

Sweet & Spicy



GILI COOKING SCHOOL

**We hope you enjoyed your cooking class today!
In this booklet you will find all the recipes so that
you can try to redo everything you learnt today
once back at home.**

**If you liked GCS write a comment on our Trip
advisor page and follow us in facebook!**

BASIC YELLOW SAUCE

Serves 6/8 people

Preparation time: 15mn

Ingredients:

- ✓ 10 shallots
- ✓ 15 cloves of garlic
- ✓ 15 cloves
- ✓ 2 thumb size pieces of galangal
- ✓ 2 thumb size pieces of ginger
- ✓ 2 thumb size pieces of turmeric / curcuma
- ✓ 3 red chilies
- ✓ 4 candle nuts / macadamia nuts
- ✓ 1 tea spoon of coriander seeds
- ✓ 1 tea spoon of white Pepper
- ✓ 1 table spoon of palm sugar
- ✓ 1 stalk of lemon grass
- ✓ 2 thumb size pieces of tamarind

Directions:

1. Chop all the ingredients, except coriander seeds, white pepper, tamarind, palm sugar and lemon grass. You can crush as well some lemon grass in your mix if you want.
2. Blend all the chopped ingredients in a "cobek" (= mortar) or in a conventional blender, until you obtain a fine paste.
3. Sauté the paste with the crushed lemon grass stalk. Add 2 pinches of salt and pepper and the palm sugar for 5mn at a low heat.
4. You can keep this basic yellow sauce 1 week in the refrigerator.

CHICKEN TALIWANG **(Ayam Taliwang)**

Serves 6/8 persons

Preparation time: 30 minutes

Ingredients:

- ✓ 5 red chilies
- ✓ 7 dry red chilies
- ✓ 10 cloves of garlic
- ✓ 2 candle nuts/ macadamia nuts
- ✓ 2 hot chilies or small chilies
- ✓ 1 chicken leg or chicken fillet (500 grs.) per person
- ✓ 100 ml of coconut milk
- ✓ Salt and pepper

Instructions:

1. Put the dry red chili into boiling water to soften it and chop it. Cut all the remaining spices in small pieces, then blend all the chopped ingredients and add some water in the blender to make your paste.
2. Heat the oil in a wok or skillet over medium heat and stir-fry the ground paste for 2 to 3 minutes until fragrant, add the coconut milk and keep at lower heat for few minutes.
3. Fry the chicken for 3mn until golden brown, add 2 pinch of salt and black pepper then put your chicken on the grilled pan or charcoal.
4. Add your paste on top of the chicken and continue to grill until it

is cooked.

FISH IN BANANA LEAVES **(Pepes ikan)**

Serves 6/8 persons

Preparation time : 25 minutes

Ingredients:

- ✓ 600 grs. of fish (mackerel / snapper / tuna / salmon...)
- ✓ 4 tomatos
- ✓ 15 leaves of basil/ lemon basil
- ✓ 3 tbs of yellow curry sauce
- ✓ 8 banana leaves
- ✓ 2 limes
- ✓ 10 Toothpicks
- ✓ Salt and pepper

Directions:

1. Slice your fish into 1 cm size cubes. You can use any fish as long as there are no bones, only fillet.
2. Chop the tomato into small cubes.
3. Chop the basil leaves or lemon basil.
4. Take a bowl, add the fish, squeeze the lime, add salt and pepper, tomatoes, basil and yellow paste.
5. Once it is done, put the fish into the banana leaves or aluminum foil and wrap it.
6. Close the banana leaves with toothpicks if using them.
7. Steam the dish with a steamer for about 15/20 minutes.

PEANUT SAUCE
(kacang saus)

Serves 6/8 persons

Preparation time : 10 minutes

Ingredients:

- ✓ 150 grs. of peanuts
- ✓ 100 grs. of palm sugar
- ✓ 3 red chilies
- ✓ 2 cloves of garlic
- ✓ 3 tbs of sweet soya sauce
- ✓ Oil as enough

Directions:

1. Fry the peanuts with hot oil until they turn to a brown color.
2. Slice the chili and remove the seeds.
3. Blend the peanuts, garlic and chili in a "cobek" (= mortar) or a conventional blender, until you obtain a fine paste.
4. Mix the paste with half a cup of hot water, keep at low heat and add the sweet soya sauce and salt.

FRIED NOODLE **(Mie Goreng)**

Serves 1 person

Preparation time: 15 mn

Ingredients:

- ✓ 1 clove of garlic

- ✓ 1 shallot
- ✓ 1 tomato
- ✓ 1 tbs of white pepper
- ✓ 1-2 red chilies
- ✓ 1 tbs of oyster sauce
- ✓ 1 tbs of sweet soya sauce
- ✓ 1 Onion

- ✓ 1 Carrot
- ✓ 1 pinch of salt
- ✓ 100 grs. of spinach or Chinese cabbage
- ✓ 170 grs. of mie / noodles

Directions:

1. Blend/crush the white pepper, garlic, shallots and red chili in a cobek (= mortar) or a conventional blender until you obtain a fine paste.
2. Peel and chop carrots, spinach or Chinese cabbage, onion and tomato.
3. Sauté all the spices with oil and little bit of water for 3/5 minutes.
4. Add oyster sauce, sweet soy sauce and noodles. Sauté for about 5mn at low heat.
5. You can add chicken, shrimp, and topped with fired eggs and it's ready to serve!

KELOPON

Serves 6/8 persons

Preparation time: 10 minutes

Ingredients:

- ✓ 300 grs. of sticky rice flour
- ✓ As enough palm sugar as coconut milk
- ✓ 100 ml of coconut milk
- ✓ 1 tea spoon of coloring

Directions:

1. Mix the sticky rice flour with coconut milk till smooth.
2. Make small balls with the previous mix and put palm sugar inside.
3. Boil the small balls and serve with grated coconut on top.