

RENDANG

Ingredients: (for 6-8 people)

- 1kg of beef, cut to about 15-20 pieces;
- 2 liters of coconut milk;
- 1 stalk of lemongrass; and
- 5 leaves of lime leaves, tied with turmeric leaves

grounded seasoning (mix together until soft with food processor or blender):

- 12-20 red peppers (depends), ground it;
- 6 onions; 3 cloves of garlic;
- 1 cm ginger; 5 cm galangal; and salt

How to make:

- Cook grounded seasoning with 2 tablespoons of vegetable oil. Then put the coconut milk with turmeric leaves, lime leaves, and lemongrass.
- Then put the beef that has been cut into pieces and stir constantly in order to cooked perfectly.
- Cook the beef on medium heat until coconut milk thickens and is slightly dried and until the beef has become tender
- Served once hot or cold according to individual taste. The most delicious when it served with white rice.

Nutrition Facts

Amount Per Serving		Calories from Fat 100	
Serving Size: 100 g		% Daily Values*	
Calories 195			
Total Fat 11.07g		17%	
Saturated Fat 6.452g		32%	
Polyunsaturated Fat 0.802g			
Monounsaturated Fat 2.708g			
Cholesterol 29mg		10%	
Sodium 184mg		8%	
Potassium 373mg			
Total Carbohydrate 4.49g		1%	
Dietary Fiber 1.7g		7%	
Sugars 1.31g			
Protein 19.68g			
Vitamin A 1%	Vitamin C 10%		
Calcium 3%	Iron 13%		



10% of RDI*
(195 calories)

Calorie Breakdown:
■ Carbohydrate (9%)
■ Fat (51%)
■ Protein (40%)

* Based on a RDI of 2000 calories

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

BAKSO (Indonesian Meatball)

Ingredients:

- 500 gram of fresh beef;
- 100 gram tapioca flour or starch;
- 1 tsp salt;
- ½ tsp white pepper powder;
- 1 tablespoon garlic that has been mashed;
- 2 tablespoons red onion that has been mashed;
- 40 gram ice cubes;
- 2000 ml of water

How to make:

- Put tapioca flour, beef, ice cubes, onion, garlic, pepper, and salt into the food processor or blender. Grind all the ingredients until it becomes a smooth and well blended dough.
- Boil 2000 ml of water and wait until boiling.
- Take a little dough, place on the palm of the hand and grip the dough until the dough can come out between the thumb and forefinger. Use spoon to take the dough that has appeared and put into the hot water.
- Wait until the meatballs float on the water.
- For the broth: cook beef bone, garlic, onion, powdered beef broth, some salts and pepper until the water boils

Nutrition Facts

Amount Per Serving		per serve	
Serving Size: 1 serving (241 g)		% Daily Values*	
Kilojoules	1623 kJ		
Calories	388 kcal		
Protein	20.24 g		
Fat	18.82 g		
Saturated Fat	4.277 g		
Polyunsaturated Fat	2.894 g		
Monounsaturated Fat	7.236 g		
Cholesterol	90 mg		
Carbohydrate	40.05 g		
Sugar	1.73 g		
Fibre	3.8 g		
Sodium	465 mg		
Potassium	402 mg		



19% of RDI*
(388 cal)

Calorie Breakdown:
■ Carbohydrate (41%)
■ Fat (38%)
■ Protein (21%)

* Based on an RDI of 2000 calories

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ICE CENDOL

Ingredients:

- 100 gram of mung bean flour (Hunkwe flour);
- 50 gram of rice flour;
- 1 tbsp tapioca flour / starch (optional)
- 100 ml pandanus leaves juice;
- 600 ml of water; and 1 tsp salt

Brown sugar ingredients: (boiled until become liquid)

- 250 gram of brown sugar; • 50 gram of sugar;
- 250 ml of water • 5 pieces of pandanus leaves

How to make:

- Mix mung bean flour, rice flour, pandanus leaf juice, water, and salt. Stir well and continuously until the dough is cook well and burst. Turn of the heat.
- Prepare ice water and ice cubes in the containers
- Put the dough into the triangle plastic and cut a little in its tip. Then press the dough until similar like the long length of the noodles into a container that contains ice water and ice cubes, do it until the dough runs out.
- Cut pieces of dough that has been shaped like noodles according to your preference
- Serve the ice with a brown sugar, coconut milk, avocado or jackfruit and ice cubes.

Nutrition Facts

Amount Per Serving		Calories from Fat 172	
Serving Size: 1 bowl		% Daily Values*	
Calories 465			
Total Fat 19.11g		29%	
Saturated Fat 16.3g		82%	
Polyunsaturated Fat 0.38g			
Monounsaturated Fat 0.983g			
Cholesterol 0mg		0%	
Sodium 14mg		1%	
Potassium 318mg			
Total Carbohydrate 70.47g		23%	
Dietary Fiber 3.6g		14%	
Sugars 26.39g			
Protein 5.6g			
Vitamin A 0%	Vitamin C 5%		
Calcium 3%	Iron 10%		



23% of RDI*
(465 calories)

Calorie Breakdown:
■ Carbohydrate (59%)
■ Fat (36%)
■ Protein (5%)

* Based on a RDI of 2000 calories

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