

CULINARY MANAGEMENT

KITCHEN RECIPE BOOK

2nd SEMESTER

Culinary Management Study Program
Batam Tourism Polytechnic

KITCHEN

RECIPE BOOK | 1ST SEMESTER

FOREWORD

To Our Beloved Students,

Assalamualaikum warahmatullahi wabarakatuh

It is with great pleasure that I present the preface to this *Kitchen Recipes Book* for the 1st Semester. This book is thoughtfully compiled as a practical learning companion for students of the Culinary Management Program at Batam Tourism Polytechnic. It is designed not only to support hands-on learning in the kitchen but also to deepen understanding of culinary techniques and recipe development, particularly in the field of pastry and bakery.

I would like to extend my heartfelt appreciation to the dedicated lecturers and contributors whose expertise has enriched the contents of this book. Their commitment ensures that every page serves as a valuable guide for students in mastering essential kitchen skills.

May this recipe book inspire creativity, precision, and passion in every culinary journey our students undertake. May it also serve as a stepping stone toward achieving professional excellence in the vibrant world of gastronomy.

Wishing you a joyful and productive learning experience—keep exploring, keep experimenting, and always cook with heart.

Warm regards,

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WEEK 1

Insalata Caprese Salad (Appetizer)

Prawn Bisque (Soup)

Chicken à la King (Main Course)

Grilled Halves Tomato (Side Dish)

Mashed Sweet Potato (Side Dish)

Buttered French Bean (Side Dish)

Balsamic Reduction (Sauce)

Basil Oil (Sauce)

INSALATA CAPRESE SALAD

Type: Appetizer

Yield: 30 portions

Portion Size: 100 gr

Description: Italian classic tomato and cheese salad served with balsamic reduction

INGREDIENTS:

- 1.5 kg tomato (wash and slice thin)
- 1 kg mozzarella (slice thin square shape)
- 100 gr basil leaves (wash and drain)
- 250 ml salad oil
- Balsamic reduction (see recipe)
- Salt to taste
- Pepper to taste
- 20 gr black pepper (crushed)
- Basil oil (see recipe)

PROCEDURE:

1. Prepare and arrange tomato and mozzarella cheese on a plate
2. Drizzle balsamic reduction and garnish with basil leaves
3. Serve cold

PRAWN BISQUE

Type: Soup

Yield: 30 portions

Portion Size: 100 ml

Description: Creamy thickened tomato-based prawn soup with herbs and spices

INGREDIENTS:

- 500 gr prawn shell
- 1 kg prawn
- 200 gr celery stick
- 200 gr onion
- 100 gr carrot
- 50 gr tomato paste
- 1 tsp fennel seed
- 30 gr all-purpose flour
- 3 pcs bay leaves
- 0.5 tsp thyme
- Salt to taste
- Pepper to taste
- 7liter water
- Bread stick (garnish)

PROCEDURE:

1. Heat oven to brown the shell
2. While waiting for the shell, sauté mirepoix, flour, tomato paste in a medium frying pan and deglaze
3. Add bay leaves and fennel seed, then pour the water
4. Bring to boil, then add browning shell. Simmer for 30 minutes until thickened

CHICKEN À LA KING

Type: Main Course

Yield: 30 portions

Portion Size: 120 gr

Description: White chicken stew in herby cream gravy with mushroom and peas

INGREDIENTS:

- 150 gr butter
- 200 gr onion (fine chop)
- 3 pcs chicken @1.5 kg (boneless, cut into cube, marinate then sear well)
- 2 cans mushroom (thin sliced)
- 100 ml cooking cream
- 100 gr flour
- 500 ml fresh milk
- 250 gr green peas
- 2 pcs red capsicum (pour oil and roast in the oven)
- Salt to taste
- Pepper to taste
- Chicken stock

PROCEDURE:

1. Preheat sauté pan, add oil and butter, then sauté mushroom until brown and set aside
2. In another pan, prepare roux (butter + flour), stir in chicken stock and cream, then bring to thicken
3. Stir in chicken, mushroom, peas, and capsicum
4. Bring to boil on low heat and season with salt and pepper

GRILLED HALVES TOMATO

Type: Side Dish

Yield: 30 portions

Portion Size: 30 gr

Description: Grilled marinated tomato with herbs

INGREDIENTS:

- 1.5 kg tomato (wash clean)
- Thyme (a pinch)
- Salt to taste
- Pepper to taste
- 2 tsp oil

PROCEDURE:

1. Cut tomato into halves or three, or adjust
2. Marinate with salt, pepper, oil, and herbs
3. Grill well in the griller
4. Serve hot as side dish

MASHED SWEET POTATO

Type: Side Dish

Yield: 30 portions

Portion Size: 15 gr

Description: Puréed sweet potato with butter

INGREDIENTS:

- 1.5 kg sweet potato (wash clean, steam until tender and peel to mash)
- Salt to taste
- 100 gr onion (crush and finely chop)
- Butter (melt)

PROCEDURE:

1. Mash potatoes using ricer
2. Sauté chopped onion till fragrant, add potatoes and season to taste
3. Serve as a side dish for chicken à la king

BUTTERED FRENCH BEAN

Type: Side Dish

Yield: 30 portions

Portion Size: 20 gr

Description: Sautéed French bean in butter stock

INGREDIENTS:

- 1.2 kg French bean (cut into bâtonnet)
- Salt to taste
- 30 gr onion (chop)
- Butter
- Stock

PROCEDURE:

1. Preheat cooking oil and sauté onion mixed with butter, add stock
2. Add French bean, then season with salt and pepper
3. Serve as side dish

BALSAMIC REDUCTION

Type: Sauce

Yield: 30 portions

Portion Size: 5 gr

INGREDIENTS:

- 100 gr balsamic vinegar
- 80 gr sugar
- 1 pc bay leaf

PROCEDURE:

Reduce all ingredients for 15 minutes on very low heat until thickened

BASIL OIL

Type: Sauce

Yield: 30 portions

Portion Size: 5 gr

Description: Blended basil leaves with parmesan cheese and olive oil

INGREDIENTS:

- 50 gr basil leaves
- 80 gr olive oil
- 2 tbs parmesan cheese
- 5 gr garlic
- A pinch black pepper

PROCEDURE:

Blend all ingredients and serve to accompany salad

WEEK 2

Samosa with Soy Bean Sauce
(Appetizer)

Miso Shiru (Soup)

Beef Katsu (Main Course)

Teriyaki Sauce (Sauce)

Japanese Vegetable Salad (Side Dish)

Black Sesame Rice (Side Dish)

SAMOSA WITH SOY BEAN SAUCE

Type: Appetizer

Yield: 10 portions

Portion Size: 100 gr

Description: Deep-fried potato samosa in wonton skin with soy bean sauce

INGREDIENTS:

For Samosa:

- 10 pcs lumpia skin (frozen, opened from original pack and cover with wet towel)
- 0.25 kg potato (peel and cut into small dice, then soak in water)
- 2 pcs egg (beaten egg yolk only)
- 0.08 kg garlic
- 0.1 kg chilli
- 0.05 kg ginger
- 0.03 kg turmeric (blend and make a paste)
- Salt to taste
- Pepper to taste
- Cooking oil

For Sauce:

- kg tauco bean (opened, put beans and blend well)
- 0.08 kg brown sugar
- 0.08 kg lime (boil to extract, put juice)
- kg kaffir lime leaves (cut into fine shredded)

PROCEDURE:

1. Sauté potato in turmeric paste with hot oil until well cooked
2. Spread lumpia skin, make a triangle shape and stick with egg yolk glue
3. Deep fry in large amount of cooking oil until golden brown
4. Make the sauce: Sauté chopped garlic, pour bean paste, then add brown sugar to taste

MISO SHIRU

Type: Soup

Yield: 25 portions

Portion Size: 120 ml

Description: Soy bean paste soup served with tofu

INGREDIENTS:

- 80 gr miso paste
- 2 pcs silken tofu (cut into medium dice)
- 2 tsp wakame (soak in water)
- 3 liter chicken stock
- Salt to taste
- Pepper to taste
- 3 tbs dark soy sauce
- 5 tbs light soy sauce

PROCEDURE:

1. Preheat chicken stock and bring to boil
2. Add miso paste and seasoning
3. Serve hot with tofu and wakame

BEEF KATSU

Type: Main Course

Yield: 25 portions

Portion Size: 160 gr

Description: Deep-fried thin sliced crispy beef served with vegetable and teriyaki sauce

INGREDIENTS:

- 1.5 kg beef knuckle (thin slice approx. 0.5 cm)
- 250 gr bread crumb
- 5 pcs egg (beaten)
- Salt to taste
- Pepper to taste
- Ginger (blend into paste)
- Garlic (blend into paste)
- All-purpose flour (for basting)

PROCEDURE:

1. Marinate beef with salt, pepper, and paste, set aside
2. Crumb both sides and arrange in a container
3. Preheat cooking oil in frying pan
4. Fry beef until golden brown and serve with sauce and side dish

TERIYAKI SAUCE

Type: Hot Sauce

Yield: 80 portions

Portion Size: 15 ml

Description: Classic Japanese ginger flavour sauce

INGREDIENTS:

- 500 gr chicken bone (roast)
- 50 gr ginger (crush)
- 150 gr onion (crush)
- 50 gr garlic (crush)
- 4 pcs green apple (seedless and roughly cut)
- 100 ml kikkoman
- Sake (optional)
- Mirin (optional)
- 180 gr sugar
- Dark soy to taste
- Dashi no moto (optional)
- Leek
- 2.5 liter water

PROCEDURE:

- 1 Preheat medium stock pot, add cooking oil and sauté garlic, ginger, onion
- 2 Add sauces and water
- 3 Bring to boil and simmer for 1 hour
- 4 Strain all items inside and set aside
- 5 Thicken with slurry before serving

JAPANESE VEGETABLE SALAD

Type: Side Dish

Yield: 25 portions

Portion Size: 50 gr

Description: Mixed julienne vegetables with apple dressing

INGREDIENTS:

For Salad:

- 100 gr white cabbage (cut into fine julienne and soak in chilled water)
- 100 gr green capsicum (cut into fine julienne)
- 100 gr red capsicum (cut into fine julienne)
- 100 gr carrot (cut into fine julienne)
- Tomato cherry (garnish)
- Sesame seed 1(garnish)

For Dressing:

- 2 pcs green apple (blend well to make dressing)
- 80 gr sugar
- 70 ml salad oil
- 3 pcs garlic
- tbs tomato ketchup

PROCEDURE:

Serve salad with dressing on top

BLACK SESAME RICE

Type: Side Dish

Yield: 25 portions

Portion Size: 100 gr

Description: Steamed rice with roasted black sesame

INGREDIENTS:

- 1.5 kg rice
- 100 gr ginger
- 100 gr garlic
- Salt to taste
- Pepper to taste
- 3 tbs sesame oil
- 2 liter chicken stock

PROCEDURE:

1. Cook rice with all herbs and season to taste
2. Serve to accompany beef katsu

WEEK 3

Lotek Kangkung Tahu Tempe (Appetizer)

Soto Bandung (Soup)

Ikan Pasmol (Main Course)

Pencok Kacang Panjang (Side Dish)

Nasi Daun Jeruk (Side Dish)

LOTEK KANGKUNG TAHU TEMPE

Type: Appetizer

Yield: 25 portions

Portion Size: 100 gr

Description: Indonesian traditional vegetable spicy salad with beancurd and beancake crackers

INGREDIENTS:

- 250 gr water spinach (wash and clean)
- 150 gr bean sprouts (wash and clean)
- 20 gr lesser galangal (wash and clean)
- 30 gr garlic (wash and clean)
- 10 gr bird's eye chilli (wash and clean)
- 200 gr peanut spice paste (see recipe)
- Beancurd (cut into cube/deep frying)
- Bean cake (cut into cube/deep frying)
- Cooking oil
- Water
- Salt to taste
- Pepper to taste

PROCEDURE:

1. Blanch water spinach and bean sprouts in boiling water with salt, refresh with cold water, then set aside
2. Toss vegetables with peanut dressing and serve with beancake and beancurd

SOTO BANDUNG

Type: Soup

Yield: 25 portions

Portion Size: 90 gr

Description: West Java traditional clear soup with beef and herbs

INGREDIENTS:

- 500 gr beef knuckle (blanch to avoid dirty blood, set aside)
- liter water
- pcs salam leaves
- 5 gr galangal (crushed)
- 10 gr lemon grass (crushed)
- 5 pcs lime leaves
- 150 gr turnip
- 30 gr garlic (blend well and sauté)
- 70 gr shallot (blend well and sauté)
- 20 gr ginger (blend well and sauté)
- Salt to taste
- 100 gr soya bean (soak and fried)
- 20 gr leek (thin slice)
- 100 gr fried shallot
- 2 pcs tomato (cut into wedges)
- Calamansi lime

Green Chilli Paste:

- 100 gr green chilli (boil and blend)
- 20 gr garlic
- Cooking oil

PROCEDURE:

1. Preheat medium stock pot, add cooking oil and sauté white paste
2. Pour water, herbs, spices, and beef. Bring to boil and simmer for 30 minutes
3. Season with salt and pepper
4. Serve hot with fried shallot, emping crackers, sambal, and calamansi

IKAN PESMOL

Type: Main Course

Yield: 25 portions

Portion Size: 150 gr

Description: Classic Sundanese fried fish with turmeric gravy

INGREDIENTS:

- 2.5 kg fish fillet (sliced)
- 5 pcs salam leaves
- 5 gr galangal (crushed)
- 10 gr lemon grass (crushed)
- 5 gr basil leaves
- 100 gr tomato (roughly cut)
- 20 gr bird's eye chilli
- Lime
- Salt to taste
- Pepper to taste
- Flour (for basting)

Spice Paste (trim and blend):

- 100 gr shallot
- 60 gr garlic
- 20 gr ginger
- 3 tsp coriander
- 10 gr turmeric
- gr red chilli
- Cooking oil

PROCEDURE:

1. Marinate fish with salt, pepper, and lime. Set aside for 10 minutes, then baste with flour
2. Preheat sauté pan with cooking oil, add spice paste, cook until fragrant and season
3. In another sauce pan, preheat cooking oil and fry sliced fish until crispy
4. Serve fried fish with gravy and side dishes

PENCOK KACANG PANJANG

Type: Side Dish

Yield: 10 portions

Portion Size: 60 gr

Description: Crushed long bean in basil paste

INGREDIENTS:

- 500 gr long bean (cut into medium dice)
- 3 bunch local basil leaves
- 20 gr garlic (blend well and make paste)
- gr lesser galangal (blend well and make paste)
- 20 gr bird's eye chilli/red chilli (blend well and make paste)
- 10 gr brown sugar
- 3 gr shrimp paste (fried)
- Salt to taste

PROCEDURE:

1. Mix paste with long bean using mortar
2. Serve raw and cold as side dish

NASI DAUN JERUK

Type: Side Dish

Yield: 10 portions

Portion Size: 110 gr

Description: Steamed rice with lime leaves flavour

INGREDIENTS:

- 1 kg rice (rinse)
- 50 gr shallot (crushed)
- 10 gr garlic (crushed)
- gr ginger (crushed)
- 100 ml coconut milk
- Water as needed
- 10 pcs kaffir lime leaves

PROCEDURE:

1. Clean and wash rice
2. Add herbs and cook well
3. Serve hot

WEEK 4

Tomato and Mushroom Ragout

Bruschetta (Appetizer)

Fish Chowder (Soup)

Braised Beef (Main Course)

Spaghetti Aglio e Olio (Side Dish)

Homemade Fresh Pasta (Pasta)

TOMATO AND MUSHROOM RAGOUT

BRUSCHETTA

Type: Appetizer

Yield: 30 portions

Portion Size: 80 gr

Description: Spread buttered bread with tomato chop and ragout

INGREDIENTS:

- 100 ml cooking oil
- 50 gr garlic (fine chop)
- 100 gr onion (fine chop)
- 200 gr tomato (boil, peel, and chop roughly)
- 1 tsp tomato paste
- Oregano to taste
- Basil leaves (fine sliced)
- 1 can mushroom (cut into brunoise)
- 100 gr ear mushroom (soak with hot water and cut into brunoise)
- 50 gr shiitake mushroom (boil for 15 minutes, then cut into brunoise)
- 2 pcs whole French baguette (cut into French cut)
- Salt to taste
- Pepper to taste
- tbs cooking cream
- 80 gr butter

PROCEDURE:

1. Preheat boiling water to blanch tomato. After cooked, skin and seed tomatoes
2. In frying pan, sauté chopped onion and garlic with cooking oil, add tomato paste, herbs, and chopped tomato
3. Bring to simmer and set aside
4. In another pan, sauté chopped onion only, then add sliced mushroom and herbs
5. Pour some cooking cream until thickened
6. Spread French bread with butter and bake for 1 minute
7. Spread tomato and mushroom ragout on bread and serve warm

FISH CHOWDER

Type: Soup

Yield: 30 portions

Portion Size: 80 gr

Description: Blended creamy fish flake soup with capsicum

INGREDIENTS:

- 50 gr onion (cut fine brunoise)
- 30 gr celery stick (cut fine brunoise)
- 500 gr fish (blanch and flaked)
- 30 gr red capsicum (cut into small dice)
- 30 gr green capsicum (cut into small dice)
- 3 liter stock
- 150 gr flour (roux)
- 50 gr butter
- Oregano (cut into finely chop)
- 200 ml fresh milk
- Chilli powder (garnish)

PROCEDURE:

1. Preheat medium stock pot, sauté onion and garlic with butter
2. Add roux and bring to boil until smooth and thickened, simmer
3. Add fish flake into soup and stir well to blend
4. Add oregano to increase the flavour
5. Serve garnished with chilli powder

BRAISED BEEF

Type: Main Course

Yield: 10 portions

Portion Size: 150 gr

Description: Braised beef knuckle with potato, carrot, and pasta

INGREDIENTS:

- 1 kg beef knuckle (marinate 15 minutes before cooking)
- 100 gr celery stick (cut into cube)
- 200 gr potato (cut into cube)
- 200 gr carrot (cut into cube)
- Salt to taste
- Pepper to taste
- 1 liter brown stock (prepared overnight)
- 1 kg rice
- 60 gr red bell pepper (cut into fine brunoise)
- 60 gr green bell pepper (cut into fine brunoise)
- 100 gr onion
- 0.002 kg parsley (fine chopped/garnish)
- Thyme (marinate 15 minutes before cooking)

PROCEDURE:

1. Prepare beef and cut into large cube (macédoine)
2. Marinate with salt, pepper, oil, and thyme, then sear with hot pan
3. Prepare another pan to make the liquid by sautéing onion and celery stick
4. When flavour comes out, pour brown stock and bring to boil for 20 minutes, set aside
5. Heat butter, add onion, peppers followed by rice. Cook well and season with salt and pepper
6. Serve braised beef with pasta

SPAGHETTI AGLIO E OLIO

Type: Side Dish

Yield: 30 portions

Portion Size: 50 gr

Description: Classic Italian garlic and oil pasta

INGREDIENTS:

- 1 kg spaghetti pasta (boiled)
- 150 gr garlic (fine slice)
- Oil
- 50 gr chilli flake
- Salt to taste
- Black pepper (a pinch)
- Parsley (chop)
- Stock

PROCEDURE:

1. Preheat medium pan on stove, add oil and sauté garlic until fragrant, add chilli flake
2. Add pasta, stir well, and add stock to moisten
3. Season with salt and pepper, then add chopped parsley
4. Serve as side dish for braised beef

HOMEMADE FRESH PASTA

Type: Pasta

Yield: 30 portions

Portion Size: 50 gr

Description: Homemade fresh egg dough pasta

INGREDIENTS:

- 700 gr hard flour
- pcs whole egg
- 2 tbs oil
- A pinch salt
- Flour for basting

PROCEDURE:

1. Prepare flour in a medium bowl, then add all ingredients and mix well
2. Take out from bowl and bring into flat space to re-mix until done
3. Rest pasta dough for 20 minutes
4. Arrange pasta dough into spaghetti shape using pasta maker

WEEK 5

Chicken Embutido (Appetizer)

Wonton Soup (Soup)

Steamed Fish (Main Course)

Sautéed Garlic Pok Choy (Side Dish)

Garlic Rice (Side Dish)

Chilli Sauce (Condiment)

CHICKEN EMBUTIDO

Type: Appetizer

Yield: 10 portions

Portion Size: 100 gr

Description: Steamed ground chicken with herbs and spices served with sweet chilli sauce

INGREDIENTS:

For Embutido:

- 500 gr ground chicken
- 60 gr bread crumb
- 100 gr pickled cucumber
- 60 gr capsicum (cut into small dice)
- tsp tomato sauce
- 50 gr hard cheese (shredded)
- 2 pcs egg (beaten)
- 20 gr raisin
- Black pepper to taste
- 100 gr onion (cut into small dice)
- Cooking oil
- Salt to taste
- Banana leaves

For Sauce:

- 100 gr red chilli (boil and blend)
- 20 gr garlic (chopped)
- 10 gr dry chilli (boil and blend)
- Corn starch (slurry)
- 10 gr lime juice
- 3 tsp sugar

PROCEDURE:

1. Place ground chicken in a medium bowl
2. Mix bread crumb, pickled cucumber, capsicum, tomato sauce, hard cheese, raisin, egg, black pepper, onion, oil, and salt
3. Combine the mixture well and set aside

4. Roll mixing dough in plastic and double with banana leaves with the same quantity
5. Steam at 68°C
6. Cut into half inch and serve with sweet chilli sauce
7. For sauce: sauté garlic and chilli, then thicken with slurry

WONTON SOUP

Type: Soup

Yield: 20 portions

Portion Size: 100 ml

Description: Herbal chicken broth with wonton dumpling and vegetable

INGREDIENTS:

For Wonton:

- 200 gr medium flour (mix well to make dough, thin by using ampia)
- 2 pcs egg
- Maizena for basting

For Filling:

- 300 gr chicken (blend well into paste and season to taste)
- 200 gr prawn
- 100 gr fish fillet
- 100 gr garlic
- Salt to taste
- Pepper to taste
- ½ tsp sesame oil

For Broth:

- 300 gr chicken bone
- tsp light soy
- 60 gr ginger
- 10 gr coriander root
- 20 gr scallion
- 5 tsp dark soy
- 100 gr sugar
- Water

PROCEDURE:

1. Prepare wonton skin dough by mixing egg, flour, and water, then make into square shape
2. Use chicken paste as filling for wonton wrappers
3. Boil chicken bone and simmer for half an hour, season with all liquids and herbs

STEAMED FISH

Type: Main Course

Yield: 8 portions

Portion Size: 100 gr

Description: Steamed snapper fish with oriental herbs and spices

INGREDIENTS:

- 1 kg fish fillet (trimmed and filleted)
- 80 gr scallion (sliced into julienne)
- gr cilantro (into pieces)
- 10 gr ginger (julienne)
- 20 gr garlic (chopped)
- 5 ml fish sauce (mixture)
- 5 ml light soy sauce
- 20 ml cooking oil
- 40 gr sugar

PROCEDURE:

1. Place whole fish in a container and marinate with salt, pepper, and lime juice, set aside
2. Sauté garlic and ginger until brown, then pour light soy sauce, sugar, sesame oil, and fish sauce
3. Add mixture of sauce over fish combined with cilantro and scallion
4. Steam for 15 minutes

SAUTÉED GARLIC POK CHOY

Type: Side Dish

Yield: 10 portions

Portion Size: 50 gr

Description: Sautéed crunchy vegetable with garlic sauce

INGREDIENTS:

- 250 gr pok choy (soak in cold water/blanched)
- 50 gr garlic (chopped)
- Salt to taste
- Pepper to taste
- Sesame oil
- Oyster sauce
- Stock

PROCEDURE:

1. Preheat sauté pan and add cooking oil
2. Sauté chopped garlic and pour stock to deglaze
3. Season with salt, pepper, and oyster sauce
4. Drop sesame oil on top before serving

GARLIC RICE

Type: Starch

Yield: 10 portions

Portion Size: 120 gr

Description: Steamed rice with garlic flavour

INGREDIENTS:

- 1 kg rice (steamed)
- 100 gr garlic (chopped and sautéed)
- 50 ml sesame oil
- 50 gr butter (melt)
- Salt and pepper to season

PROCEDURE:

Mix all ingredients together

CHILLI SAUCE

Type: Condiment

Yield: 40 portions

Portion Size: 50 gr

Description: Blended sour chilli garlic

INGREDIENTS:

- 0.1 kg red chilli (boil in hot boiling water)
- 0.08 kg garlic (bring to boil)
- 0.1 kg lime juice
- Salt to taste
- Sugar to taste

PROCEDURE:

1. Blend well chilli and garlic, add lime juice, salt, and sugar
2. Serve as dip for steamed fish

WEEK 6

Rujak Gobet (Appetizer)

Sup Pindang Ikan (Soup)

Gepuk Daging Sapi (Main Course)

Nasi Pandan (Side Dish)

Sambal Tumis (Condiment)

Gulai Daun Singkong (Side Dish)

RUJAK GOBET

Type: Appetizer

Yield: 20 portions

Portion Size: 120 gr

Description: Mix spicy shredded fruits salad

INGREDIENTS:

- 80 gr green apple (shred with grater, soak in cold acidulated water)
- 100 gr carrot
- 150 gr cucumber
- 100 gr young mango
- 150 gr pineapple
- 150 gr peanuts (roast in pan until brown)
- 5 gr shrimp paste (toast over low heat to release flavor)
- 30 gr palm sugar (melt in a little water over medium heat)
- 100 gr pineapple (process into juice)
- 150 gr red chili (boil)
- 5 gr bird's eye chili (boil)
- 50 gr tamarind (in a little hot water)
- 50 gr sugar
- Salt to taste

PROCEDURE:

1. Combine all finely chopped ingredients in a medium bowl after washing and draining
2. Divide the roasted peanuts in half, one for grinding and one for garnish
3. Start grinding the peanuts, then mix with tamarind, palm sugar, chili and pour into pineapple juice as sauce
4. Arrange the chopped fruits on a plate or small glass, serve with sauce and peanuts on top

SUP PINDANG IKAN (FISH PINDANG SOUP)

Type: Soup

Yield: 20 portions

Portion Size: 80 ml

Description: Sour fish broth with spicy herbal

INGREDIENTS:

- 800 gr fish fillet (slice thinly)
- 100 gr green tomato (cut into quarters)
- 5 pcs kaffir lime leaves
- 20 gr lemongrass (slice thinly)
- 20 gr galangal (slice thinly)
- 20 gr turmeric (slice thinly)
- 50 gr shallots (slice thinly)
- 20 gr ginger (slice thinly)
- 50 gr garlic (slice thinly)
- 100 gr lime juice
- 50 gr red chili (slice thinly)
- Salt to taste
- Pepper to taste
- 50 gr torch ginger flower (slice)
- 50 ml cooking oil
- Local basil for garnish
- Fish stock as needed

PROCEDURE:

1. Heat cooking oil in a wok, add all thinly sliced ingredients until fragrant
2. Pour fish stock as needed and bring to a boil
3. Add fish pieces and season with salt, lime juice and pepper
4. Serve fish soup with green tomato, torch ginger flower and basil leaves on top

GEPUK DAGING SAPI (BRAISED BEEF)

Type: Main Course

Yield: 20 portions

Portion Size: 120 gr

Description: Braised and grilled sliced beef in coriander paste

INGREDIENTS:

- 1.5 kg beef (cut into quarter loaf)
- 100 gr shallots (fry whole before grinding into paste)
- 50 gr garlic
- 20 gr ginger
- 50 gr candlenuts
- 30 gr coriander
- 2 pcs lemongrass (bruised)
- 10 gr galangal (bruised)
- 5 pcs kaffir lime leaves
- 10 gr palm sugar
- 15 gr tamarind

PROCEDURE:

1. Prepare whole beef in a small container and set aside
2. In a medium pan, sauté paste until fragrant and aromatic. Add bruised lemongrass and galangal
3. Add stock and put beef into the liquid. Cook over medium heat until tender with lid covered
4. Remove beef from pan, slice and let cool. Strain the sauce and prepare for serving
5. Put chicken stock in a medium bowl, add crushed garlic, tamarind sauce and sliced kaffir lime leaves
6. Add beef slices and marinate for two hours
7. Grill beef over charcoal and serve with rice, vegetables and sauce

NASI PANDAN (PANDAN RICE)

Type: Carbohydrate

Yield: 30 portions

Portion Size: 120 gr

Description: Steamed rice with pandan flavor and Indonesian herbs

INGREDIENTS:

- 3 kg rice
- 80 gr pandan leaves (extract)
- 150 ml coconut milk
- Salt to taste
- Pepper to taste
- 50 gr garlic (crushed)
- 60 gr onion (crushed)
- 20 gr ginger (crushed)

SAMBAL TUMIS (STIR-FRIED CHILI SAUCE)

Type: Side Dishes

Yield: 20 portions

Portion Size: 50 gr

Description: Blended chili tomato with shrimp paste

INGREDIENTS:

- 150 gr red chili (ground into paste)
- 80 gr shallots
- 20 gr garlic
- 100 gr tomato
- 30 gr shrimp paste (well fried)
- Salt to taste
- Pepper to taste
- 50 gr palm sugar

PROCEDURE:

1. Heat oil in a wok and cook chili paste until done
2. Season with salt, pepper and palm sugar
3. Serve as sauce for grilled meat

GULAI DAUN SINGKONG (CASSAVA LEAVES CURRY)

Type: Side Dishes

Yield: 20 portions

Portion Size: 50 gr

Description: Braised cassava leaves with coconut milk and turmeric paste

INGREDIENTS:

- 100 gr shallots (ground into paste)
- 50 gr garlic
- 10 gr ginger
- 50 gr turmeric
- 1 tbsp coriander seeds
- 3 pcs bay leaves
- 5 pcs kaffir lime leaves
- 30 gr galangal (bruised)
- 30 gr lemongrass (bruised)
- 5 pcs cardamom
- 5 pcs star anise
- 1 tbsp dried shrimp
- 500 gr cassava leaves (boil with baking soda for 15 minutes)

PROCEDURE:

1. Heat cooking oil in a medium pot, then sauté yellow paste until fragrant
2. Add bay leaves, kaffir lime leaves, galangal, cardamom, star anise, dried shrimp and lastly the boiled cassava leaves
3. Pour coconut milk and season with salt and pepper

WEEK 7

Mixed Green Salad with Vinaigrette
(Appetizer)

Vinaigrette Dressing (Sauce)

Grilled Chicken with Black Pepper
Cream Sauce (Main Course)

Black Pepper Cream Sauce (Sauce)

Spinach Cream Soup (Soup)

Cream of Tomato Soup (Soup)

MIXED GREEN SALAD WITH VINAIGRETTE DRESSING

Type: Appetizer

Yield: 15 portions

Portion Size: 80 gr

Description: Combination of green vegetables salads

INGREDIENTS:

- 200 gr lettuce
- 200 gr cucumber
- 50 gr baby tomatoes
- 200 gr green bell pepper/capsicum
- 30 gr parsley
- 3 dl vinaigrette dressing sauce
- Parsley for garnish

PROCEDURE:

1. Cut and wash lettuce leaves, select the green leaf parts
2. Peel cucumber, wash and cut in half. Remove cucumber seeds and slice into 2 cm pieces
3. Cut green bell pepper in half and remove seeds, wash and slice 2 cm
4. Neatly arrange lettuce leaves, cucumber and green bell pepper in a salad bowl, serve with vinaigrette sauce and garnish with parsley

VINAIGRETTE DRESSING

Type: Dressing

Yield: 15 portions

Portion Size: 80 gr

Description: Classic salad dressing with mustard

INGREDIENTS:

- 3 tbsp salad oil
- 1 tbsp French yellow mustard
- 1 tbsp vinegar

PROCEDURE:

1. Mix all ingredients and stir well
2. Use to toss with lettuce

GRILLED CHICKEN WITH BLACKPEPPER CREAM SAUCE

Type: Main Course

Yield: 30 portions

Portion Size: 160 gr

Description: Grilled boneless chicken, jardiniere vegetable, mashed sweet potato and black pepper cream sauce

INGREDIENTS:

- 4 pcs whole chicken (wash, clean and debone)
- A pinch of thyme
- A pinch of black pepper
- Paprika powder (for marinating)
- Oil for marinating
- Mustard for marinating
- A pinch of salt
- 200 gr carrot (jardiniere cut)
- 200 gr turnip (jardiniere cut)
- 200 gr long beans (jardiniere cut)
- 1 kg mashed potato (see recipe for 30 portions)

PROCEDURE:

1. Prepare chicken and start deboning using a deboning knife
2. Place deboned chicken on a plate and marinate with salt, pepper, thyme, mustard, paprika powder, oil and set aside
3. Prepare black pepper sauce with demiglace
4. Boil all vegetables in boiling water and refresh with cold water
5. Heat butter in a sauté pan, add chopped onion and glaze with chicken stock, season and add vegetables
6. Grill chicken on the grill until done 74°C and above
7. Serve with garnish or fresh herbs

BLACKPEPPER CREAM SAUCE

Type: Derivation Sauce

Yield: 30 portions

Portion Size: 20 ml

Description: A meat sauce consist of demiglace, crushed blackpepper corn and herb spices

INGREDIENTS:

- 500 gr demiglace (reheat and reduce)
- 50 gr butter
- 50 gr black pepper (crushed)
- 80 gr shallots (finely chopped)
- Cream
- Tomato sauce (additional)
- Salt to taste

PROCEDURE:

1. Heat sauce pan over medium heat and add butter to sauté shallots until fragrant
2. Add pepper and deglaze with demiglace, stir gradually
3. Season to taste and sauce is ready to serve

SPINACH CREAM SOUP

Type: Soup

Yield: 30 portions

Description: Creamy puree of spinach and tomato served with cheese crostini

INGREDIENTS:

- 500 gr spinach leaves
- 500 gr tomato
- 500 gr velouté (reheat)
- 100 gr onion (finely chopped)
- 1 lt chicken stock
- 200 ml cooking cream
- Salt to taste
- Pepper to taste
- Crostini as garnish

PROCEDURE:

1. Boil spinach in salted water, remove and refresh in cold water
2. Slightly purée spinach using a blender and set aside
3. Reheat velouté and add chicken stock to reduce thickness
4. Season with salt and pepper, pour cream into it
5. Serve spinach soup with crostini garnish

CREAM OF TOMATO SOUP

Type: Soup

Yield: 30 portions

Description: Creamy puree of tomato served with cheese crostini

INGREDIENTS:

- 500 kg tomato
- 500 gr velouté (reheat)
- 100 gr onion (finely chopped)
- 20 gr garlic
- 1 lt chicken stock
- 200 ml cooking cream
- Salt to taste
- Pepper to taste
- Crostini as garnish

PROCEDURE:

1. Sauté tomato with onion and garlic
2. Slightly purée tomato using a blender and set aside
3. Reheat velouté and add chicken stock to reduce thickness
4. Season with salt and pepper, pour cream into it
5. Serve together with spinach soup in the same soup cup to create two colors