

INDONESIA

The next destination on our **CULINARY TRIP AROUND THE WORLD**

From Friday April 29th to Sunday May 1st, 2011
Daily from 5:30 to 8:30 pm

The Indonesian cuisine is a rich and complex blend of many cultures. Chinese, Indian, Arab, Dutch, Spanish, Portuguese and British influences have influenced the development of the country's present-day foods. Above all, the cooking of South East Asia has had a profound impact on the cuisine of the country. In the larger cities of the Indonesian Archipelago one can enjoy the chili peppers, peanut sauces and stewed curries of Thailand; the lemon grass and fish sauce of Vietnam; the intricate spice combinations of India and the endless foods which are a combination of these dishes. This culinary world of succulent delights reaches its epitome in the Rijsttafel - the crown jewel of the Indonesian kitchen.

Indonesia, the fourth-most populous nation in the world, consists of some 13,000 islands which stretch from the island of Sumatra in the North West to Australia in the south east. For many centuries, the Indonesian islands have been renowned as the center of a rich international trade, especially in spices. For hundreds of years, cloves, ginger, mace, nutmeg, and black pepper drew traders from India, China, Africa, and the Arab world. Later, European explorers and colonists from the Netherlands, Portugal, and England came seeking these spices and stayed on to colonize the land.

By the end of the 16th century, European colonial conquests had left the Archipelago a collection of weak, disconnected fiefdoms, which were subsequently easily conquered and ruled by the Dutch for the next two centuries. Modern Indonesia only came into being after the Second World War.

An exotic nation, the country offers beautiful landscapes, a variety of natural wonders, ancient cultures, a fascinating mixture of people, and delectable local cuisines, reflecting the country's complex cultural history. A combination of many different influences, its world of cooking is somewhat different in the various regions and provinces - the most famous being the Javanese and Sumatran dishes.

Indonesian food, with its distinctive taste and style of cooking and its wide selection of ingredients and spices, is considered to be one of the finest cuisines in the world. Strange as it may seem, cloves, mace and nutmeg, for hundreds of years the basis of the spice trade, are rarely employed in Indonesian culinary art. Coconut milk, used in beverages, sauces, soups and rice gives a distinctive taste to a good number of dishes. However, the fundamental spices of the country's cuisine are coriander, pepper and garlic. These are often enhanced by basil, bay leaves, cardamom, cassia, chili, ginger, galangal, lemon grass, peanuts, saffron, scallions, shallots, soy sauce, star anise, tamarind, turmeric, shrimp paste and dried anchovies.

Some of the well known Indonesian dishes are gado-gado (vegetables with peanut sauce), nasi goreng (fried rice with meat or seafood), sambals (various types of spice relishes), satay (grilled skewers of meat served with a peanut sauce) and soto (soup). For the ordinary people, a meal usually includes soup, salad, and a main dish which often consists of rice and dried fish. This is always accompanied by one or two sambals.

For a gourmet Indonesian meal, steamed or boiled rice is always the centerpiece. This is accompanied by numerous dishes of beef, chicken, duck, goat, all kinds of seafood and vegetables. These can be boiled, grilled or roasted, steamed, stir or deep fried, and served with several kinds of relishes and sauces.

Different areas in the Archipelago offer their own distinctive dishes. In West Sumatra, the Minangkabau region is well-known for its Padang spicy style food of Indian origin, featuring plenty of lamb curries and hot chili. Javanese dishes feature delicate grilled and steamed seafood and Bali, its nearest neighbor is world famous for its very tasty dishes, some cooked with pork - the only part of Indonesia where visitors can find this meat.

“TRAVELERS GUIDE TO INDONESIAN DINING”

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Menu

KAREDOK

Salad of long beans, bean sprouts, shallots, cucumbers and lime

\$6.00

SOTO BANDUNG

Beef and vegetable broth with daikon and lemongrass

\$7.00

AYAM GORENG

Fried chicken – sooooo different from Colonel Sanders’

\$17.00

BEEF RENDANG

The way of cooking a beef stew indigenous to this part of the world

\$18.00

GADO GADO

In Indonesia as famous as coleslaw in the USA, a vegetable specialty

In Sumatra’s unique peanut sauce

\$12.00

WOKU

Cat fish fillets, lemon grass, tamarind, coriander, chili, all wrapped in a Pandan leaf and char broiled

\$19.00

NASI GORENG

Fried rice with chicken and shrimps

\$15.00

SATAY

Marinated diced chicken or beef on skewers,
served with the famous peanut sauce

\$15.00

Deserts as usual from the display case

**For reservations please call Grace at
(905)473-1469 ext. 303 or fax (905)473-9275**

(Prices and Items subject to Change)