



# Balinese Cooking Class

The Pavilions Bali is pleased to take you on a culinary journey to the heart of traditional Balinese cuisine. We will teach you how to prepare the following menu:

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**Sate Lilit Ayam**  
Balinese chicken satay

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**Pepes Ikan Kakap**  
Grilled red snapper wrapped in banana leaf

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**Be Siap Metunu Mesi Kesuna Cekuh**  
Grilled chicken with garlic and galangal

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**Nasi Putih**  
Steamed rice, melinjo crackers, sambal tomat

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**Pisang Goreng**  
Fried banana with coconut shavings and palm sugar

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# Sate Lilit Ayam

## Recipe

Balinese chicken satay  
(For 2 pax / 10 pieces of satay)

### Ingredients

- 250 gr Chicken minced
- 25 gr Shallot, finely chopped
- 10 gr Garlic, finely chopped
- 1 pc Small red chili, thinly sliced
- 5 gr Ginger, finely chopped
- 5 gr Galangal, finely chopped
- 3 gr Lesser galangal, finely chopped
- 3 gr Turmeric, finely chopped
- to taste Salt & pepper
- 20 ml Oil
- 10 pcs Satay skewer (Lemon grass)
- 1 pcs Lime leaf, finely sliced
- 20 gr Grated coconut, unsweetened

### Method of Preparation

- ① Heat up oil in frying pan on medium heat and sauté all vegetables, except lime leaf and coconut, until you reach a paste with an aromatic smell
- ② Remove from flame, cool down and blend to a smooth paste
- ③ Blend the minced chicken
- ④ Mix with the paste, then add lime and grated coconut
- ⑤ Season with salt and pepper
- ⑥ Take 20 gr of the mixture and shape like an oblong patty on the skewers
- ⑦ Grill the satay evenly on all sides
- ⑧ Serve with peanut sauce



# Pepes Ikan Kakap

## Recipe

Balinese spiced grilled snapper in banana leaf  
(2 portions)

### Ingredients

- 140 gr Snapper fish fillet
- 50 gr Bumbu pepes
- 25 gr Red tomato, slice
- 1 pc Kaffir lime leaf, finely sliced
- 3 pcs Sweet basil/ kemangi
- 1 pc Salam leaf (Balinese bay leaf)
- 2 ea Banana leaves for wrapping
- 2 ea Bamboo pins
- to taste Salt & pepper
- 1 pc Bali lime

### Method of Preparation

- ① In a bowl, season the fish with salt, pepper, Bali lime juice and basic bumbu pepes paste
- ② On the tray, lay down the banana leaf, big enough to wrap one portion of fish. In the middle of the leaf, lay down the Salam leaf followed by the marinated fish. Place red tomatoes, lime leaf, sweet basil on the top of it
- ③ Wrap the fish, fold both ends together and secure the end with bamboo pins
- ④ Over a hot charcoal grill, cook the pepes for approximately 5 minutes on each side. Place the fish on the centre of the plate and garnish with sweet basil and lemon grass stick



# Bumbu Pepes

## Recipe

Pepes spice mix

(Yields 300 gr)

### Ingredients

150 gr	Shallot
75 gr	Garlic
3 pcs	Long red chili
2 pcs	Hot chili
30 gr	Galangal
15 gr	Turmeric
30 gr	Ginger
15 gr	Lesser galangal
4 pcs	Lemongrass
7 gr	Shrimp paste, roasted
3 tsp	Palm sugar
to taste	Salt & pepper
45 ml	Vegetable oil

### Method of Preparation

- ① Finely chop all spices
- ② Heat up oil in a pan
- ③ Sauté shallot until translucent, and then add galangal, ginger, turmeric, lesser galangal and lemongrass. Stir constantly until mixture is cooked soft
- ④ Add palm sugar, shrimp paste and tamarind juice
- ⑤ Season with salt and pepper
- ⑥ Remove from the flame and let mixture cool down
- ⑦ Blend with pestle and mortar or use the food processor to create a coarse paste
- ⑧ Ready to use!



# Be Siap Metunu

## Recipe

Grilled chicken with garlic & turmeric  
(2 portions)

### Ingredients

- 350 gr Spring chicken boneless
- 20 gr Garlic, crushed
- 20 gr Turmeric peel, crushed
- 20 gr Lesser galangal, crushed
- 1 pc Candle nut, crushed
- 1 pc Red long chili, seeded & crushed
- to taste Salt & pepper
- 50 ml Coconut oil

### Method of Preparation

- ① Clean the chicken from the fat and skin, season with salt and pepper
- ② In a bowl place all other ingredients and marinate for chicken about 5 minutes
- ③ Heat the grill or pan to medium heat and grill the marinated chicken
- ④ Brush chicken with marinade and turn around until golden in colour
- ⑤ Take off the grill or pan and serve with sambal matah and steamed rice



# Pisang Goreng

## Recipe

Fried banana with coconut shavings & palm sugar

### Ingredients

- 2/3 cup** Rice flour
- 1/3 cup** Flour
- 2/3 cup** Water
- 1 pinch** Salt
- 8 firm** Bananas / large bananas sliced suitable for cooking
- Oil for frying

### Method of Preparation

- ① Combine both types of flour, water and salt in a deep mixing bowl. Whisk until batter is smooth and slightly thick
- ② Dust banana evenly with rice flour
- ③ Dip halved bananas into batter and coat generously
- ④ Heat a generous amount of oil in a heavy sauce pan to 120° Celsius
- ⑤ Add bananas at low heat and fry very slowly while rising temperature until golden brown and crispy. This process will take approximately 20 minutes. Drain well
- ⑥ Dust Bananas with a mix of cinnamon powder and icing sugar
- ⑦ Serve with coconut cream or palm sugar syrup

