

Ambassador's Gourmet Recommendation

(Publicity)

Finding delectable Indonesian cuisine in Japan

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As one of the most ethnically diverse societies in the world, Indonesia is home to a vast array of traditional arts and cultures, not to mention its culinary heritage, which is unique, delectable and wonderfully vibrant.

Enjoying Indonesian cuisine is an exciting adventure of exploring the world's largest archipelago, a maritime country full of unique spices and ingredients. The uniqueness and diversity of Indonesian cuisine flows from more than 1,300 ethnic groups living on approximately 6,000 of Indonesia's 17,504 islands.

Indonesian cooking techniques, enriched with spices from different regions, are often unique and to some extent "complex." We are pleased that now Indonesian spices are available in the form of ready-mixed spices that are easy to use and can be found even in some convenience stores.

When I have non-Indonesian friends at our residence, more often than not my wife and I serve them typical dishes from the main islands, such as Rendang of West Sumatera, Saté Ayam Ponorogo of East Java, Soto Banjar of West Kalimantan, Tinutuan of North Sulawesi and Papeda of West Papua. At times I serve them Indonesian fried rice, commonly known as Nasi Goreng and considered as one of our favorite national dishes.

When I feel like going out, among my go-to restaurants in the greater Tokyo area are Plataran in Shinjuku, Cinta Jawa in Akihabara, Dapoer Koneng in Yokohama and many more.

More than 60 Indonesian restaurants can be found throughout Japan, allowing my Japanese friends to taste the flavors of Indonesia. A restaurant list is available for you to explore at <https://apij.jp/indoresto>.

Among all those delectable cuisines, I recommend you try Saté, a meat skewer similar to Yakitori in Japan. It is a dish of many variations in Indonesia, with each region adding its own unique touch of herbs, spices and main ingredients, such as Saté Madura, Saté Padang, Saté Lilit Bali, Saté Tegal, Saté Maranggi, and Saté Ponorogo.

My favorite among all those sate variations is the Ponorogo Chicken Saté of West Java. This is a heritage dish of my hometown. Its familiar shape and delicious taste always bring back good memories of my childhood.



Photos courtesy of the Indonesian Embassy
Indonesian Ambassador to Japan H.E Mr. Heri Akhmadi and his wife Mrs. Nuning Wahyuniati recommend Ponorogo Chicken Saté, one of Indonesia's national dishes.



The process of grilling the Saté



Ponorogo Chicken Saté skewered with peanut sauce

How to make Ponorogo Chicken Saté

Ponorogo Chicken Saté is characterized by long flat pieces of chicken meat. Marinating it with quality spices, such as garlic, sweet soy sauce and coriander, makes the meat flavorful.

• Main ingredients:

- 500 grams of chicken breast
- 3 cloves of garlic, pureed
- 3 tablespoons of sweet soy sauce
- 1 tablespoon of coriander powder

• Peanut sauce ingredients:

- 300 grams of skinless peanuts (fry the peanuts first then grind with the other ingredients)
- 4 cloves of fried garlic, pureed
- 2 red onions, finely chopped
- 2 pieces of curly chili, pureed
- 3 pieces of roasted hazelnut, pureed
- 2 tablespoons of brown sugar
- 1 teaspoon of coriander powder
- 1 tablespoon of cumin powder
- 2 tablespoons of sugar and salt

• Accompaniments:

- Onion, sliced
- Sweet soy sauce

• How to make the Saté for three servings:

1. Cut the chicken fillet lengthwise to a thickness of about 0.5 cm.
2. In a bowl, combine the garlic, soy sauce and coriander from the main ingredient list, and mix in the chicken. Stir well and let stand for 25 minutes to let the flavor infuse.
3. Mix ingredients to make peanut sauce.
4. Thread each piece of meat lengthwise onto a skewer.
5. Prepare the grill. Grill the Saté until cooked on both sides.
6. Served with peanut sauce and other accompaniments.