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### **Meals:**

- **Breakfast:** or *sarapan* is a small to medium meal that commonly centers around rice. Eggs, chicken, bread, and fruit are also common elements to an Indonesian breakfast.
- **Lunch:** or *makan siang* is commonly the largest meal of the day, and is based around rice. Meat or fish with a vegetable is very common, but so are soups and noodles.
- **Dinner:** or *makan malam* is a lighter meal that is often very similar to the lunch dishes.
- **Snacks:** are also taken incrementally throughout the day. Grilled meat skewers, chopped fruits and vegetables, and peanuts are all common Indonesian snacks.

### **Frequently Used Foods:**

- **Fruits and Vegetables:** Jackfruit, durian, banana, lime, guava, mango, papaya, pineapple, water apple, pomelo, spinach, corn, garlic, eggplant, cabbage, carrot, potato, shallot, onion, chillies, leek
- **Protein:** Chicken, beef, duck, goat, peanut, fish, shrimp, eggs
- **Spices:** White pepper, black pepper, turmeric, cardamom, caraway, nutmeg, clove, lemongrass, coriander, basil, sesame, soy

- **Oils/Misc:** Coconut oil, palm oil, Peanut oil, rice, coconut milk, candlenuts

### **Ten Regional Favorite Dishes With Links to Interesting Recipes:**

- **Gado-gado:** [[recipe](#)] [[images](#)]
- **Ayam Bakar:** [[recipe](#)] [[images](#)]
- **Beef Rendang:** [[recipe](#)] [[images](#)]
- **Sambal:** [[recipe](#)] [[images](#)]
- **Nasi Goreng:** [[recipe](#)] [[images](#)]
- **Bubur Ayam:** [[recipe](#)] [[images](#)]
- **Bakpao:** [[recipe](#)] [[images](#)]
- **Martabak:** [[recipe](#)] [[images](#)]
- **Siomay:** [[recipe](#)] [[images](#)]
- **Lapis Legit:** [[recipe](#)] [[images](#)]

**Religion:** Slightly more than 87% of Indonesians are Muslim, predominantly Sunnis.

### **National Holidays and Dietary Requirements:**

- Because the country is overwhelmingly Muslim, pork is not widely consumed.
- **Ramadan-** This holiday occurs during the ninth month of the Islamic calendar. In the Islamic faith, Ramadan is regarded as a month of fasting. While fasting from dawn to sunset, Muslims must refrain from eating, drinking liquids, and smoking. [additional info](#)
- **Indonesian Independence Day** is celebrated annually on August 17th. Festivities during the Independence Day week include fireworks, parades, grand lighted spectacles, and a nationally televised flag raising. Yellow rice is a common food during these times of celebration. [additional info](#)
- **Muslim Day of Sacrifice** (*Eid al-Adha*) is an Islamic festival to commemorate the willingness of Ibrahim to follow Allah's command to sacrifice his son. This holiday last for four days, beginning on the 10th day of *Dhul Hijah* (the last month of the Islamic calendar).

**Etiquette:** Washing hands are customary before any meal, especially for a meal eaten without utensils. When eating with your hands, use your right hand to pick up and eat food, and keep the left hand at your side.

Spoons are the most important form of cutlery, forks are also used for many meals, and knives are almost nonexistent for diners. If any dish requires cutting, the side of the spoon is used, then the fork.

In a restaurant setting, it may be required to share a table with another group of diners. If that happens, you are supposed to act as though you are seated at a private table and not force conversation.

**Food History:** Indonesia's diverse cuisine is a reflection of the vast array of cultures and traditions of the surrounding archipelago, containing more than 6,000 islands. Further, over the past few centuries, there has been an increasing influence from countries like India, China, the Middle East, and Europe. Because of the varying influence throughout the country, Indonesian cuisine expresses distinct regional variations, each unique and delicious.

Additional information and acknowledgements:

[http://www.etiquettescholar.com/dining\\_etiquette/table-etiquette/pacific\\_dinner\\_etiquette/indonesian.html](http://www.etiquettescholar.com/dining_etiquette/table-etiquette/pacific_dinner_etiquette/indonesian.html)

<http://culinary-indonesia-01.blogspot.com/2013/02/a-short-hhstory-of-indonesian-cuisine.html>

<http://travel.cnn.com/explorations/eat/40-foods-indonesians-cant-live-without-327106>