

Indonesia

Asia

Menu

1. Gado gado

Ingredients:

- 1 lb. tofu, sliced into 1/2 in. thick rectangular slices
- Salt to taste
- 12 Brussels sprouts (cook 10 minutes in salted water)
- 1/2 lb. string beans, ends trimmed, cut into 1 in.-long pieces (cook 10 minutes in salted water)
- 8 baby red potatoes (cook 20 minutes in salted water)
- 3 medium carrots, peeled and cut diagonally into 1/8 in. slices (cook 3 minutes in salted water)
- 2 cups bean sprouts, root ends trimmed (cook 5 seconds in salted water)
- Indonesian peanut dipping sauce
- 4 large hard boiled eggs, shelled and quartered lengthwise
- 1 small cucumber, peeled, halved, seeded and sliced into thin crescents
- Fried shallots

Directions:

Pan-fry the tofu slices in a greased, nonstick pan over high heat until golden crisp (about 2 minutes). Cook each type of vegetable separately in salted water. Bring the pot of water to a boil over high heat, cook vegetables until tender but slightly firm. Mix the vegetables together in a mixing bowl, adding the peanut sauce. Arrange on a serving platter or individual plates with the eggs, tofu, fried shallots and cucumber slices. Drizzle peanut sauce on top.

2. Cooked rice

3. Ayam goring – world's best fried chicken

Ingredients:

- 8 whole chicken legs
- 2 medium garlic cloves, crushed, peeled and minced
- 1 large shallot, peeled and minced
- 2 Tbsp. fresh ginger, peeled and minced
- 1 lemongrass stalk, root end trimmed, outer leaves and tough green top removed and 6 in.-long inner bulb finely ground
- 1 tsp. turmeric powder
- 1 tsp. Indonesian sweet soy sauce
- Kosher salt
- Freshly ground black pepper
- Vegetable oil for deep-frying

Directions:

Place the chicken, garlic, shallot, ginger, lemongrass, turmeric, sweet soy sauce, and 1/2 cup water in a pot over medium heat. Cook the chicken, turning the pieces a few times until the chicken is cooked through but still firm and the liquid

has completely evaporated, 20 to 30 minutes. It is important that the liquid evaporates completely and the chicken pieces are dried prior to deep-frying. Any moisture will result in spitting oil. Season the chicken to taste with salt and pepper. Heat enough vegetable oil for deep-frying in a pot over medium-high heat. When the oil reaches 360°, carefully add the chicken pieces and fry until golden crisp all the way around, about 10 minutes. Drain on paper towels. Serve with rice.

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Indonesia: 34%

Life in Indonesia

The families of most sponsored children work in agriculture and fishing. In some remote villages, schools are scarce and many children are unable to attend until they reach 10 years of age.

Typical meal

The staple food in Indonesia is white cooked rice. People eat rice three times a day: for breakfast, lunch, and dinner.

Singing in the rain



Children at the World Vision Temporary Living Center at Chundien, Lhoong, play on the verandas and in the rain.

References:

Millstone, Erik and Tim Lang. The Penguin Atlas of Food: Who Eats What, Where, and Why. 2003. Penguin Books: New York.

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