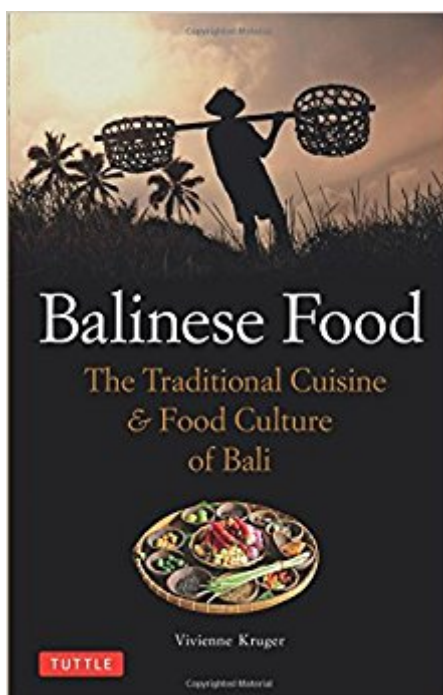


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# Balinese Food: The Traditional Cuisine & Food Culture Of Bali



## Synopsis

Explore the exotic world of Balinese cooking – a cuisine dedicated to the gods and fueled by an aromatic array of fresh tropical island spices and ingredients! In *Balinese Food: The Traditional Cuisine & Food Culture of Bali*, Dr. Vivienne Kruger brings to life Bali's time-honored and authentic village cooking traditions. In over 20 detailed chapters, Dr. Kruger explores how the island's intricate culinary art is an inextricable part of Bali's Hindu religion, its culture and its community life. This book provides a detailed roadmap for those who wish to make an exciting exploration into the exotic world of Balinese cooking, with chapters on: The traditional Balinese kitchen Snacking at a roadside warung food stall Visiting a traditional Balinese market Preparing delicious satays with a Balinese twist Brewing heavenly kopi Bali coffee Containing interviews with Balinese master cooks and over 40 of their favorite recipes, *Balinese Food* presents the full range of food experiences you will find in Bali. Sections devoted to ingredients, equipment, and resources make *Balinese Food* a delightful social and cultural guide to the food of this fascinating island. "Balinese Food is an important contribution to the rapidly expanding scholarly study of foodways in various parts of the world – an important new subset of social and cultural history." – Alden T. Vaughan, Professor emeritus of History, Columbia University

## Book Information

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## Customer Reviews

"In an interview with Phi Beta Kappa member Vivienne Kruger, I was privileged to glimpse inside the fragrant, nuanced world of Balinese cuisine and food culture as brought to life in Kruger's new book *Balinese Food: The Traditional Cuisine & Food Culture of Bali*." – The Key Reporter, Phi

Beta Kappa's Publication for News and Alumni Relations" This is a fascinating read on Balinese culture and I would highly recommend it to anyone interested in or planning on traveling to Bali." [Sandra's Kitchen Nook](#) "Just when you thought you knew a lot about Bali, along comes this in-depth look at the cuisine and how it fits into everyday culture. In Balinese Food the author brings to life Bali's time-honored and authentic village cooking traditions." [Living in Indonesia](#), a site for expatriates, [Expat.or.id](#) "Vivienne Kruger's long connection to Bali, her love of Balinese food and academic eye for detail has resulted in a book that breaks new ground in its study of Balinese culture, the Island's delicious food, and the accompanying ancient traditional cooking methods." [Bali Update](#), [BaliDiscovery.com](#) "We meet the culture through its cuisine and have the opportunity to experience it first hand through an array of delicious recipes." [American Herb Association](#) "Overall, I thoroughly enjoyed Balinese Food: The Traditional Cuisine & Food Culture of Bali and learning more about the cuisine of this island. I really hope I get the chance to visit someday and try the food firsthand." [Tara's Multicultural Table](#) "Dr Vivienne Kruger has written a book that is as satisfying as the food that she describes." [Jonathan Copeland](#), author of *Secrets of Bali, Fresh Light on the Morning of the World* "I've known a lot about Bali over my 37 years of going there but I didn't always know WHY those things were that way culturally, so [Balinese Food] is a fun read!" [Danielle Surkatty](#), Member of the Organizing Committee, Living in Indonesia

Dr. Vivienne Kruger is a social and cultural historian with a doctorate from Columbia University. Famous cookbook author, culinary columnist, and Bali expert, Dr. Vivienne Kruger, is now leading fabulous new, fully escorted group tours to Bali (Bali Paradise Deluxe Tours). For more information, please visit: [www.balinesefoodtraditionalcuisine.blogspot.com](http://www.balinesefoodtraditionalcuisine.blogspot.com)  
[www.balinesefoodculturaltourstobali.blogspot.com](http://www.balinesefoodculturaltourstobali.blogspot.com) [www.baliparadisedeluxetours.blogspot.com](http://www.baliparadisedeluxetours.blogspot.com)

The author writes in convoluted repetitions making what could be a truly fascinating journey into the culinary arts of Bali into a rather boring mess. Having lived in Bali, in the villages, in a family home for two years, I found her book lacking in many respects. She forgets that the chicken and meat she buys in the store in a package has to be slaughtered before it makes it to her table. In Bali, the modern luxury of picking up a package in the supermarket does not exist and people do kill the chickens and meat by themselves. At least they always perform this with honor and prayers in a loving manner. I was really sadly disappointed in this book.

interesting

I don't know if I'd necessarily call this a cookbook. It's as much a book on the history and culture of Bali as it is about cooking. There is not a huge number of recipes in this book and, let's be frank, some are more about the culture than what a lot of us would consider cooking--Fried Dragonflies or "Holy Water" anyone? Other recipes are quite delightful such as Mixed Rice, or Grilled Ground Chicken in Balinese Spicy Sauce with Fresh Shredded Coconut and even Banana Fritters. This is a fascinating read on Balinese culture and I would highly recommend it to anyone interested in or planning on traveling to Bali. If you're just looking for Balinese food, it may or may not be right for you. There are almost no photos of the dishes, and that is very important to me when I'm trying to cook a totally unfamiliar cuisine. I like to be able to see what it's supposed to look like when I'm finished. Some of the recipes aren't as clear as I'd like, either. One recipe says to grill then young coconut for 5 minutes and then chop into cube sized pieces. Young coconut isn't something I typically cook with so I'm a little stumped. Do you grill it whole? Do you cut it in half and grill it? It's not very clear. There are multiple unfamiliar and hard to find ingredients as well, though there is a resource guide in the back of the book for places to buy Indonesian ingredients. Overall, while this is a fascinating book, it's probably not one I'll be going back to very often. I received a copy of this book from Tuttle Publishing for my honest review. All thoughts and opinions are my own.

I have known Dr, Vivian Kruger since 1997 and can attest that she is the consummate gentlewoman and a Columbia University scholar like myself. The absolute love of her life is the island of Bali and it shows in every page of her book "Balinese Food." What sets this work apart from other works on this topic is that for each recipe that she presents from this tropical island she includes a historical context about the particular food. Part history book and part cookbook, this 304-page work gives a birds-eye view of a culture for which very little was known by the Western world until the 20th Century. Known as the country with the nickname "Morning of the World," this fantastical piece of reportage/gastronomical celebration allows you to eat, cook, and pray your way through the last paradise of the world. With the way that the reader gets a tour of various locales in the country where the food is prepared, at times it feels like this piece of exploratory "non-fiction" is also a Lonely Planet guide book. I hope you enjoy this book as the recipes are quite exotic. Bon appetit!-John Alfone Corsair Media Productions

Dr Kruger takes the reader on a journey of discovery in Balinese Food. I have read, enjoyed and

learnt more about the history and culture of one of my favourite destinations. I have as yet only tried to make the Nasi Goreng, and of course the taste is not the same as when it is made in Bali. *Balinese Food* is not a cook book but a history of the culture and foods of Bali. The author provides the reader with an excellent insight and understanding of the cuisine and cultures of the people and the traditions of Bali. I recommend this book to those who are looking for more than a recipe book but an insight into this fantastic culture.

I have to declare an interest, as I contributed eleven of the forty-seven recipes, and my daughter, Morny, contributed one, but despite this, and not because of it, I can highly recommend this book. It is a fast-paced delight to read and will transport you to a fascinating, magical island, my home, rich in history, rituals, and food. I cannot pick out any particular chapter as the best, as they are all so good, and give an easy, but in-depth, insight into the little-known world of Balinese cooking. I have no hesitation in recommending this book and welcome all of you who, having read all about it, would like to visit Murni's Warung, my restaurant in Ubud, to taste the real thing. Ni Wayan Murni, Owner of Murni's Warung, Ubud, Bali. I have written numerous articles on Balinese art and culture and *Secrets of Bali, Fresh Light on the Morning of the World* by Jonathan Copeland and Ni Wayan Murni published by Orchid Press in 2010 and in its second print run. It is also available on my web site and *Secrets of Bali: Fresh Light on the Morning of the World* and as an ebook from my site. *Murni's Very Personal Guide to Ubud* by Ni Wayan Murni and photographs by Jonathan Copeland was published in October 2011 and is available as an ebook on my site and *Murni's Very Personal Guide to Ubud*. Ni Wayan Murni and Jonathan Copeland wrote *From Tattoos to Textiles, Murni's Guide to Asian Textiles, All You Need to Know ... And More*, which is an ebook available on my site and *From Tattoos to Textiles, Murni's Guide to Asian Textiles All You Need to Know ... And More*. To celebrate the 40th anniversary of Murni's Warung, *Forty Delicious Years, Murni's Warung, Ubud, Bali, 1974-2014, From Toasted Sandwiches to Balinese Smoked Duck* was published in 2014 and is available from my site.

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