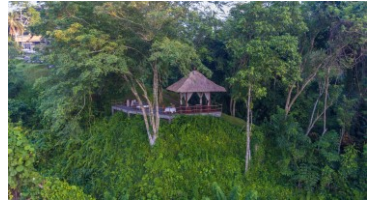


Authentic Ubud Food

The dishes from around Ubud

To share with you...

Alila 2023



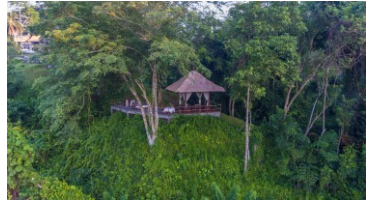
“Ulekan”

This piece of historic kitchen equipment is not an invention of Jamie Oliver or Bill Granger. The first version was created by the pre-Hispanic cultures in South-America including the Aztec and Maya and is stretching back several thousand years. From there it made the long way to the Indonesian archipelago where it soon became a common tool in the local cuisine...

The “ulekan” is the primitive blender, where muscles are the electricity and the two stones are the blades. Perfect for making traditional Indonesian Bumbu (spice paste) but also the Balian (local doctor) know how to use this ancient blender

“Jamu”

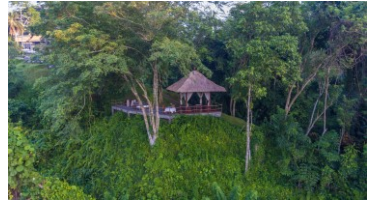
Indonesian jamu – part of an ancient Indonesian system to maintain a good inner and outer health and beauty -is unknown to most Westerners. Jamu is a selection of natural herbal medicines from Aceh to Papua and is influenced by some exotic cultures (India, Arab, China and Holland) Tracking down the origin of jamu is not an easy task however it is been told that the ladies of the Mataram Hindu Empire were one of the first using it to seduce the royal family about 1300 years ago.



In today's world, young Indonesians no longer have the time for old traditions, such as making fabric by hand or playing in a gamelan orchestra. Modern Indonesians must come to terms with the competitive and high-tech environment of the global economy in which we live. At first glance it seems that jamu is a casualty of this modern world. But by looking a bit better you discover that the ancient way of jamu-making can still be found at every street corner around archipelago. From an herbal section in the Circle K supermarkets to little jamu stalls where hawkers have a herbal solution for almost everything from headaches to a natural sexual stimulants...

Though heavily influenced by Ayurveda from India, Indonesia has numerous indigenous plants not found in India, but similar to Australia beyond the "Wallace Line". You will be very close this invisible aquatic border, during your stay at Alila Ubud. The Wallace Line is located in the waters between Lombok and Bali.

There are hundreds of herbs for jamu prescriptions, some include: ginger, Kunyit or Turmeric, Kencur or Galangale, as well as fruits as Jeruk Nipis or Calamondin and Barks like Kayu Manis or Cinnamon

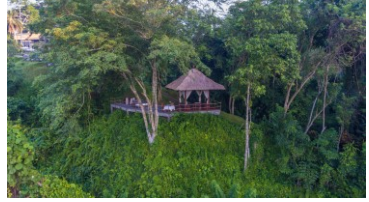


“Bumbu Bali”

A bumbu is a selection of spices and herbs made into a paste normally by using an ulekan. The below recipe is the bumbu mostly used in Balinese cuisine. Every household has its own recipe which can change on a daily base depending on what dish it is used for...

Ingredients: 20 grams chopped Garlic, 30 grams chopped shallots, 10 grams crushed Kencur root, 10 grams crushed Ginger root, 10 grams crushed Galangal, 5 grams crushed Turmeric, 5 grams good quality shrimp paste, 1 gram grounded Black pepper, 1 gram Coriander seed, 1 pcs Candle nut, 2 pcs seeded Red large chili, 2 pcs Small chili, 20 gr shrimp paste.

Combine all above ingredients in your ulekan and grind until a smooth paste. Put a small pan over medium heat and add a little bit of vegetable oil. Add the above paste and lightly sauté for 2 minutes. Add 100 ml. water and cook for another 5 minutes. Cool down and store until use in the fridge (keeps well up to two weeks).

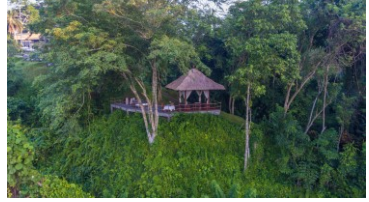


“Perkedel Jagung”

(Sweet corn fritters)

Ingredients: 2 cobs sweet corn, 10 grams bumbu bali,
1 pcs sliced lime leafs, 1 pcs egg, 15 grams Maizena,
75 ml vegetable oil, salt & pepper

Cut the sweet corn kernels of the cobs and put in the blender. Mix until you have a paste (with some kernels in there) and transfer to a bowl. Add the bumbu Bali, sliced lime leafs, egg & maizena, season with pepper & salt. Heat the vegetable in a sauté pan over medium heat and scoop in little balls of the sweet corn mixture. Fry until golden brown and flip over to the other side. When brown take the fritters out of the pan and put on kitchen paper to get rid of the excess oil. Serve straight away with pickles and sweet & sour chili sauce on the side

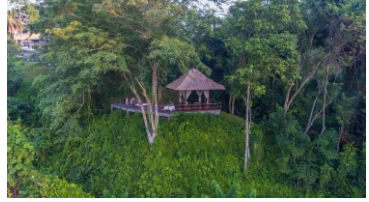


Tum Ayam

(Steamed chicken in banana leaves)

Ingredients: 200 grams minced Chicken breast, 15 grams Bumbu Bali, Salt & pepper to taste, 6 pcs Banana leaves

Combine the minced chicken breast, bumbu Bali and pepper & salt to taste in a mixing bowl and mix well. Form little balls of the chicken mixture and wrap in a banana leaf, put in the chiller to firm up. Steam over simmering water for 15-20 minutes until the chicken feels firm and cooked. Serve straight away with peanut sauce.

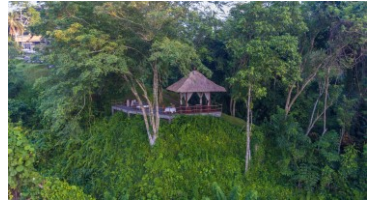


“Sate Lilit Ikan”

(Minced fish sate)

Ingredients: 100 grams minced Tuna filet, 100 grams minced White snapper, 15 grams Bumbu Bali, 1 pcs chopped Lime leafs, 30 grams Coconut oil, Salt & pepper to taste, 6 pcs Lemongrass

Combine the first 4 ingredients and mix well. Form the fish mixture around the lemongrass and put in the chiller to firm up. Sprinkle with the coconut oil and grill (for the best result grill over charcoals) for 5 minutes until cooked. Serve straight away with lontong “sticky” rice and peanut sauce

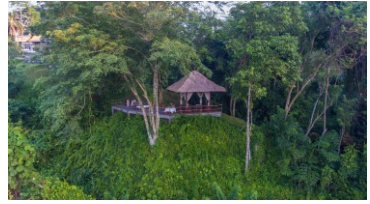


“Saus Kacang”

(Peanut sauce)

Ingredients: 200 grams Peanuts, 10 grams Kencur root, 10 grams Garlic, 1 pcs Red chilies (optional), 1 stalk Lemongrass, 1 pcs Kaffir lime leaves, 30 grams Sweet soy sauce, 0.3l Water, kaffir Lime juice to taste

Put peanuts, kencur root, garlic and chilies in a small pan with just enough vegetable oil to cover it. On medium heat slowly fry all ingredients until fragrant and all peanuts have a nice color. Strain the ingredients and discard oil, let cool down slightly. Transfer to a ulekan and grind until a smooth paste. Mix the paste with the rest of the ingredients and put into a small pot a cook over low heat for 20-25 minutes. Test for seasoning and adjust when necessary

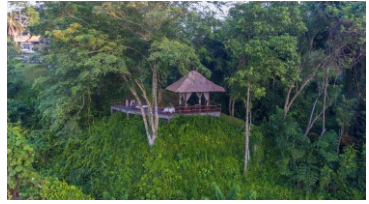


“Be Pasih Sambal Matah”

(Tuna in shallot & lemongrass dressing)

Ingredients: 200 grams Tuna filet, 50 grams thinly sliced Shallot, 1 pcs sliced Red chili, 2 pcs sliced Lemongrass, 1 pcs Cicang (ginger flower), 1 pcs chopped Lime leaf, 1 pcs Lemon Bali, 5 grams Shrimp paste, 25 ml Coconut oil, Pepper & salt to taste

Sprinkle some pepper & salt over the tuna filet and add the coconut oil. Grill over medium heat until medium and put aside. In a mixing bowl put together the sliced shallot, red chili, lemongrass, ginger flower, lime leaf, lemo Bali (juice only) and the shrimp paste and mix well (this mixture is called sambal matah, which means raw sambal). Add the grilled and shredded tuna filet and gently mix with your hand, adjust seasoning when necessary. Serve straight away with some sayur urap (Balinese vegetable salad) on the side.



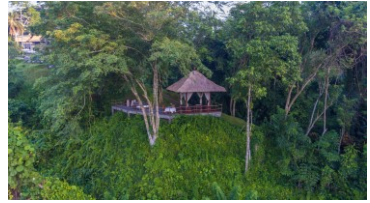
“Sayur Urap”

(Balinese vegetables salad)

A light and easy Balinese vegetable salad seen in most Balinese homes at all times of the year. The slightly sweet & sour taste combined with the crunch of fried shallots makes it an excellent salad for whetting the appetite.

Ingredients: 20 grams grated coconut, 10 grams bumbu Bali, 20 grams fried shallots, 10 grams fried garlic, 10 grams fried large chilli, 5 grams shrimp paste, roasted, 40 grams blanched Cassava leaf, 40 grams blanched long beans, 20 grams water spinach, 20 grams fern tips, blanched red beans, salt & pepper and Bali lime.

Combine all ingredients and mix well adjust flavor when necessary with salt, pepper and lime juice



“Nasi Goreng Ayam”

(Fried rice with vegetables and chicken)

Ingredients: 2 tbsp. Salad oil, 100 grams diced Chicken breast, 0.5 kg Steamed rice, 25 grams sliced Leek, 25 grams sliced onions, 5 grams chopped Garlic, 10 grams chopped Red chili large, 50 grams sliced White cabbage, 25 grams sliced Carrot, 2 pcs chopped Red chili small, 2 pcs Egg, 2 tbsp. Sweet soy sauce, 1.5 tbsp Kikkoman soy sauce, 1.5 tbsp. Sesame oil, 10 grams Bumbu Bali

In a wok preheat the salad oil over high heat. Add prawns and stir fry until almost cooked. Add all the sliced and diced vegetables and cook for stir fry for a minute. Add the Bumbu Bali and mix well with a wooden ladle. Crack the eggs and stir with the back of the ladle until fluffy. Turn the heat low and add the rice (or noodles), sweet soy sauce, Kikkoman soy sauce and sesame oil and mix well with the back of the ladle. Serve straight away garnished with sliced omelet, deep fried shallot and pickles.