



A collection of

Halal & Thoyyib

recipes

Dari perantau untuk perantau

English edition 1
2024

Kumpulan Resep masakan Halal dan Thoyyib

Dari perantau untuk perantau

Edisi pertama Indonesia 2023 V1.1

First edition - English 2024

Compiled by **Kemuslimahan KIBAR 2022/2023**

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“

O humanity! Eat
from what is
lawful and good
on the earth and
do not follow
Satan's footsteps.
He is truly your
sworn enemy.
(QS 2:168)

”

FOREWORD

Assalamu'alaikum Warahmatullahi Wabarakatuh.

Alhamdulillah, all praise be to Allah SWT, who has bestowed His mercy upon all of us, allowing this work to be created. With gratitude and happiness, Kibar presents the E-book "Halal & Thoyyib: From Migrants to Migrants - A Collection of Recipes".

As Indonesian citizens living abroad, we certainly miss the taste of our beloved Indonesian cuisine. However, it can be challenging to find suitable ingredients or follow the proper cooking methods. Therefore, this E-book serves as a practical guide for all of us who wish to continue enjoying Indonesian flavors while living abroad.

This E-book contains a collection of recipes from Indonesian Muslim brothers and sisters in the UK. All the recipes are created to offer halal and thoyyib dishes, which are easy to prepare using ingredients available in the UK. It is hoped that this E-book will serve as an inspiration and solution, especially for suhoor and iftar menus during the month of Ramadan, as well as for daily meals while in the UK.

May this E-book also serve as a means to introduce the culinary richness of Indonesia to the world and become a beneficial charitable endeavor for all of us. Ameen Ya Rabbal'alamin.

Enjoy cooking and savoring the flavors.

Thank you,

Peace be upon you and the mercy of Allah, and His blessings.

Novrian Jaya

Chairperson of KIBAR 2022/2023

FOREWORD

Assalamualaikum Warahmatullahi Wabarakatuh.

Alhamdulillah, by the permission and the blessings of Allah SWT, in the year 2023, KIBAR UK is able to publish the e-book "Halal & Thoyyib Recipes". This book is a collection of practical Indonesian culinary recipes using ingredients that can be found in the UK.

We hope that through this recipe book, it can assist all Muslim brothers and sisters in the UK in preparing suhoor and iftar meals during the month of Ramadan and provide ideas for daily cooking. We have included various dishes ranging from snacks, drinks, to main courses to bring a taste of Indonesia to the UK.

We would like to express our deepest gratitude to everyone who has assisted in the process of compiling this recipe book, including:

All KIBAR UK members who have supported us in compiling this recipe book, Mr. Nurul, who has helped in designing this recipe book, Local Muslim sisters from various cities in the UK who have contributed to the collection of recipes, Colleagues from the Kemuslimahan Department of KIBAR UK who have worked together in compiling this recipe book since 2022, And all Muslim families in the United Kingdom.

May the existence of this recipe book help all Muslim brothers and sisters in the UK to remain steadfast in consuming halal and thoyyib food despite the limitations around us.

We acknowledge that this "Halal & Thoyyib Recipes" book is far from perfect. We apologize for any mistakes in the writing. Therefore, we highly appreciate constructive criticism and suggestions from everyone for the improvement of this book and also for future activities of KIBAR UK. In conclusion, may this book be beneficial to all readers.

Peace be upon you and the mercy of Allah, and His blessings.

Kemuslimahan Department, KIBAR 2022/2023

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THE KITCHEN DICTIONARY

- Asam: Tamarind
- Ayam Kampung: Hard Chicken
- Bombay: Onion
- Bawang merah: Shallot
- Bawang perai: Leek
- Bawang putih: Garlic
- Cabai: Chilli pepper
- Cabai merah: Red chilli
- Cabai hijau: Green chilli
- Cabai rawit: Bird eye chilli
- Cabai rawit panjang: Cayenne pepper
- Cengkeh: Clove
- Cuka: Vinegar
- Daun bawang: Green onion, Scallion
- Daun pandan: Screwpine leaf
- Garam: Salt
- Gula: Sugar
- Gula halus/kastor: Caster sugar
- Gula bubuk: Icing sugar
- Gula merah: Palm sugar
- Gula coklat: Brown Sugar
- Jahe: Ginger
- Jeruk limau, jeruk nipis : Lime
- Jinten: Caraway/Cumin
- Kapulaga : Cardamom
- Kayumanis : Cinnamon
- Kecap manis : Sweet Soy sauce
- Kecap Inggris: Worcester sauce
- Kelapa Kering Parut: Dessicated Coconut
- Kemangi: Basil
- Kemiri: Candlenut
- Kencur: Sand ginger, Cutcherry
- Ketumbar: Coriander
- Ketan: Sticky rice/ Glutinous Rice
- Kunyit: Turmeric
- Lengkuas: Galangal
- Merica, Lada: Pepper (White or Black)
- Minyak kelapa: Coconut oil
- Minyak sayur: Vegetable oil
- Minyak wijen: Sesame oil
- Minyak zaitun: Olive oil
- Nangka: Jack Fruit
- Oregano: Oregano
- Pala: Nutmeg
- Paprika: Paprika
- Pandan: Vanilla Grass/Panda leaf/Rampe
- Peterseli: Parsley
- Pisang Tanduk: Plantain
- Santan: Coconut milk
- Saus tiram: Oyster sauce
- Seledri: Celery
- Serai/Sereh: Lemongrass
- Terasi: Shrimp paste
- Vanili: Vanilla
- Wijen: Sesame seed



from the editor's desk

Being a migrant in Western countries, including England, poses its own challenges for Indonesians. One of them is regarding food. Indonesians are accustomed to consuming rice as their staple food, accompanied by various flavorful side dishes. This is very different from Europeans, where their daily energy needs are fulfilled by processed wheat and milk, which may not always suit the taste buds and stomachs of Indonesians.

Moreover, there is the issue of halal status for food products. Obtaining halal food in Europe is certainly not as easy as in Indonesia, where the majority of the population is Muslim, where halal food/ingredients are much easier to find.

Although halal restaurants and stores offering halal food products can now be found in almost every major city in the UK, it is more cost-effective to cook our own daily meals rather than eat at restaurants. Additionally, by cooking our own meals, we can cater to the "Indonesian palate" and ensure that the ingredients used are halal and hygienic, allowing us to enjoy halal and thoyyib (lawful and good) food.

To address this, the Kemuslimahan Department of KIBAR UK has taken the initiative to collect recipes from Indonesian citizens in the UK, which have been tested by the authors themselves. The ingredients used in each recipe can be found in local shops as well as Asian grocery stores scattered across England. Most of the recipes are simple and quick to make, making them suitable for students who have limited time in the kitchen or mothers who are not accustomed to cooking but still want to present Indonesian dishes for their families.

We hope that this collection of recipes will be beneficial for Indonesian migrants in the UK or anywhere else they may be.

Happy cooking!

The Islamic term "thoyyib" can be translated to English as "pure," "wholesome," or "good." In the context of food, it refers to the concept of consuming food and beverages that are not only permissible (halal) according to Islamic dietary laws but also clean, healthy, and beneficial for the body and soul. The term encompasses the idea of choosing high-quality, nutritious, and ethically sourced ingredients to ensure that the food is not only permissible but also beneficial and pleasing to Allah.

**VARIOUS
MEAT AND
VEGETABLE
DISHES**



AYAM BAKAR TALIWANG

oleh: Rizkiyati Amalis Zhuraida (Southampton)



Ingredients

- 1 kg chicken, cut according to preference
- 2 tablespoons of lime juice
- 1 teaspoon of salt
- 300 ml thin coconut milk
- Oil for sautéing

Ground Spice

- 10 shallots
- 7 garlic cloves
- 1 large red chilli
- 3 candlenuts
- 1.5 teaspoons of shrimp paste (terasi)
- 1 teaspoon of brown sugar
- 1 teaspoon of salt

Cooking instructions

1. Marinate the chicken with lime juice and salt for approximately 20 minutes, then rinse it thoroughly. Set aside.
2. Heat oil in a large frying pan, then sauté the finely ground spices until fragrant.
3. Pour in the coconut milk. Stir and simmer until it boils.
4. Add the chicken. Cook until it's done and the spices are absorbed.
5. Turn off the stove. Grill the chicken over an open flame or in the top rack of a preheated oven at 200 degrees Celsius, with the baking tray positioned on the second rack from the top. While grilling, brush it with the remaining marinade until the spices are slightly charred. Flip the chicken and do the same.
6. Once both sides are slightly charred, remove it from the oven. Serve with fresh vegetables, mortar and pestle sambal, and hot rice.

BAKSO DAGING SAPI Bagian I

DENGAN KUAH KALDU TULANG

oleh: Lutfi Nia Kholida (Manchester)



Ingredients for Bakso

- ½ kg beef (do not use minced beef for a good texture)
- 50 gr tapioca flour
- 10 cloves of garlic
- 1 large scallion (shallot)
- ½ teaspoon baking powder
- 2 eggs (use only the egg whites)
- ½ teaspoon nutmeg
- 1 teaspoon white pepper powder
- 1 tablespoon mushroom broth/other broth
- ½ teaspoon salt
- Ice cubes
- Water

Ingredients for bone broth

- 1 kg beef bones (leg or rib part)
- 3 L water
- 7 cloves of garlic
- ½ large scallion (shallot)
- ½ teaspoon nutmeg
- 1 teaspoon white pepper powder
- Mushroom broth/other broth to taste
- Salt to taste
- Green onions

Shallot chilli souce

- 15 bird's eye chili peppers
- 7 cloves of garlic
- A pinch of salt and white sugar

Accompaniments

- Yellow noodles/vermicelli (not shown in the photo)
- Fried tofu
- Green onions
- Fried shallots
- Wontons (not shown in the photo)

BAKSO DAGING SAPI bagian 2

DENGAN KUAH KALDU TULANG

oleh: Lutfi Nia Kholida (Manchester)

Cooking instructions

Bakso / Meatballs

1. Slice the garlic and shallots, then fry them until they turn brown or crispy.
2. Place the meat in a food processor, add 2 cubes of ice, and blend the meat until it becomes smooth.
3. Add the fried garlic and shallots, white pepper, broth, salt, baking powder, and more ice cubes if needed. Mix the mixture until well combined.
4. Add tapioca flour and more ice cubes if necessary. Stir the mixture until it's evenly mixed.
5. Heat water over low heat, but do not let it boil. Wait until it's hot enough.
6. Shape the meatball mixture into round balls according to your preference using your hands and a spoon. Place the meatballs in the hot water. Wait until the meatballs float to the surface of the water before removing them.

Bone broth

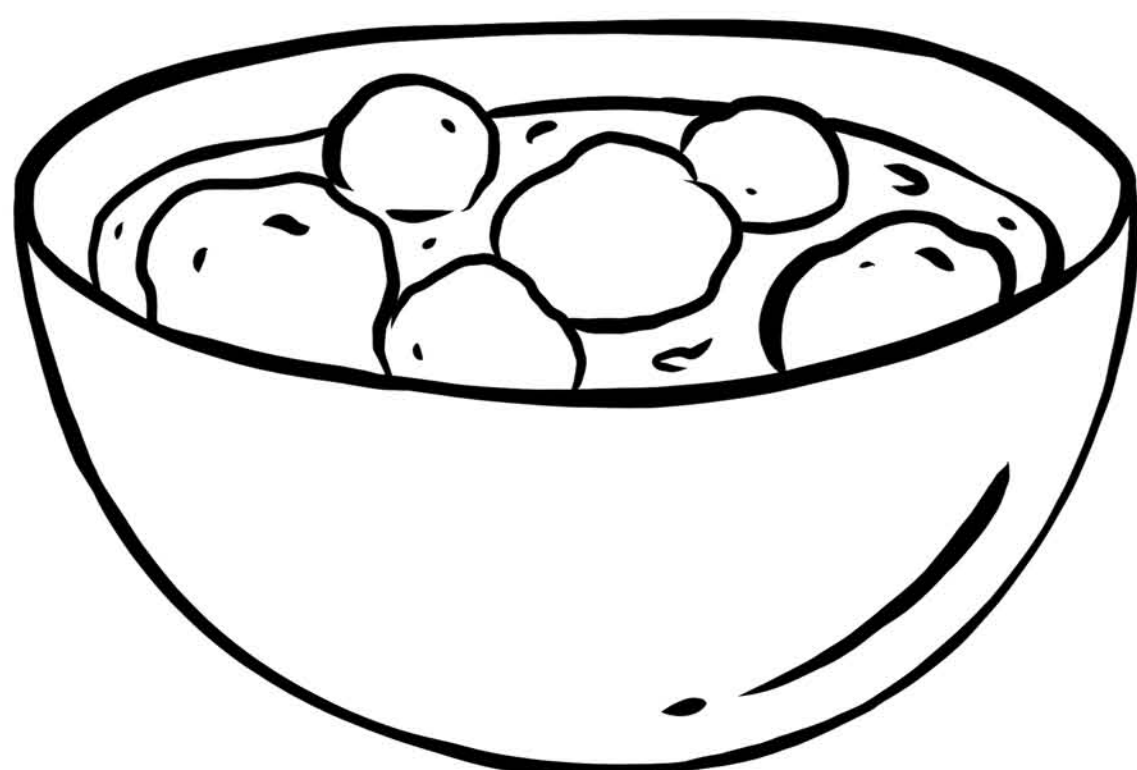
1. Wash the beef bones or ribs thoroughly.
2. Boil the bones until they boil for 10 minutes, then reduce the heat and let them simmer for 1 hour or more to extract the rich broth.
3. Slice the garlic and shallots, then fry them until they turn brown or crispy. Then blend them until smooth.
4. Once the bone broth has released its flavor, add the blended garlic, shallots, and other seasonings to the soup. Adjust the taste as needed.
5. Add the meatballs to the broth. Wait until they are cooked through and the broth has absorbed into the meatballs.
6. Add green onions and fried shallots.
7. Your beef meatball soup is ready to be served.

Shallot Chili Sauce (Sambal Bawang)

1. Boil the bird's eye chili peppers and garlic until they become tender.
2. Remove them from the heat and blend them using a blender or pound them (don't forget to add a bit of salt and sugar).
3. Place the sauce in a small bowl.

Assembly of Beef Meatball Soup (Bakso):

1. Place fried tofu and noodles in a bowl, then add the meatballs and pour the soup over them.
2. Sprinkle with green onions and fried shallots, and serve with the shallot chili sauce.
3. Your beef meatball soup with bone broth is ready to be enjoyed. Alhamdulillah!



GULAI UDANG TAHU PETAI

(GUDANG TAPE) ala Iza

oleh: Desmaliza (Manchester)



Ingredients

- 250 grams of shrimp, head removed, cleaned, and marinated with lime juice and salt
- 2 pieces of medium-sized white tofu, cut into medium-sized cubes
- 2 pieces of medium-sized potatoes, cut into medium-sized cubes
- 10 pieces of stink beans (petai), or as desired

For the Spice Paste

- 5 large red chili peppers
- 3-6 shallots (depending on size)
- 3 cloves of garlic
- 1 piece of galangal
- 1 piece of ginger
- 1 piece of turmeric or 1 teaspoon turmeric powder
- 3 candlenuts (optional)

For the Seasoning:

- 4 tablespoons of coconut milk powder
- 1 stalk of lemongrass, bruised
- 3 kaffir lime leaves
- 3 bay leaves
- Sufficient water
- Salt to taste
- Seasoning (such as MSG) to taste
- Cooking oil for sautéing the spices.
-

Cooking method

1. Heat a sufficient amount of cooking oil, then sauté the ground spices until fragrant. Afterward, add the shrimp that has been marinated with lime juice.
2. Once the shrimp changes color, add water. When it comes to a boil, add the potatoes.
3. After the potatoes become tender, add the tofu.
4. Also, add lemongrass, kaffir lime leaves, bay leaves, salt, and seasoning. Stir gently to avoid breaking the tofu.
5. Once the seasonings have been absorbed and it's aromatic, add the coconut milk powder that has been mixed with a little water beforehand. Continue to stir.
6. If the soup is already thickened to your liking, taste it. When it's to your taste, remove it from heat and serve it immediately with hot rice.

This is how you cook Shrimp, Tofu, and Stink Bean Curry using ingredients that can be found in your local Chinese store.

Enjoy trying out this recipe. Good luck!

AYAM GLABED

oleh: Nadiah Afif (Nottingham)

Ingredients

- 1 whole chicken, cut into small pieces
- Juice from ½ lime
- 1 liter of thin coconut milk
- 300 ml of thick coconut milk
- 100 ml of whole milk
- 4 kaffir lime leaves, remove the stem and tear into pieces
- 1 tomato, finely chopped

Spice Paste (Ground Spice):

- 1 onion
- 6 cloves of garlic
- 1 tablespoon of coriander
- ½ teaspoon of cumin
- 1 teaspoon of pepper
- 3 cm of turmeric
- 2 cm of ginger
- 5 cm of lemongrass, white part
- Salt to taste

Seasoning For the Chicken:

- 6 cloves of garlic
- 1 cm of turmeric
- 1 teaspoon of coriander
- ½ teaspoon of pepper
- 200 ml of thin coconut milk/water
- Salt to taste

Accompaniments:

- Lontong or Ketupat (compressed rice cake)
- Fried shallots (Bawang goreng)
- Boiled eggs (Telur rebus)
- Lime (Jeruk nipis)
- Bird's eye chili sambal (Sambal cabai rawit)
- 200 grams of tempeh or white tofu, cut into 2 cm cubes and briefly fried.

Cooking method

1. Marinate the chicken with lime juice, knead it, and let it sit for about 10 minutes.
2. Crush garlic, turmeric, coriander, and pepper. Sauté them until fragrant.
3. Add the chicken and stir until it changes color. Add salt and coconut milk/water. Cook until the chicken is tender and the seasonings are absorbed. Turn off the heat.
4. In a separate pan, sauté the ground spice paste along with kaffir lime leaves until fragrant. Add tomatoes and some salt.
5. Add coconut milk and milk to the mixture. Cook until the sauce boils while stirring gently to prevent the coconut milk from breaking. Taste, and if it's to your liking, add the sautéed chicken to the sauce. Cook for about 5 minutes, then turn off the heat.
6. Serving: In a bowl, arrange sliced lontong/ketupat, boiled eggs, tempeh, and fried tofu. Pour the hot glabed sauce over them and add pieces of chicken. Sprinkle with fried shallots, add lime juice to taste, and serve with chili sambal according to your preference. Glabed is ready to be enjoyed.



“

"Eat and drink,
but do not be
excessive."
(Quran, 7:31)

This verse encourages moderation in eating and drinking, highlighting the importance of maintaining balance and not indulging in excessiveness.

”

SAMBAL TUNA

oleh: Rini Rezeki (Manchester)

Ingredients

- 1 can of tuna (approximately 150 grams)
- 150 grams of shallots or red onions
- 150 grams of large red chili peppers
- 15 grams of bird's eye chili peppers
- 10 grams of lemongrass
- 50 ml of water
- 5 grams of brown sugar
- 1/2 teaspoon of salt
- 8 tablespoons of cooking oil

Cooking method

1. Heat 1 tablespoon of cooking oil in a pan, then sauté the tuna over medium heat until it becomes dry.
2. Coarsely blend the shallots, large red chili peppers, bird's eye chili peppers, and lemongrass.
3. Heat 7 tablespoons of cooking oil over medium heat, then add the blended ingredients from step 2. Sauté briefly.
4. Add water, sugar, and salt, then reduce the heat and simmer for approximately 20 minutes or until the liquid reduces.
5. Add the tuna, then sauté again for 5 minutes.
6. This sambal yields approximately 300 grams and is ready to serve.



MIE ACEH UDANG Bagian I

oleh: Rinal Sahputra (Manchester)



Ingredients

- 100 grams of shallots
- 30 grams of garlic
- 2 medium-sized tomatoes (
- Bird's eye chili to taste - optional, can be omitted if you don't like it spicy/hot
- 3 tablespoons of paprika powder
- 1 teaspoon of ginger powder

Other Ingredients

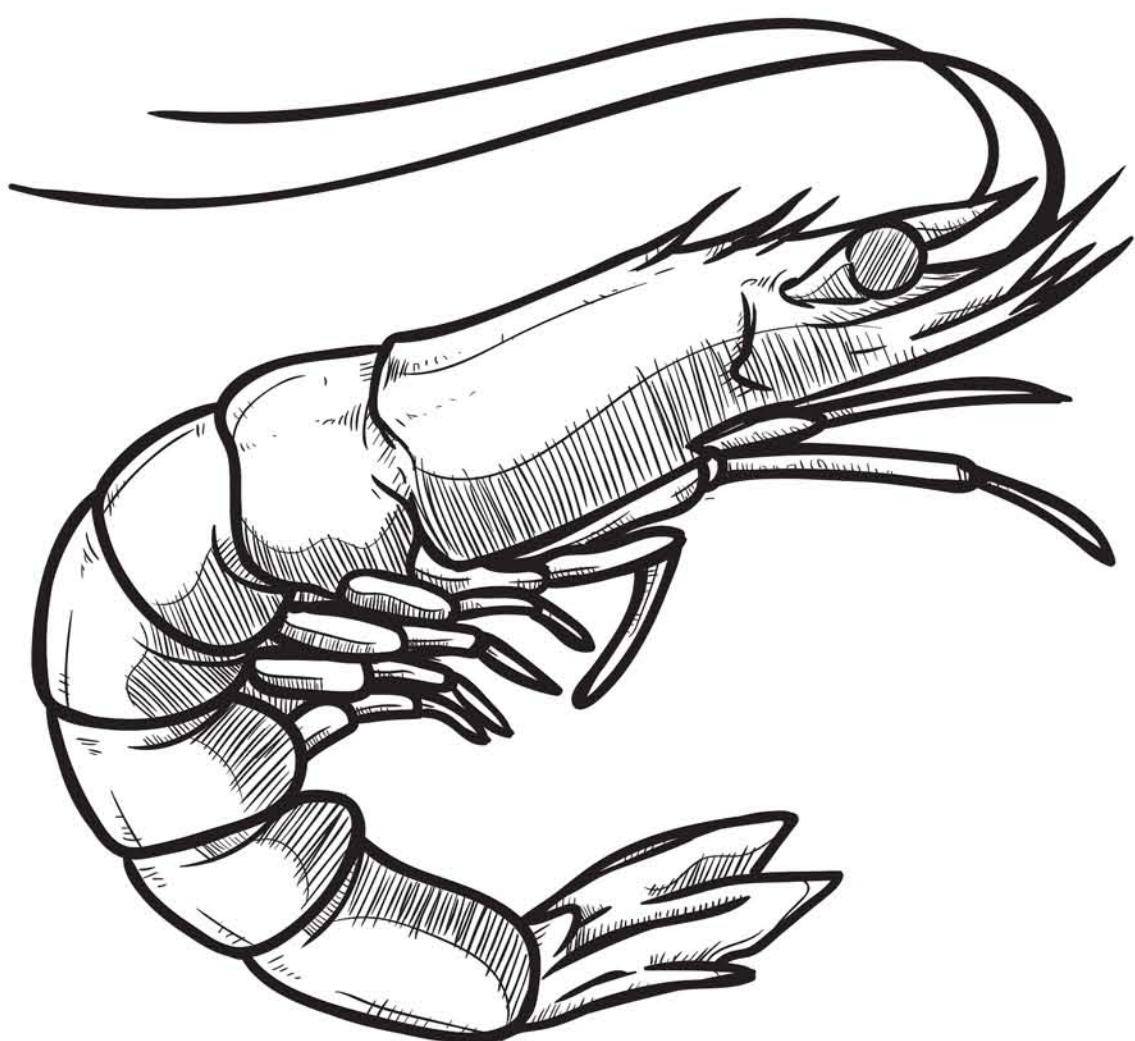
- 500 grams of yellow noodles (boil for about 4 minutes and drain)
- Shrimp as needed
- 50 grams of bean sprouts
- 1 teaspoon of ground black cumin
- 1 teaspoon of curry powder
- Green onions as needed
- Celery leaves as needed (thinly sliced)
- Soy sauce and sweet soy sauce as needed
- 1 tablespoon of sesame oil
- 1 tablespoon of vinegar
- Fried peanuts (for garnish)
- 1 fried egg (sunny-side up as garnish)
- Fried shallots as needed
- Shrimp crackers as needed
- Slices of tomato as needed
- ¼ cup of water
- Salt as needed
- Cooking oil as needed

MIE ACEH UDANG Bagian I

oleh: Rinal Sahputra (Manchester)

Cooking method

1. Fry the shallots, garlic, bird's eye chili, and tomatoes briefly for about 3 minutes. Then, blend all the spice paste ingredients until smooth (it's better not to use water while blending, but use a sufficient amount of cooking oil).
2. Heat a pan with 2-3 tablespoons of cooking oil. Afterward, sauté the shrimp until cooked, about 5 minutes. Set aside.
3. In the same pan, add another spoonful of cooking oil, then add the sliced shallots and sauté briefly until wilted.
4. Add the spice paste and sauté for about 5-7 minutes. Add $\frac{1}{4}$ cup of water. Add the cumin powder and curry. Continue to sauté until fragrant, about 6 minutes.
5. Add the cooled noodles. Stir continuously, then add soy sauce and sweet soy sauce to taste. Continue to sauté until all ingredients are well combined.
6. Add the bean sprouts. Stir continuously. Add sesame oil and vinegar. Stir continuously until all ingredients are well mixed. Adjust the taste. If it's still not salty enough, you can add salt or more soy sauce as needed.
7. Add the shrimp, green onions, and celery leaves. Stir until everything is well mixed.
8. Your Aceh Shrimp Noodle is ready to be served with sliced tomatoes, fried shallots, shrimp crackers, and fried peanuts.



SEAFOOD SAUS PADANG BINTANG TOEDJOEH

oleh: Ririn Nurwulan (Manchester)

Ingredients

- 350 grams of shrimp
- 250 grams of squid
- 300 grams of mussels, boiled
- Broccoli, boiled

Spice Paste

- 0 cloves of garlic
- 10 shallots
- 8 red bird's eye chili peppers
- Sufficient cooking oil

Other Ingredients:

- 3 stalks of green onions, chopped
- 6 tablespoons of oyster sauce
- 6 tablespoons of tomato sauce
- 6 tablespoons of chili sauce
- 2 tablespoons of fish sauce
- 1 tablespoon of seasoning sauce
- 800 ml of water
- 3 bay leaves
- 4 kaffir lime leaves
- 1 tablespoon of granulated sugar
- ½ tablespoon of powdered broth



Cooking method

1. Blend garlic, shallots, bird's eye chili peppers, and oil with a blender, then sauté until fragrant.
2. Add bay leaves and kaffir lime leaves, sauté until fragrant and cooked.
3. Add fish sauce, seasoning sauce, oyster sauce, tomato sauce, chili sauce, green onions, and the white part. Stir until well combined.
4. Add water, stir well, then add sugar and powdered broth.
5. Add the boiled mussels.
6. Heat oil, fry squid and shrimp for 30-60 seconds, then drain.
7. Add the remaining green onions, squid, and shrimp that have been fried (broccoli can be mixed in or served separately as a garnish). Cook until it boils, then turn off the heat.

SPAGHETTI DENDENG BALADO

SPAGHETTI with SPICEY BEEF JERKY

oleh: Anggi Anggraeni (Manchester)



Ingredients

- 1 kg beef, preferably shank or tenderloin
- 10 cloves of garlic, grated or finely crushed
- 1 tablespoon of salt
- 1 tablespoon of pepper
- 500 ml of water
- 300 grams of chili peppers (a mix of large and small red chilies), roughly pounded
- 200 grams of shallots, roughly pounded
- 2 tablespoons of lime juice
- 1/2 teaspoon of granulated sugar
- 1 teaspoon of salt

Cooking method

1. Slice the meat to a thickness of 1 cm.
2. Coat it with garlic, pepper, and salt. Let it sit for 15 minutes.
3. Transfer it to a pan, add water, and cook until the water evaporates, and the meat becomes tender. Remove from heat and drain the meat.
4. Fry the meat briefly in hot oil, no need to make it completely dry. Remove and drain.
5. Sauté chili peppers and shallots with the remaining oil from frying the meat until wilted.
6. Add the fried meat to the chili sauce, stir until well combined.

Presentation

Boil the pasta, then lift and drain it into a container. Serve the balado wet dendeng on top of the pasta as a topping.

Tips

For a tastier flavor, you can also sauté the spaghetti together with the spicy beef jerky.

SAMBEL GORENG HATI KENTANG

Spicy Fried Liver with Potatoes.

By: Yuni Ira Nurdiana (Leeds)

Ingredients

- 500 grams of chicken liver, washed clean
- 2 potatoes, diced
- 1 cup of thin coconut milk
- Kaffir lime leaves
- Cooking oil for sautéing

Spice Paste

- 1 large shallot (equivalent to 5 shallots or red onions)
- 4 cloves of garlic
- 1 large red chili pepper
- Bird's eye chili peppers according to preference
- 1 teaspoon of brown sugar (optional)
- 2 candlenuts (optional)
- Salt and sugar to taste
- Seasoning (such as a seasoning cube) to taste

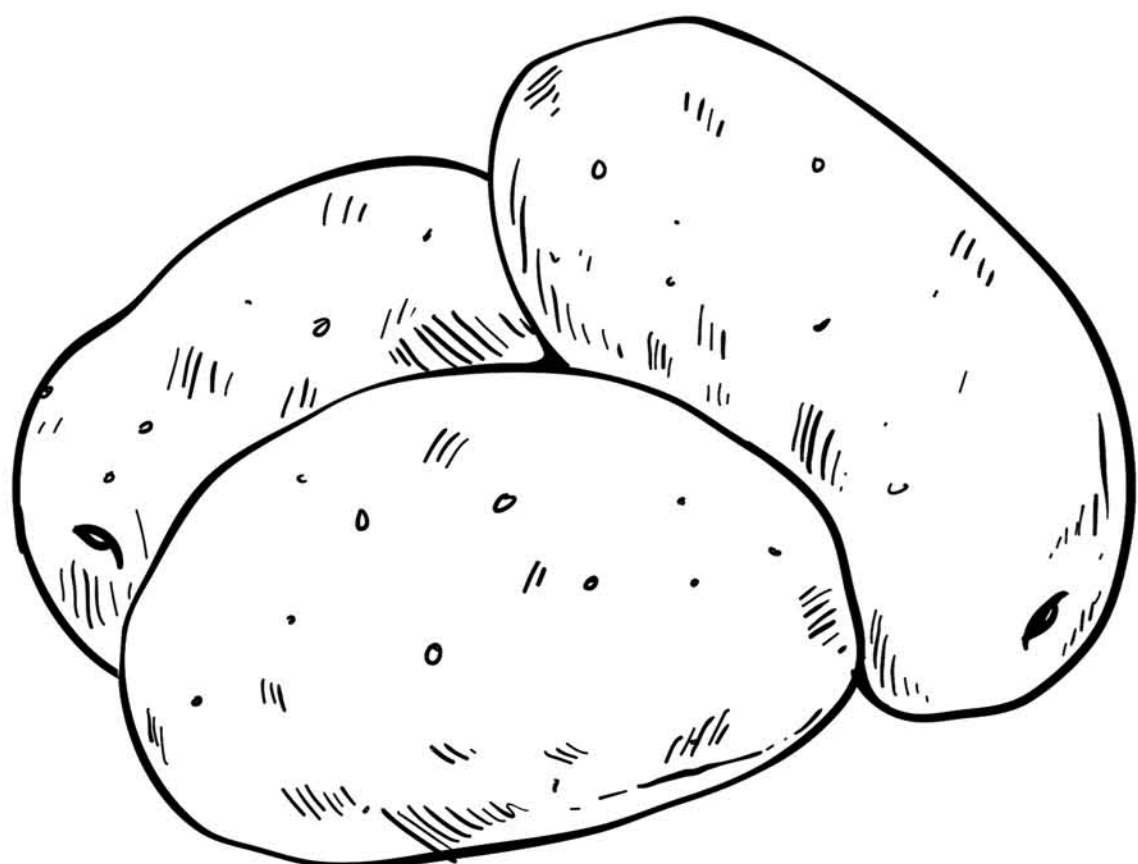


Cooking method

1. Boil the chicken liver once to remove any unpleasant odor, drain, and then cut it according to your preference. Fry it briefly.
2. Partially fry the potatoes.
3. Heat oil in a large pan, then sauté the finely ground spices until fragrant. Add kaffir lime leaves.
4. Pour in the coconut milk, cook until it boils.
5. Add the chicken liver and potatoes, cook until the coconut milk evaporates, and the seasonings are absorbed. Turn off the stove

Serving Instructions:

Pour it onto a serving plate and sprinkle with thinly sliced red chili (remove the seeds) and fried shallots. This dish can be eaten directly with steamed white rice or as a side dish with chicken opor. Enjoy your meal!



UNGKEP AYAM/DAGING/HATI AYAM SIMMERED CHICKEN/BEEF/CHICKEN LIVER.

oleh: Yuni Ira Nurdiana (Leeds)

Ingredients

- 1 whole chicken or
- 500 grams of beef or
- 500 grams of chicken liver.

Spice paste

- 2 teaspoons of ground coriander
- 1 teaspoon of ground turmeric
- 4 cloves of garlic, roughly crushed along with their skins
- Salt
- Seasoning (such as a seasoning cube)



Cooking method

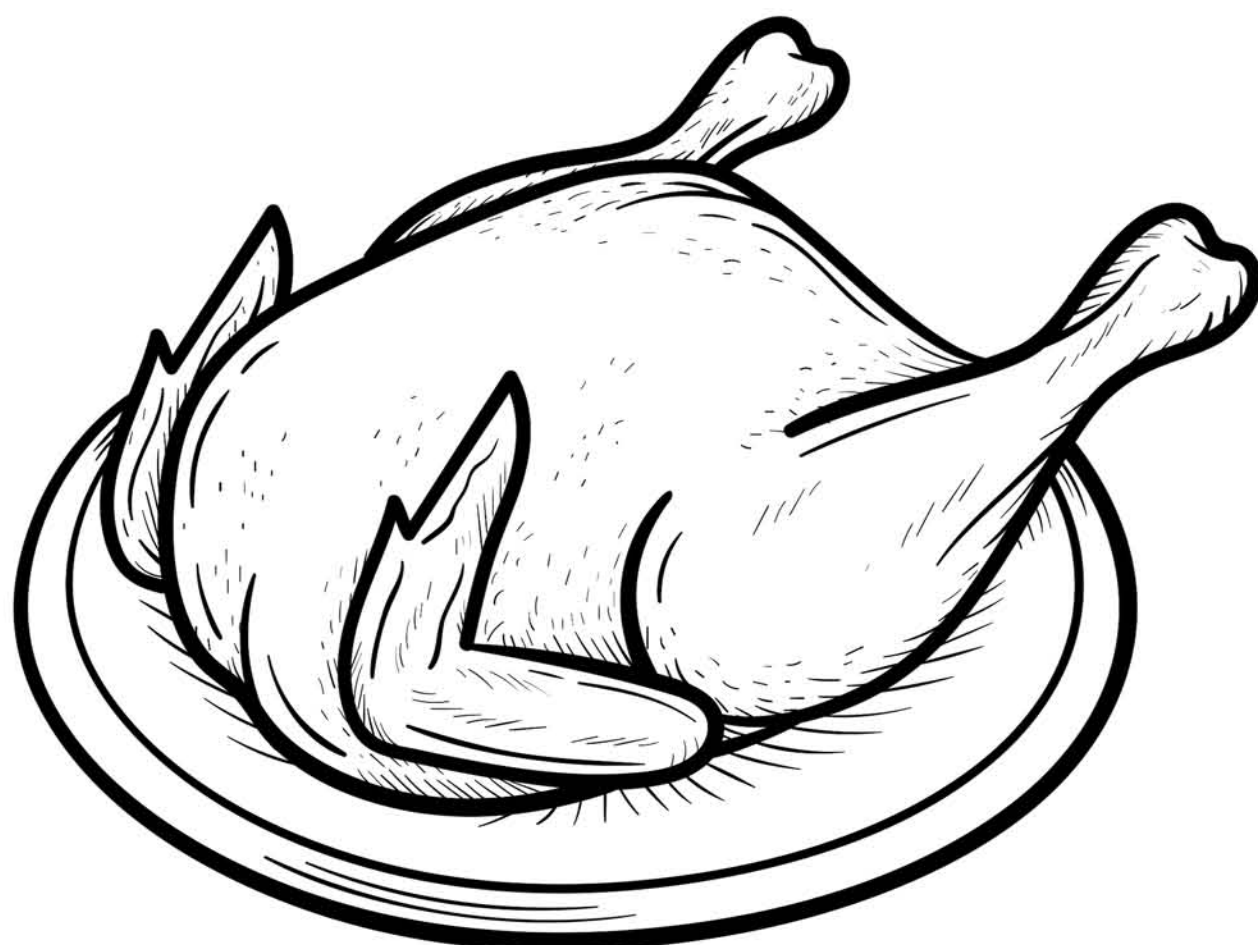
1. Wash the meat ingredients thoroughly and cut them according to your preference.
2. Marinate the chicken/beef/chicken liver with the spices for 2 hours, then place it in the refrigerator.
3. Then, boil it with 1/2 cup of water over low heat. Or if the chicken/beef/chicken liver has released moisture, there's no need to add water.
4. Boil until the seasonings are absorbed and the liquid has evaporated. Let it cool.

Serving Instructions:

Fry the simmered chicken/beef/chicken liver before eating, serve it with Indonesian-style sambal (chili sauce), and hot rice.

Storage Method:

To freeze, wrap each portion in a ziplock plastic bag. When you want to consume it, simply fry it.



GUDEG JOGJA KOMPLET (bagian I)

oleh: Sasa (Wiwara Awisarita)(Birmingham)

Gudeg

Ingredients

- 1 kg young jackfruit (can be canned or frozen)
- 100-150 grams of kithul jaggery
- Chicken feet (hard chicken)*
- 10 sachets of black tea (substitute for teak leaves)
- 1 liter of instant coconut milk
- Sufficient water

Bumbu Halus

- 50 grams of shallots
- 4 cloves of garlic
- 8 candlenuts
- 1 teaspoon of coriander

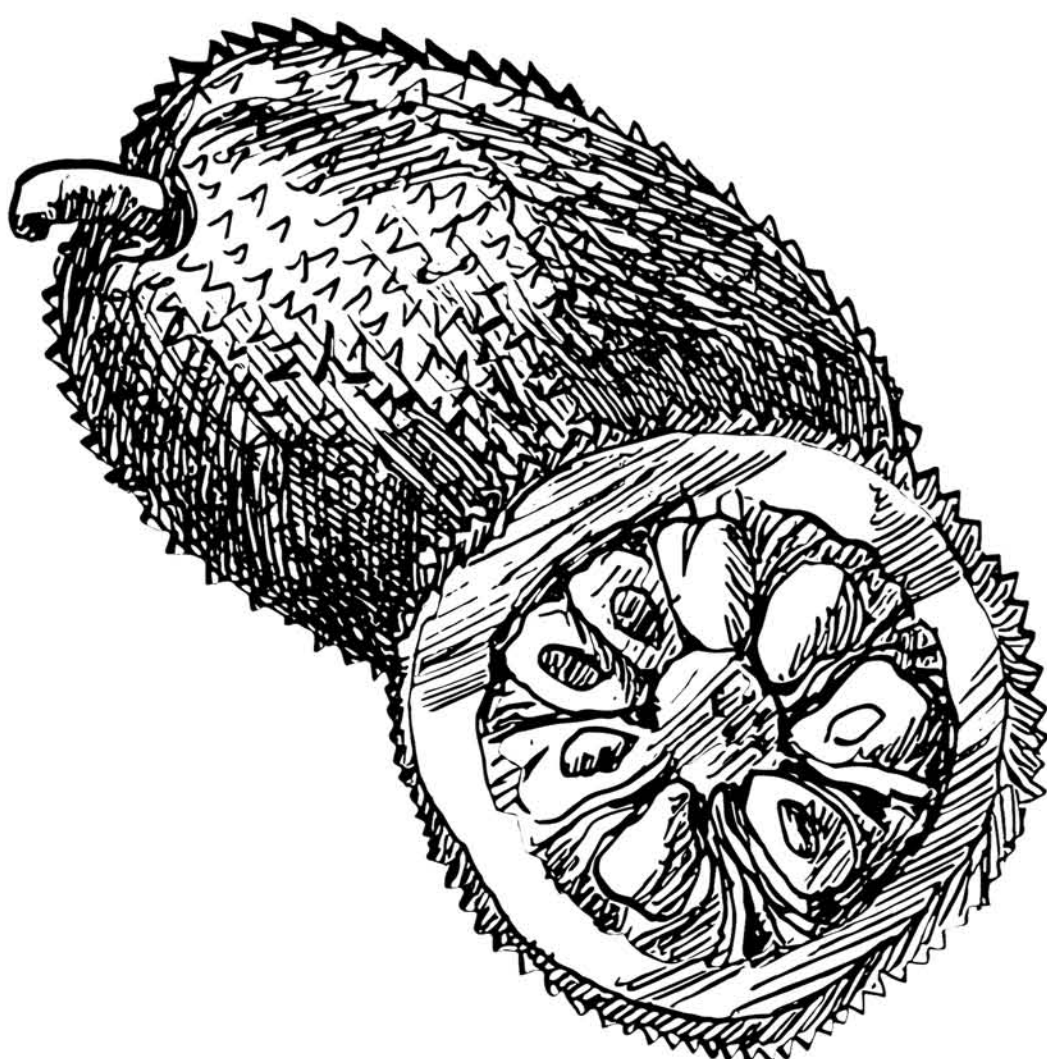
Spice Mixture

- 6 bay leaves
- 3 cm galangal
- 2 stalks of lemongrass, bruised
- 3 kaffir lime leaves, torn into pieces



Cooking method

1. Crush the spices (it's recommended to pound them for better flavor).
2. Place the spice mixture at the bottom of a pan or pot.
3. Add a bit of salt and brown sugar.
4. Continue by adding the crushed spices.
5. To achieve a dark red color for the gudeg, you can add 10 sachets of black tea.
6. Add the boiled young jackfruit.
7. Pour in the coconut milk and add enough water to submerge the jackfruit.
8. Cook over low heat or in a slow cooker for at least 4-5 hours.
9. Don't forget to occasionally stir it to prevent it from burning.
10. Adjust the taste according to your preference.



GUDEG JOGJA KOMPLET (bagian 2)

oleh: Sasa (Wiwara Awisarita)(Birmingham)

Krecek Chili Sauce

Ingredients Sambal Goreng

- 50 grams of good-quality Krecek
- 100 grams of Black-eyed peas
- 200 grams of Tempeh, diced into small cubes.

Bumbu Sambal Goreng:

- 8 shallots, thinly sliced
- 3 cloves of garlic, thinly sliced
- Red chili peppers, according to your preference, finely ground. It's recommended to choose curly/bird's eye chili/thai chili for the sambal goreng to have a beautiful red color.



Cooking method

1. Sauté the shallots and garlic until they are cooked and fragrant.
2. Add the finely ground chili peppers, then sauté until they are fully cooked (change color).
3. Pour in 800 ml of coconut milk.
4. Wait until it boils, then add the black-eyed peas (kacang tholo) and tempeh.
5. Add salt, powdered broth, and brown sugar.
6. Cook until the seasonings are absorbed.
7. It's ready to be served along with gudeg.

Opor Ayam

Ingredients

- 1 male chicken /hard chicken / free-range chicken
- 5 pieces of tofu (firm tofu)
- 3 boiled eggs
- 800 - 1000 ml of coconut milk

Spice paste

- 8 shallots
- 4 candlenuts
- 3 cloves of garlic
- 1/2 teaspoon of coriander

spice mixture

- 2 bay leaves
- 1 stalk of lemongrass
- 1 cm galangal
- 1 kaffir lime leaf

Cooking method

1. Sauté the spice paste (Bumbu Halus) until fragrant.
2. Add the spice mixture (Bumbu Rempah).
3. Pour in the coconut milk.
4. Add salt/powdered broth and brown sugar to taste.
5. Cook until the chicken is tender and the sauce thickens over low heat.

Tips 'n Tricks

- If you want the texture of gudeg to be slightly moist, you can cook it for just 4 hours.
- Additionally, if you want the gudeg eggs to be dark brown, you can add the boiled eggs along with the jackfruit while cooking, not together with the additional side dishes later.
- For those who want the chicken, tofu, and tempeh to be dark brown in color, you can also add them together with the jackfruit.

“

"Indeed, Allah is Most Good and only accepts that which is good. Allah SWT has commanded the believers with what He also commanded the messengers.

Then the Prophet Muhammad SAW mentioned a person who undertakes a long journey while being disheveled and dirty. He raises his hands to the sky and prays,

'O my Lord, O my Lord,' but his food is unlawful, his drink is unlawful, his clothing is unlawful, and he is nourished with what is unlawful. How can his prayer be answered?"
(Hadith narrated by Muslim)

”

IKAN GORENG DABU- DABU FOR KIDS

oleh: Irsalina Dwiyanti (Glasgow)

Ingredients

- 2 fillets of seabass/cod
- 5 tablespoons of all-purpose flour
- 1 tablespoon of garlic powder
- 1 teaspoon of salt

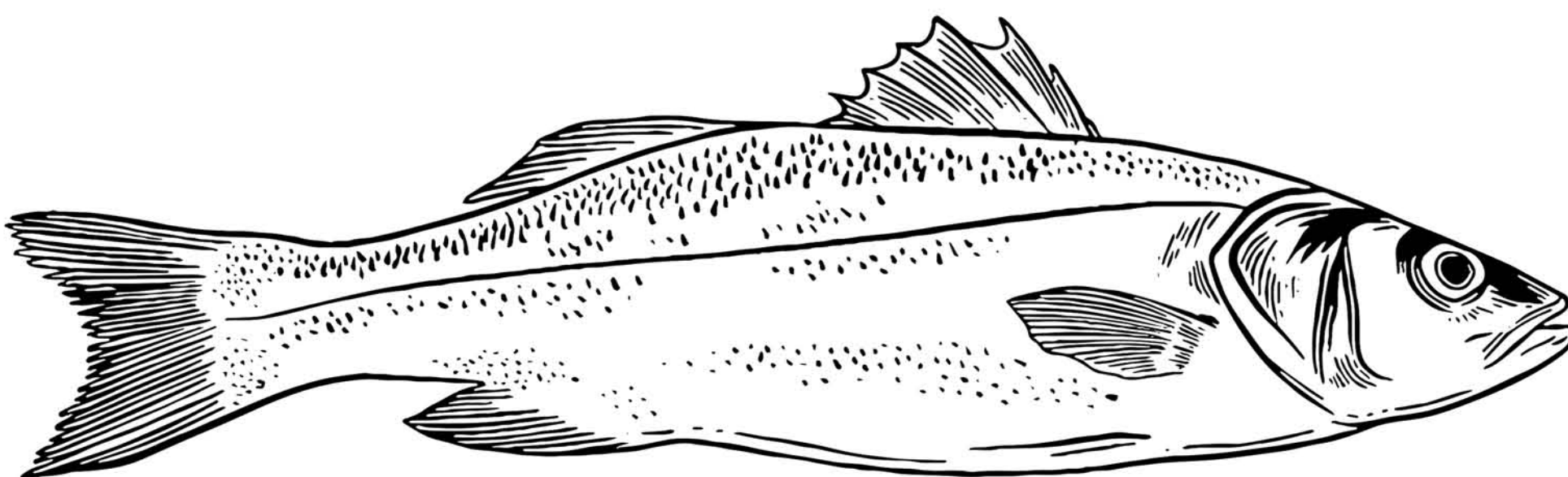
Ingredients sambal dabu-dabu

- 10 red cherry tomatoes
- 5 shallots
- 3 slices of kaffir lime leaves (optional)
- 120 ml cooking oil
- 1 tablespoon of lime juice
- ½ teaspoon of granulated sugar
- 1 teaspoon of salt



Cooking method

1. Mix black pepper, salt, and garlic powder into the all-purpose flour. Stir well.
2. Roll the fish fillets into the flour mixture until evenly coated.
3. Heat the cooking oil and fry the fish over medium heat until cooked. Drain and set aside the fried fish.
4. Cut the cherry tomatoes into 4 pieces each.
5. Thinly slice the shallots.
6. Prepare a heatproof bowl.
7. Put the cherry tomato pieces, shallots, lime juice, kaffir lime leaves, sugar, black pepper, and salt into the heatproof bowl. Set aside.
8. Heat the oil until hot and almost smoking, then immediately pour it into the dabu-dabu sauce bowl. Stir and adjust the taste.
9. Serve the fried fish on a plate, then add the dabu-dabu sauce on top.
10. Ready to enjoy!



AYAM BAKAR SOLO Grilled Solo Chicken

Bety Navitasari (Nottingham)

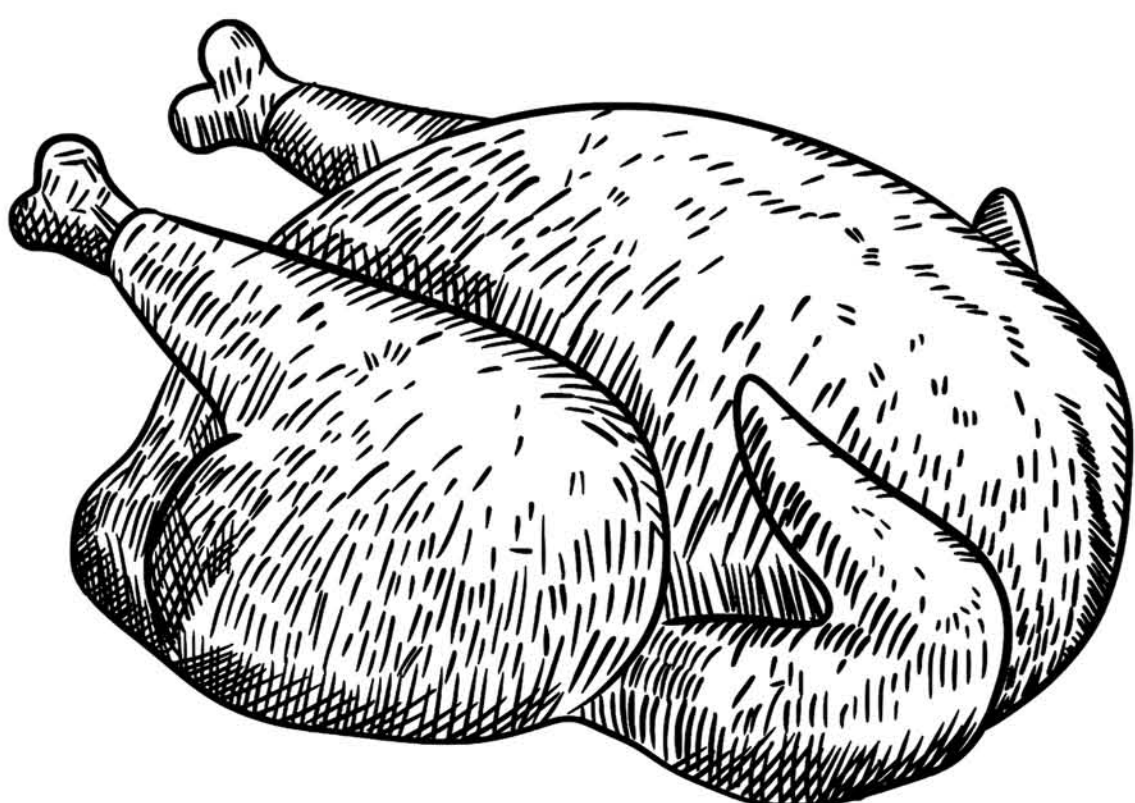
Ingredients

- 1 or 2 whole chickens (with medium size).
- 1 liter of coconut milk.
- 1 stalk of lemongrass, use the white part, crushed.
- 5 cm of galangal.
- 4 bay leaves (can be substituted with bay leaf).
- 8 shallots.
- 8 cloves of garlic.
- 3 red chillies.
- 10 candle nuts.
- 1 teaspoon cumin.
- 1 teaspoon coriander.
- 1 full tablespoon of thinly sliced Java Sugar-Palm Sugar.
- 1 tablespoon of salt.



Cooking method

1. Clean, wash, and cut the chicken into halves.
2. Blend or grind the shallots, garlic, red chillies, candle nuts, cumin, and coriander into a smooth paste.
3. Heat a frying pan with four tablespoons of cooking oil. Sauté the blended spices until fragrant, then add the crushed lemongrass.
4. Add the chicken, stir briefly, then pour in the coconut milk. Next, add the bay leaves, galangal, palm sugar, and salt.
5. Cook until the coconut milk boils, then cover the frying pan and simmer until the coconut milk thickens, reduces, and the spices are well absorbed. Remove from heat. Don't discard any leftover spices.
6. Grill the chicken in the oven or over a grill/barbecue, turning it occasionally and brushing it with the remaining spice mixture until it's evenly cooked and browned.
7. Remove from heat and serve with shrimp paste chili sauce (sambal terasi) and fresh vegetables as a side dish.



ROLADE

Dyah Puspita (Nottingham)



Ingredients

- 250 grams of ground chicken
- 250 grams of ground beef
- 3 slices of white bread, soaked in water and then squeezed
- 2 chicken eggs
- 1 teaspoon of sugar
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 teaspoon of powdered broth
- ½ teaspoon of nutmeg powder
- 2 carrots/sausages

Cooking method

1. Mix all the ingredients together until well combined, except for the carrots/sausages.
2. Take a sheet of plastic wrap, place about 1/3 of the mixture on it, flatten it.
3. Place 1 carrot or sausage in the middle. Roll it up like a "Lontong" (a type of rice cake). Repeat for all the mixture.
4. Insert toothpicks in several parts of the rolls.
5. Steam for 30 minutes. Remove, let them cool.
6. Fry until golden brown. Cut into pieces. Serve the Rollade with sauce, carrots, boiled beans, and French fries.

IGA BAKAR

Bety Navitasari (Nottingham)

Ingredients

- Young lamb ribs - lamb, as needed.

Bumbu Halus

- 4 cloves garlic
- 2 shallots
- 1 teaspoon coriander
- 3 candlenuts
- 3 tablespoons sweet soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon vinegar
- Salt to taste



Cooking method

1. Cut the lamb ribs along the bone.
2. Blend the spices, then add the lamb ribs and mix them evenly with the spices.
3. Let it marinate overnight, or for a shorter time, at least half a day.
4. Then grill or roast them according to your preference.
5. A simple and practical way to prepare young lamb ribs.

KAMBING MASAK TOMAT

oleh: Dewi SO (Swindon)

Ingredients

- 3 ounces of lamb, choose a tender cut and slice it thinly, like sukiyaki meat.
- 1 egg, beaten and mixed with a little water.
- 1 medium-sized onion, sliced into rings.
- 2 tomatoes, mashed.
- 1 teaspoon of oregano.
- 50 ml of milk.



Cooking method

1. Sauté the onion until fragrant.
2. Add oregano, lamb, and tomatoes, then pour in the milk.
3. Cook until the milk is absorbed.
4. Add the beaten egg and stir quickly until the egg is cooked, then let it sit for 1 minute.
5. Remove from heat and serve with hot rice.

PERKEDEL IKAN TUNA ALA DINA

By: Dina (Huddersfield.)

Ingredients

- 3 large potatoes or 5 medium ones, boiled and mashed
- 1 can of tuna (250g) (I use the one in sunflower oil), drained of its water/oil (not used but can be used for other dishes), and the fish meat mashed.
- 1 teaspoon of butter/margarine
- Salt to taste
- Nutmeg powder to taste
- Ground pepper to taste
- 1 stalk of leek, finely sliced
- 1 teaspoon of fried shallots (optional)
- 1 clove of garlic, crushed
- 1 tablespoon of all-purpose flour
- 1 egg yolk (optional)
- 1-2 egg whites, lightly beaten

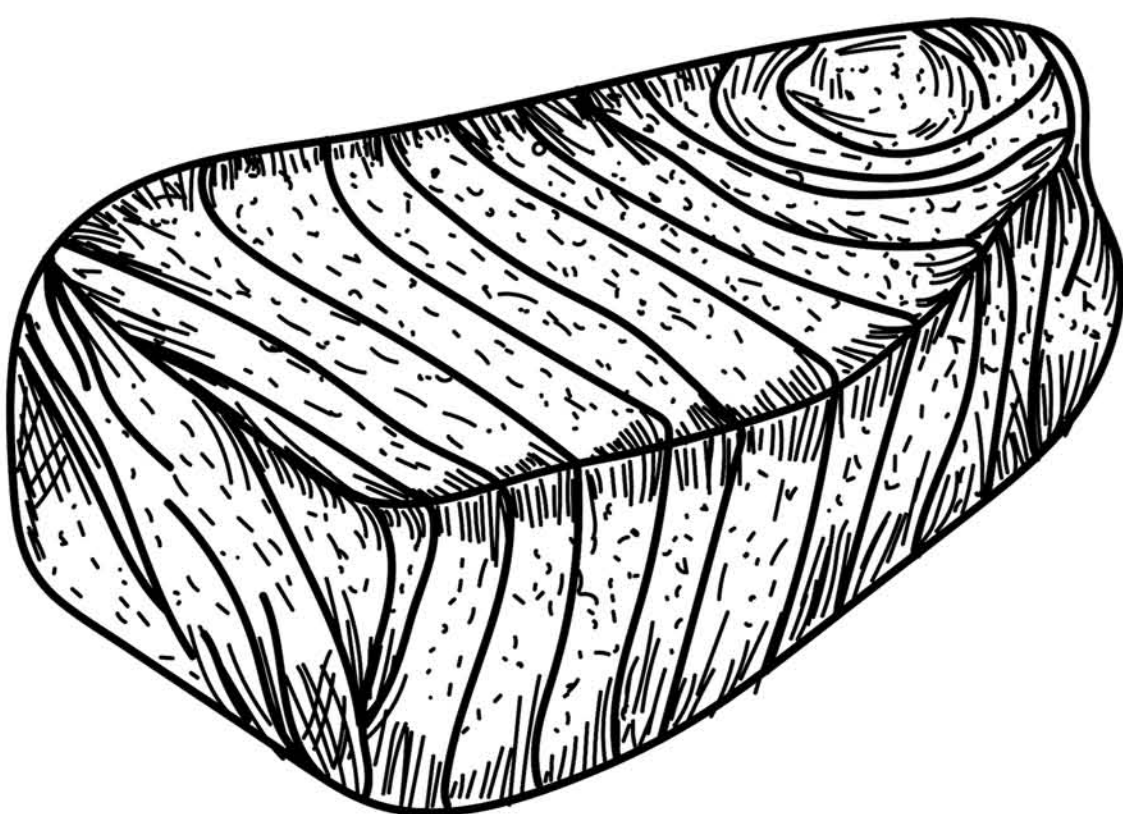


Cooking method

- 1.Heat oil in a pan. Mix Ingredients 1 thoroughly.
- 2.Shape the mixture into round shapes the size of ping-pong balls and flatten them.
- 3.Once the oil is hot, take one portion, roll it in the egg whites (Ingredients 2).
- 4.Fry until golden brown.
- 5.Serve for 12-15 pieces.

Tips

- Don't boil the potatoes for too long; drain and mash them while they are still hot using a fork, a specialized masher, or a glass. It's okay if there are still some lumps.
- Don't overmix the batter; just mix it until combined to avoid making it too wet.
- Just fry in hot oil for a short time.
- Don't overcrowd the frying pan; fry about 5-6 cakes at a time in a 20cm diameter frypan to prevent them from breaking.
- If desired, you can add an egg yolk to the batter for a softer, moist texture.
- Tuna can be substituted with other pre-cooked fish or minced meat. For variation, you can add coriander powder, finely chopped coriander leaves, boiled carrot slices, or other ingredients according to your taste.



BOTHOK TEMPE

By: Bety Navitasari (Nottingham)

Ingredients

- Tempeh, diced and steamed
- Spring greens, roughly chopped
- Tomatoes, cut into 4 or 6 slices
- Lemongrass, kaffir lime leaves, and bay leaves, as needed
- Small and thin anchovies (ikan teri) or small whole anchovies (ikan bilis)
- Coconut milk, 1.5 cans or as needed
- 1 beaten egg
- Stink beans (petai), as needed
- Green chilies, roughly chopped
- Spring onions, sliced to your liking
- Banana leaves for wrapping or aluminum foil

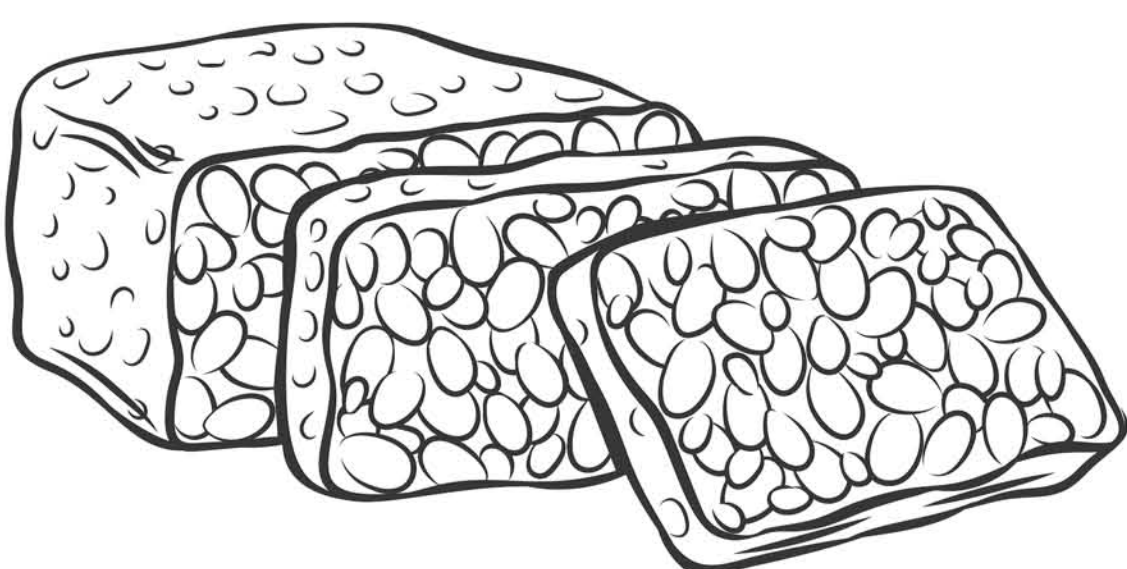


Bumbu Halus

- Shallots
- Garlic
- Candle nuts
- Coriander
- Lesser galangal
- Cumin
- Ginger
- Shrimp paste
- Salt
- A small amount of bouillon or stock cube

Cooking method

1. Sauté the ground spices briefly until fragrant. Then, add lemongrass, bay leaves, kaffir lime leaves, and coconut milk.
2. Add steamed tempeh, spring greens, chopped petai, anchovies, tomatoes, sliced green chilies, chopped spring onions, and mix them well.
3. Pour in the beaten eggs and stir until well combined.
4. Wrap the entire mixture with banana leaves or aluminum foil according to your preference. You can make several wraps.
5. Steam the wrapped ingredients for approximately 30 to 45 minutes.
6. Enjoy your meal! If you have any more questions or need further assistance, please feel free to ask.



BRAMBANG ASEM

oleh: Tuti Nurmuntaha (Newcastle)

Ingredients

- 1 bunch of curly kale or spring cabbage, washed. Sauce ingredients:
- Grated palm sugar, about 2 tablespoons
- Salt to taste
- 3 tamarind pods
- 1/2 teaspoon shrimp paste (terasi)
- 4 shallots
- Red bird's eye chili (cabe rawit) to taste
- 1/2 glass of water

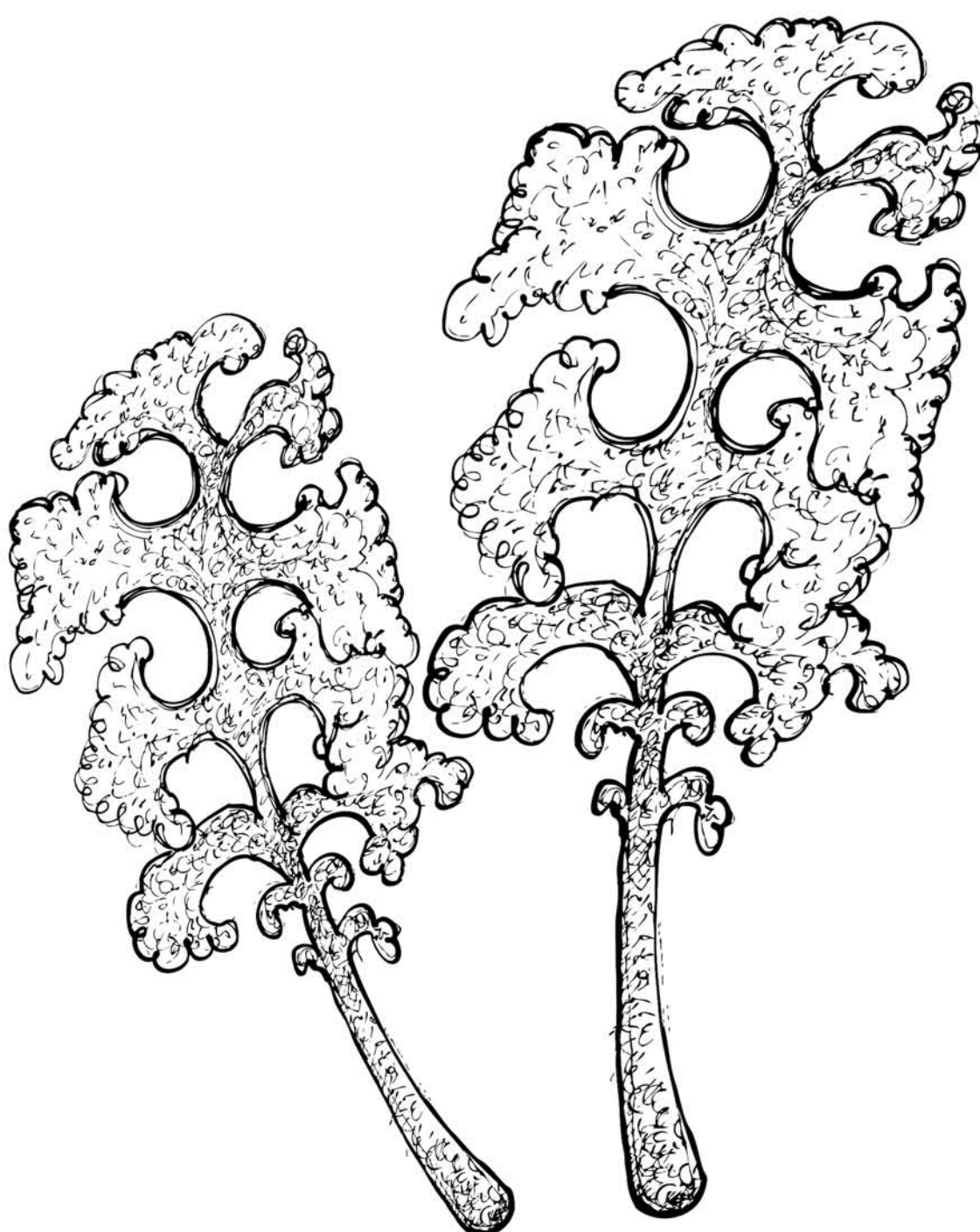


Cooking method

1. Boil the curly kale or spring cabbage. Set aside.
2. Prepare the sauce: Fry the chili and shallots, then blend them with shrimp paste (terasi) and shallots.
3. Heat a little oil, sauté the blended spice mixture until fragrant. Add water.
4. Add tamarind, palm sugar, and salt. Stir until it comes to a boil and thickens slightly. Turn off the heat.

To serve

Arrange the boiled vegetables on a plate and pour the sauce over them as needed. It's most delicious when eaten with kerupuk (crackers) and tempe gembus bacem.



CAH MUSTARD GREEN (KAI CHOI)

By: Naniek Muchdi (London)

Ingredients

- 1 packet of Kai Choi leaves (800 grams)
- 200 grams of shrimp, peeled and halved
- 2 small pieces of tofu, cut into small pieces and fried
- 2 medium-sized onions, sliced
- 2 cloves of garlic, sliced
- 1 tablespoon of light soy sauce
- 2 tablespoons of oyster sauce
- Salt to taste
- Ground pepper
- A little hot water



Cooking method

1. Sauté the onions and garlic until fragrant.
2. Add the shrimp, tofu, and a little water.
3. Add soy sauce, oyster sauce, salt, and pepper.
4. Add the Mustard Green leaves, stir until well mixed.
5. Cook the Kai Choi leaves until half-cooked. Remove from heat. Serve.

Fun Fact

Mustard Green is a type of mustard green that can be found in Chinese stores, sometimes also referred to as European Kai Choi. It is also sold in cans or in plastic packaging that has been processed into pickled form, which is commonly used to make pickles.



Leafy Chinese mustard green

Image source: <https://thewoksoflife.com>



Image source: <http://www.cherryfarms.co.uk>

Other names for Mustard Green are:

- Gai Choi
- Siu Gai Choi
- Xaio Jie Cai (Shiau Jie Tsai)
- Baby Mustard
- Chinese Leaf Mustard
- Indian Mustard
- Mostaza
- Mustard Greens

SUP AYAM BUNGKUS TELOR

By: Tuti Nurmuntaha (Newcastle)

Ingredients kuah

- 2 liters of free-range chicken broth (can be replaced with hen broth)
- 1 piece of onion, roughly chopped
- 4 cloves of garlic, crushed
- 1/2 teaspoon of white pepper
- Salt and sugar to taste
- Cooking oil for sautéing

Ingredients ayam bungkus telur

- 15 sheets of egg crepes (made from 3 eggs + 1 tablespoon of cornstarch + 50 cc of water)
- 250 grams of minced chicken
- 1-2 eggs
- 1 grated carrot



Haluskan

- For the filling:
- 4 stalks of spring onion, finely sliced
- 1 onion, finely chopped
- 2 cloves of garlic, minced
- 1/2 teaspoon of white pepper
- 1 teaspoon of salt
- 1 teaspoon of sugar

Additional ingredients for serving:

- Steamed carrots
- Steamed peas
- Soaked white mushrooms
- Sliced spring onions or celery

Cooking method

Chicken wrapped in egg

Mix minced chicken, eggs, and finely ground spices, stir well.

Take a sheet of crepe, fill it with 1 tablespoon of chicken mixture, fold it like an envelope/pouch.

Repeat until the mixture is finished. Steam for about 30 minutes and set aside.

Soup :

1. Sauté the onions until wilted.
2. Add garlic and white pepper, sauté until fragrant.
3. Pour in chicken broth, add salt and sugar to taste.
4. Simmer until boiling.

Presentation

Arrange chicken wrapped in egg, boiled carrots + white mushrooms + green peas + sliced scallions and celery in a bowl/plate. Pour hot broth over it, serve.

SUP IGA KAMBING

By: Bety Navitasari (Nottingham)



Kuah (Soup) Ingredients:

- 750 grams of goat ribs, cut into medium/large pieces.
- Water for boiling.
- 3 cm of ginger, crushed.
- Salt.
- Vegetable oil for sautéing the spices.
- Some sticks of cinnamon.
- 5 cloves.
- Carrots, cut into round pieces.
- Broccoli, finely chopped.
- Red tomatoes, cut lengthwise into 8 pieces.
- Spring onions, take the white part, cut into 2 cm pieces.

Blend the following ingredients:

- 8 shallots
- 3 cloves of garlic
- 1 teaspoon of whole peppercorns
- 1 teaspoon of salt

Toppings and Accompaniments:

- Fried shallots
- Chopped celery
- Condiments
- Red bird's eye chili sambal
- Fried emping (a type of Indonesian cracker)

Cooking method

1. Wash the goat ribs, boil them in water with ginger and salt until they change color.
2. Heat oil, sauté the ground spices, cinnamon, and cloves. Stir until fragrant and remove from heat.
3. Add the sautéed spices to the boiled rib broth. Bring to a boil and reduce the heat. Cover the pot and cook until the spices are absorbed and the meat is tender.
4. Add carrots and broccoli once they are slightly wilted.
5. Add spring onions and tomatoes, let them wilt sufficiently.
6. Remove from heat, serve warm with garnish and side dishes.

SOTO BANJAR

By: Qurrotin A'yunina Afianti (Sheffield)



Ingredients

- 1 chicken
- 2 liters of water

Ground spices:

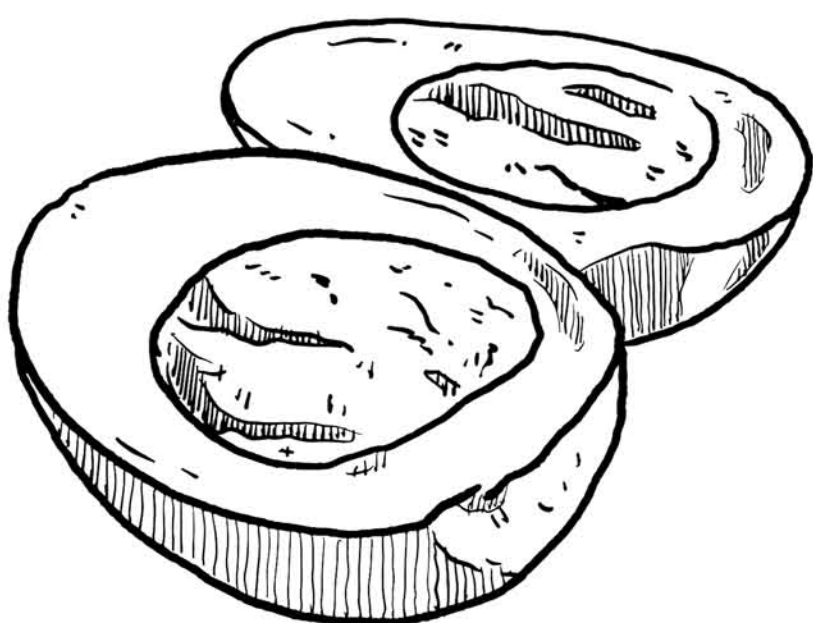
- 10 fried garlic
- 5 shallots
- 1/2 tsp ginger
- 1/2 tsp nutmeg powder
- 1/2 tsp ground pepper

Mixed spices

- 1/4 tsp cinnamon
- 5 cloves
- 3 cardamoms
- 2 star anise
- 3 stalks of sliced spring onions
- 1 stalk of celery
- 1 large onion
- 3 tsp salt
- 2 tsp powdered broth
- 1/2 tsp sugar

Cooking method

1. Boil the chicken for 10 minutes, discard the first broth.
2. Remove the chicken and add 2 liters of water, then boil again.
3. Sauté the ground spices until fragrant.
4. Add the ground spices to the boiled chicken.
5. Add the mixed spices and continue boiling until the chicken is tender.
6. Shred the chicken once it is soft.
7. Serve with rice cake, boiled eggs, and potato fritters.



IKAN BAKAR MANIS

By: Endah Sulistyowati (Nottingham)



Ingredients

- 1 kg tilapia fish
- 1 lime
- 4 tablespoons sweet soy sauce
- 2 tablespoons melted butter
- Salt, to taste

Ground ingredients

- 4 cloves of garlic
- 1 clove of shallot (I use red onion)
- 1 segment of ginger
- 2 large red chilies (or to taste)

Cooking method

1. Clean the fish and rub it with lime juice. Set aside.
2. Mix the ground spices with melted butter, sweet soy sauce, and salt in a bowl.
3. Add the fish to the mixture, mix well, then marinate for about 20 minutes (longer is better).
4. Preheat the oven. Bake the fish in the oven at 180°C for 15 minutes, then remove the fish. Brush with the remaining marinade and bake again for 15 minutes or until the desired level of doneness.
5. Serve with shallot sambal and fresh vegetables.

CAP CAY

By: Endah Sulistyowati (Nottingham)

Ingredients

- 5 cloves of garlic, roughly chopped
- 5 fish meatballs, sliced
- 200g chicken breast
- Carrot
- Pakcoy/Chinese cabbage/Chinese kale/Sweetheart cabbage/White cabbage
- Baby corn
- Mushrooms
- 150g all-purpose flour
- 1/2 teaspoon ground pepper
- 1 tablespoon oyster sauce
- 1 tablespoon sweet soy sauce
- Salt, to taste



Cooking method

1. Boil the chicken breast until cooked. Shred it and set aside. (The chicken broth from boiling can be used for the soup)
2. Mix all-purpose flour and water until it becomes a thick batter, add salt to taste. Fry until golden brown. Cut into squares and set aside.
3. Sauté the garlic until fragrant. Add the sliced fish meatballs, shredded chicken, ground pepper, and oyster sauce, mix well. Add the chicken broth to your liking. Wait until it boils.
4. Add carrots, mushrooms, and the fried flour batter. Cover for five minutes.
5. Add pakcoy, spring onions, and salt to taste. Turn off the stove, adjust the taste.
6. Serve with a garnish of shallots and fried chili.

Notes

- The type of vegetables can be adjusted according to preference. Pakcoy can be replaced with Chinese cabbage/Chinese kale/Sweetheart cabbage/White cabbage.
- The protein can be replaced with seafood (shrimp, squid, clams, fish fillet).

CEKER MERCON

By: Endah Sulistyowati (Nottingham)

Ingredients

- 500g chicken feet
- 1 tablespoon oyster sauce
- 2 tablespoons sweet soy sauce
- 1 piece of galangal
- 2 kaffir lime leaves
- 1 stalk of lemongrass
- 400ml water
- Salt, to taste

Bumbu halus

- 2 large red chili
- 6 bird's eye chili
- 4 cloves of shallot
- 4 cloves of garlic



Cooking method

1. Boil the chicken feet for 10 minutes, then discard the boiling water.
2. Sauté the ground spices until fragrant, add lemongrass, galangal, kaffir lime leaves, and oyster sauce.
3. Add the chicken feet, sweet soy sauce, and salt.
4. Mix well. Add water.
5. Cook the chicken feet until tender and the spices are absorbed.
6. Adjust the taste. Serve with warm rice.

Notes

- Chicken feet or chicken paws are available in Asian stores and some halal meat stores in 1 kg frozen packaging. Don't forget to check the halal label on the packaging! The easiest to find red bird's eye chili is red bird's eye chili or red Thai chili.



TELUR CEPLOK KUAH SANTAN

By: Endah Sulistyowati (Nottingham)



Ingredients

- 5 chicken egg
- 200 ml thick coconut milk
- 3/4 teaspoon ground pepper.
- Salt to taste

Bumbu halus

- 2 large red chilies
- 4 pieces of shallot
- 3 cloves of garlic
- 1 tomato

Cooking method

1. Fry eggs. Set aside
2. Saute the ground spices until fragrant, add pepper.
3. Add the fried eggs and salt. Stir well.
4. Add coconut milk. Cook until boiling. Adjust the taste
5. Serve with warm rice.

Note

- Shallots can be replaced with red onions which are usually easier to find.



TELUR DADAR PADANG

By: Endah Sulistyowati (Nottingham)



Ingredients telur dadar

- 4 chicken eggs
- 2 cloves of shallots
- 2 cloves of garlic
- 1 large chili
- 1 tablespoon desiccated coconut
- 2 tablespoons rice flour
- 1/2 teaspoon turmeric
- 1/2 teaspoon ground pepper
- spring onions
- salt to taste

Cooking method

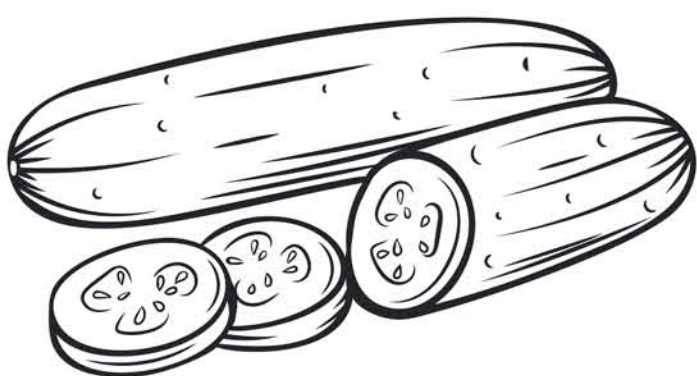
Scrambled Eggs:

1. Thinly sliced shallots, garlic, chili, and green onions
2. In a bowl, crack the eggs, add the sliced seasonings, and all ingredients. Beat until foamy.
3. Heat the oil. Fry the eggs until golden brown.

Green Chili Sauce:

1. Boil water. Add chili, shallots, and garlic. Boil for 5 minutes. Drain.
2. Mash the boiled chili and onions, add salt and pepper. Adjust the taste.

Serve scrambled eggs and green chili sauce with warm rice and boiled kale and cucumber.



Ingredients sambal ijo

- 15 green chili peppers
- 1 red onion
- 5 cloves of garlic
- 1 teaspoon ground pepper
- 1 teaspoon salt

OSENG PARE TERI

By: Endah Sulistyowati (Nottingham)

Ingredients

- 2 bitter melons
- A handful of fried anchovies
- 4 green chillies, sliced diagonally
- 1 red onion, thinly sliced
- 3 cloves of garlic, thinly sliced
- 1 teaspoon salt
- 1 teaspoon sugar
- 100 ml water

Cooking method

1. Slice the bitter melon (not too thin). Add salt, knead briefly to reduce bitterness. Rinse.
2. Sauté the sliced seasonings until fragrant. Add bitter melon and water. Cook until the bitter melon is slightly wilted, and the water reduces.
3. Add fried anchovies, sugar, and salt. Mix well. Adjust the taste.
4. Serve with warm rice.



Note

Bitter melon can be found in fresh whole form or in frozen packaging. There are several types of bitter melon commonly sold in Asian or Muslim fresh grocery stores, including Karela (India) and Chinese Bitter Melon.



Karela

Image source: <https://www.bhumijalifesciences.com/>



Chinese bitter melon

Image source: <https://specialtyproduce.com//>

SPAGHETTI GORENG JAWA

By: Endah Sulistyowati (Nottingham)



Ingredients

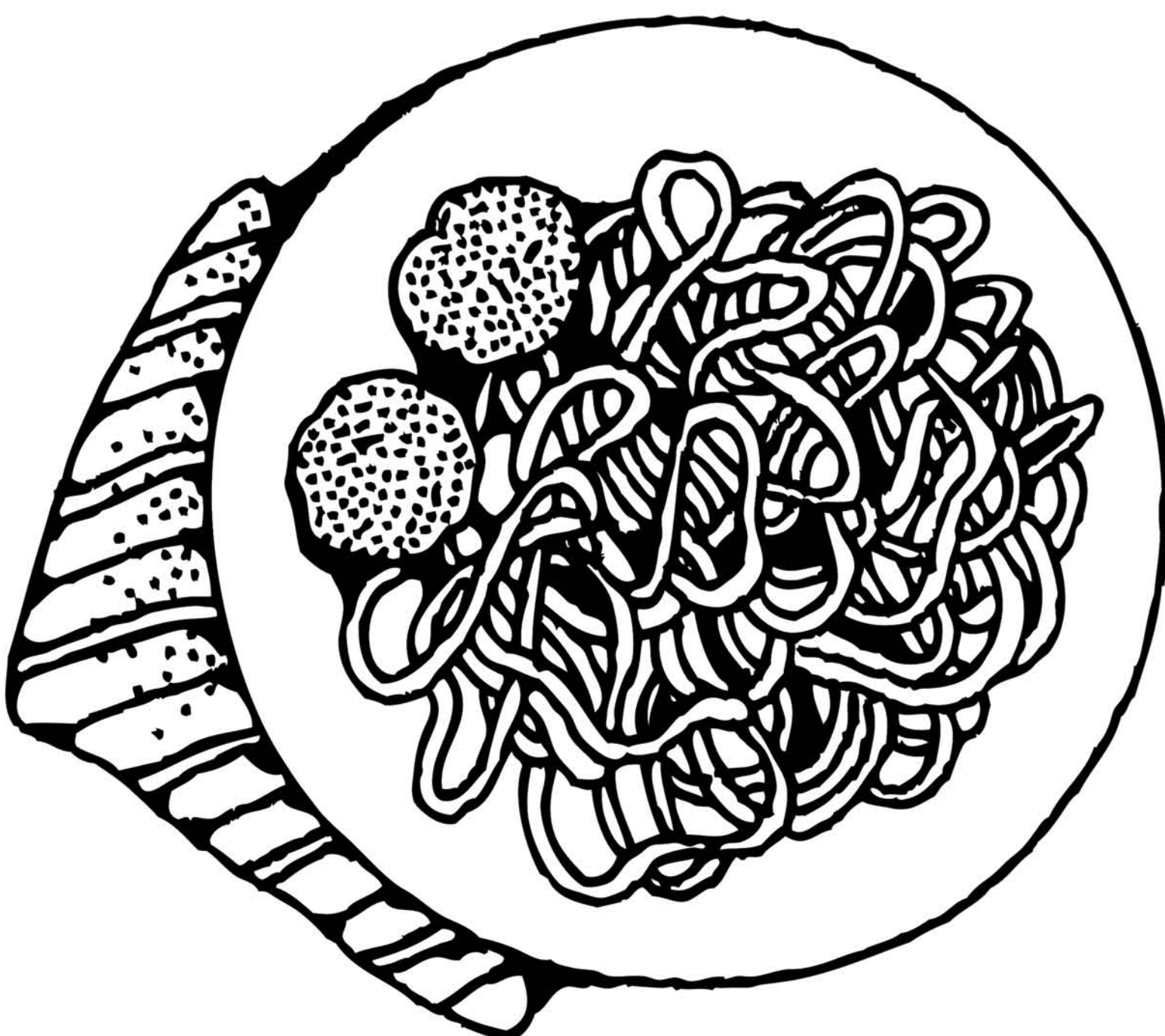
- 1 handful of spaghetti
- 5 cloves of garlic, finely chopped
- 200g chicken breast, diced
- 1 tablespoon of oyster sauce
- 2 tablespoons of sweet soy sauce
- Sliced green onions 1/2 teaspoon of ground pepper

Cooking method

1. Boil the spaghetti until cooked, then drain.
2. Saute the garlic until fragrant. Add the chicken and oyster sauce.
3. Saute until the chicken is cooked.
4. Add the spaghetti, sweet soy sauce, pepper, green onions, and salt. Mix well.
5. Adjust the taste.
6. Serve while warm, and sprinkle with fried shallots.

Note

To cook the chicken, there is no need to add water because the chicken will release oil. The chicken can be replaced with seafood or beef, according to preference.



MIE AYAM CEKER

By: Endah Sulistyowati (Nottingham)

Ingredients

- 1/2 kg chicken mince
- 250 grams of chicken feet
- Shanghai noodles, boiled.
- 2 stalks of green onions
- 2 tablespoons of sweet soy sauce
- 1 tablespoon of oyster sauce
- 1 1/2 teaspoons of ground pepper
- 3 kaffir lime leaves
- 1 stalk of lemongrass
- 1 segment of galangal
- salt, to taste
- 500ml of water

Ground spice

- 1 large red onion
- 5 cloves of garlic
- 1 teaspoon of coriander powder
- 1/2 teaspoon of turmeric powder
- 1 segment of ginger

Accompaniment

- Boiled bok choy
- Meatballs (beef or fish)
- Boiled/fried dumplings
- Sliced green onions
- Fried shallots

Cooking method:

1. Saute the ground spices until fragrant. Add lemongrass, galangal, and kaffir lime leaves. Saute until wilted.
2. Add chicken mince and chicken feet. Add oyster sauce, sweet soy sauce, salt, and water. Cook until the chicken and feet are cooked and the liquid reduces. Add green onions.
3. Adjust the taste.

Serving:

Arrange boiled Shanghai noodles in a bowl. Pour the chicken and the broth over it. Serve with boiled bok choy, chicken feet, meatballs, dumplings, and a sprinkle of green onions.

Notes

Chicken mince can be replaced with boiled chicken breast diced into cubes.





SNACKS

KUE CANTIK MANIS bagian I

By: Fitri Pratiwi Rasyid (Nottingham)

Ingredients A

- 500 grams of coconut milk (medium thickness)
- 5 tablespoons of wheat flour
- 1 teaspoon of salt
- 6 tablespoons of granulated sugar

Ingredients B

- 250 grams of coconut milk
- 2.5 tablespoons of cornstarch
- 2 tablespoons of granulated sugar
- 1 teaspoon of salt Pandan paste to taste

Ingredients C

- 250 grams of coconut milk
- 1 egg
- 140 grams of wheat flour
- 4 tablespoons of granulated sugar

Ingredients D

- Cake mold
- Vegetable oil



How to make

1. First, we make the Ingredients A mixture first so that the mixture sets and is ready to be put into a piping bag.
2. Pour the coconut milk into a saucepan. Add salt and sugar, stir well.
3. In another bowl, dissolve the flour with about 10 tablespoons of the coconut milk mixed with salt and sugar.
4. Once the flour is dissolved, pour it into the prepared coconut milk mixture in the saucepan, then bring to a boil over medium to low heat, stirring constantly until the mixture thickens.
5. Once it thickens, turn off the heat and let the mixture cool first.

Prepare Ingredients B

1. Pour all Ingredients B into a saucepan, stir well, and bring to a boil over low heat.
2. Stir the mixture until it thickens and there are no lumps of flour. Once the mixture thickens, turn off the heat.

Prepare Ingredients C, which will be mixed with the Ingredients B mixture later.

1. Prepare a bowl, add eggs and sugar, then whisk until the sugar is dissolved.
2. Once the granulated sugar has dissolved, add the coconut milk and stir until well combined.
3. After the liquid mixture is well combined, add the flour (it's better to sift the flour beforehand to avoid lumps).
4. When adding the flour, it's best to do it gradually while stirring continuously to prevent lumps. Once the mixture is well combined, pour the previously prepared Ingredients B mixture into the Ingredients C mixture and stir until both mixtures are well combined.

KUE CANTIK MANIS bagian 2

By: Fitri Pratiwi Rasyid (Nottingham)

Tips

Once mixtures B and C are thoroughly combined, it's best to strain the mixture again to ensure there are no lumps of flour. If the mixture is no longer lumpy, then it is ready to be molded.

1. Prepare the cake mold (it can be any shape as long as it is domed), grease the mold with vegetable oil.
2. Put mixture A into a plastic piping bag.
3. Next, pour the green mixture into the mold until it reaches $\frac{3}{4}$ full. Repeat the process until all the molds are filled with the mixture.
4. Then, pipe mixture A into each cake mold that has been filled with the green mixture. Repeat until all the mixture is used up.
5. Prepare the steamer. Once the steamer is hot, place all the molds into the steamer and steam for 20-25 minutes.
6. Once the cake is cooked, wait until it's slightly cooled, then remove it from the mold.

Good luck with it.



ES TELER NOTTINGHAM

oleh: Bety Navitasari (Nottingham)

Ingredients

- Palm fruit (attap chee)
- Diced avocado
- Sweet jackfruit (fresh or canned), diced
- Young coconut/roughly grated
- coconut Nata de coco
- Semi-skimmed milk
- Rose syrup (brand: East Ends)
- Crushed ice A pinch of salt



How to make

For those who like it cold and don't need to use ice cubes, and for a thick ice-like texture, you can try this alternative.

1. Freeze all the fruits, except for the avocado.
2. Take out all the frozen fruits.
3. Mix all the ingredients in a large bowl.
4. Drizzle with milk first, and a little syrup.
5. Let it melt on its own or stir it to melt it quickly, or you can use a spoon to crush it to resemble crushed ice.
6. Prepare the fruit cocktail (if canned, do not include the cocktail water).
7. Dice the avocado.
8. Add the fruit cocktail and the diced avocado, adjust sweetness by adding syrup if necessary, or for those who like it sweet, you can add sugar dissolved in water.
9. Before serving, you can add a teaspoon of salt or as desired.

For serving fresh fruits

1. Prepare all the fresh fruits.
2. Place all the fruit pieces, palm seeds, nata de coco, grated coconut, and other ingredients in a bowl.
3. Add sweetened condensed milk, syrup, regular milk, and, if desired, some white sugar water for extra sweetness.
4. Add a pinch of salt.
5. Then add the crushed ice and mix it all together.

Tips

Avoid using pineapple to prevent its acidity from altering the taste.

For the pineapple, do not freeze it, keep it fresh, and only cut it right before serving es teller to prevent discoloration.

SETUP BUAH

By: Endah Sulistyowati (Nottingham)

Ingredients

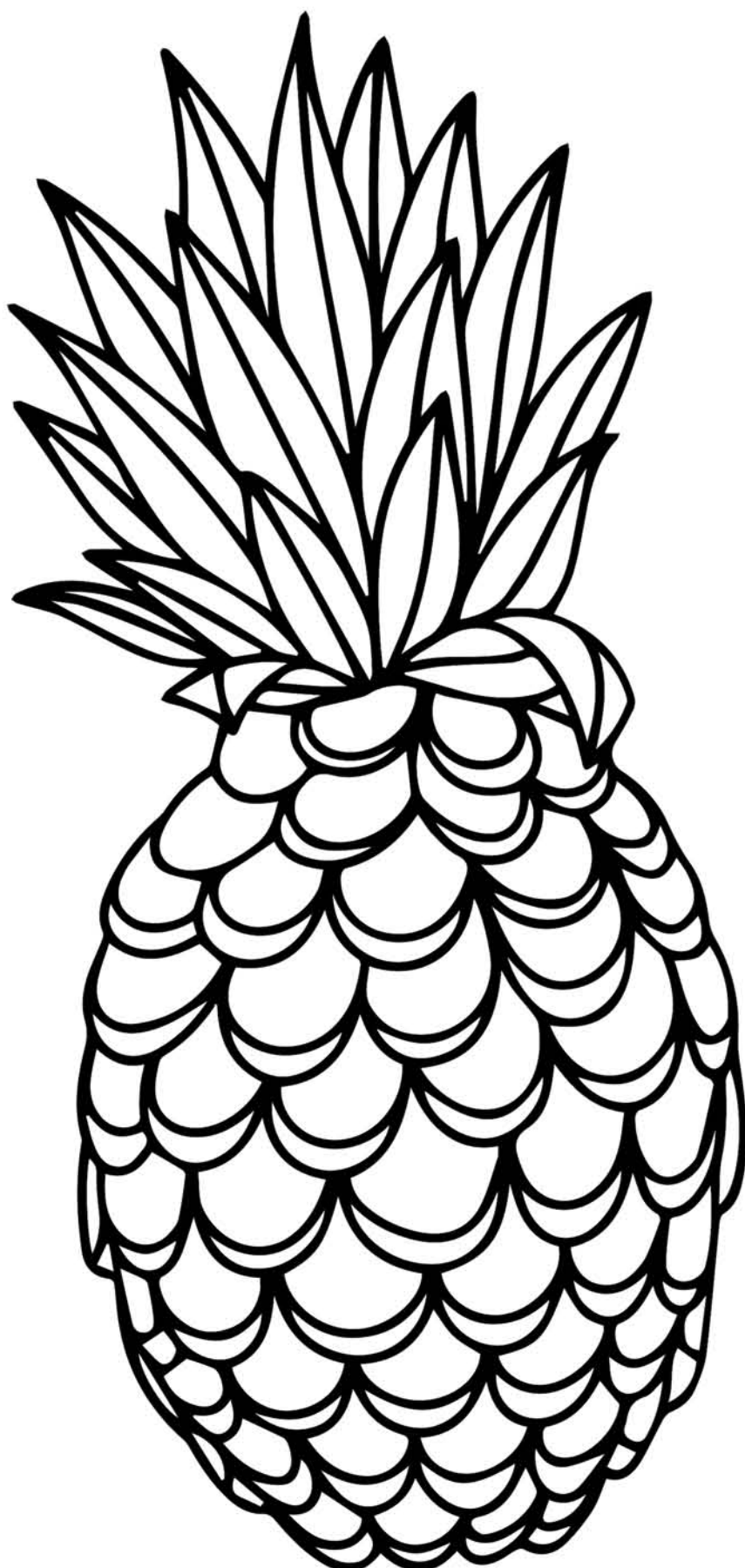
- Pineapple 1 piece (cut as desired)
- Cocktail in syrup 2 cans (@250gr), use only the fruit.
- Granulated sugar 10 tbsp
- Cloves 10 pieces
- Cinnamon 1 medium stick
- Water 1 liter
- Chia seeds 3 tbsp, soaked in hot water.

Cooking method

1. Boil water with sugar, cloves, and cinnamon until boiling.
2. Once the water is boiling, turn off the heat, add the pineapple.
3. Cover the pan for 10 minutes.
4. After it cools down, transfer to a container. Then add the cocktail and chia seeds.
5. Ready to serve.

Notes

Store in the refrigerator and serve the next day for a better flavor.



PISANG SELIMUT

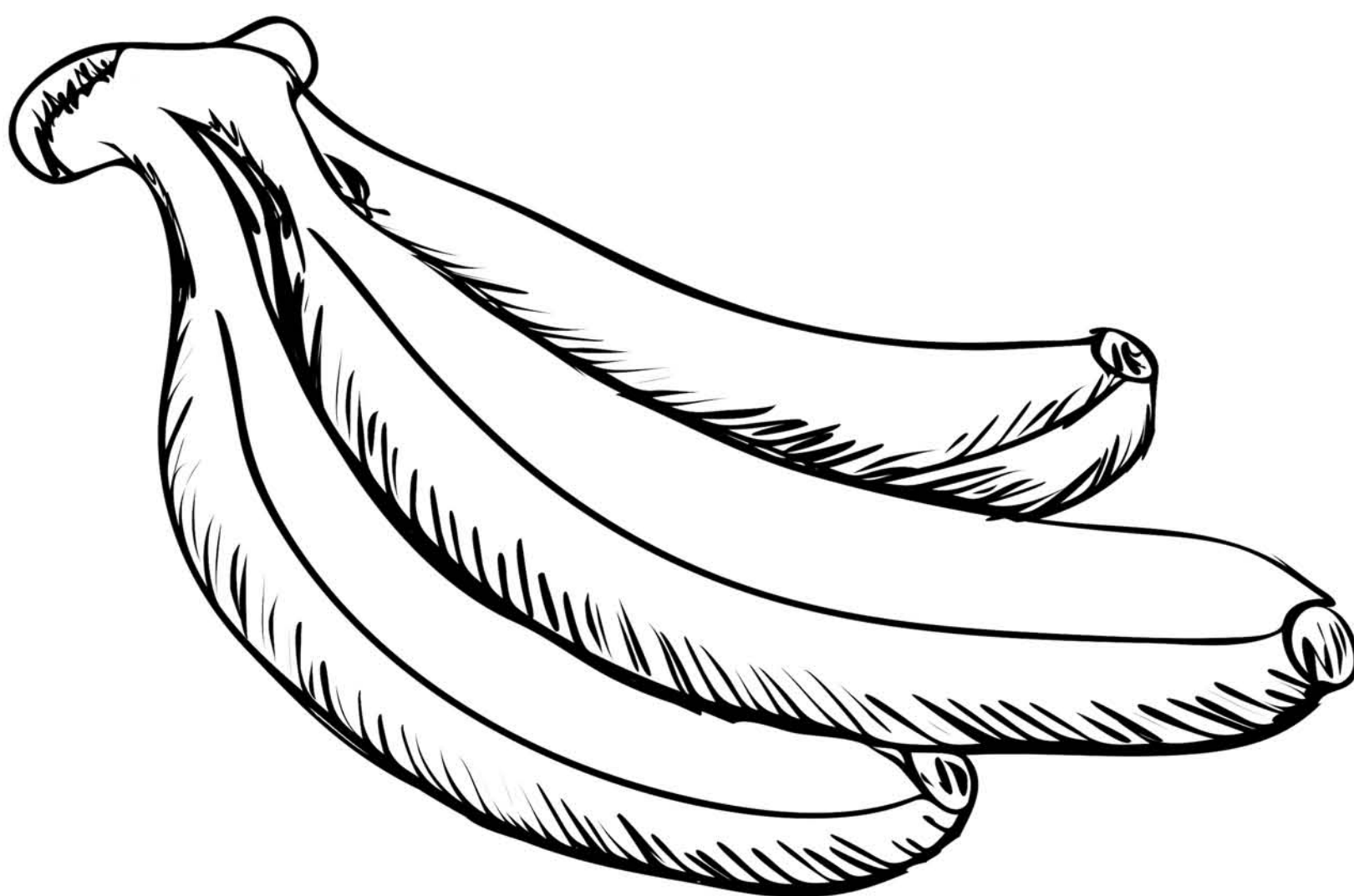
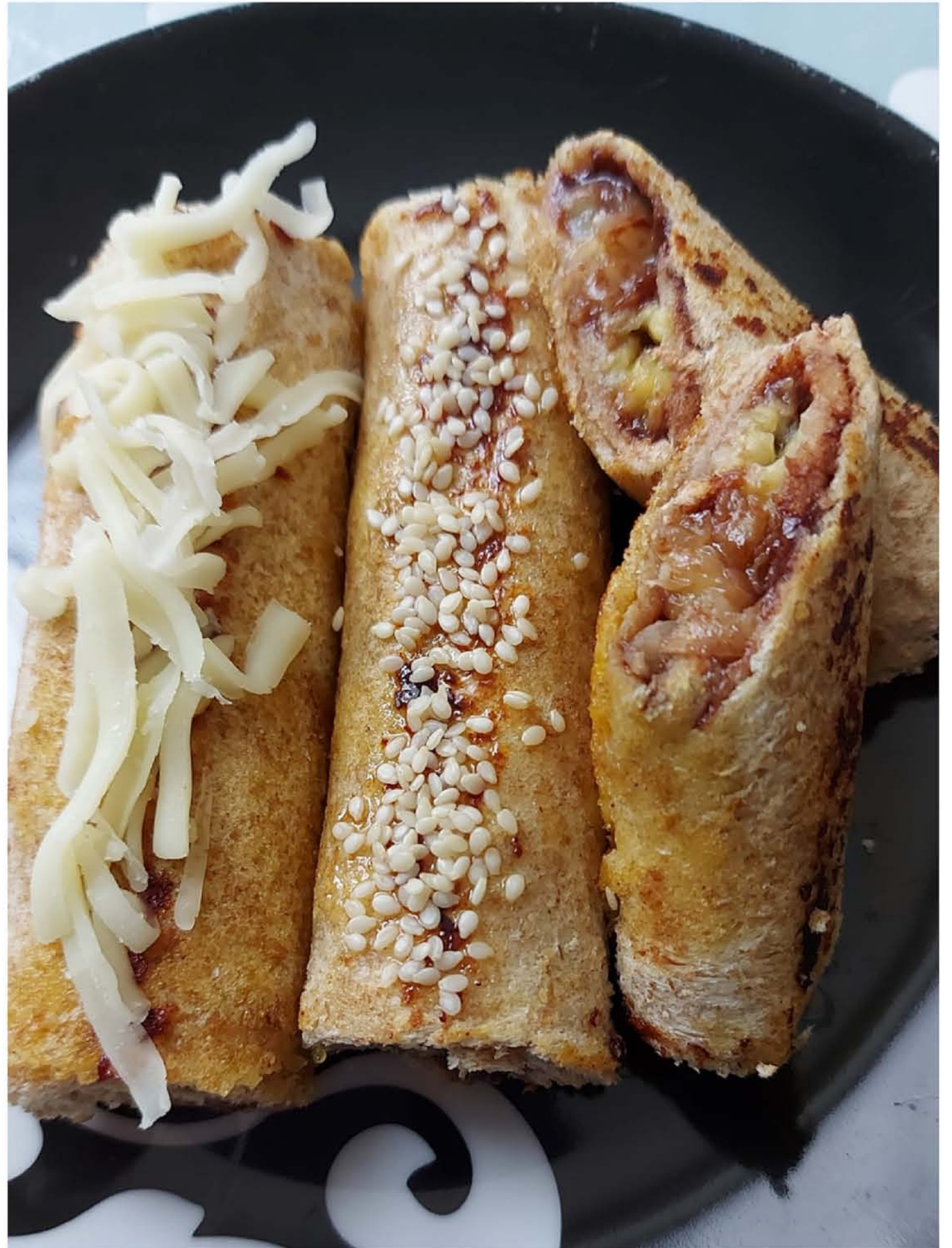
By: Endah Sulistyowati (Nottingham)

Ingredients (Sajian untuk 4 PORSI)

- 4 slices of white bread
- 2 bananas (cut into 2 pieces).
- Nutella
- Grated cheese
- Butter
- Topping (optional): Sesame seeds/
Cheese/ Cinnamon powder/ Honey

Cooking method

1. Bake the bananas until golden brown.
2. Flatten the bread using a rolling pin or press it down with a spoon.
3. Spread Nutella on the bread, add the bananas, cheese, then roll it up.
4. Bake the bread with butter until golden brown.
5. Sprinkle with toppings.



TAHU GEJROT KHAS CIREBON

oleh: Irsalina Dwiyanti (Glasgow)

Ingredients

- 1 pack of deep-fried tofu (commonly available at Oriental stores)
- 5 shallots
- 3 bird's eye chilies

Sauce Ingredients

- 350 ml of water
- 125 grams of palm sugar
- 1/2 teaspoon of tamarind (can be substituted with 1/2 teaspoon of tamarind paste)
- 7 tablespoons of sweet soy sauce
- A pinch of salt



How to Cook

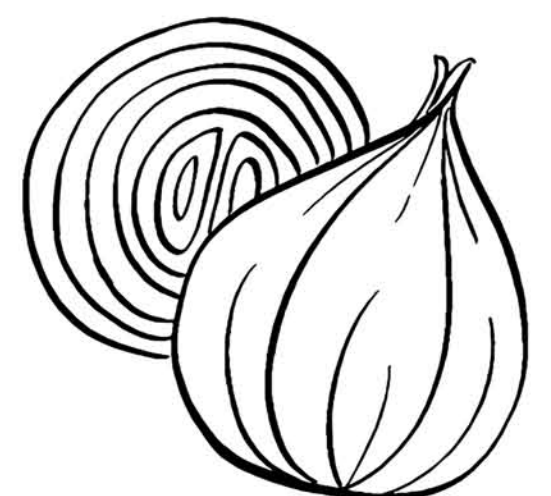
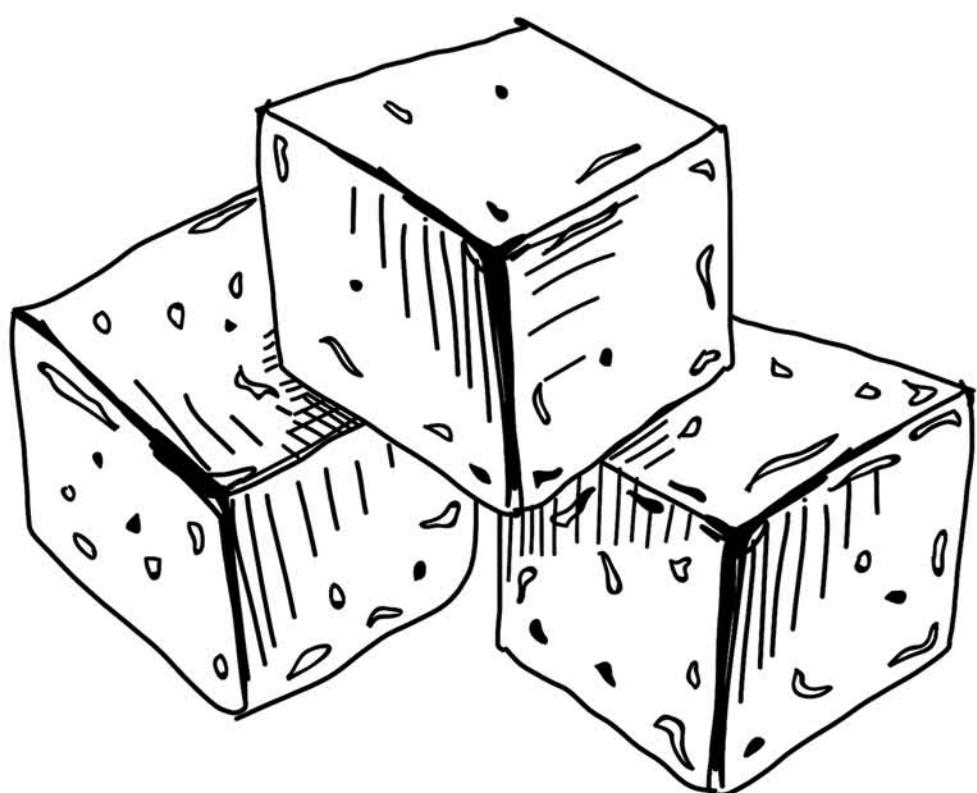
Preparation Method:

1. Combine water, palm sugar, tamarind, sweet soy sauce, and a pinch of salt in a saucepan. Bring to a boil.
2. Cook until the mixture boils and the ingredients are well combined. Continue to cook until the liquid slightly reduces and the sauce darkens in color. Taste the sauce, adjusting until the soy sauce aroma is subtle, and the flavor is savory and slightly sweet.
3. Allow the sauce to cool to room temperature.

For the Topping:

1. Roughly crush the shallots and bird's eye chilies to your preference, then set aside.
2. Prepare a serving bowl and cut the deep-fried tofu into bite-sized pieces, as desired.
3. Sprinkle the crushed chili and shallot mixture over the tofu.
4. Drizzle the cooled sauce over the tofu pieces.

Enjoy the Tahu Gejrot - a delightful and flavorful Indonesian tofu dish!



BASQUE BURNT CHEESECAKE

oleh: Andhika Prima Prasetyo (Salford)

Ingredients

- 900 grams of soft cheese
- 350 grams of caster sugar (fine sugar)
- 7 eggs
- 500 ml of double cream or heavy cream
- 4 tablespoons of all-purpose flour

How to Cook:

1. In a high-speed mixer, blend the soft cheese and sugar until smooth and creamy.
2. Add the eggs one at a time, continuing to mix after each addition.
3. Incorporate the heavy cream, blending well with the mixer.
4. Finally, add the all-purpose flour, mixing until the batter is uniform in consistency.
5. Line a baking pan with parchment paper, extending beyond the edges of the pan as the mixture will rise significantly.



6. Bake in a preheated oven at 200°C (392°F) for 1 hour. At the 50-minute mark, check the cheesecake. If it's golden brown, wait approximately 5 minutes, then turn off the oven and remove the cheesecake.
7. If the center appears unset, don't worry; it will firm up and settle nicely as it cools.

Chef's Note:

The cheesecake's center will continue to set as it cools, resulting in a perfect texture once cooled to room temperature.



CAKE PISANG COKELAT

Oleh: Sefrina Widyanti (Dundee, Scotland, UK)



Ingredients

- 5 eggs
- 150 grams of fine granulated sugar (increase amount if a sweeter taste is desired)
- 300-350 grams of plantain bananas (typically available at Asian stores) or regular bananas, mashed (can use a fork for mashing)
- 225 grams of all-purpose flour
- 25 grams of cornstarch
- 1/2 teaspoon of cinnamon powder
- 1/2 teaspoon of baking soda
- 160 grams of vegetable oil / 180 grams of melted butter



How to Cook:

1. Preheat the oven to 180°C (356°F) for the top heat and 190°C (374°F) for the bottom heat, or 160°C (320°F) for a standing oven.
2. Whip the eggs and sugar until they become thick, pale, and voluminous. Then, reduce the mixer's speed and add the mashed bananas, blending briefly until evenly incorporated.
3. Gradually add the mixture of all-purpose flour, cinnamon, baking soda, and cornstarch. Continue mixing at a low speed until the ingredients are uniformly combined.
4. Gently fold in the vegetable oil or melted butter with a spatula, making sure there are no pockets of oil or butter at the bottom.
5. Once the batter is smooth and well mixed, pour it into a baking pan that has been greased and lightly dusted with flour.
6. Bake for about 45 minutes, or until the cake is fully cooked, adjusting the time as necessary for your specific oven. Preheat the oven for 10-15 minutes before placing the pan inside.

Chef's Note: It's crucial to preheat the oven to the specified temperature to achieve the best results. The actual baking time might vary depending on your oven type, so it's a good idea to check the cake's readiness toward the end of the suggested baking time

KARTIKA SARI NOTTS

oleh: Melyza Perdana (Nottingham)

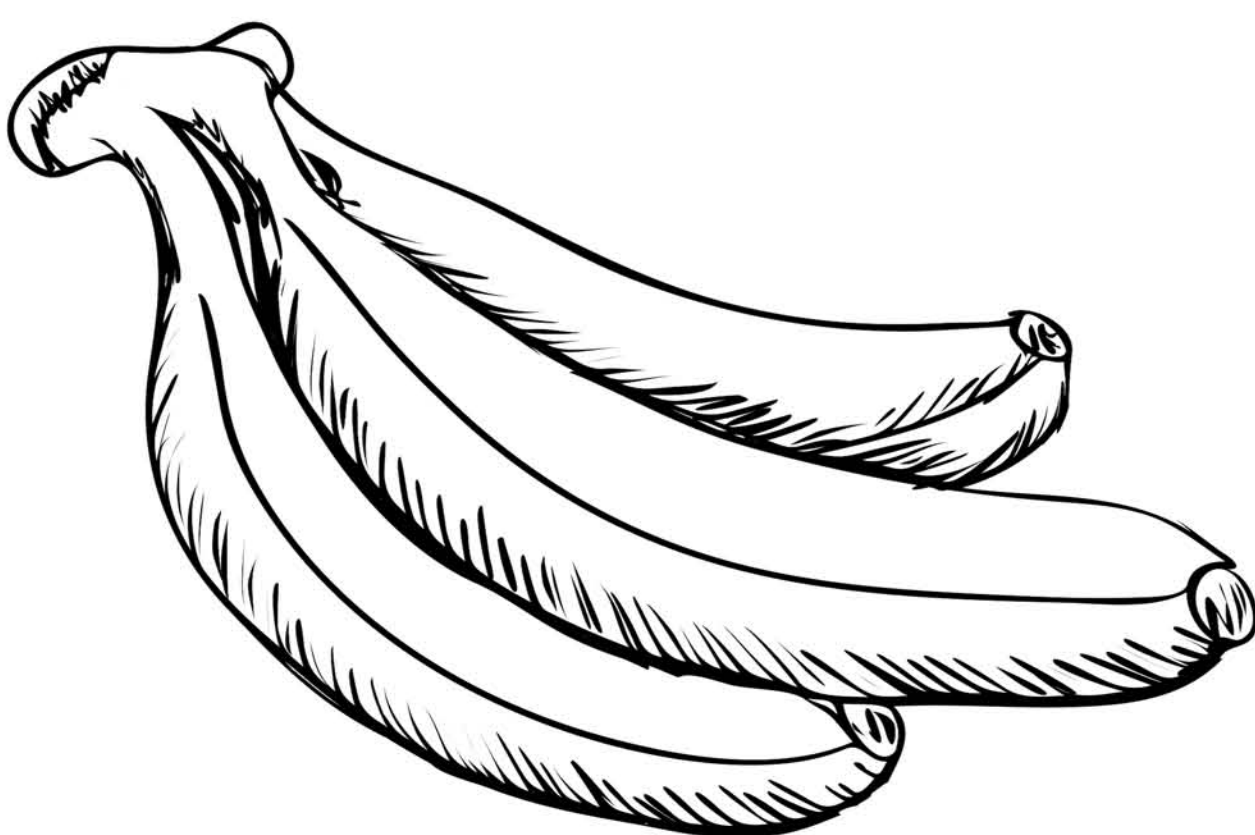


Ingredients

- 1 sheet of puff pastry
- 3 ripe bananas
- 2 tablespoons of butter
- 400 grams of mature cheese
- 12 teaspoons of Nutella
- 2 egg yolks

How to Cook:

1. Peel and fry the banana with butter until golden brown
2. Cut the banana into 3 cm long
3. Cut the cheese into small bar (3 cm long)
4. Cut the puff pastry sheet into 12 rectangles
5. Roll over the pastry sheet forwards and backwards until the small rectangle is about 12 cm x 10 cm
6. Put the cheese, banana and one tsp of Nutella in the middle of small puff pastry sheet and wrap it properly
7. Brush with beaten egg yolk
8. Sprinkle with shredded cheese
9. Bake at 200 degrees Celsius for 20 - 25 minutes (or until golden brown).



BOH ROM-ROM UBI MANIS

oleh: Rahma Po

Ingredients

- 339 grams of sweet potato
- 125 grams of glutinous rice flour
- 100 grams of palm sugar
- Grated coconut (wet), as needed
- water for boiling

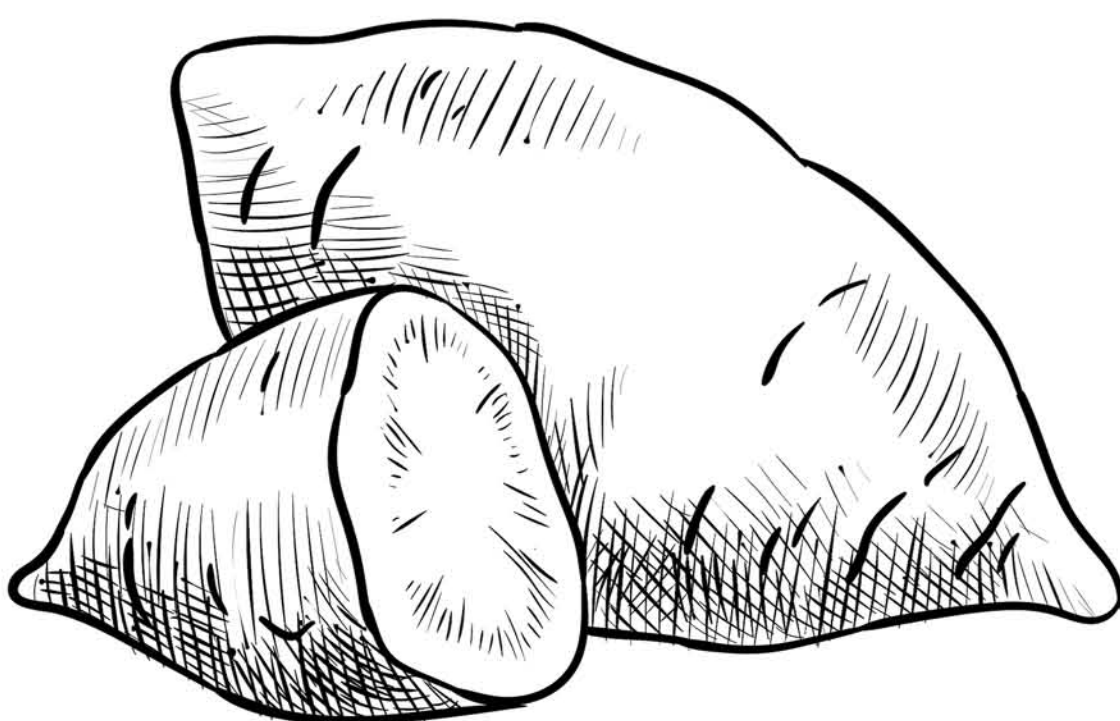
How to Cook:

1. Clean the sweet potatoes thoroughly, then boil or steam them until they are fully cooked.
2. Remove the skin from the sweet potatoes and mash them in a bowl.
3. Add glutinous rice flour to the mashed sweet potatoes and mix thoroughly until it forms a dough.
4. Shape the dough into small balls and fill each ball with palm sugar.
5. Boil the dough balls. Remove them from the boiling water when they float (indicating they are cooked).
6. Roll the cooked balls in grated coconut.
7. Serve and enjoy these delightful sweet potato and palm sugar glutinous rice balls!



Chef's Tip:

Ensure the palm sugar is well encased within the dough balls for a delightful surprise when you bite into them.



DADAR GULUNG AYU

oleh: Bety Navitasari (Nottingham)



Ingredients Grated Coconut Filling/ Unti Kelapa

- 200 grams of grated coconut (you can choose between desiccated coconut or shredded coconut)
- 100 grams of palm sugar or granulated sugar
- 1 tablespoon of granulated sugar
- 1 teaspoon of salt
- 1 pandan leaf
- 100 ml of plain water or coconut milk

Ingredients Wrapper (Kulit) :

- 1 egg
- 65 ml of coconut milk
- 265 ml of plain water
- 125 grams of all-purpose flour
- 1 teaspoon of granulated sugar
- A pinch of salt
- Food colouring (green, yellow, pink, and blue)

How to Cook

For the Sweet Coconut Filling (Unti):

1. In a pot, mix palm sugar with plain water or coconut milk over medium heat until it dissolves. Then, strain the mixture to remove any bits and pieces, leaving a smooth syrup that blends nicely with grated coconut.
2. In the same pot, add regular sugar, a pinch of salt, and knotted pandan leaves. Let it come to a boil, then stir in the grated coconut. Cook it over medium heat until the sugary syrup blends with the coconut, and the liquid reduces. This makes it easy to shape the coconut filling.

For the Colorful Wrappers (Kulit):

1. In a bowl, whisk an egg, then mix in coconut milk and plain water. Stir well. Add some regular sugar and a pinch of salt, and mix until it becomes a smooth, colorful batter. Divide it into four portions and add food coloring to each part as you like.
2. Get a non-stick or Teflon pan and lightly grease it. Make thin pancakes (dadar) one by one, using each colored batter.
3. Fill each pancake with a spoonful of the coconut filling, fold it like a little envelope, and decorate it with flower or star shapes using fondant molds. You can use the end of a drinking straw to make a small circular shape in the center. If you want colorful ties, just cut the pancakes to your liking using a pizza cutter.

Enjoy your delightful and vibrant dadar gulung/unti kelapa!

WINGKO

Oleh: Bety Navitasari (Nottingham)



Ingredients (for one recipe with a 28x24 cm baking pan)

- 400 grams of glutinous rice flour
- 150 grams of margarine or butter
- 3 eggs
- 1 egg yolk
- 250 grams of sugar
- 250 grams of desiccated coconut
- 1.5 cans of coconut milk (santan)
- A pinch of vanilla powder

How to Cook

1. Choose desiccated coconut with coarse shavings, and avoid those with finely shredded or crushed texture, as you want larger and smoother coconut flakes for the best results.
2. Mix the desiccated coconut with coconut milk until well combined and let it soak for a while.
3. Melt the margarine in a microwave until liquid, then add sugar and eggs. Mix until well blended.
4. Add glutinous rice flour alternately with the desiccated coconut and coconut milk mixture to the batter from step 3. Add a bit of vanilla and a pinch of salt. Mix or stir until evenly combined.
5. Prepare a baking pan lined with parchment paper.
6. Pour the batter into the pan and bake in an oven at 180°C for 45 minutes or until half-cooked.
7. When it's halfway done, brush the top of the wingko with egg yolk.
8. Continue baking until fully cooked.
9. Enjoy your delicious wingko!

SOSIS SOLO

Oleh: Bety Navitasari (Nottingham)

Ingredients Wrapper (Kulit)

- 5 eggs
- 125 ml of coconut milk (santan)
- 1/4 teaspoon of salt

Ingredients Filling

- 200 grams of minced meat
- 1 egg
- 3 tablespoons of thick coconut milk (santan kental)

Ground Spices

- 5 shallots
- 3 cloves of garlic
- 1 teaspoon coriander seeds (ketumbar)
- 1/4 teaspoon cumin seeds (jinten)
- 3 candlenuts (kemiri)
- 1 teaspoon salt (garam)



How to Cook

1. Mix together the ground spices (bumbu halus), minced meat, egg, and thick coconut milk until well combined. Set aside.
2. Beat the eggs until well mixed, then add coconut milk and salt. Stir to combine. Make thin pancakes with a diameter of 18 cm.
3. Take one pancake, fill it with the meat mixture in the center, fold it into an envelope shape, and roll it up.
4. Repeat this process until all the mixture is used up.
5. Steam the rolls until cooked.
6. Heat a small amount of oil and fry the rolls until they turn golden brown.

Enjoy your delicious Sosis Solo!

KROKET KENTANG

By: Bety Navitasari (Nottingham)



Ingredients

- 500 gr. potatoes, fried then mashed.
- 50 gr. butter melted
- 2 eggs, separate egg yolk n white
- 100 gr. flour
- 1 tbsp milk powder
- salt, pepper, nutmeg, sugar to taste.
- 200 gr, carrots, finely cubed.
- 150 gr. minced chicken
- 1 medium onion finely chopped
- 2 cloves garlic crushed
- 1 bunch spring onions
- bread crumbs
- oil for frying

Cooking method

1. Mix the potatoes, melted butter, egg yolks, milk powder and flour, in the large bowl knead it together until it forms a nice dough, put aside.
2. Heat 2 tbsp oil, fry the onion and garlic until golden brown, add the minced chicken and cook for 5 minutes then add the grated carrot and chopped spring onion, cook it further until all are soft, add seasoning.
3. Take 2 tbsp of the dough shape it into a round, then put 1 tbsp of filling, fold and shape it into an oval sausage shape.
4. Dip it into slightly whisked egg white, then into the breadcrumbs and fry until golden brown

KUE LUMPUR

Oleh: Asri Mitchell (Nottingham)



Ingredients

- 3 egg yolks
- 1 egg white
- 180 grams of caster sugar
- 500 ml of coconut milk (santan)
- 500 grams of boiled and mashed potatoes
- 150 grams of plain flour
- 150 grams of raisins or sweet jackfruit (alternatively)
- A pinch of salt
- Oil or butter for greasing the baking pan

How to Cook

1. Beat the egg yolks with sugar until well mixed and fluffy. Add a pinch of salt, coconut milk (santan), mashed potatoes, and plain flour. Stir to form a smooth batter.
2. Heat the kue lumpur molds on the stovetop, greasing them with butter or oil. Fill each mold with the batter until it's about 3/4 full, and cover.
3. When they are half-cooked, add the jackfruit or raisins on top of each portion of the batter. Cook for approximately 5 more minutes.
4. Once they appear cooked, remove each one and add the next batch of batter until finished.
5. Serve and enjoy after allowing them to cool for a while.

PULUT SRI MUKA

By: Bety Navitasari (Nottingham)

Ingredients A (for the topping)

- 350 gr. coconut milk
- 4 eggs
- 100 gr. flour
- 280 gr. granulated sugar
- 6 pandan leaves
(blend them, then squeeze the water to produce the colour and aroma)

Ingredients B (for the base)

- 350 gr coconut milk
- 225 gr glutinous rice*
- 1 tsp salt mixed with coconut milk



Cooking method

1. Creation of the base:

- Bring water to a boil in a steamer.
- Mix white glutinous rice, coconut milk, salt, and a pandan leaf in a pot. Cook and stir until 3/4 cooked (until the coconut milk is absorbed into the glutinous rice and it becomes soft).
- Preheat an oiled tray in the steamer for 5 minutes.
- Remove the tray and add 3/4 of the partially cooked glutinous rice, then steam for 15 minutes.

2. Creation of the topping:

- Mix sugar, coconut milk, salt, and pandan leaves in a pot and cook until well combined.
- Once it boils, set aside to cool slightly.
- Beat eggs, add flour, and stir until well combined.
- Combine the egg and flour mixture into the sugar mixture, add pandan extract, then mix well (you can use a mixer).
- Strain the mixture to remove any lumps.

3. Pour the topping mixture over the steamed glutinous rice.

4. Steam again for 20 minutes.

5. Once cooked, remove from the steamer and let it cool for a while.

6. After cooling, cut it according to your preference using a knife lightly coated with oil.

*Pandan leaves and white glutinous rice can be purchased at oriental stores.

SARI RASA KETAN COKLAT

By: Ety (Burton on Trent)



Ingredients A (for the topping)

- 4 eggs
- 200 grams finely sliced palm sugar (I used soft dark brown sugar)
- 500 ml thick coconut milk
- 200 grams rice flour
- 50 grams cocoa powder

Cooking method

1. Place glutinous rice in a steamer, add coconut milk and salt. Steam for 30 minutes.
2. Once cooked, remove and transfer to a tray. Flatten it.
3. Beat all Ingredients A, pour it over the glutinous rice
4. Steam until cooked, approximately 30 minutes.

*Since I don't have a large steamer, I bake it in the oven at 150°C for 45 minutes, using the baking-with-steam technique (Place the tray filled with the mixture inside a larger tray filled with water. Ensure that the water in the larger tray is maintained)

Ingredients B (for the base)

- 750 grams glutinous rice
- 1 teaspoon salt
- 100 ml coconut milk

GETHUK

By: Endah Sulistyowati (Nottingham)



Ingredients

- 1 kg cassava
- 120 gr palm sugar
- 50 grams granulated sugar (according to taste)
- 100gr desicated coconut
- 1 packet of vanilla (5 grams)

Cooking method

1. Steam cassava for 30 minutes or until tender.
2. Once cooked, transfer the hot cassava to a bowl, add vanilla.
3. Mash the cassava gradually while adding palm sugar, grated coconut, and granulated sugar.
4. Shape the mashed cassava in a tray, compact it.
5. Slice the gethuk according to your preference. Serve it as a companion to tea or coffee.

Notes

1. Cassava can be purchased at Asian stores in the form of fresh cassava or peeled frozen cassava.
2. Gethuk can also be fried (dip it in a thick consistency plain flour batter, then fry in hot oil until golden brown).

KETAN UNTI

By: Endah Sulistyowati (Nottingham)

Ingredients for Ketan Hijau

- 500 grams glutinous rice, washed, soaked for at least 2 hours
- 1 teaspoon pandan paste (optional)
- 600 ml coconut milk
- 3/4 teaspoon salt
- 3 pandan leaves

Ingredients for Unti kelapa

- 200 grams palm sugar
- 200 ml water
- 3 pandan leaves
- 1/2 teaspoon salt
- 1/4 teaspoon vanilla powder
- 250 grams desiccated coconut

Cooking method

UNTI KELAPA:

1. Boil water, palm sugar, pandan leaves, salt, and vanilla. (Strain if necessary to remove palm sugar residue).
2. Add desiccated coconut, cook while stirring until it slightly dries. Cool and set aside.

KETAN HIJAU:

1. Mix coconut milk, pandan paste, glutinous rice, pandan leaves, and salt. Cook (occasionally stirring) over low to medium heat until it dries.
2. Remove from heat and steam for about 30 minutes.
3. Prepare molds (any shape, I use a round mold). Add one teaspoon of the coconut filling, press it down. Add glutinous rice on top until full, remove from the mold, and serve.



KLEPON

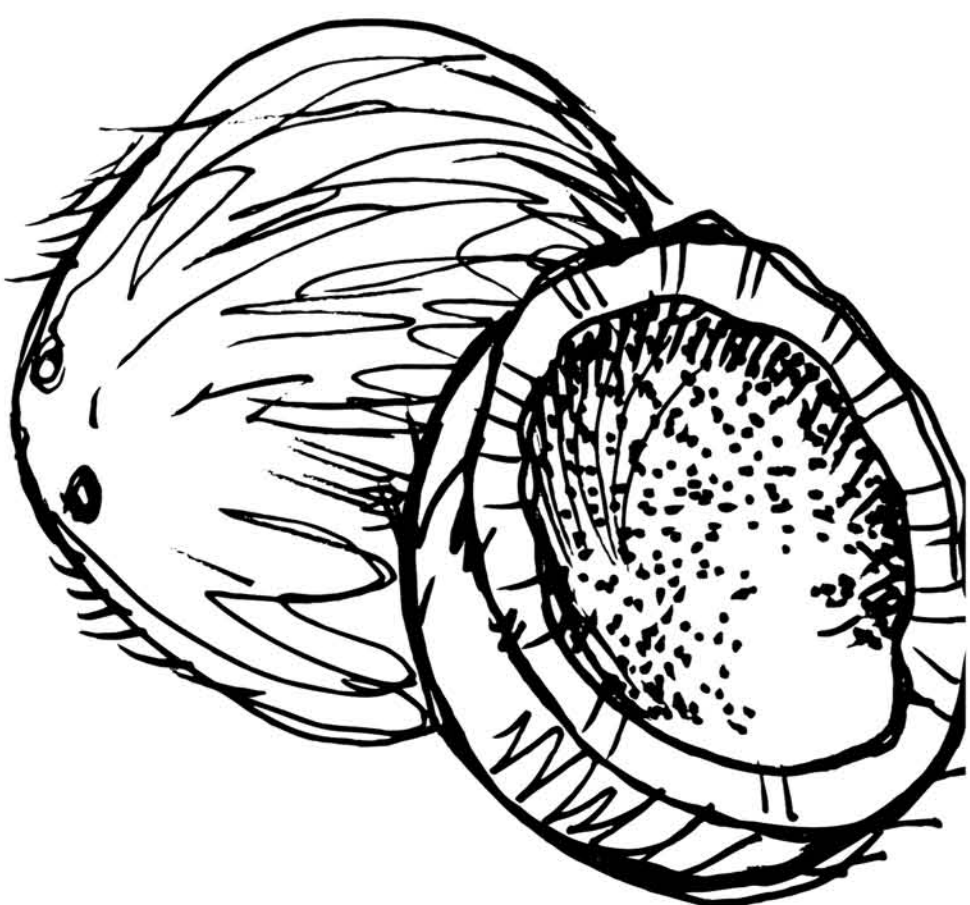
By: Endah Sulistyowati (Nottingham)

Ingredients

- 200 grams glutinous rice flour
- 200 ml water
- Pandan paste, as needed
- Finely grated palm sugar or palm sugar, as needed
- Desiccated coconut
- 3/4 tsp salt

Cooking method

1. Finely grate palm sugar for klepon filling.
2. Prepare a bowl, mix glutinous rice flour, salt, and pandan paste as needed. Stir well.
3. Gradually add water, knead the flour mixture until smooth, then shape into small balls.
4. Flatten the formed dough, add palm sugar filling, then round it again.
5. Boil water until it boils, then add the klepon balls one by one. Cook until the klepon floats and is cooked.
6. Remove the cooked klepon, drain, then roll in desiccated coconut.
7. Serve klepon as a snack with warm tea or hot coffee.



MARTABAK DAGING

By: Endah Sulistyowati (Nottingham)

Ingredients

- Spring roll wrappers
- 200 grams minced meat (beef/lamb)
- 4 eggs
- 1 onion, roughly chopped
- Spring onions, sliced
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1/2 teaspoon cumin
- Salt (as needed)

Cooking method

1. Saute chopped onion until wilted. Add minced meat, stir well.
2. Add garlic powder, ground coriander, cumin, and salt. Stir well again until the meat is cooked. Set aside.
3. Whisk eggs in a mixing bowl. Add spring onions and the cooked meat. Mix well.
4. Take a sheet of spring roll wrapper. Add 3 tablespoons of the egg mixture, fold it like an envelope.
5. Fry the spring roll in hot oil until golden brown. Drain.
6. Serve with cucumber pickles.



RUJAK SERUT

By: Bety Navitasari (Nottingham)

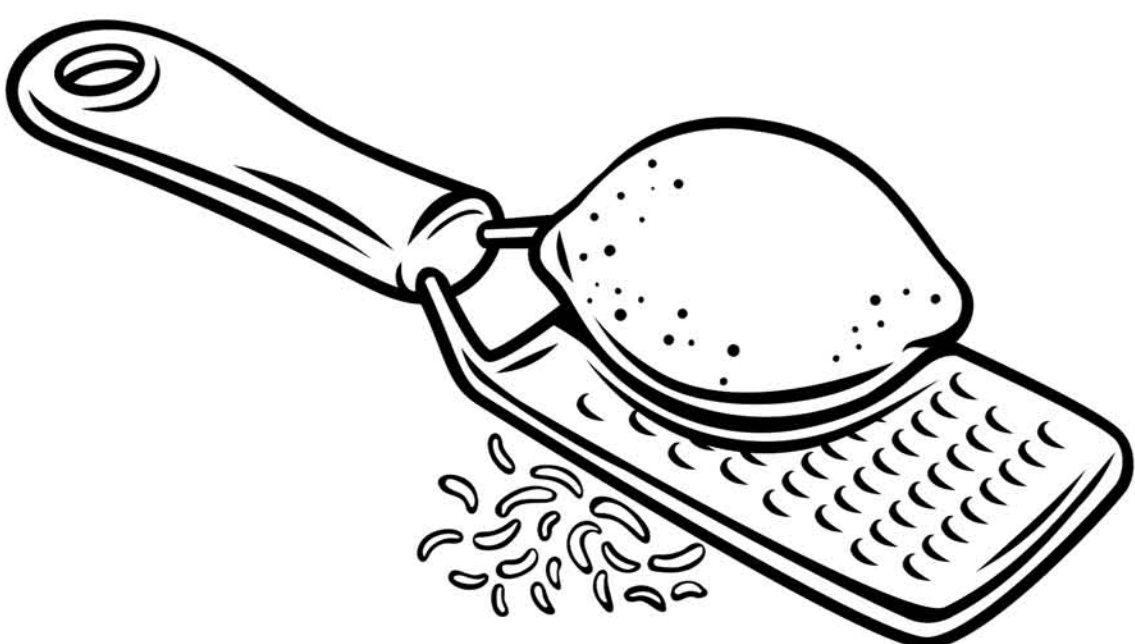


Ingredients

- 2 mangoes
- 1 large pineapple
- 2 sweet potatoes
- 3 apples (cooking apple or Granny Smith apple)
- 2 cucumbers
- 250 grams brown sugar
- 5 red curly chillies
- 1 tsp shrimp paste (terasi)
- 1 tsp salt
- 2 tbsp tamarind juice

Cooking method

1. Peel all fruits and sweet potatoes, then grate them (except for the pineapple). Cut the pineapple into small pieces.
2. Boil 250 grams of brown sugar with enough water until it dissolves.
3. Blend the chillies and shrimp paste, then add tamarind juice.
4. Prepare a container, add the boiled sugar water, the blended mixture, and the grated fruits. Stir until well mixed.
5. Place it in the refrigerator for about an hour and serve it chilled.



About KIBAR

KIBAR or the Indonesian Muslim Family in Great Britain, is a platform for communication and coordination among Indonesian Muslim study groups scattered across various cities in the UK. As of now, KIBAR is composed of 17+ what is aptly called 'Locality'.

The members of these localities come from diverse backgrounds, including students, workers, and Indonesian citizens married to UK nationals. With this diversity, KIBAR plays an important role as a forum for fostering relationships and as a means of religious outreach for Indonesian Muslims in the UK. The leadership of KIBAR is regularly chosen every year by representatives from the local study groups.

To achieve its goals, KIBAR organizes various activities, including online studies, visits by Islamic scholars/speakers from Indonesia to various localities, exchange of speakers between localities, online discussions on Islamic studies, and the dissemination of various information about the world of Islam, local information, etc., through the KIBAR website and social media platforms (Instagram, Twitter, Facebook page and group, Youtube, LinkedIn, as well as Spotify/podcasts).

Additionally, KIBAR routinely holds gatherings once or twice a year, attended by hundreds of participants from various cities in the UK, and invites prominent speakers from both Indonesia and Europe. The main purpose of these activities is to provide an opportunity for Indonesian Muslims in the UK to get to know each other and strengthen their sense of community. Through these gatherings, all Indonesian Muslims in the UK have the opportunity to come together, share religious knowledge, and enhance their personal qualities as Muslims.

www.kibar-uk.org

 [KIBAR.UK](https://www.instagram.com/kibar.uk)

 [KIBAR.UNITEDKINGDOM](https://www.facebook.com/kibar.unitedkingdom)

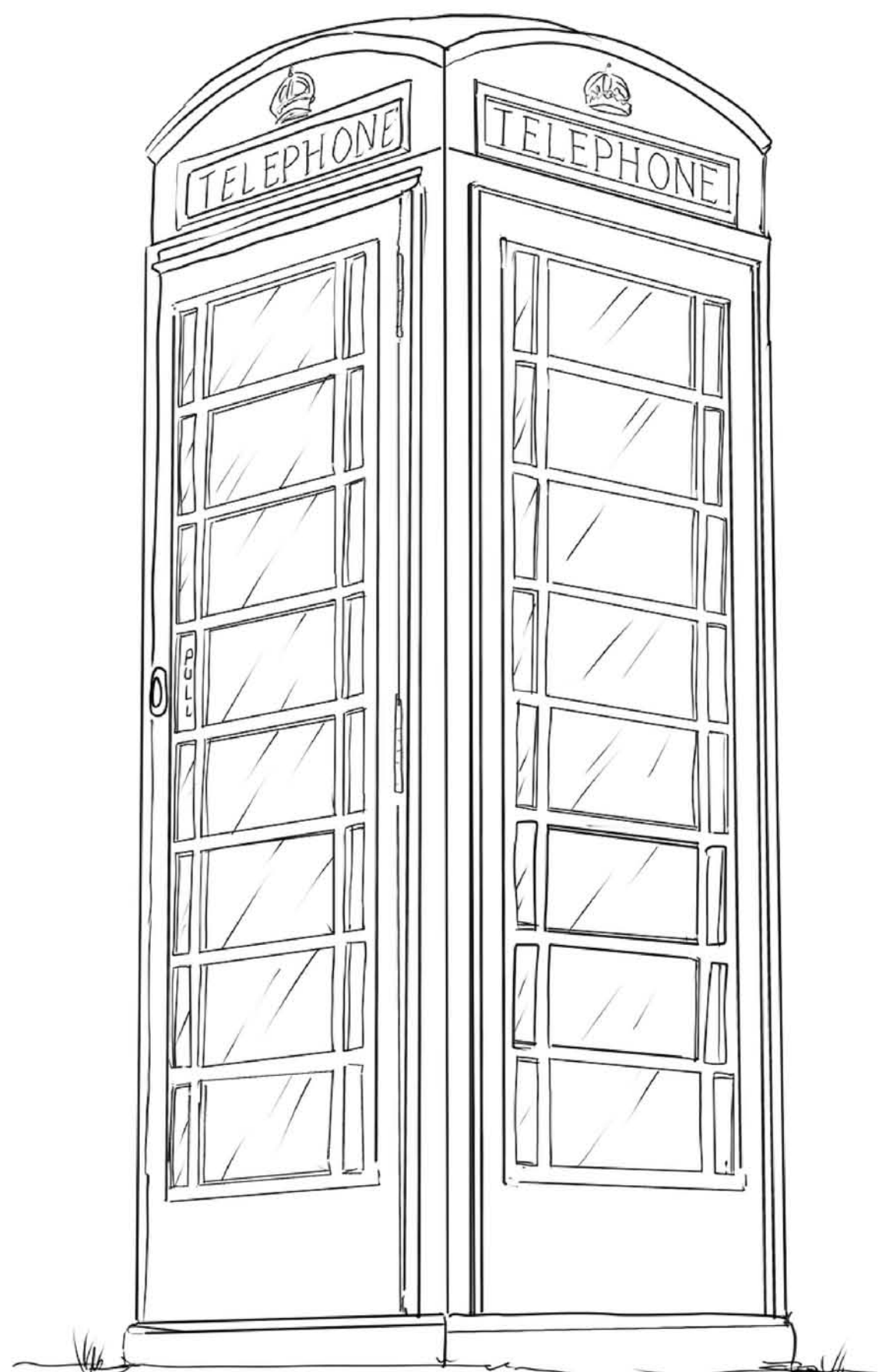
 [KIBAR UK](https://twitter.com/kibar_uk)

 [KIBARUK](https://www.youtube.com/kibaruk)

 [KIBAR RADIO](https://open.spotify.com/kibar-radio)

 [KIBAR-UK](https://www.linkedin.com/company/kibar-uk)

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“

So once you have fulfilled 'your duty', strive 'in devotion', turning to your Lord 'alone' with hope.
(QS 94:7-8)

”

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Tuti Nurmuntaha

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Yuni Ira Nurdiana

kibaran

Keluarga Islam Indonesia di Britannia Raya

A collection of Halal and Thoyyib recipes.

Dari perantau untuk perantau

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