Indonesia’s

Marvelous Cuisines
Indonesia is probably the most diverse country in the world. As the fourth most populous country in the world, this archipelago consists of 18,000 islands, spanning one-eighth of the globe and occupied by 250 ethnic groups. Its huge size range from tiny atolls to the largest islands in the world, some covered with humid rain forests and dense tropical growth, parts of others heat-dried and barren. Topographically, Indonesia is the most volatile segment of the Pacific “ring of fire,” with hundreds of high volcanoes that slope down to broad, cool highland plateaus and low-lying wetlands or plains. In consequence, tremendous ethnic diversity coupled with the various agriculture produced in each area, adds up to a world of pleasure for the culinary adventurer.

Eating in Indonesia

The similarity in the diverse of the cuisine is Nasi (rice) as the staple of Indonesian diet and part of every meal. That is why Indonesia offers the most diverse way in serving rice based food. Nasi goreng (fried rice) is one of the most popular rice dishes. The other one is lontong (compressed rice cooked in banana leaves for six hours). Sometimes people eat noodles instead of rice. Other common foods are tahu (soybean cake) and tempe (fermented soybeans wrapped in a banana leaf).

At the meal time, all the dishes are brought to the table at once. Everyone has rice and then takes a portion from each of the other dishes. In rural areas, everyone sits in a circle on the floor and food is placed on a mat in the centre. Though, Indonesian meals are commonly eaten with the combination of a spoon in the right hand and fork in the left hand, although in many parts of the country, it is also common to eat with one’s hands. In restaurants or households that commonly use bare
hands to eat, like in seafood foodstalls, traditional Sundanese and Minangkabau restaurants, or ayam goreng (fried chicken) foodstalls, we usually serve kobokan, a bowl of tap water with a slice of lime in it to give a fresh scent. This bowl of water with lime in it should not to be consumed; it's used to wash one's hand before and after eating with bare hand. Eating with chopsticks is commonly found in foodstalls or restaurants serving Indonesian adaptation of Chinese cuisine, such as bakmie or mie ayam (chicken noodle) with pangsit, mie goreng (fried noodle), and kwetiau goreng (fried flat noodle).

Indonesian Moslems don’t eat pork, but consume almost every part of the water buffalo, cow, goat and lamb: the tongue, heart, brains, lungs, tripe, large and small intestines, even the buffalo skin. The Hindus of Bali eat pork and rarely eat beef. Indonesian Christians eat a little of both. Most Indonesians prefer fish, poultry and eggs.

Each of Indonesia's ethnic groups uses some or all of the country's rich array of spices, but each has its own combinations, intensities and tastes: spicy, hot, pungent, sweet and sour. Indonesian people use dried coriander seeds, cardamom, cinnamon, cumin, nutmeg, and cloves. Those are the spices that gave Indonesia a role on the world's stage. Heat is created by fiery chiles, a new-world food that was brought here by the Spanish and promptly and passionately adopted. But the real magic in Indonesian cuisine is in the use of aromatic seasonings: red shallots; garlic; green onions; rhizomes such as ginger, turmeric, greater galangal (known as lengkuas or laos) and the other galangals, known as kencur. There are also the fresh leaf seasonings that include lemon grass (sereh), lemon basil (kemangi), kaffir lime (daun jeruk), daun salam, and pandan leaf. On Bali they even use the chile pepper leaves. To these seasonings, we add the sweetness of coconut milk, palm sugar and sweetened soy sauce, and the sourness of tamarind water, lime juice and vinegar. Ground candlenuts, rather than flour, are used as thickeners. The fresh spices are mostly ground into a paste, then mixed with the dry seasonings, before the leaf flavorings are added to the cooking liquid.

To get nutritions from the greens, Indonesian people eat papaya and cassava leaves, fern tops, round-leaved spinach, swamp cabbage and some unusual water plants that have no English names. Root vegetables like taro, cassava and sweet potatoes provide starch. We also eat several gourd-like fruits such as bitter melon and chayote, and the egg-shaped white, yellow,
purple and green-and-white eggplant varieties. The Dutch, when colonialized this country, planted tomatoes, cabbage, cauliflower, carrots, red globe radishes, green beans and lettuce in the highlands, where they flourish in near-Dutch weather conditions; the Indians brought cucumbers, eggplants and onions; and the Chinese the oriental radish, Chinese cabbage, mustard greens, soy beans, horse tamarind, mung-bean sprouts and broad-leaved mustard. Indonesians also learned the secrets of making tauco (fermented black or yellow soybean paste) and tahu (soybean cake) from the Chinese—but tempe (soybean cake with whole beans) is a purely Indonesian invention.

In many Indonesian cities and towns, local people sometimes get a quick meal from a kaki lima vendor or at a warung. The kaki lima is a pedestrian walkway where vendors sell food from carts to passersby. They often cook meals for customers upon request. A warung is an open-air eatery with a bench for seating. Many are found in the night markets of Indonesia's cities.

Every place offers different meals and flavors. So enjoying Indonesian cuisines, especially using the local customs in tasting the meal, would be giving you the distinguished experience and definitely would never be forgotten.

Here are several most favourable cuisines spread in many cities all over Indonesia:

**Padang**

The spicy, fiery-hot cuisine of the Minangkabau people of West Sumatra, it is probably the best-loved food in Indonesia. It is also commonly named Padang Cuisine or Masakan Padang, as Padang is the capital city of West Sumatra. As the western anchor of the archipelago, Sumatra was the first port of call for Indian and Arab traders, and the coastal Sumatrans gladly adopted their spices, as well as their stews, curries and kebabs. However, only dried ground coriander and cumin, of the Arab-Indian spices, are used with the addition of fresh aromatics such as galangal, turmeric, ginger, garlic, shallots, lemon grass, kaffir-lime leaf and turmeric leaf.

Padang restaurants, recognizable by the neatly stacked food basins in their windows, have mushroomed in almost every Indonesian city and town. They have an intriguing way of serving the food: As you sit down, a waiter approaches with an array of dishes all deftly
balanced on his left arm and places the food on the table in a kind of Asian buffet. An ordinary meal may comprise curried or stewed meats, fish, eggs, vegetables and innards. You pay either for the meats you eat or by the number of dishes; sauces don't count.

There are several well known dishes originally from Padang, such as:

🌟 **Rendang Daging**

![Rendang Daging](image)

It is a taboo to visit Indonesia without tasting this world famous Indonesia dish. Originated as a local Padang dish and due to its rich and wonderful taste, this is one of the most well loved dish for Indonesian palate. The long preparation that dried up a large volume of coconut milk and spices that are used in preparing has left the meat so tender and tasty. Besides its aromatic characteristic, and saltiness and the sweetness will make this the one thing you will remember about your Indonesian trip.

🌟 **Dendeng Balado**

One of the most famous dishes that is prepared in almost every city in Indonesia. Originated as West Sumatera delicacy that involves deep marinating slices of beef fillet which are baked and fried with chili spice before serving. The natural sweetness will leave you longing for more.

🌟 **Ayam Pop**

![Ayam Pop](image)

This is a popularly prepared dish in the West Sumateran household. First up, cutlets of chicken are dipped and marinated in spiced induced liquid for a long period of time until dried. The cutlet is then deep fried in very hot oil for only a few minutes (you should hear a loud “pop” sound when the chicken cutlet enters the oil). The dish is served with tasty chili sauce.
**Sate Padang**

A dish from Padang and the surrounding area in West Sumatra, which is made from cow or goat offal boiled in spicy broth then grilled. Its main characteristic is a yellow sauce made from rice flour mixed with spicy offal broth, turmeric, ginger, garlic, coriander, galangal root, cumin, curry powder and salt. It is further separated into two sub-variants, the Pariaman and the Padang Panjang, which differ in taste and the composition of their yellow sauces.

**Access**

Minangkabau International Airport (Bandara Internasional Minangkabau), located 23 km north-west of Padang, is the main gateway to West Sumatra, with frequent flights to destinations throughout Sumatra and Java. Direct flight to and from Padang, are only available from Jakarta, Batam and Medan, and for International flight, available from Kuala Lumpur and Singapore.

Visas are available on arrival. From the airport, the cheapest way to get into the city is by Damri (bus). Its route passes by the major hotels in Padang. Other alternatives include taxis or pre-arranged rental cars.

Padang’s Bengkuang terminal is inconveniently located in Aie Pacah, about 12 km from town. A purple opelet from the market to the terminal. There are frequent local buses to Bukittinggi (two hours). For Medan and Jakarta, which both take a day or more travelling by land, it is cheaper and faster to fly. Boats to Siberut (the largest in the Mentawai Islands chain) leave from the harbour on Sungai Batang Arau, also known as Sungai Muara, just south of Padang’s city centre. The Teluk Bayar port is 8km from town and receives infrequent Pelni ships.
Accommodation

Hotel Pangeran Beach

The Pangeran Beach Hotel, Padang comprises of a modern 4 storey building and has direct access to Padang beach, while the city centre is about 2 kms away. The Pangeran Beach Hotel is easily accessible to all prime business and tourist attractions and has well equipped and deluxe decorated rooms. This hotel is an ideal place for beach lovers.

Address:
Jl. Ir. H.Junda No.79 Padang 2511,
Sumatera Barat, Indonesia
Phone: +62-751 7051 333
Fax: +62-751 7054 613
Email: reservation_beach@hotelpangeran.com

Hotel Bumi Minang

Hotel Bumi Minang Padang offers gracious hospitality in the best Minang tradition, along with a host of facilities to make your holiday exclusive. Located in city center, Bumiminang Hotel Padang is just about 20 minutes from the airport. The hotel offers rooms that are well-appointed and equipped with a host of in room amenities. Guests can dine at the onsite restaurant that serves a wide range of spicy Nasi Padang and some other favourites too. A well equipped business centre and conference room is also available onsite for guest's to organize various events. At your leisure you can also access the various activities available on-site.

Address:
Jalan Bundo Kandung No.20-28, Padang 25117,
Sumatera Barat, Indonesia
Phone: +62-751 37555
Fax: +62-751 37567
Email: reservation@bumiminang.com

Maranatha Homestay

Maranatha Homestay is located about 45 minutes away from The Minangkabau International Airport, Padang, offering a new dimension in service and quality standards providing easement, and unequalled amenities and facilities.
Hotel Inna Muara

Inna Muara Hotel Padang provides a convenient and comfortable starting point for a journey into the fascinating past, or a trek into some of the nation's most beautiful countryside. Centrally located in the charming regional capital of Padang, this property is a kilometre away from the city centre and 7 kilometres from the airport.

Address: Jl. Gereja No. 34, Padang
Phone: +62-751 35600 - 33741
Fax: +62-751 38 266 - 31163
Email: mkt.muara@inna.co.id

Rocky Plaza Hotel

The room facilities of this 3 star hotel are widely varied. The hotel provides you with varied options to choose from, according to your taste and preference. All the rooms are spacious and well furnished to provide you with the best level of comforts. As soon as you enter this magnificent hotel you will be impressed by the meticulously designed rooms for guests who come either for business or leisure purpose.

Address: Jl. Permindo no 40, West Sumatera
Phone: +62-751 840888
Fax: +62-751 841230
Email: hotelrockyplaza@yahoo.com
Jakarta

As the main hub and the biggest city, many Indonesians go all the way from their remote hometowns to work in Jakarta, supplying the capital of Indonesia with unique contrasts of culture and palates. Jakarta has so many to offer if you know where to look. From street vendors to chic and elegant restaurants, Jakarta has everything. If you want to combine shopping and dining experience, try the malls. All shopping centers in Jakarta have their own food courts and restaurants. Food courts tend to be noisy and crowded, so if you prefer privacy, choose restaurants/cafes, instead. Restaurants located in starred hotels are generally quite pricey but good in taste and service. Ideal for those who value quality.

As the melting point of people from all over Indonesia, Jakarta barely has its own specialities. But there are several dishes reputedly the specialities of Betawi, the local ethnic inhabitant of Jakarta, such as:

🔥 Soto Betawi

Amongst the many Soto dishes introduced throughout Java, these are certainly on the top. Along with a coconut milk soup, slices of meat, lemon and chili with fried potato and tomato, are amongst the ingredients that makes a true favourite.

vegetarian dish is commonly found in any restaurant in Jakarta as well as on the streets. True to its name, this dish is a mixture of various type of vegetables served with peanut sauce. Gado-gado contains beancurd sauce and various boiled vegetables in it, such as potatoes, lettuces, cabbages, and so on. A sauce made of grounded peanuts and other herbs is then added. Usually it is eaten with steamed rice
or lontong a dish made of rice stuffed into banana leaves shaped into a tube, then boiled until it's ready to eat. This dish is the most famous dish that is a native of Jakarta region.

**Ketoprak**

Another vegetarian dish and is also considered siblings to Gado-Gado, both of them use the same main ingredient, a peanut sauce, however, in Ketoprak, the presence of garlic aroma is more evident. Served with rice noodles, fried tofu, bean sprouts and pawn crackers, made this renown and must try food when visiting Jakarta.

**Access**

Since Jakarta is the capital of Indonesia, this megapolitan is only one, two (or several) trips away by plane, from many big cities in the world. From Sukarno-Hatta airport, formerly known as Cengkareng, you're free to see the sights of Jakarta. It is also very easy to find transportation to get there and away from every part of Indonesia by land, air, or sea. So the access to the city would not be a problem.

**Accomodation**

All kind of accomodation is available in Jakarta. From the first class international standart hotel and restaurant, to the low fares hostels and streets food stalls. You will have various options for your pleasure and budget.
Bandung

Many people visit Bandung, the capital of West Java province, to satisfy their appetite of different taste of food. You'll be amazed of what Bandung has to offer. From various food sold on street vendors to luxurious cuisine, every visitor will be able to find something to their liking here, in Bandung. You can find almost all kinds of special dishes from all over Indonesia in this place, cooked with local flavour and special serving. But Bandung, or West Java in general, also has its own original favorite dishes, such as:

🌟 Batagor

Batagor is the typical food from Bandung. Batagor is an abbreviation baso (meat ball), tahu (tofu) and goreng (fried) as it is a combination of these three elements. Its basic ingredients are made of white tofu and then combined with a batter of fish mackerel, shrimp and tapioca, served hot, with a very spicy peanut seasoning and thick soy sauce, and usually added lime juice. Very delicious meal for sure.

🌟 Siomay

Siomay (also Somay), in Indonesian cuisine, is a light meal shaped like an ice cream cone, except the bottom is flat. It is traditionally made from mackerel fish meat served with peanut sauce. Sometimes the main ingredient can be made from prawn or other fish. One famous variety of Siomay is siomay bandung. In which the siomay is eaten with a peanut paste, sweet soy sauce and a dash of lime juice. Other complements to siomay bandung are steamed cabbage, steamed potatoes, steamed bitter gourd and steamed tofu. It is also good choice for people who avoid eating meat.
Access

From Jakarta, the most popular way is by land through Cipularang highway, takes about 1.5-2 hours for private car, 2-3 hours from public bus. Bandung is also connected by train with several cities in Java. You can catch Lodaya train from Solo and Yogyakarta. There is also air transport from Halim Airport Jakarta, takes about 30 minutes to Bandung. For local Transportation, Bandung has city bus and angkot which run over certain routes all over the city. They display their routes of destinations in the vehicles.

Accomodation

Grand Aquila Hotel

Grand Aquila Hotel Bandung is located at the centre of the city's commercial district, only 500m drive from Bandung's toll gate, 10 minutes from the Airport and 15 minutes from Train Station. The warm of Sundanese hospitality and highly professional associates distinguishes Grand Aquila Hotel Bandung as the leading hotel for business and leisure travel.

Address:
Jl. Dr. Djundjunan 116, Bandung 40173, Indonesia
Phone: +62-22 2039280.
Fax: +62-22 2039282.
Email: reservation@aquila-international.com

Sheraton Hotel Bandung

High on the slopes at Dago Valley, Sheraton Bandung Hotel & Towers is surrounded by picturesque mountains and stunning city scenery. With a convenient location just minutes away from the main business district, an abundance of fresh mountain air, and resort-styled facilities, the hotel is a great choice in Bandung. Plus, it is conveniently located 30 minutes from the Hussein Sastranegara Airport and approximately 20 minutes from the train station, making it easily accessible for business or leisure travellers.

Address:
Jl. Ir. H. Juanda No. 390, Bandung 40135, Indonesia
Phone: +62-22 2500303
Fax: +62-22 2500301
E-mail: reservation-bandung@sheraton.com
Jayakarta Bandung Hotel

Majestically set on a hilltop, The Jayakarta Bandung offers a spectacular panoramic view of the city and the surrounding mountains. As the evening comes, the view is replaced by the colorful sparkle of millions of lights below.

Contact:
Address Jl. Ir.H.Juanda 381 A. Dago, Bandung 40135
Phone: +62-22 250 5888
Fax: +62-22 250 5388
E-mail: bandung@jayakartahotelsresorts.com
Yogyakarta

While Jakarta is the seat of government, the Sultanate of Yogyakarta is Indonesia's cultural throne. It is truly a unique city. Ruled by a king (Sultan) whose lineage can be traced to centuries, this city offers plenty cultural and historical heritage. Here you can eat lesehan style without chairs. The rather sweet cuisine of Jogjakarta might surprise you first, but many people have been longing for good Javanese food after trying it once, so you might have the same experience.

This city offers many luscious delicacies. Visitors will be delighted to find there are so many delicious choices here in this town. Here are some famous foods of the city:

🌟 Gudeg

Gudeg is a traditional food from Central Java and Yogyakarta, which is made from young Nangka (jack fruit) boiled for several hours with palm sugar, and coconut milk. Additional spices include garlic, shallot, candlenut, coriander seed, galangal, bay leaves, and teak leaves, the latter giving a brown color to the dish. It is also called Green Jack Fruit Sweet Stew.

Gudeg is served with white rice, chicken, hard-boiled egg, tofu and/or tempeh, and a stew made of crispy beef skins (sambal goreng krecek). You can find this dish almost everywhere in the city, either in the fancy restaurant or at the side of the street. But the most famous area is in Wijilan. You might put it at the first list of ethnic cuisines you must try when visiting this country.

🌟 SGPC (SeGo PeCel)

Pecel, one of the typical cuisine of Central Java and Yogyakarta. A collection of boiled vegetables, usually consisting of bean sprouts, kangkung (kale), spinach,
beans and other seasonings, poured with a typical pecel sauce. The main ingredient of chilli pecel is peanuts and cayenne pepper mixed with other ingredients such as kaffir lime leaves, onion, sour java, pepper and salt. In addition, pecel is usually served with warm rice, that is why it called *Sego Pecel* (Pecel Rice), plus chicken or *jerohan* (intestines) or egg. It is served in the plate or in a folded leaf called *pincuk*. You can also ask to put more chilies in the sauce to get more spicy flavour. This is another vegetarian dish in Indonesia you should definitely try.

**Access**

Garuda Indonesia Airlines fly from Jakarta directly to Yogyakarta 4 times daily. It takes about 1 hour. Garuda Indonesia Airlines fly from Denpasar directly to Yogyakarta once daily. It takes about 1 hour 15 min. AirAsia Airlines fly from Singapore directly to Yogyakarta once everyday. It takes about 2 hours.

Yogya's Giwangan bus terminal is 5 km southeast of the city centre. Buses run from Giwangan all over Java and also to Bali. Normal/air-con buses go to Solo, Semarang, Bandung, Jakarta, and Surabaya. Local buses also operate regularly from the main bus terminal to all the towns in the immediate area.

Yogya's Tugu train station handles all business and executive class trains. It is located in the center of the city. Economy-class trains also depart from and arrive at Lempuyangan station, 1 km to the east. There is train from Jakarta to Yogyakarta by Agro Dwipangga, Agro Lawu, Bima, Gajayana, or Taksaka train. It takes about 7-8 hours. From Solo, the best option is the Prameks. It takes just an hour.

**Accommodations**

- **Hyatt Regency Yogyakarta**

  This hotel is situated in the scenic outskirts of north-western Yogyakarta, elegantly set in 24 hectares of beautifully landscaped hotel gardens. The idyllic location of this Indonesian hotel affords stunning views of Mount Merapi (the sacred mountain of Java), Seribu Mountain and Java's beautiful landscape.

  **Address:**
  Jalan Palagan Tentara Pelajar, Yogyakarta, Indonesia 55581
  **Phone:** +62-274 86 9588; +62-274 86 9123
  **Fax:** 62-361-270123
  **Email:** yogyakarta.regency@hyatt.com
Melia Purosani Hotel

Melia Purosani Hotel is an international five-star hotel. Located in the centre of Yogyakarta, the hotel is just a few minutes walk from the famous shopping area of Jalan Malioboro and 900 meters from the Sultan’s Palace of Kraton.

Address:
Jl. Suryotomo No. 31
Yogyakarta Indonesia 55122
Phone: +62-274 589521, 589523
Fax: +62-274 588070, 588071
Email: reservation@meliajogja.com
Website: www.meliajogja.com

Grand Quality Hotel Yogyakarta

It is located at the edge of Yogyakarta, only 3 km away from Adisucipto International Airport, a 15 minutes drive from Prambanan Temple and 20 minutes to prime commercial and shopping districts. It offers a whole range of international standard facilities to business and leisure travelers. Its business facilities, conference and banqueting service are organized with full attention and care.

Address:
Jl. laksda Adi Sucipto No 48 Yogyakarta 55281 - Indoensia
Tel: +62-274 485005
Fax: +62-274 489009
Email: huda@grandqualityjogja.com
Website: http://www.grandqualityjogja.com/index.php

There are also many low budget hotels located in Malioboro area, such as in Sosrowijayan Street and Prawirotaman area.
Bali

Bali has been the favorite destination for locals and international tourists for ages. It is the melting point of people around the world, bringing their diverse culture from their own country and their various palates. Bali offers many kinds of food restaurants and cafes flourish here thanks to the happy visitors in Bali. Feasting on the island of Paradise is like a dream comes true. There are many unique, cozy restaurants and cafes, beckoning visitors to linger. You can find almost all kind of cuisines from all over the globe, especially in touristic area.

Nevertheless, Bali never lost its own roots of culture, include in the traditional flavour of cuisines. Balinese still keep maintaining their unique and original dishes. In fact, Balinese dish has also become distinguish attraction for tourists to visit this Island of Gods. Here are several dishes with Balinese flavour:

🌟 Betutu

Betutu is a famous Balinese dish of steamed or roasted chicken or duck. It usually made of duck wrapped in banana leaves, then wrapped again with areca sheath so tight. Then the duck is burried in a hole beneath the ground and covered with burned coals for 6-7 hours. It takes at least 24 hours to cook.

Betutu is a popular dish because it is highly seasoned and spiced. An even spicier version is available using extra-spicy sauce made from uncooked (raw) onion slices mixed with red chili and coconut oil. The rich flavor of the dish is greatly enhanced by a host of pungent roots, herbs and seasonings, which is invariably a great favorite for visitors to Bali.

This traditional dish is very popular nowadays. It can be found in the menu of luxury hotels or restaurants in Bali. Many travelers from other regions of Indonesia brought Betutu dishes as *Balinese-gift* for their families. So you better not miss it.
**Sate Lilit**

A sate or satay variant originally from Bali. This sate is made from minced beef, chicken, fish, pork, or even turtle meat, which is then mixed with grated coconut, thick coconut milk, lemon juice, shallots, and pepper. Wound around bamboo, sugar cane or lemon grass sticks, it is then grilled on charcoal. Another way to enjoy the delicious sate.

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**Access**

Many local and international airline companies have direct flights to Bali. The flight from Jakarta takes about 1.5 hours, Singapore takes 2.5 hours, Perth (Australia) takes 3 hours, Hong Kong takes 4.5 hours, and Sydney/Melbourne takes about 5.5-6 hours. Just make sure you look for "Denpasar (DPS)" instead of "Bali" in airline time tables. It is the capital of Bali.

In the island, because of its size, it is not difficult to get around Bali by various modes of transportation. The traditional types of transportation to the high class limousine are available for tourists to choose. Not to forget the sea transportation that connect Bali to some of its sister islands. However, train does not exist in Bali.

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**Accommodations**

As one of the most famous tourism destination in the world, Bali has many and various hotels. From the world class hotels to low budget kind of hotels, Bali has them all. You will find no difficulty to get accommodation in Bali.
Solo, as the city of culture, tourism and trading, is one of tourism destinations in Central Java that must not be missed. The city has developed into interesting and unique place to visit. Despite the valuable cultural sites that has attracted many tourists, the culinary of the city has emerged as the new magnet of visitors. The city and its people welcome you to enjoy various traditional foods which are offered in unique styles in every corner in this town, as you are greeted with any kind of foods.

🌟 Nasi Liwet

The most famous traditional food from Solo. The usual way to cook the rice is in water, but for nasi liwet, it use coconut milk. This is a traditional Javanese way of cooking since the ancient time. In the past, the pan used for cooking was made of clay. The taste will be more delicious if it is cooked on a wood fire.

Nasi liwet is usually served together with opor ayam (chicken in a mild white coconut milk based sauce), telur pindang (eggs boiled slowly with spices), and labu siam (chayote/choko) as the vegetable. Traditionally, it is served on a banana leaf or teakwood leaf. People prefer teakwood leaves to plates, because of the fragrance of the leaf. It is believed that the fragrance will increase one's appetite.

🌟 Sate Kambing (Goat satay)

A variant of satay popular in Java, made with goat, lamb or mutton meat. Different than other satay, sate kambing is not usually pre-seasoned or pre-cooked. Raw lamb is skewered and grilled directly on the charcoal. It is then served with sweet soy sauce, sliced shallots, and cut-up tomatoes. Since the meat is not pre-cooked, it is important to
choose a very young lamb. Most famous vendor usually use lamb under three to five months old. Lamb from goat is also more popular than lamb from sheep due to milder flavor.

**Sate Buntel (Wrapped Satay)**

A speciality from Solo or Surakarta, Central Java. It's made from minced beef or goat (especially meats around ribs and belly area). The minced fatty meats are wrapped by thin fat or muscle membrane and wrapped around a bamboo skewer. The size of this satay is quite large, very similar to a middle eastern kebab. After being grilled on charcoal, the meat is separated from the skewer, cut into bite-size chunks, then served in sweet soy sauce and *merica* (pepper).

**Sate Kere**

At first, people might be giggling if understand the word “Kere”. In Indonesian language it means poor or homeless. The name came from the fact that the dish is made of extremely cheap ingredient and affordable to all economic status. This sate is unique because it is made of *Tempe Gembus* (tempe made of soya deposit in making tofu). It is also combined with sate of cow's bowels. Before roasted, sate kere and other sate are dipped in the spice dough first. When they are done, spicy soya sauce is added before sate kere is served.

**Timlo Solo**

Timlo Solo is a famous soup made from beef, white noodles, boiled potatoes, carrots, celery, and cabbages. It usually served with pieces of soy-flavoured eggs, and fried shallots for the topping. It would be better if you enjoy this dish as it is still hot or warm. Perfect dish for light meal.
**Tengkleng Kambing**

The goat curry dish served without coconut milk. It contains of goat's bone with still a little of goat's meat on the bones. Served to accompany this menu are goat's bowels made into Sate and other goat's parts of body like eyes, chick bones, ears, legs, etc. To enjoy Thengkleng, we can chew bit by bit the meat which is still on the bones and suck the marrow slowly, so using bare hand might be necessary.

**Gulai Kambing**

Another way to enjoy goat curry is to have Gulai Kambing Goreng (Fried Goat Curry). This kind of curry is cooked on anglo (traditional stove with charcoals as its fuel) until the coconut milk dry. The process enables the meat to become softer and creates a unique taste.

**Serabi**

Serabi is a popular traditional pancakes made from coconut milk, flour, sugar and other ingredients (often sprinkled with cocholate rices as a variation). It is sweet. You may notice that in certain holidays often sold out quick, also often taken as a gift (oleh-oleh). Such is the popularity of this dish that one may endure a wait of 2 hours. You can find them in Notosuman street (most Solonese knows Serabi Notosuman) and several their other outlets.
Access

The airport in Solo named Adi Soemarmo International Airport, 10 km north of town. There are several direct flights from Jakarta few times a day by some local airline companies, takes about one hour. There is also direct flight from Kuala Lumpur and Singapore to Solo.

Solo is located on the main Jakarta–Yogyakarta–Surabaya train line and most trains stop at Solo Balapan, the main train station. The main station is Solobalapan. Other stations are present, i.e. Purwosari and Solojebres, but only used for ekonomi and local services to Yogyakarta. Some trains for this route are Agro Lawu, Bima, Senja Utama or Sancaka train. It takes about 9-10 hours from Jakarta. From Yogyakarta, the quickest and most comfortable way is by train Prameks, takes about one hour.

The main bus terminal is Tirtonadi, and is actually not in Solo city itself. But it also has another important bus terminal, in Kartasura, some 12 kilometers west of the center. There are regular services throughout the island, including Jakarta (10 hours) and Surabaya (5 hours).

Accommodation

Best Western Premier Hotel Solo

The Best Western Premier Solo is in a prime central location within the prestigious Slamet Riyadi District of Solo, assuring an easy access to the airport, business, cultural attractions, shopping and dining during the visit to this city with its historically royal heritage. Prime location, modern accommodations and facilities combined with genuine Javanese hospitality makes an unbeatable value and business a pleasure at the Best Western Premier Solo. It is in walking distance to the central of Batik center, the Royal Palace and the antique market center.

Address:
Jalan Slamet Riyadi No 4-6, Solo, 57111, Indonesia
Phone: +62-271 666 111,
Fax: +62-271 666 530
**Lor In Hotel**

This stylish oasis is ideally situated eight minutes from Solo's central business district and the airport. Offering a stunning view of Mt. Merapi, Lor In Hotel Solo rests in an idyllic resort setting, amidst sanctuary gardens and sparkling swimming pools.

Address:
Jln. Adisucipto No. 47 Solo Central Java, Solo (Surakarta), Indonesia
Phone: +62-271 724500
Fax: +62-271 724400
Email: lorin@indo.net.id

**Hotel Agas Internasional**

Hotel Agas Internasional centrally located 10 minutes away from airport. With warm smiles the friendly Javanese people welcome everyone to experience an unforgettable vacation in Solo. It has a private balcony overlooking in lush tropical garden and swimming pool.

Address:
Jl. Dr Muwardi 44 Solo Central Java 57139
Phone: +62-271 714888
Fax: +62-271 720747.
Email: marketing@agas.co.id

For more information, you can contact Culture and Tourism Agency of Surakarta, Jl. Brigjen Slamet Riyadi No. 275 Surakarta, Phone: +62-271 711435, Fax: +62-271 716501
Lombok

Lombok has emerged as the new favourite tourist destination in Indonesia. The close location to the world’s famous tourist destination Bali, make it easy to access everywhere. Additionally, people always compare its natural beauty equals to heaven. But Lombok is also famous for its specialities on cuisines. Lombok itself in Indonesian language means “chili”, not wondering why most dishes originally from this place tasted spicy, but delicious for sure. Here are some special cuisines from Lombok;

🌟 Ayam Taliwang

As the chicken’s spicy flavor is characteristic of this cuisine, many Indonesian adores this dish. It is unique because the chickens are used as the main ingredient of this cuisine is the young chicken about 3-5 months old. No wonder if its size is very small. The perfect combination red chilies, onion, shallots, shrimp paste (terasi), kencur, and other spices as its seasoning. You can even taste the spicy and sweet flavour until the bones. And if you don’t like spicy, you can order to reduce the level of spiciness. All is according to your preference. Many place selling this dish around this island, very easy to find.

🌟 Pelecing Kangkung

Pelecing Kangkung is a vegetarian dish which is a native of the Lombok region. Kangkung of this island is indeed special, soft texture though we eat until the trunks. Most of the Kangkung vegetable is cooked along with bean sprouts and served with the famous Sambal Terasi, sprouts,
and peanut beans.

**Access**

Mandalika terminal in Mataram is the departure point for the major cities in Sumbawa, Bali and Java, via inter-island ferries. Lombok has very regular boat connections with Sumbawa and Bali, and by Pelni ship to/from elsewhere in Indonesia. Ferries travel between Padangbai (Bali) and Lembar (Lombok) every 90 minutes around the clock. Ferries travel between Labuhan Lombok and Poto Tano on Sumbawa every 45 minutes. They run 24 hours a day and the trip takes 1½ hours. Pelni ships link Lembar with other parts of Indonesia. The *Awu* heads to Waingapu, Ende, Kupang and Kalabahi; the *Kelimutu* goes to Bima, Makassar and Papua; and the *Tilongkabila* goes to Bima, Labuanbajo and Sulawesi.

From Bali you can also catch tourist shuttle bus/boat, services between the main tourist centres in Lombok (Senggigi, the Gili Islands and Kuta) and most tourist centres in Bali (Ubud, Sanur and the Kuta region). Tickets can be booked directly, or at any travel agency in Lombok or Bali, and include ferry charges.

There are daily flights to/from Denpasar and Mataram. There are also daily flights to Surabaya with connections to Jakarta, by Lion Air and Garuda.

**Accomodation**

- **Sheraton Senggigi**
  
  Beach Resort, an idyllic tropical retreat in Lombok. Enjoy a comfortable getaway amidst plentiful sun, sand, and surf. Ideally located on Senggigi Beach, the lush western coast of Lombok, Sheraton hotel Senggigi within walking distance of the town’s shops, restaurants, and bars. Lombok International Airport is a mere 20-minute drive.

  Address:
  PO Box 1154 Lombok, NTB, Mataram, West Nusa Tenggara 83015, Indonesia
  Phone: +62-370 693333
  Fax: 62-370 693241
  Email: sales.senggigi@sheraton.com

- **The Oberoi Lombok**
  
  A hideaway with acres of tropical gardens, shimmering ocean and golden sands along a private beach. The Oberoi, Lombok is an idyllic garden resort on Medana Beach, The resort
is 28 kilometers (17 miles) from the city center and airport. The hotel is a special getaway where you can indulge in the comfort of luxurious accommodation, with superb cuisine, and a caring conscientious staff.
Address:
Medana beach, Tanjung - 83352, North Lombok NTB - Indonesia
Phone: +62-370 6138 444
Fax: +62-370 6132 496
E-mail: Gm.Toli@oberoihotels.com

-twenty

Holiday Resort Lombok
It is located on Senggigi Beach, Lombok Island, Indonesia. It has easy access to many key areas, including the Selaparang Airport, which is just 30 minutes away. Senggigi Beach is a thriving 30-km tourist strip north of Mataram. Widely touted as “an unspoiled Bali,” Senggigi boasts many beautiful beaches, waterfalls, and the majestic Mt. Rinjani.
Address:
Senggigi Beach, Lombok – NTB 83355 Indonesia
Phone: +62-370 693 444
Fax: +62-370 693 092
Email: fomgr@holidayresort-lombok.com

The Santosa Villas and Resort
Located in the heart of Senggigi Beach, with all the feeling of beach resort relaxation and tranquility, The Hotel offer variety of facilities. The free-shaped-lagoon sized pool, right on the beach is the focal point of the resort to relax and let go, while enjoying your favorite zip at the sunken bar or the sunset bar. The Seaside Terrace and Nusantara Restaurant offer an irresistible selection of continental food and Indonesian specialties.
Address:
Jl. Raya Senggigi Km. 8, Senggigi, Lombok - Indonesia
Phone: +62 370 693090
Fax: +62 370 693185
SMS: +62 370 660 7235
Email: info@santosavillas.com
Web: www.santosavillas.com

-Novotel Coralia Lombok
Assuring comfortable accommodation blended with quality service, this hotel makes you to enjoy all the privileges for an unforgettable stay. Located on the southern shore of
Lombok Island, the Novotel Coralia Resort is 60 kilometers from the city centre and the airport. This property is close to the Legendary Beach of Kuta Putri Nyale and the traditional Sasak Culture.

Address:
Pantai Putri Nyale
Pujut Lombok Tengah
83001 Lombok, Indonesia
Phone: +62-370 653333
Fax: +62-370 653555
E-mail reservation@novotellombok.com

Sengiggi Beach Hotel and Resort

It is situated just on the right of famous white sandy Sengigi beach. Senggigi Beach Hotel just 15 minutes drive from Selaparang Lombok international airport and just short walking distance from tourism facilities such as bars, cafes, restaurants, atm, mini markets, etc. The hotel has 104 garden rooms, 44 beach bungalows, and 2 deluxe bungalows.

Address:
Jl. Pantai Senggigi
PO BOX 1001
Mataram 83010
Lombok, Indonesia
Phone: +62-370 693210
Fax: +62-370 693200
E-mail: booking@sengigibeachhotel.com
Website: www.senggigibeachhotel.com
Manado

The cuisine of Manado is truly an unforgettable experience, a blend of the historical rich cultures of years past and our spices and tastes that are truly Minahasan. The type of food that becomes distinctive usually consists of fish in its ingredients. Many types of meals made from fish can be easily found in restaurants in the downtown or along the seashore areas. Here are some famous dishes from Manado:

🌟 Ayam woku balanga

Imagine a tender and spiced induced chicken meat, with an element of surprise. This type of meal is enriched with spices such as: lemon basil, turmeric leaf, lemon grass, tomato, chilly paper, and lemon. This description fits perfectly as the chicken is stuffed with lucious sticky gravy that made tasting this dish an unforgettable one.

🌟 Ikan bakar dabu-dabu lilang

The speciality of this dish is the spicy sauce or “Sambal”, as it named after it, Sambal Dabu-Dabu Lilang. It is of Manado's origin. It consists of coarsely chopped tomatoes, lime juice, shallots, chopped bird's eye chili, basil, vegetable oil, salt. For ikan bakar or the grilled fish, it could be any fish according to your preference, but normally fresh fish from the sea, such as Koropa, Cakalang, etc.

🌟 Tinutuan (Bubur Manado)

Tinutuan or Bubur Manado or Manado porridge is typical Indonesian food from Manado, North Sulawesi. Tinutuan is a mixture of various kinds of...
vegetables, and do not contain any meat. Tinutuan is usually served for breakfast. It can be served with salted fish and various kinds of supplementary food. Tinutuan, in Manado, usually is served with fried-smoked tuna (cakalang), ebi cake (niike), tofu, and soya bean cake. Tinutuan also can be served with noodles or mixed with red bean soup called brenebon. It can also be mixed with red bean soup called brenebon. Though normally served without meat, Tinutuan mixed with brenebon sometimes also added fat part of cow. This dish would surely satisfied your appetite of the ethnic cuisines.

Access:

Manado (North Sulawesi) is an accessible capital city, reachable via international flights from Singapore or Malaysia (Kuala Lumpur), Philippines (Davao) and domestic daily flights from Jakarta, Surabaya, Balikpapan and Bali. Daily Domestic Flight from Jakarta, Surabaya, Bali and Balikpapan are also available.

The Ships to Manado is only from Indonesian islands. PT PELNI passenger ships will take you to Bitung Harbor, about 45 km from Manado. Information about ferry schedules of the Indonesian Shipping Agency PELNI please click www.pelni.co.id.

The Trans-Sulawesi Road stretches all the way from Manado in the north to Makassar in the south of Sulawesi. But this is not recommended for you cause from Palu or South Sulawesi will take several days to Manado, long way to go.

Accomadation

Hotel Grand Puri Manado

Located in the downtown, close to shopping center. The place is 18 km from Airport or around 25 minutes by car from airport. Hotel Gran Puri Manado is a Boutique type hotel, consisting of 152 rooms and located at the city center of Manado, it meets the standard of an international hotel.

Address:
Sam Ratulangi No. 458 Manado 95116
North Sulawesi – Indonesia
Phone: +62-431 822 888
Fax: +62-431 858 892
E-mail: hotel@granpuri.com
Hotel Ritzy Manado

It is located in the downtown, close to shopping center. The place is 18 km from Airport or around 25 minutes by car from airport. Hotel Gran Puri Manado is a Boutique type hotel, consisting of 152 rooms and located at the city center of Manado, it meets the standard of an international hotel.

Address:
Jl. Piere Tendean (Boulevard) Manado, North Sulawesi – Indonesia
Phone: +62-431 855-555
Fax: +62-431 868-888
E-Mail: theritzyhotel@mdo.mega.net.id
Website: http://www.ritzymanado.com

Hotel Santika Manado

Located on the east side of Manado, great place for relaxing, Very close to Bunaken island (10 minutes boat ride), and fantastic sea view from the hotel. Within Santika Hotel, you will find 101 guestrooms, which consist of 1 Presidential suite, 2 Junior Suite, 28 bungalows, 68 Superior and Deluxe rooms.

Address:
Tongkaina, Bunaken, P.O. Box 1644 Manado, North Sulawesi, Indonesia
Phone: +62-431 858222, 858333
Fax: +62-431 858666
E-mail: info@santika-manado.com; santika@manado.wasantara.net.id
Website: www.santika-manado.com

Hotel Formosa Manado

Hotel Formosa is the right place to spend your time during your business in Manado. We offer you a pleasure of a home and a satisfaction of a hotel. Please come and enjoy the warm feeling and the hospitality of Manadonesse hotelier. Hotel Formosa is situated on the central business district, 25 minutes from Sam Ratulangi International Airport and 15 minutes from Manado Harbour. This hotel's position is very easy to be reached from many ways, make your journey and business trip more moveable.

Address:
Kompleks Manado Mall Blok NW, Jl. Wolter Mongisidi No. 1 Bahu, Manado 95115- Indonesia
Phone: +62-431 854555,
Fax: +62-431 841933
E-mail: info@hotelformosa.co.id
Website: www.hotelformosa.co.id