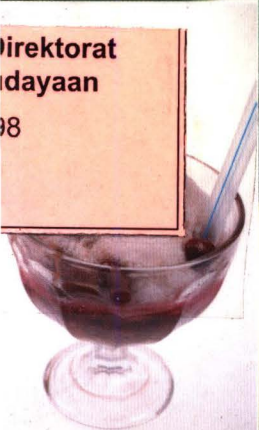


INDONESIA Culinary



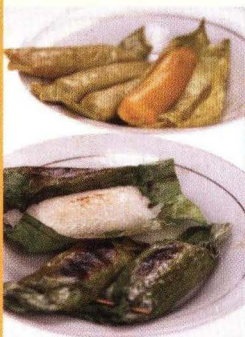
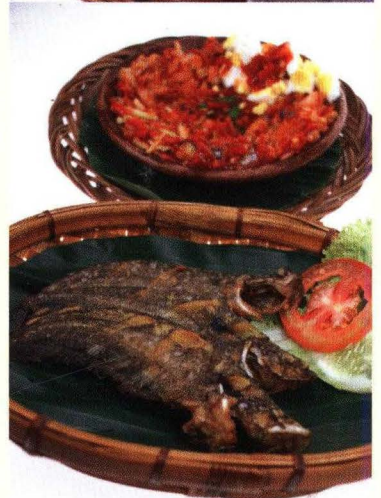
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Message from Minister

Message from Minister for Culture & Tourism of the Republic of Indonesia

Dear food lovers around the world,

Indonesia boasts a long history with diverse influence of different cultures. Starting from the early roots of the many ethnicity and culture differences of the local people to the spice trade era and till the present day, the diversity has brought important influences that help to create various unique exotic cuisines that could only be found in our beautiful country, Indonesia.

I can not tell you personally how unique and tasty Indonesian cuisine which could satisfy your taste buds. With this culinary guide book, we sincerely hope that you could discover Indonesia and share our enthusiasm for our exotic delicacies and also beautiful country.

Hopefully to see you in Indonesia.

BON APETIT!

Yours sincerely,

Ir. Jero Wacik, SE

Foreword

The Republic of Indonesia is a nation in the South-East Asia region. Comprising of about 17,508 islands, which nominates its as the world's most archipelago state. In 2006, Indonesia was populated at about over 220 million people, making itself the fourth most populous country and the largest population of Moslem in the world.

Back in the history, Indonesia is one of the most important strategic geographical places for trades, making Indonesia a very desirable nation in the eye of the world.



Beginning in the sixteenth century, successive waves of the Europeans (Portuguese, Spanish, Dutch and British) sought to dominate the spice trade in "Spice Island" of Maluku. Spices were highly sought commodities back then, which coveted not only to preserve, food taste, but also for medicines and magic potions.

Following the Portuguese era, the Dutch later made Indonesia their colonial state..As of the Portuguese, the Dutch followed the aspirations of spice trade. This era has brought Dutch culture along influencing the Indonesian's way of life, on which includes the way local cuisines are prepared and named.

Within Indonesia, local cuisines could also be said as much diverse as the Indonesian culture itself, due to the many ethnicities and the different agriculture produce each area offers, hence, culinary diversity was vast.

Rice

(The main staple food)



One similarity in the diversity of the cuisines is that, all throughout Indonesia, Nasi (rice) is the main staple food. This is also the main reason why Indonesia offers the most way in serving rice based foods, such as Ketupat (rice steamed in woven packets of coconut fronds), Lontong (rice steamed in banana leaves), Intip (rice crackers), Brem (rice wine) and Nasi Goreng (Fried Rice).

Due to the good volcanic induced red fertile soil, there is says that if you put anything on Indonesian soil, they will grow out something. This statement is indeed true. Not only Indonesia had the most varieties of vegetables, but also the most varieties of tropical fruits. Among the many fruits produced world-wide, there are some fruits such as Mangosteen and Rambutan which are indigenous to Indonesia and its archipelago.



Ketupat
(Rice steamed in woven packets of coconut fronds)

Brem
(Rice Wine)

Due to the diversity and countless amazing and unique cuisines all throughout Indonesia, we shall start to explore the whole tour by regions...

BON APETIT!



Mangosteen
(Tropical Fruit)

Lontong
(Rice steamed in banana leaves)

Nasi Goreng
(Fried Rice)



Indonesian Spices

The key of the rich and uniqueness of Indonesian cuisines are based on the variety of spices which are a native and some which are exclusive to the Indonesian archipelago. Spices in definition are a seed, fruit, root, bark or vegetative substance used as a food additive for the purpose of flavoring. Some of spices are also used to preserve food, medicines, rituals, cosmetics and perfumery.

Spices in kitchen are used as fresh; some are grated, chopped or dried. The most common spices found and used in Indonesian cuisines are as follows:



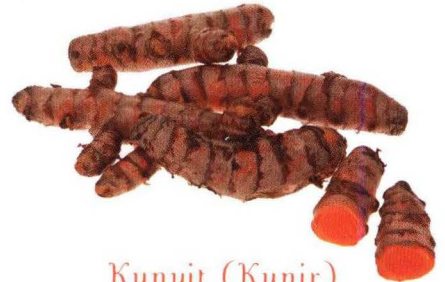
Jahe

Commonly known as Ginger. Jahe is commonly used for food additives that contribute pleasant aroma, spiciness and their ability to lessen the fishy smell in seafood and meats. In Indonesia, Jahe is also the main ingredient for traditional medicinal drink called Jamu.



Temu Kunci

This unique spice is often used fresh or dried. The main usage is to reduce the strong unpleasant smell of seafood and meat.



Kunyit (Kunir)

Another natural coloring agent for Indonesian food. A small slice could generate a deep orange yellow color.



Daun Kemangi

A unique fresh scented leaf that could be eaten fresh.



Kemiri

Is a type of seed spice that are commonly use in some famous Indonesian cuisine. However, this spice needed to be cooked or fried in order to neutralize the poison.



Kencur

Its aroma creates a distinct flavor in cuisines that made many Indonesian cuisines its uniqueness.



Lengkuas (Laos)

Is an additive spice in traditional Indonesian food. Usually, they are used together with Daun Salam. Together, they create a distinct flavor.



Daun Jeruk Purut

The fresh aroma made this spice a very popular ingredient to a lot of popular Indonesian cuisines.



Daun Salam

Is a must-have when cooking North Sumatra cuisine. The spice will accentuate the flavor and provided a fresh yet, unique aroma.



Ketumbar

This is a must-have spice when cooking Javanese and Sundanese cuisine. The aromatic scent made this spice popular.



Cengkih (Clove)

This unique spice is originated from Indonesia, and is used in various way. One for food additives and some for making clove induced cigarette.

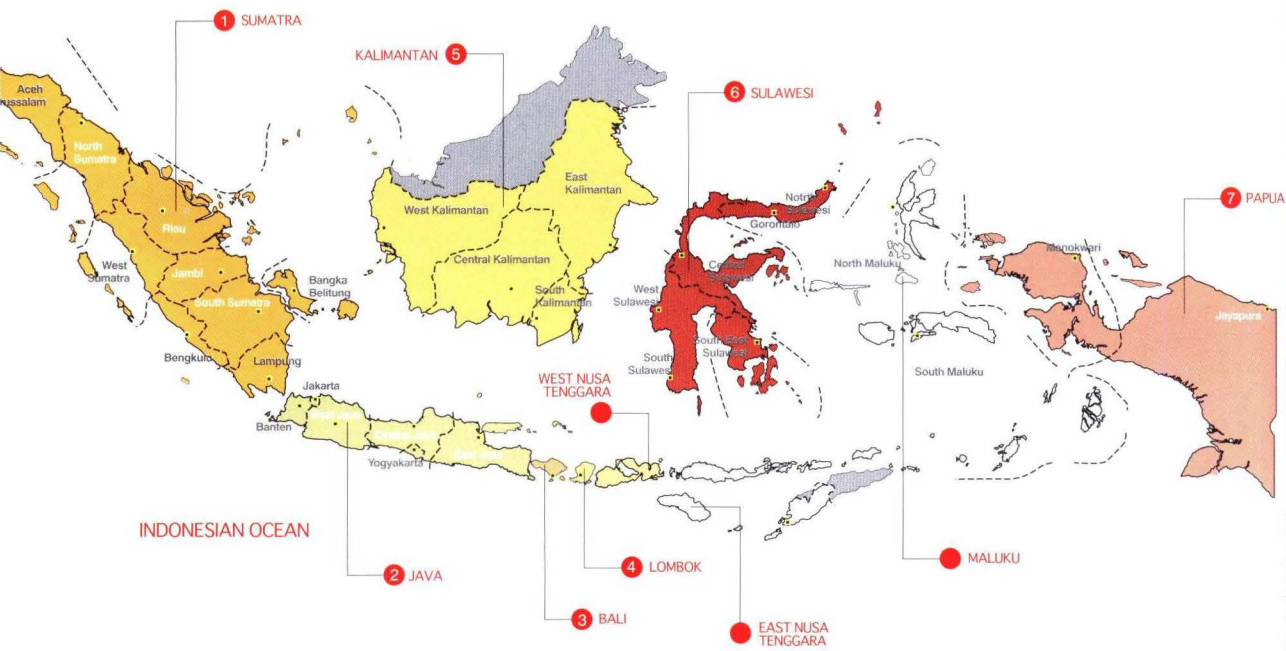


Adas Manis

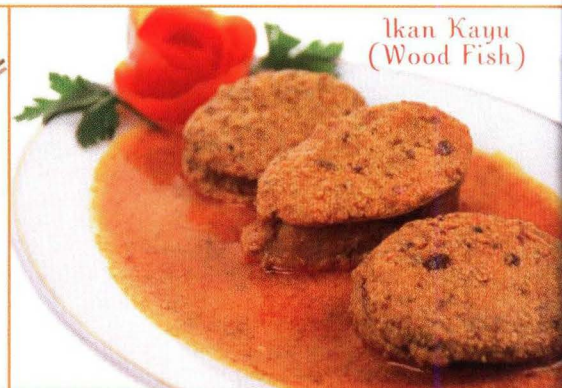
Is a type of herb spice that are mainly use for curry dishes.

Indonesian Map

The idea is to present an Indonesian map, and divided them by numbering and as per our regional concept settings. This will act as an Index for reader to easily refer to the city they are going to visit.



Sate Ayam



Ikan Kayu
(Wood Fish)

Sumatra

(Also spelled SUMATRA) is the 6th largest island in the world. Its strategic location in the India-China sea trade route, several trading town flourished, especially in the eastern coast, which were much influenced by Indian and Chinese culture. This background would later reflect the way traditional Sumatran region cuisines are prepared.



The major and influential cities for culinary experience in Sumatra are as follows:

West Sumatra (Sumatra Barat)

- capital: Padang

South Sumatra (Sumatra Selatan)

- capital: Palembang

North Sumatra (Sumatra Utara)

- capital: Medan

Major urban centers in Sumatra are Medan and Palembang, on which composed with many different ethnic groups, speaking with 52 different languages.

NORTH SUMATRA

Through its roots in the spice trade era, and close proximity to Malaysia and good geographical location in the India-China trade, most Northern Sumatra cities are well influenced by immigrants of Indians, Chinese and Malaysia.

The most urbanize city in the North Sumatran region is Medan. This city is the 3rd most populated after Jakarta and Surabaya with approximately 2.5 million peoples. The city is famous throughout Indonesia as the home of the Batak. Also, there is a large number of Chinese communities which controls much of the business sector. In addition, there is a small number of Tamil descendant who is known as Keling. A well-known Tamil Market in Medan is the Kampung Keling. This diversity is much reflected on the many popular dishes that is "branded" as North Sumatran delicacies, some of which are "localized" from its original flavor. Some of the most popular dishes are reviewed as follows:

A. Acehnese Food



Kari Ayam (Chicken Curry)

The first look of this beautiful dish, accentuated with a pale yellowish color will tempt any palate. Upon a first taste, you will feel the smoothness of the coconut milk that blends well with the numerous spices used. The tenderness and the strong taste up to the last bite of the meat will leave you aghast and picturing the long and tedious preparation of this wonderful cuisine.



1. Roti Cane (Canay Bread)

A similar bread type dish to South Indian Roti Prata, who served as a complimentary in enjoying curry dishes. However, it could be eaten beautifully on its own. Made from wheat powder, butter and salt, it is sure a winner.



2. Itik Masak Merah (Red Spicy Duck)

For the lover of hot and spicy food, this dish is a definitely recommended to taste. The large amount of chili used in the preparation milk has naturally colored the coconut milk soup to a bright red. Apart, the mixtures of many spices have marinated and tenderize the duck meat to its bone. Its certainly a must to try.



1. *Hiu Masak Kari (Shark Curry)*

Living up to its name, the natural sourness of blended spices along with coconut milk soup and an addition of a local spice called Belimbing Wuluh, have made the slices of beef tender and mouth watering tasty.



2. *Gulai Telur Ikan (Fish Egg Curry)*

This is a very unique cuisine that could only be found in this region. This will challenge every taste buds to taste their mild spiciness, sweetness, saltiness and sourness of the dish. Dipped in a green chili coconut milk, you will find yourself amazed on its originality.



3. *Ikan Kayu (Wood Fish)*

Though it sounds ordinary enough, this dish is also a must to try, sautéed in a coconut milk, green chili and local spices, the tastiness have penetrated deep into the last bite of the prawn.

B. Medan



Mie Kocok Medan (Medanese Stir-up Noodle)

The preparations of this popular dishes are an eye opener. First up, slices of chicken, bean sprouts, prawn, fried tofu, noodle and a special sticky sauce are put in a bowl, which then are stirred to perfection before serving.



1



3



2



4

1. Daun Singkong Tumbuk (Casava Leaf Curry)

A must try and a native food for Medan. Singkong is an Indonesian word for Tapioca and Daun means leaf. Exactly as its sounds, the leaf of a Tapioca plant are smashed and cooked in a curry flavored gravy. The sultry coconut gravy with a touch of spiciness made this dish whole.

2. Asam Padeh Patin

For the spicy and sour flavor dish lover, this dish is a must try. Made from Patin fish cooked in chili flavored gravy with a dash of orange juice, has create this dish a clear favorite in the region.

3. Arsik

The sweet, sour and spiciness of this one of a kind curry fish dish could make every taste bud dances. This dish is normally served with Mangkokan leaf and Lokio.

4. Anyang Kates

A must try and popular dish for vegetarians. Made from papaya's leaf, boiled bean sprouts and spicy coconut floss has created an amazing dish of its own.

1. *Gulai Ikan Salai Semalam* (*Salai Semalam Fish Curry*)

Being in located near to the sea always has its advantage. This fish dish is cooked in curry flavored coconut milk along with chilis.

Finishing the fine dish, a local favorite vegetable called "Petai" is served on top.



Special Dessert



2. *Palai Tempoya*

Medan region is also a well-known state for durian plantation. True to its reputation, the locals have created a unique fish dish. The fishes are wrapped along with durian meat with banana leaves and are roasted till perfection. This is a must to try dish for unique food lovers.

3. *Es Mentimun (Cucumber Ice)*

Made from a cucumber juice, selasih seed and sugar and served with ice cube will wash all the heavy spiced induced Indonesian cuisines you've tasted in the North Sumatran region.

C. West Sumatra, Padang



1



2

2. *Dendeng Balado*

One of the most famous dishes that is prepared in almost every city in Indonesia. Originated as West Sumatra 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.



3

3. *Gulai Daun Paranci*

This is a curry dish from the region has brought together the fresh scent of fish along with tapioca leaf.

1. *Ayam Pop*

This is a popularly prepared dish in the West Sumatran 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). This dish is served with a tasty chili sauce.



1. Rendang Daging

It is taboo to visit Indonesia without tasting this world famous Indonesian 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, the saltiness and sweetness will make this the one thing you'll remember about your trip.



2. Lapek Bugih (Lepat Bugis)

Made from glutinous rice, the brown sugar with coconut floss inside will keep you interested for another bite.



3. Lamang

This is another traditional snack that are made from glutinous rice. However it is cooked it with a fermented tapioca.

D. South Sumatra

Palembang and Lampung are most influential cities found in Southern part of Sumatra. The large Chinese ethnicity in the region that stay in these cities during the trade era has created much influence in the way their delicacies are prepared. Also, due to their good sea produce and huge prawn farming, the most famous delicacies from the region are mostly seafood based.

Some of the greatest dishes from the regions are reviewed as follows:

Palembang



Udang Ala Palembang

Fresh water prawns is a good taste that cooked along with red chili, shallots, and other local spices has made this dish a clear favourite. It will be the best to serve hot.



Pempek

It is probably one of the most popular food and could be found in any city in Indonesia.

Fish fillets are blended with flour to make dough, which are later steamed before being fried. Served with noodles, cucumber and a special spicy sweet vinegar sauce, this will make your tongue dances for joy. Surely, trying chili sauce is a must.



1. *Ikan Belida Goreng Pandan*

A local fish called Ikan Belida (Belida Fish) is wrapped with aromatic pandan leaves which are then deep-fried till golden brown. Upon serving, the aroma of the pandan leave have penetrated deep into the fish, creating an aromatic and satisfying dish to consume. In addition, a Sambal (chili sauce) is served along with this beautiful dish.

2. *Ikan Seluang (Seluang Fish)*

A small fish that could be found in clear water in the region is a favourite dish among the locals.

Simply, a deep-fried fish with authentic Indonesian chili sauce (Sambal). However, easy enough on its preparation can deceive you on the greatness of the taste.



3. *Ikan Patin Bakar (Patin Bake)*

This similar fish dish to the Aceh region, by using Patin fish as the main ingredient, could differ themselves by the distinct and flavorful spices they use. After marinating, the fish was than barbequed till perfection. Usually served with chili paste.



Special Desserts

1a. Pindang Ikan Belida

1b. Pindang Ikan Patin

1c. Pindang Tulang Iga

Pindang is a specialty food in Palembang region. Choice of fishes such as Patin, Belida and sometimes Ribs could be used. The meats are cooked in various spices and sweet soy sauce with clear water and boiled in steady small fire. The flavor of the soup seeps in the meat creating a perfect taste. Surely it is a must to try.

2. Pepes Ikan Patin

Patin fishes are spiced and wrapped in banana leaf, and barbequed till perfection upon serving. The hot and spicy flavor are the strength of the dish.

3. Es Kacang Merah

Es Kacang Merah or red bean ice is a favorite dessert in Palembang. The red beans are cooked until soft and flavorful and are served with ice and sweet red syrup. Try it.

Java

Java is one of the bigger islands of Indonesia, on which Jakarta as a Capital City of Indonesia located.

It is also once the centre of the powerful Hindu Kingdoms and the core of the colonial Dutch East Indies operations. The population is nearly 130 million in 2006 and it is the most populated island in the world.



Most of the residents that inhabited Java Island speak various dialects, with Indonesian as their second language. Despite its large population, Java is comparatively homogeneous in ethnic composition. There are only two ethnic groups that are native of the island, the Javanese and Sundanese. Within the close proximity, there is an addition of the Madurese, who inhabit the island of Madura, just off the north coast of Java. Demographically, the Javanese accounted for about 70% of the island's population, while the Sundanese and Madurese accounted for 20% and 10% respectively. We shall explore by cities that most influence how Indonesian cuisines are prepared:

DKI JAKARTA & BANTEN

Jakarta is the capital city of Indonesia and largest city in Indonesia. Located on the northwest coast of the Java Island and has a population about 8,389,443. Jakarta is currently the 11th largest city in the world. Being the center of the economic for the whole of Indonesia, many have moved from various smaller cities and village in Indonesia, bringing a very mixed culture. The local ethnic inhabitant of Jakarta, is mostly often called the Betawi, whom is smaller in terms of population.

Meanwhile, Banten is the neighboring region to Jakarta, they boast a long historical root, dating back from the Dynasty and Sultanate era. Banten covers a large area with many cities on its wings, about 55% of the inhabitants are Javanese, Sundanese and other minorities such as the Chinese Indonesians.

The close proximity of both regions have brought about the same culinary taste buds on which rely heavily on peanut and sweet soy sauce that created a more sultry sweet taste on most cuisines from the region. Some of which are highlighted as follows:

A. DKI Jakarta



Nasi Uduk

This famous rice dish is amongst the top favorite food Indonesia could offer. It is served from restaurants to food stalls everywhere in Jakarta and other cities throughout Indonesia. The rice is steamed in pandan leaf and coconut milk and served with other side dishes such as Indonesian fried chickens, eggs, cuttlefishes and many more. The fresh aroma of the rice will crave you for more.

1. 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 chily are amongst the ingredients that makes a true favorite.

2. Rujak Juhi

True to its roots, this is famous Jakarta dish are based on peanut sauce. The natural sweetness of the peanut, added with some spicy and light saltiness of the sauce, served with noodles, tofu, boiled diced potatoes and cucumbers make this dish a winner. This dish is getting harder to find nowadays as mostly are peddled on the streets of Jakarta.

3. Semur Daging

Slices of meat is drown in a sweet soya sauce, this local Betawi cuisine, is amongst the favorite home dish throughout Java. Usually served, with tomatoes and slices of potatos.





1

1. Gado-gado

This vegetarian dish is commonly found in any restaurant in Jakarta as well as on the streets. True to her name, this dish is a mixture of various type of vegetables served in a sultry peanut sauce. This dish is the most famous dish that is a native of Jakarta region.

2. Ketoprak

Another vegetarian dish and is also a native of Jakarta. They can be 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, friend tofu, bean sprouts and prawn crackers, made this renown and must try food when visiting Jakarta.



2

According to 2005 Socio-Economic survey, West Java's population is about 40 million people, making it the most populous province in Indonesia. Cities that are considered as West Java Province are Bogor, Sukabumi, Cirebon, Bekasi, Depok, Cimahi, Tasikmalaya, Banjar and its capital city Bandung. Although, there are diverse ethnic cultures that populate was West Java Province, most are of the Sunda, whom spoke the official language of Sundanese. Their long historical route through the Sultanate era has made their culinary experience unique.

Dishes from this province are known throughout as Sundanese food. Below are reviews of the famous dishes from the region:

B. West Java



Pais Ikan Teri

Ikan Teri is a small fish found coastline. This fish is a favorite among locals as they could eat the bones along with the meat. This is as a main ingredient to Pais create another distinct and unique aroma that clearly separate them from any other Pais related dishes.

1. Karedok

Raw vegetables are cut into perfection and are mixed with distinct peanut sauce. Clearly, this is a must have dish in every table when you are dining in a Sundanese restaurant.

2. Pais Ikan Peda

As of any Pais reviewed, this specialty dish uses Peda Fish as main ingredient, the fish is dried and blended well with spices, before cooked in coconut oil, wrapped in banana leaf and baked till perfection. It will entice even the most sophisticated taste buds.

3. Pais Ikan Mas

Fresh water fish such as Ikan Mas (Golden Fish) is also one of the choice of main ingredient in making Pais. Similar as the way they are prepared as any other Pais, the spices used differentiate along with the main ingredient.





1. *Pais Ayam*

Wrapped and baked in banana leaf after deeply marinated in spiced coconut milk. Upon opening the banana leaf, you will find an extremely tender, aromatic and juicy chicken that will make your mouth water.

2. *Tumis Leunca*

Made from fermented tofu and leunca, this vegetarian dish is a native and a clear favorite for the region. Stir-fried with onion, garlic, chili, salam leaf and lengkuas, has made a lovely addition for your rice meals.

3. *Sayur Asem*

This soup base cuisine is a favorite and most home cooked dish all over Indonesia. Originated in the region, this is a great food for vegetarian lovers. Acting to her name, the soup indeed will bring a sweet, sour and salty sensation. Surely a top of the list recommended food.

Yogyakarta (also known as Jogja, Yogya, Jogjakarta) is a special region city in Indonesian, on where the Sultanate residence is in place, you can easily imagine the magnitude of the royalty cuisine this region produced. Meanwhile, Central Java, with the administrative capital, Semarang, is home to various traditional culture and cuisines. Yogyakarta and Semarang are mostly populated with Javanese, hence, the first language are clearly Javanese and Indonesian as secondary. Many of the nationwide favorite dishes are found in the region, below are some of the reviews.

C. Yogyakarta & Central Java



Pecel

Try Gado-gado of the Betawi (Jakarta) and you will find some similarities. However, the differences are the aroma and the taste of the peanut sauce, clearly a lovable vegetarian food. Usually, this great dish is served with rice.



1. Urap

Take any vegetables found in Indonesia, boil and slice them thinly then mix them with specially cooked spicy coconut floss, will make this lovely vegetarian dish. As of Karedok of the West Java, you can find this dish in every restaurant when dining in the region.

1

2. Nasi Kuning

A hallmark of Indonesian cuisine. Served mostly in a cone shaped way with various side dishes such as fried chickens, eggs, Sambal Goreng and vegetables at the bottom, This cuisine is a must-have for any official ceremonies in Indonesia.



2

3. Gudeg

It is a combination of various vegetables and rice, and amongst the top favorite food when visiting this region. Served with rice, spiced jackfruit, Chicken Opor and sweetened egg. Clearly, a must try.



3



1. Ayam Keremes

Imagine a traditional fried chicken, with tender and juicy meat. That is what this dish is all about. However, to add the sensation, this delicate dish is also served with fried spices that will create an even more crunchy taste to the chicken. One word to describe the experience, Beautiful !

2. Serabi Solo

When visiting a city in the Central Java Province called Solo, your travel will not be complete if you have not tried this local dessert. Most recommended is the Serabi Notokusuman. Mostly drivers, tour guides or hotels try it. Made from coconut milk, roasted in a small clay wok under a mild fire, the juicy and sweetness of the Serabi will keep you wanting for more. My kind advice is to try the original version before the others and buy it at least 5 pieces to get you satisfied.



It is located on the eastern part of the island of Java. This region includes neighboring islands such as Madura and Bawean Island. The administrative center of the province is located in Surabaya, the 2nd largest city in Indonesia. East Java population is 34 million inhabitants.

East Java is mostly populated by Javanese. Due to the majority of Indonesian living in Java Island belongs to the Javanese ethnic group, their culinary experience has somewhat influence the way Indonesian food are prepared. Amongst the top 20 recommended food list, biggest percentages are of Javanese culture food. Here are some reviews of the most recommended dishes from the region:

D. East Java



Rawon

Due to its black soup, nowadays, they are marketed with an association of "Setan" (Devil). So in cities, they are sold as "Rawon Setan". However, the devil in the word does represent the culinary word called Devilicious (amazingly delicious). In addition to the black spiced soup, bean sprouts and beef slices are added as main ingredients. Surely a must-try.



1. Sate Ayam Madura

Well known throughout Asia for its fine taste. Pioneering the "SATAY" that could be found in any Malay archipelago, it would be a big mistake should you come to the region and not taste this wonderful yet simple dish. Tender chicken meat is sewn in a bamboo stick, charcoal grilled and served with tender peanut sauce. Surely a must try.

2. Tahu Campur

Imagine a traditional fried chicken, with tender and juicy meat. That is what this dish is all about. However, to add the sensation, this delicate dish is also served with fried spices that will create an even more crunchy taste to the chicken. One word to describe the experience, Beautiful.

3. Bandeng Presto

Known for their sweet meat, the Bandeng fish carries a large amount of small bones in their meat. Due to this reason, East Javanese natives introduce a way to solve the issue by cooking them with high pressure cooker with spices. The result is amazing, a tasty fish with fabulous aroma. Usually, upon "presto-ing" the fish is cut into medium size bits and deep fried before serving with sambal. Certainly a must try.

4. Soto Madura

The spices used in this famous dish provided a natural coloring to the soup. The pale yellowish soup and tender slices of meat, served with steamed rice, could hunger even the fullest stomach.



Rujak Cingur

Amongst the famous and a tradition of the East Java's ethnic group food, came this delicate peanut sauce with Petis delicacy. As of Gado-gado of Jakarta, the main ingredients consisted of bean sprout, Kangkung, long bean, fried tofu, fried soybean cake (Tempe), cucumber, Cingur and usually served with prawn crackers.

Bali

Bali is one of the famous island for tourism in Indonesia. The wonderful beaches and lots of heritage culture has kept many tourist to flock for romantic travel or simply family vacation.



Amongst the 33 provinces, the capital of Bali is Denpasar. Bali recorded as 3,151,000 population in 2005 and the vast majority are of Hindu religion. This religious belief has reflect greatly towards the way cuisines in Bali are prepared. Apart, currently, tourism has effect greatly to the life of Balinese and special localities are getting harder to find the authenticity. Some of these authentic dishes are reviewed and pointed out as follows:

Bali



Ayam Betutu

This fried chicken dish is amongst the favourites and must try when visiting Bali. It's so famous that most restaurants do serve this great dish.

1. Sate Lilit Ayam

Sate Lilit is delicious and it is better served hotly with Sambal Mattah, Lawar Sayur and hot rice.



2. Be Siap Pelalah

This dish has chicken as their main ingredient. The meat is boiled before finally barbeque till perfection. This great dish is served with hot and flavorful chili sauce.



3. Jukut Kalas

Another great vegetarian food that mixes many local vegetables. To top it off, the dish is served with spiced coconut floss. A must try.





1. *Be Pindang Sambal Matah*

This dish is great addition to any food you enjoy in Bali. Made from uncooked chili made into paste along with other spices and served with shredded Pindang fish meat.

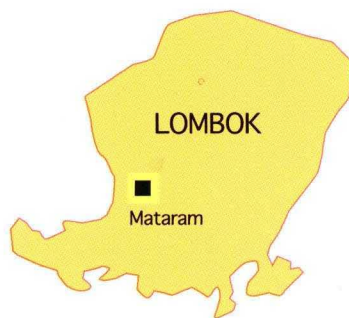
2. *Rujak Kuah Pindang*

This rare dessert is a clear native of Balinese food. Made from fresh tropical fruits, served with soup of Pindang fish. It carries a soury yet excellent flavor. Surely recommended dessert.



Lombok

In 2005, Lombok is populated with 2,950,105 people. The city is located in a very close proximity with Bali (separated only by Lombok Strait) and also is part of the chain of lesser Sunda Islands. The largest city and administrative capital is Mataram.



The history has it that the first Dutch visit to Lombok in 1674 and settled in the eastern most part of the island. The rest of the island are ruled by a Hindu Dynasty from Bali. However, a revolt in 1891 and ended in 1894 has left the entire island to the Netherlands East Indies. Due to this reasons, you will find a mixture of cuisines that are close to those of Bali and some with a touch of Dutch influence in taste.

Eventhough Lombok, is in close proximity with Bali, they are less well-known and less-visited by tourists. Only recently they have open and promoting itself as "Unspoiled Bali" to attract tourism. The most developed tourist site is in Senggigi, which spread in about 10 kilometer strip along the coastal road. However, backpackers usually settled much in the Gili Island off the west coast.

Another popular destination is Kuta (similar name, but different location with in Bali). The main attraction is surfing and is considered one of the best surfing site by leading magazines. The influence of the Hindu and the Dutch, along with their close proximity to the sea, has made many of the traditional cuisine, seafood based.

The most popular dishes are highlighted below:



Lombok



Ayam Bakar Taliwang

This special and famous dish from the region uses chicken as their main ingredient. Marinated with various specialty spices, the chicken are later barbeque and served with a mild hot chili sauce.



1. *Ayam Pelecing Taliwang*

Ayam Pelecing Taliwang is another special barbeque chicken dish; however, they are served with an extremely hot chili sauce.

2. *Sate Pusut Bakar*

This great chicken fillet is marinated in spices. The meat is later screwed into a bamboo stick and barbeque till perfection.

3. *Ayam Beberok/Sasak*

Ayam Beberok/Sasak is a fried chicken dish that is boiled for 2 hours prior the deep frying. The meat is so tender that you can see juices flowing out of the chicken when it is served hotly. The view and aroma itself will make your mouth water.



1. *Plecing Kangkung*

Plecing Kangkung is a vegetarian dish which is a native of the Lombok region. Most often the Kangkung vegetable is cooked along with bean sprouts and served with the famous Sambal Terasi.

2. *Beberok Terong*

The Green Brinjals that are native of Lombok, finely cut and severed with Sambal Terasi. This dish is a favourite amongst the locals. Sayur Nangka uses jackfruit as their main ingredient. The jackfruits are cooked in curry flavored coconut milk till tender and flavorful.





1

1. *Sayur Nangka*

The preparations of this popular dish are an eye opener. Firstly, slices of chicken, bean sprouts, prawn, fried tofu, noodle and a special sticky sauce are put in a bowl, which then are stirred to perfection before serving.

2. *Sate Pencok*

Sate Pencok could only be found in the region. The dishes are made of cow skin which are then barbeque and severed with hot chili sauce.



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3. *Bumbu Rempah*

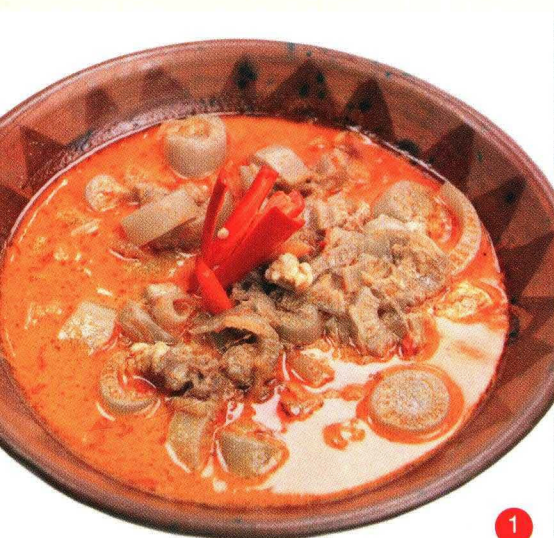
The sweet, sour and spiciness of this one of a kind curry fish dish could make every taste bud dances. This dish is normally served with Mangkokan leaf and lokio.



3

1. Sayur Ares (Ati Batang Pisang)

Ever a dish made of the innards of a banana tree? Well, don't imagine. This unique dish is a favorite and a must have for parties in Lombok region. The innards are cooked in curry flavored coconut milk, left overnight till being perfected.



1



2

2. Dodol Rumpit Laut

Dodol is a sweet cake that could be made by using various ingredients. However, this region offers a one of a kind, as they uses seaweed which is later dyed in various colors making this dessert attractive and tasty.

Kalimantan

Kalimantan is the 3rd largest island in the world and it is located at the center of Maritime Southeast Asia. Administratively this island is divided among Indonesia, Malaysia and Brunei. The Indonesian region of Borneo is called Kalimantan. Kalimantan province administratively is divided into 4 provinces.



East, West, South and Central Kalimantan, major ethnic groups including the Dayak, Malay and Chinese which make up about 90% of the total population. This diversity has made another new frontier of Indonesian cuisines.

We will review famous cuisines from each 4 provinces, as follows:

WEST & CENTRAL KALIMANTAN

West Kalimantan is a one of four provinces in Kalimantan. Its capital city, Pontianak, is located right on the equator line. The province has an area of 146,807 km with population of about 3.74 million people. The influences of the Chinese community are very much evident in the cuisines.

Meanwhile, Central Kalimantan is also one of the 4 provinces in Kalimantan. Its provincial capital is Palangkaraya. The province has a population of 1.9 million and grow 2.7% annually. Central Kalimantan is dominated by the Dayaks, the indigenous inhabitants of Borneo. Their traditional way of living could be reflected on the cuisines they prepared. Amongst the favorites, are as follows:

Kalimantan



Sate Payau

Sate, an Indonesian delicacy that is similar to meat on skewers. Sate Payau however, uses deer meat and barbecued till perfection and severed with sweet peanut sauce. The softness in texture and aroma will leave you wanting for more.

1. Nasi Bekepor

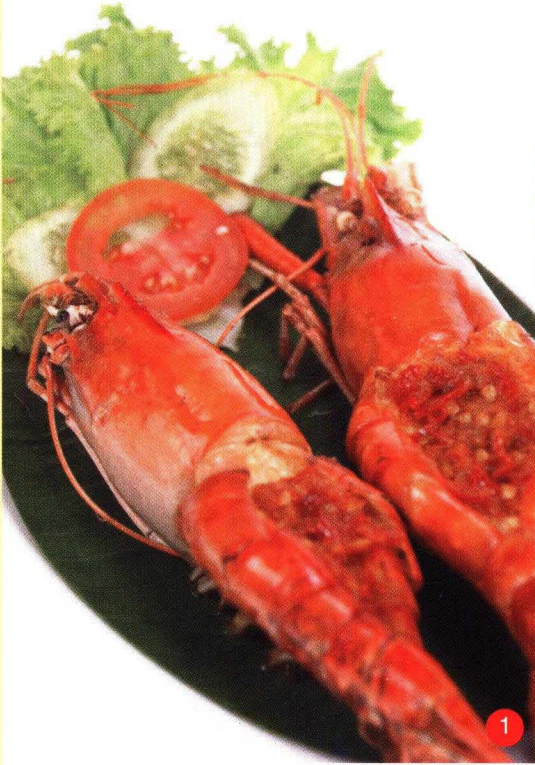
It is a local delicacy for the region, that cook rice in a traditional utensil called Peruk or Dandang, the rice are spiced well which in return contributes to the pleasant aroma and taste.



2. Ikan Lais Kumis Beracun

Lais fish contains poison if it is not well prepared. The special skill in preparing the fish is essential and only could be found in Kalimantan. The fish is later deep fried and served with Raja chili sauce.





1. Udang Galah Sungai Mahakam

Large fresh water prawns that are native of Mahakam River in Kalimantan, are deep-fried and served with hot chili sauce on top. The sweetness of the Prawns alone created natural sweetness of the meat and along with the hot sauce, it is sure a perfect blend.

2. Ikan Bakar Biawan

Biawan Fish is also a native of Kalimantan region. The fish is marinated in special ingredients and are later baked or barbequed till perfection. The saltiness and the rich spiced used will make you wanting for more.

3. Pais Pipih Ikan

As of the specialty dish of the West Java region, Kalimantan locals has their own version of Pais, using different ingredients from those in West Java, they clearly successful in adapting and made them their own.

4. Gence Haruan

It is a fish dish that is barbequed with a special blended sauce. This dish is amongst the favorite with the natives.



1. Tenu Terong

Terong or Brinjals are favorite for any Indonesian locals. This delicacy is amongst the favorite. The preparation is a handful as they need to peel the Brinjal's skins after barbequing them. The skinned Brinjal meat are later spiced and severed with special chili paste. A must try for vegetarian lovers.

2. Sambal Raja

Raja chili sauce is made from various herbs and spices. As often, they are mixed with fruits such as unripe Mango and Kedondong. To top it off, boiled egg is often mixed as part of the sauce. This chili sauce is amongst the favorite with the natives.



3. Sayur Santan Rajak Singkil

A leaf of the Singkil tree is cooked in heavy coconut milk that in return accentuates the flavor of the dish. Fresh herbs are added to make the dish a clear perfection.



Sulawesi

Sulawesi is one of the four larger Islands of Indonesia and is situated between Kalimantan and the Maluku Islands. Covering an area of 174,600 Km and with a distinctive “K” shape, it is well-known for the best sea produce throughout Indonesia.



The central part of the island is ruggedly mountainous, such that the island's peninsulas have traditionally been remote from each other. Hence, people use the sea more than land for travels.

The island itself is subdivided into 6 provinces of Gorontalo, West, South, Central, South-East and North Sulawesi. The largest cities are Makassar on the southwestern coast and Manado on the Northern tip. True to its geographic outlook, their culinary has revolved around seafood cuisines. Amongst the top recommended food in this region are highlighted and reviewed as follows:



Sulawesi



Rica-rica

For spicy food lovers, this is wonderful spice should be tried. Locals blend them well with any main ingredients such as seafood and chicken. With such popularity, this dish could be found through out the island of Sulawesi.

1. Perkedel Jagung

Sweet corn is the main ingredient to this traditional and well-known dish. The corns are peeled and are deep fried in flour, creating a cake. The saltiness of the flour and the sweetness of the corn create a perfection blend and taste that could satisfy any taste buds



2. Sop Kuah Asam Pile Ikan Kakap

Kakap fish is the most common sea produce that could be found in any market in Indonesia. However, since Sulawesi is one of the best producers for seafood, automatically, the seafood dish is the best amongst all. In this great dish, the Kakap fish are cooked in sour taste soup. The sourness makes this soup light and easily enjoyable no matter how much you eat.



3. Bunga Papaya Tumis Ikan Cakalang

This dish is a special dish of the Manado locals. Papaya leaf is stir-fried with meat of Cakalang fish. The saltiness and the fresh aroma of the leaf make this dish special.

4. Ayam Woku Belanga

Imagine a tender and spiced induced chicken meat, with an element of surprise. This description fits perfectly as the chicken is stuffed with luscious sticky gravy that made tasting this dish an unforgettable one.

1. Iga Bakar

For you beefy ribs lover, this is the dish for you. Even though they are also barbequed till tender and perfect, the spices used for this wonderful dish is one of a kind. Treating the taste buds of many culinary experts throughout the world, you could easily found this great dish in most Makassar restaurant throughout Indonesia. But remember, the best are always found in the roots. So, if you travel to the region, do make sure you try this mouth watering, spicy, aromatic and tender barbequed beef ribs.



2. Coto Makassar

Another native dish of Makassar, it is also a distant cousin of the Javanese Soto. However, the soft milk gravy together with slices of beef and a dash of lemonade has distinguish position themselves as top notch Indonesian cuisines.

Papua

Papua is the largest province of Indonesia. Compromising a majority part of the western half of the island of New Guinea and nearby islands. Papua is the official Indonesian and internationally recognized name for the province.

WEST PAPUA

PAPUA

Manokwari

Jayapura



The government of Indonesia was later renamed the province to Irian Jaya during Suharto's Administration. Irian Jaya bore the meaning Glorious Irian. Ironically, the locals of the regions rather call themselves Papuans rather than Irianese.

The largest city of Papua is located in Jayapura. Since her founding in 7 March 1910, the cities have developed to home a modern civil, educational and medical services. Amongst the ethnic Papuans, the city is also known as Prot Numbai, the former name before the arrival of immigrants. According to the year 2,000 census, 78% of the Papuans identified themselves as Christian with 54% being Protestants and 24% being Roman Catholic. The rest are of 21% Moslem and less than 1% was Buddhist or Hindu.

Papua is inhabited with various native tribes, hence, the culinary arts of the region is one of a kind and some couldn't be found anywhere else in Indonesia. With fertile soil and good agricultural background, you could find easily good vegetables and rare fruits. One of which is Buah Merah, which is known or believed to be very beneficial in curing cancer.

It is very hard to describe further by words, the uniqueness of ingredient and cuisines that could be found in Papua, however, we do highlight below the favorite dishes from all around Papua region:

Papua



Cumi Hitam Papua

It is another special stir-fried squid meat with various local spices and the black ink of the squid. The aroma of the spices accentuates the freshness of the squid meat. Surely a great dish.



1. *Kuah Asam Kepala Gabus*

This favourite of the Papua locals uses Gabus fish head as the main ingredient. Cooked in water along with sour taste of Belimbing Wuluh and served with a Papeda. A must try!

2. *Papeda*

It is a traditional snack that is often served as an additional to other dishes. Made from cooked corn starch or Sagu.

3. *Ganemo Bunga Pepaya*

It is another unique local dish of Papua. Made of flowers of Papajas tree and leaf of soybean plant. The bitterness of the Papajas flowers are eliminated by the soybean leaf during stir-fry. The fresh taste of the dish can wash the heaviness of the other delicacy you may enjoy together.

4. *Sagu Kering*

Is a well known breakfast food of the locals that could be found in most restaurant or snack bar in Papua. Made of dried corn starch, usually are eaten by dipping them in coffee or sweet tea.

Coffee



Indonesia is currently the fourth largest producer of coffee in the world.

Blessed with an ideal geography for coffee growing, the longitude and latitude of Indonesia are well suited the micro-climate for the growth and production of coffee.

Coffee plantations were also established in most part of Java, Sumatra and Sulawesi Island. All has very distinct aroma and flavor. The biggest plantation of which are on Java Island and many of the produce are exported, has created an international reputation by itself. Apart from the prominent growing areas mentioned above, East Timor, Papua and Flores are amongst those who produce one of the best arrays of coffee beans. In fact, their greatness could be track back to the 16th to 17th century, where the Portuguese and Dutch has tried to take control over.

Coffees the following region are most recommended:



Toraja's Coffee

This superb Toraja coffee was made famous around the world, by the Dutch, and Key Coffee used to import it to Japan in the pre-war years, where it was enjoyed by its many ardent connoisseurs, under the name of Toarco Toraja.



Irian's Peaberry

The Purosa estate is located in the Okapa valley in the Eastern Highlands province. This Papua New Guinea coffee is grown at an altitude between 5,100 and 6,900 feet. Fully washed and sun-dried. A blend of the Typica and Bourbon varietals, creating a wonderful flavor profile.



Java Wib Coffee

This is no accident of nature. Whilst the islands' rich volcanic soils, plentiful rainfall and ideal tropical climate provide superb coffee growing conditions, it was the arrival of Portuguese, Dutch, Spanish and British traders in the 17th Century which resulted in a colonial presence and the introduction of valuable plantation crops such as tea, sugar, rubber, cocoa, teak, and coffee.



Sumatran Mandaheling

Coffee is produced outside of Padang, which is the west coast coffee district of Sumatra. Many consider the Mandaheling coffees to be among the world's finest and most admired, and certainly among the best Sumatran coffees. You can expect a low-key acidity and a heavy, almost syrupy, body with a concentrated and complex flavor.



Luwak's Coffee

Kopi Luwak are robusta or arabica coffee beans which have been eaten by and passed through the digestive tract of the Indonesian Civet (family of Viverridae). "Luwak" is local name of this animal which eats the raw red coffee 'cherries' as part of its usual diet. It is believed that enzymes in the stomach of the civet add to the coffee's flavour through fermentation of some type.

Ending Notes

Hopefully you will enjoy our all-round cuisine tour of Indonesia. We are eager to share with you our great and one of kind cuisines and beautiful country.

See you in Indonesia soon.
Yours Sincerely,

Ministry of Culture and Tourism



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Aceh Restaurant

Restaurant Diah Rana, Jl. T.R.Angkasah
Tapak Tuan, South Aceh.

Tel: (62 656) 21444; 21445.

Fax: (62 656) 21555.

Restaurant Seulawah, Jl. Prof. A. Madjid
Ibrahim II No. 3, Banda Aceh.

Tel: (62 651) 22788; 22872.

RM. Aceh Seulawah, Jl. Bendungan Hilir
No. 9, Central Jakarta.

Tel: (62 21) 5708660; 70088781.

RM. Aceh Baru, Jl. Kelapa Gading
Boulevard, Blok LB III No. 32 North Jakarta.

Tel: (62 21) 4501070; Fax: (62 21) 4500806.

Medan Restaurant

Restaurant Silintong, Jl. Tuk-tuk Sihandong,
Simanindo P.Samosir District,
South Tapanuli Regent.

Tel: (62 625) 41345; Fax: (62 625) 41249.

Restaurant Soliga, Jl. Desa Sifailette,
Gunung Sitoli, Nias Regent.

Tel: (62 639) 21815; Fax: (62 625) 41019.

Restaurant Dhaksina, Jl. Sisingamangaraja
20, 20213, Medan.

Tel: (62 61) 324561; 324531; 7120000.

Fax: (62 61) 740113.

Restaurant Berastagi, Jl. Letjen. Suprpto
No. 2, Central Jakarta.

Tel: (62 21) 4254737.

Rumah Makan Raja Melayu, Jl. Citarum
No. 10, Bandung.

Tel: (62 22) 7234140.

Padang Restaurant

Restaurant Pondok Salero Mintua, Jl. Raya
Padang - Solok KM. 26, Gunung Sitoli.

Restaurant Simpang Raya Group,
Jl. Bundo Kandung No. 3-5, Padang.

Tel: (62 751) 26430.

Restaurant Ratu Padang, Jl. Raya Panjang
Blok Z 2 No. 45, Jakarta 11520,

Tel: (62 21) 98606888.

Restaurant Padang Raya, Jl. Boulevard
Raya, Kelapa Gading, Jakarta.

Tel: (62 21) 4532651.

Restaurant Padang Sederhana, Jl. Cibadak
No. 93, Bandung.

Tel: (62 22) 4205336.

Palembang Restaurant

Restaurant Palapa Jaya, Jl. Kapt. A. Rival,
Palembang.

Tel: (62 71) 372950.

Pondok Shalom, Jl. Boulevard Raya, Blok QJ
1/9, Kelapa Gading, Jakarta.

Tel: (62 21) 451348; 4527860

Rumah Makan Sari Sanjaya, Jl. DR. Satrio
No. 18.A, Casablanca, Jakarta.

Tel: (62 21) 52901588; 68160022

Jakarta and Banten Restaurant

Gado-Gado Boplo, Jl. Panjang Green
Garden, West Jakarta.

Tel: (62 21) 56966863; Fax: (62 21) 56980508.

Sate Tomang, Jl. Tomang Raya No. 44,
West Jakarta.

Tel: (62 21) 5673243.

Sate Pancoran, Jl. Raya Pasar Minggu
No. 44, South Jakarta.

Tel: (62 21) 7992276.

West Java Restaurant

Sajian Sunda Sambara, Jl. Trunojoyo No. 64,
Bandung - 40115.

Tel: (62 22) 4208757; Fax: (62 22) 4204770.

Ayam Goreng Cianjur, Jl. Raya Cipanas,
Cianjur.

Tel: (62 263) 513187.

Palasari, Jl. Mayor Abdurrachman No. 153,
Sumedang.

Tel: (62 261) 201500.

Sajian Sunda Sambara, Jl. Cipete Raya
No. 14, South Jakarta.

Tel: (62 21) 98266357; Fax: (62 21) 7691427.

Yogyakarta and Central Java Restaurant

Ayu Joyo Restaurant, Jl. Rotowijayan 3,
Yogyakarta.

Tel: (62 274) 464522; 540475.

Fax: (62 274) 380145.

Pring Sewu Restaurant, Jl. Magelang.
Tel: (62 274) 564994; Fax: (62 274) 580491.

Rumah Makan Nyonya Dapur, Gading
Batavia Blok LC 10/8, Jakarta.
Tel: (62 21) 4526226.

Gudeg Wijilan, Gading Batavia Blok LC 9/27,
Kelapa Gading.
Tel: (62 21) 45854452.

Ayam Kremes, Gading Batavia Blok C 11
No. 6, Jakarta.
Tel: (62 21) 45854373.

East Java Restaurant

Bu Cokro, Jl. Dharmahusada No. 190,
Surabaya.
Tel: (62 31) 5947748; Fax: (62 31) 5993736.

Depot " Jawa Timur " Restaurant,
Jl. Jend. Gatot Subroto No. 36, Jember.
Tel: (62 331) 85570.

Depot 369, Surabaya Plaza Lt. I/C-1,
Surabaya.
Tel: (62 31) 5315088.

Depot " Jawa Timur " Restaurant,
Jl. P. Diponegoro No. 73, Manado.
Tel: (62 431) 51085.

Kalimantan Restaurant

Warong Selera Acil Inun's, Jl. Kadrie Oening
No. 100, Samarinda, East Kalimantan.
Tel: (62 541) 746622.

Warong Selera Acil Inun's, Jl. Pakubuwono
VI No. 57, South Jakarta.
Tel: (62 21) 7245813.

Sulawesi Restaurant

Manado Wakeke Restaurant, Jl. Wakeke
No. 12-14, Manado.
Tel: (62 431) 52797; 540400.

Coto Makasar Anugerah, Jl. Raya Abepura,
Abepura, Papua.
Tel: (62 967) 588277.

RM. Manado Chamoe – chamoe,
Jl. Panglima Polim IV No. 53, Kebayoran Baru,
Jakarta.
Tel: (62 21) 7208294; 7267094.
Fax: (62 21) 72791805.

RM. Daeng Tata, Jl. Casablanca No. 33,
South Jakarta.
Tel: (62 21) 8354444.

Bali Restaurant

Puri Ayam Goreng, Jl. Raya Kuta, Kuta, Bali.
Tel: (62 361) 751644.

Ulam, Jl. Pantai Mengiat, Nusa Dua.
Tel: (62 361) 771590; Fax: (62 361) 774166.

RM. Ajengan, Jl. Panglima Polim I No. 65,
Kebayoran Baru, Jakarta.
Tel: (62 21) 7220227.

Ulam Bali & Seafood Resto, Jl. Kemang Raya
Selatan No. 98.A, Jakarta.
Tel: (62 21) 7805572.

Bebek Bali, Taman Ria Senayan, Jakarta.
Tel: (62 21) 5747670.

West Nusa Tenggara Restaurant

Taliwang Rumah Makan, Jl. A.A. Gede
Ngurah 26, Cakranegara, West Nusa Tenggara.
Tel: (62 370) 622394.

RM. Ayam Bakar Taliwang Bersaudara,
Jl. Tebet Raya No. 10.A, Tebet,
South Jakarta.
Fax: (62 21) 8298592.

Papua Restaurant

Jayapura, Yougwa Restaurant, Telaga Maya
Danau Sentani, Jayapura

Anging Mamiri Rumah Makan,
Jl. Werep, Jayapura

Apose Rumah Makan Dok V Atas, Jayapura
Yougwa Restaurant, Jl. Boulevard Raya Blok
WA 2 No. 31, Kelapa Gading permai,
North Jakarta.
Tel: (62 21) 4530419; 98953089

Coffee

Coffee Tree, Kelapa Gading No. 38,
North Jakarta.

Starbuck coffee, Metro Pondok Indah Blok
3.B, South Jakarta; Tel: (62 21) 75901384

Starbuck coffee, Jl. Cihampelas No. 160,
Bandung; Tel: (62 22) 2061102

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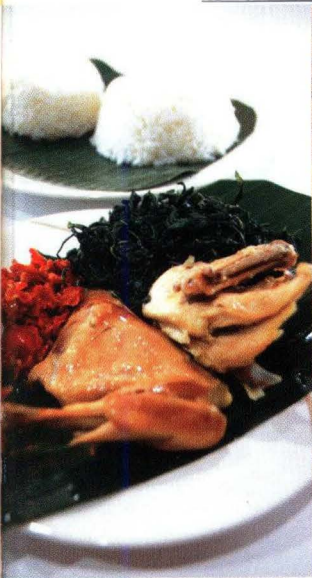
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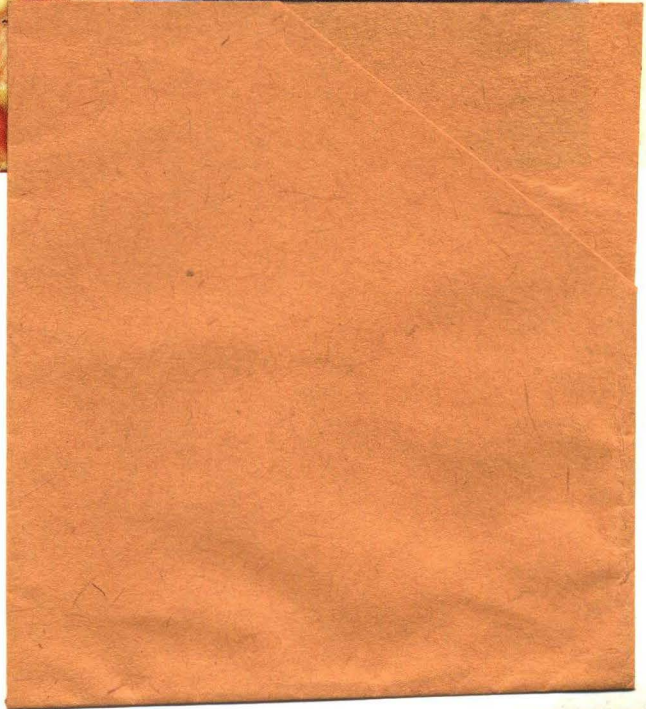
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