



RIJSTTAFEL *(serves 4-6)*

Recipes by CYRILLES KOPPERT

SHOPPING FOR YOUR CLASS

Depending on how many people you are feeding and how much work you want to do, you can choose to leave out the Gado Gado. If you do make it, the quantities of vegetables etc are optional, depending on how much you want to make.

There are some specialty ingredients in your recipes. **Sambal oelek**, **kecap manis** and **Shaoxing Chinese rice wine** are all available in Asian supermarkets (Lucky Supermarket in Edmonton).

Cyrilles prefers Conimex brand **Kroepoek** (Indonesian shrimp crackers). In Edmonton they are available at Dutch Delicious or Ben's Meats. Kroepoek are available cooked or uncooked. If you buy uncooked, you will need oil and a thermometer for deep frying. As a substitute, you can also purchase rice crackers at Asian supermarkets.

NASI GORENG

2 tbsp yellow curry powder (lalah madras)
1 cup diced red onion
1 cup diced red pepper
1 cup diced zucchini
2 cups sliced leeks
2 cups sliced green cabbage
2 tbsp ground garlic
100 ml cooking oil
Salt and pepper
4 to 6 Eggs
7 cups cooked rice (recipe below)
Kroepoek, and oil for deep frying if they aren't pre-cooked

- Heat a large pot or large non-stick pan, add the oil, then add all the vegetables and sauté until softened.
- Add the curry powder and garlic, sautéing until fragrant.
- Add the rice, and keep stirring until the rice is heated through.
- Check the seasoning.
- Fry the eggs, sunny side up.
- Arrange the nasi goreng on a platter, and finish with the eggs on top.

RICE (*makes approx. 7 cups*)

2 cups basmati rice

½ tsp turmeric

2 litres water

2 tsp 1 tbsp salt

1 ½ tbsp oil

- Wash the rice in cold water to rinse off the dust.
- Place the water, turmeric, salt and oil in a large pot.
- Bring to a boil then add the rice and bring back to a boil.
- Reduce the heat and to low and simmer covered for about 15 minutes, stirring every few minutes. To check the rice for doneness, rub rice grains between your fingers. When the grains of rice are soft it's ready.
- Strain the rice through a colander, spread out on baking sheet, let dry (ready to use in the nasi goreng).

CHICKEN SATAY

4-6 boneless skinless chicken breasts or thighs (1 per person)

1 tsp garlic

1 tsp sambal oelek

3 tbsp sweet soya (ABC brand kecap manis)

100 ml white wine

1 tbsp brown sugar

1 tbsp lemongrass chopped

1 tbsp ginger chopped

1 tsp turmeric

50 ml rice wine (Shaoxing Chinese Cooking Wine, Sake etc or you can substitute white wine)

To Serve: Peanut Sauce (recipe below)

Equipment: 4-6 metal skewers

- Cube the chicken and place it in a bowl.
- To make the marinade combine the garlic, sambal, kecap manis, white wine, brown sugar, lemongrass, ginger, turmeric, rice wine and white wine.

- Cover the chicken with the marinade and let stand for at least 1 hour, or overnight in your refrigerator.
- Arrange the chicken on the metal skewers.
- Grill the chicken until it reaches an internal temp of 165 F. Alternatively sear it in a pan and finish it in your oven.

PEANUT SAUCE

½ cup (145 g) smooth creamy peanut butter

½ cup onion finely diced

2 tbsp cooking oil

1 tsp garlic, ground

1 tsp sambal oelek

1 tsp curry powder

1 tsp ground cumin

1 tbsp fresh ginger, chopped

1 cup coconut milk

½ cup water

Salt and pepper to taste

- In a pot, sauté the onion in oil until it's soft, then add the garlic, curry powder, sambal, cumin and ginger.
- Add the coconut milk and water and bring to a simmer.
- Whisk in the peanut butter.
- Check the seasoning and serve.

SEROENDANG

1 cup salted peanuts

½ cup onion cup, very finely diced

1 cup shredded toasted coconut (unsweetened)

1 tsp curry powder

1 tsp ground cumin

1 tsp sambal oelek

2 tbsp cooking oil

1 tsp garlic

- In a pot add oil and onion and cook stirring until soft.
- Add the curry, cumin, sambal and garlic.
- Cook for 30 seconds, then add the coconut and peanuts, stirring to combine.
- Transfer to a baking sheet, and set aside to cool and dry.

GADO-GADO

Cauliflower

Asparagus or beans

Tomatoes

Bok choy

Bean sprouts

Baby potatoes

Hard boiled eggs

Red chillies

Broken fried kroepoek

Tempeh or tofu

Roasted peanuts: jjhhjn

Onion

Kroepoek, and oil for deep frying if they aren't pre-cooked

Peanut Dressing (recipe below)

- Bring a large pot of salted water to a boil.
- Prepare an ice bath.
- Blanch the cauliflower, asparagus and bok choy, then refresh in the ice bath.
- Hard boil the eggs, and boil the potatoes until tender.
- Sauté the cubed tempeh in a pan.
- Peel the eggs, and halve them lengthways
- Slice the potatoes in half lengthways
- Arrange the prepared blanched vegetables together with the tomatoes, eggs , potatoes and tempeh on a platter.
- Serve with peanut dressing, crumbled kroepoek, and peanuts.

PEANUT DRESSING

½ cup peanut sauce (recipe above)

Juice of 1 lime

3 tbsp sesame oil

1 tbsp soy sauce

50 ml rice vinegar or white wine

- Combine all the ingredients in a bowl, then whisk together until emulsified and check the seasoning.

EQUIPMENT

Cutting boards and knives

Measuring cups and spoons

Prep bowls

Large pot or non-stick pan for nasi goreng

Large pot for rice

Pot for seroendang

Nonstick pan or other pan for frying eggs

Metal skewers for satay

Whisk for peanut dressing

Large pot, thermometer and frying oil if you're using uncooked kroepoek

Large pot for gado gado

Ice for gado gado and large bowl for ice bath

Serving platters