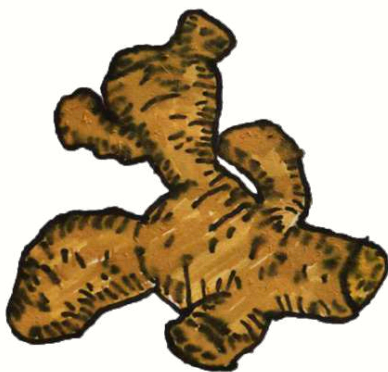
8-10 cardamom pods

6 pepper corns

Honey to taste

## Fact:

Turmeric is known for its anti-inflammatory properties, high antioxidant benefit and phytonutrients. Historically, it has been helping people with tooth aches, menstrual pains, bruises or colic.



## Directions:

1. Mix all the ingredients in a pot and heat it up. Make sure it doesn't boil.
2. Add honey and salt to taste.
3. Turn off the heat and let it set for approx. for 30 minutes.
4. Reheat and drink warm.
5. If you like it cold, chill it down in the refrigerator.



# OMUnity Ginger Icetea

with Palm Sugar and Lemongrass





# OMUnity Ginger Icedtea

With Palm Sugar and Lemongrass



Makes  
3 liters

## Ingredients:

250 gm ginger  
(sliced)

200 gm palm sugar

5 lemongrass stalks  
(pounded)

2.5 liter water

Ice cubes

Slices of lime

## Directions:

1. Mix the ginger with palm sugar and lightly crushed lemongrass into a pot with water.
2. Let it boil for 10-15 minutes.
3. Turn the heat off and leave it for 10 minutes more.
4. Put the tea in the fridge until it is cold.
5. Serve the tea with ice cubes and slices of lime.

## Tip!

If you don't want the tea to be too spicy, you can strain it.



# Holy Cocktail

- Zanzan's Speciel





# Holy Cocktail

- Zanzan's Speciel



## Ingredients:

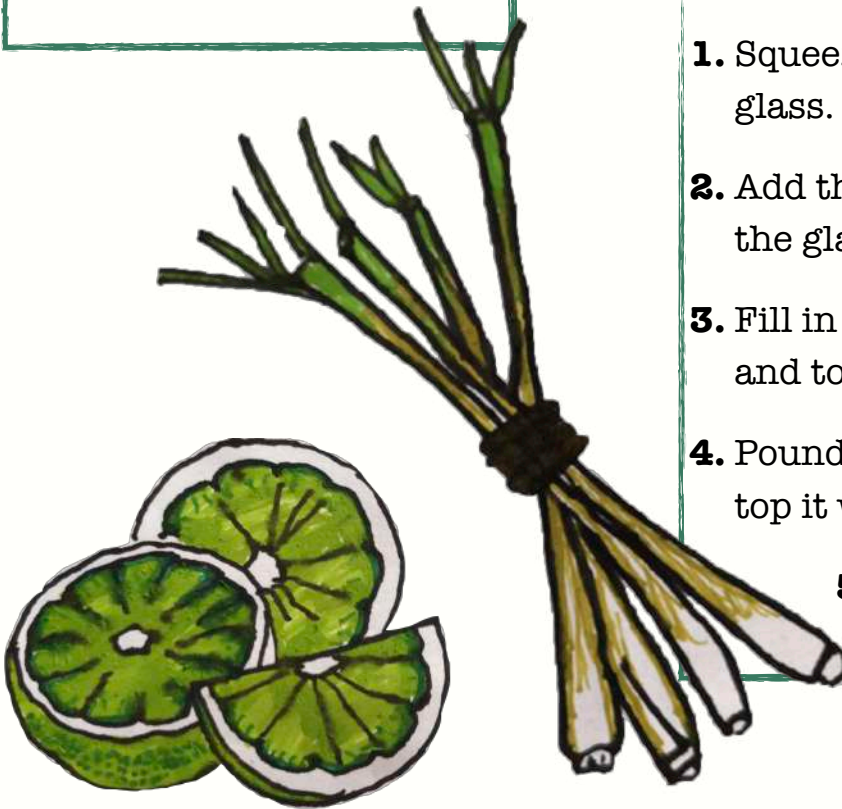
0.5-1 lime (squeezed)  
1 tsp. of palm sugar  
Ice cubes  
75 ml rum from rice  
50 ml sprite  
1 stalk lemongrass

Makes  
1 glass



## Directions:

1. Squeeze the lime into the glass.
2. Add the palm sugar and fill the glass with ice.
3. Fill in the rum until half full and top it with sprite.
4. Pound the lemongrass and top it with sprite.
5. Enjoy!



# Kakap Isen

- Beetle Leaf Drink





# Kakap Isen

- Beetle Leaf Drink



## Ingredients:

1 tbsp. galanga  
(chopped)

5 beetle leaves

Water

1 tbsp. palm sugar

A pinch of salt

Makes  
1.5 glass



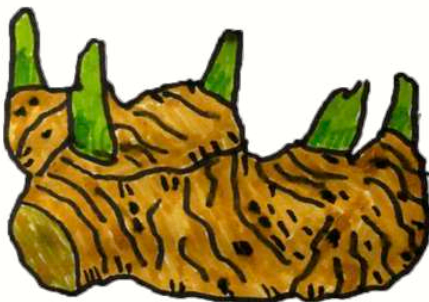
## Fact!

The beetle leaf has many health benefits especially if you are breastfeeding.

If you have an upset tummy, this juice will make you feel better!

## Directions:

1. Mix all of the ingredients in a blender and add water so the consistency is as you prefer.
2. When it is mixed, strain the drink and serve with ice or as a shot.



# Piduh

- Daun Piduh Drink





# Piduh

- Daun Piduh Drink



## Ingredients:

A handfull of Daun  
Piduh leaves

Pinch of salt

Water

Squeeze of lemon

Makes  
1.5 glass

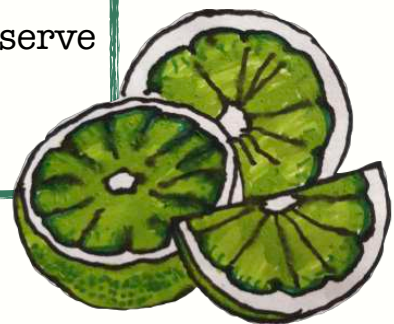
## Fact!

The Daun Piduh  
can have positive  
effects on your brain  
functions.



## Directions:

1. Mix the leaves and salt in a blender and add water to your preferred consistency.
2. When its mixed, strain the drink, squeeze some lemon juice in it and serve with ice or as a shot.



# Loloh Kayu Manis

- Cinnamon Leaves and Rice Drink





# Loloh Kayu Manis

- Cinnamon Leaves and Rice Drink



Makes  
1.5 glass

## Ingredients:

A handfull of cinnamon leaves

A 1/2 handful of raw rice

Pinch of salt

Water



## Directions:

1. Mix it all in a blender and add water to your preferred consistency.
2. When it is mixed, strain the drink and serve with ice or as a shot.

## Fact!

The cinnamon leaves are said to be good for digestive system. It contains many vitamins and minerals.



# Matur Suksma

## Terima Kasih

Thank you

First of all we wanna say thank you to ZanZan and Putu to give us the opportunity to make this book! We are so grateful for their welcoming and trusting in us and we are very proud to share this cookbook with all of you! Hope you will enjoy all of this amazing recipes and that you will grab the opportunity to be more creative and openminded in the kitchen. Leaving this place you will be filled with love and amazing food and hopefully you can get the same experience at home.

We wish you all the best with lots of love, happiness and hearty food!

Sincerely,

Emma Sytmen Kirketerp &  
Helene Mosbæk Schmeltzer





