



## Sambal Making Class

Learn inclusive recipes from Indonesia's fiery spice tradition and experience the joy of heat.

### Price

Rp 480,000 per person (min. 2 participants)

### Duration

3 hours of immersive culinary discovery

### Program Highlights

Step into the vibrant world of Indonesian flavors as you explore the art of *sambal*-making. This hands-on class is designed to be both educational and joyful, guiding you through the techniques, stories, and traditions behind Indonesia's most beloved condiments.

During the class, you will learn to prepare seven iconic *sambals* (chili-based sauce, paste and spicy condiment), each with its own character and regional flair.

### Learning Outcome

By the end of this program, you will:

- Understand the foundational techniques behind sautéed, raw, and lightly fried sambals
- Learn how to balance heat, acidity, sweetness, and umami using natural Indonesian ingredients
- Gain confidence in layering aromatics such as chilies, shallots, lemongrass, lime leaves, and candlenut
- Master the preparation of tempe and tahu goreng as versatile, protein-rich side dishes
- Develop a deeper appreciation for regional Indonesian flavor profiles and how sambal elevates every meal
- Bring home practical skills to recreate the flavor enhancers with mindfulness, intention, and joy

### Experience

This class is more than cooking — it's a cultural journey. You'll pound chilies in a mortar, balance flavors with tamarind and lime, and discover why sambal is the soul of Indonesian cuisine. By the end, you'll not only master recipes but also carry home the joy of creating fiery flavors that bring people together.



## Basic Cooking Knowledge

### Choosing Your Healthy Oil

Understanding how to choose the right cooking oil is an essential part of basic cooking knowledge. Although there are many alternatives for creating crispy and savory dishes, deep-fried food is not necessarily harmful when prepared mindfully. By selecting high-quality, stable oils that can withstand heat, we can enjoy fried dishes with confidence. The key is knowing which oils support the body rather than burden it, allowing us to savor texture and flavor while still honoring long-term wellness.

### How to Prepare and Enjoy Fried Food at Its Best

Fried food often carries a bad reputation, but when cooked and consumed properly, it can be both joyful and satisfying. With the right techniques — such as maintaining proper oil temperature, using clean ingredients, and pairing fried items with lighter sides — we can reduce risks and elevate the experience. In this approach, fried dishes become an important element on the plate, adding depth, contrast, and comfort without compromising balance.

### Neutralizing the Heat After a Sambal Celebration

A meal that includes sambal is always full of excitement — the fiery spark it brings is part of its charm. Yet sometimes the heat can be overwhelming and create discomfort in the tummy. In this class, we explore simple, natural ways to cool the body after enjoying spicy food. You'll learn how to neutralize the heat and calm the "typhoon of fire" in the stomach, ensuring the meal remains enjoyable from the first spicy bite to the final soothing finish.

## Sambal Program

Indonesian cuisine is a celebration of bold flavors, vibrant colors, and the joyful balance between heat, aroma, and freshness. In this cooking program, you'll dive into the heart of that tradition through the art of sambal making — a cornerstone of Indonesian food culture. Each sambal tells a story: some are fiery and intense, others bright and citrusy, while a few offer comforting richness. Together, they form a tapestry of taste that transforms even the simplest dishes into something unforgettable.

Throughout the session, you'll explore a curated selection of sambals, each showcasing a different region, technique, and personality:

- Sambal Tomat – tangy and lightly fried for depth.
- Sambal Terasi & Sambal Terasi Jeruk Limau – bold shrimp paste sambal + with a citrus twist version
- Sambal Bajak – Javanese-style - sautéed and aromatic
- Sambal Kecap Manis – sweet soy sambal - simple yet irresistible.
- Sambal Ijo – Padang – west Sumatra's green chili sambal - fresh and vibrant.
- Sambal Kemiri – creamy candlenut sambal with nutty richness.
- Sambal Matah – Balinese spicy, fresh and aromatic condiment.

As a bonus, you'll also learn how to make authentic Indonesian tempe and tahu goreng, perfect companions to your sambal creations.

Reserve Now