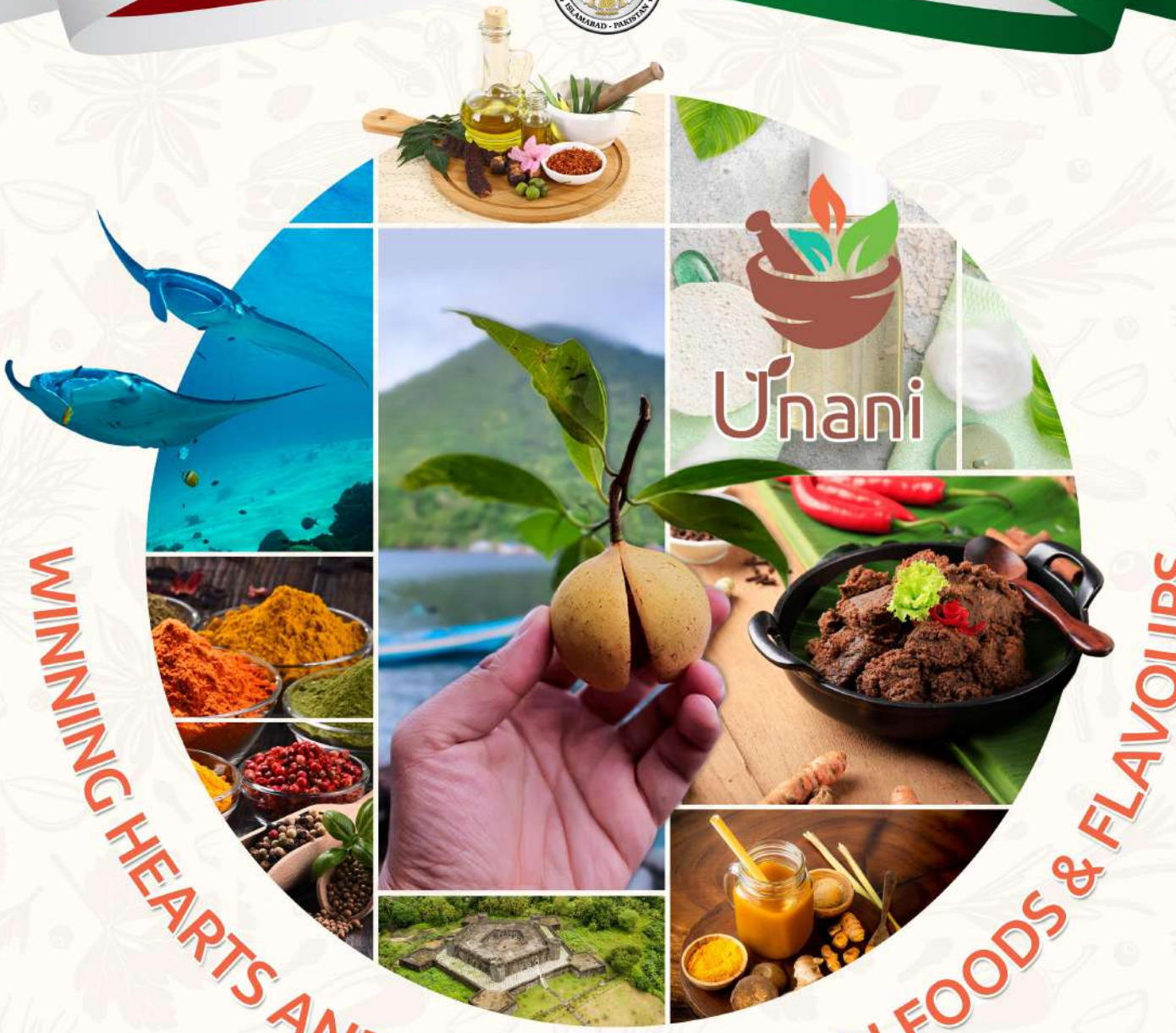
G20 INDONESIA 2022

RECOVER
FASTER
RISE
STRONGER



WINNING HEARTS AND MINDS THROUGH FOODS & FLAVOURS

INDONESIA SPICE UP PAKISTAN

First Edition@2022
Embassy of The Republic of Indonesia - Islamabad

INDONESIA SPICE UP PAKISTAN

WINNING HEARTS AND MINDS

THROUGH FOODS AND FLAVOURS


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Credits



Ambassador's Message

Mesmerizing scenic beauty, spectacular marine life, mega biodiversity, and rich diverse culture and ancient civilization briefly sums up Indonesia, one of the most culturally diverse nations in the world. Similarly, delicious cuisines and heaven of spices are equally noteworthy and impressive in the pearl of the Archipelago.

Indonesians are similar to Pakistanis. We love spicy foods a lot! Celebrating various stages of life is incomplete without food. We are found of spices food from early age. Some provinces use more spices in their meals than others, and some prefer mild cuisines. *"Mangan ora mangan ngumpul"* is a well-known Javanese adage that has evolved into a wonderful philosophy of life. *"Mangan "* means eating, represents human beings' basic necessities for survival, whereas *"kumpul"* or gathering or congregate exemplifies our human nature as social being to live and work in the society. This proverb essentially offers great social value teachings. It reflects a way of life that involves social connection with others, an attitude that prioritizes harmony over personal wants and, if necessary, refrains from eating *("ora mangan")* in order to live in peace and harmony with others. In sums, it defines the essence of individual human being who prioritizes friendship and brotherhood above selfish goals as individual beings.

The bonds of friendship between Indonesia and Pakistan are deep and abiding with notable similarities in art, fashion, cuisine, culture and traditions. Given that Indonesia and Pakistan are the two largest Muslim-majority countries, the cultural fusion of the two countries is evident in customs and traditions influenced by Islamic traditions. Students in Indonesia learned that the spread of Islam is also attributed to spice traders from Indian sub-continent especially Gujarat in the 13th Century. Indeed, the confluence of civilization between our two countries may be traced back from the traditions of Buddhism. The influence of glorious ancient Gandhara civilization of Sub-continent is also transparent in the form of curly-hair of 505 Buddha sculptures in the 9th Century Borobudur Temple in Central Java.

Today we are witnessing the bilateral fraternal ties that have continued to expand and flourish, encompassing all dimensions varying from politics to defence and security, and from economy to socio-cultural affairs. Our two countries are also working together in promoting the attainment of SDG's and in the maintenance of peace and security at global and regional levels. In continuation of our journey to explore various fascinating aspects of Indonesian-Pakistan historic affinity and cultural similarities, the Indonesian Embassy offers a book titled ***"Indonesia Spice Up Pakistan: Winning Minds & Hearts through Foods & Flavours".***

The book carries fascinating information on some amusing facts about spice trade connections along with the ancient Maritime Silk Road. It must have been startling to the readers to know that there was a time when colonial powers were fighting to secure monopoly on spice trade rather than oil. It may surprise the readers to find that economic value of certain spices surpassed the price of gold in the past. Spices were the green gold! Equally fascinating are the multiple usage of spices from culinary to beauty care and from religious rites to health care and people nowadays find them appealing for Traditional & Complementary Medicines (T&CM). Yet the readers will be astonished to learn that there is *legal lacuna* or legal gap in the global protection of the T&CM, leaving communities who have been practicing the traditional knowledge from generations gain no economic benefits for preserving them.

The book presents useful facts and figures about bilateral spice trade since Indonesia and Pakistan both produce large quantity of various spices and have big number of spice consumers. The economic benefits of spice trade are quite promising, and increased trade in this area will undoubtedly spice up our people's lives while also providing major economic benefits. Additionally, the spice industry in Pakistan is also a high-growth sector with a lot of variations and significant contribution in herbal medicine products.

Finally, apart from spices the book therefore highlights peculiar features of some famous tourists sites located in different Indonesian provinces such as Lake Toba, Mandalika, Labuan Bajo, Likupang and Borobudur Temple, that would certainly prepare the mind of aspiring tourists to visit these places at least once in their life. We add some recipes of local culinary delights you can find in the respective surrounding areas so you can cook it at home to rekindle memories for those who travelled there or as a teaser to encourage new tourists to visit and explore the archipelago. It is our fervent hope that the book would pique the interest of travelers, tourists, food lovers and entrepreneurs as well as inspire Pakistani brothers and sisters to discover more innovative ways to further strengthen cultural connection with Indonesia.

Indonesia-Pakistan Dosti Zindabad.
August 17, 2022



Adam M. Tugio

Chapter 01

SPICE T
THE FIRST GL

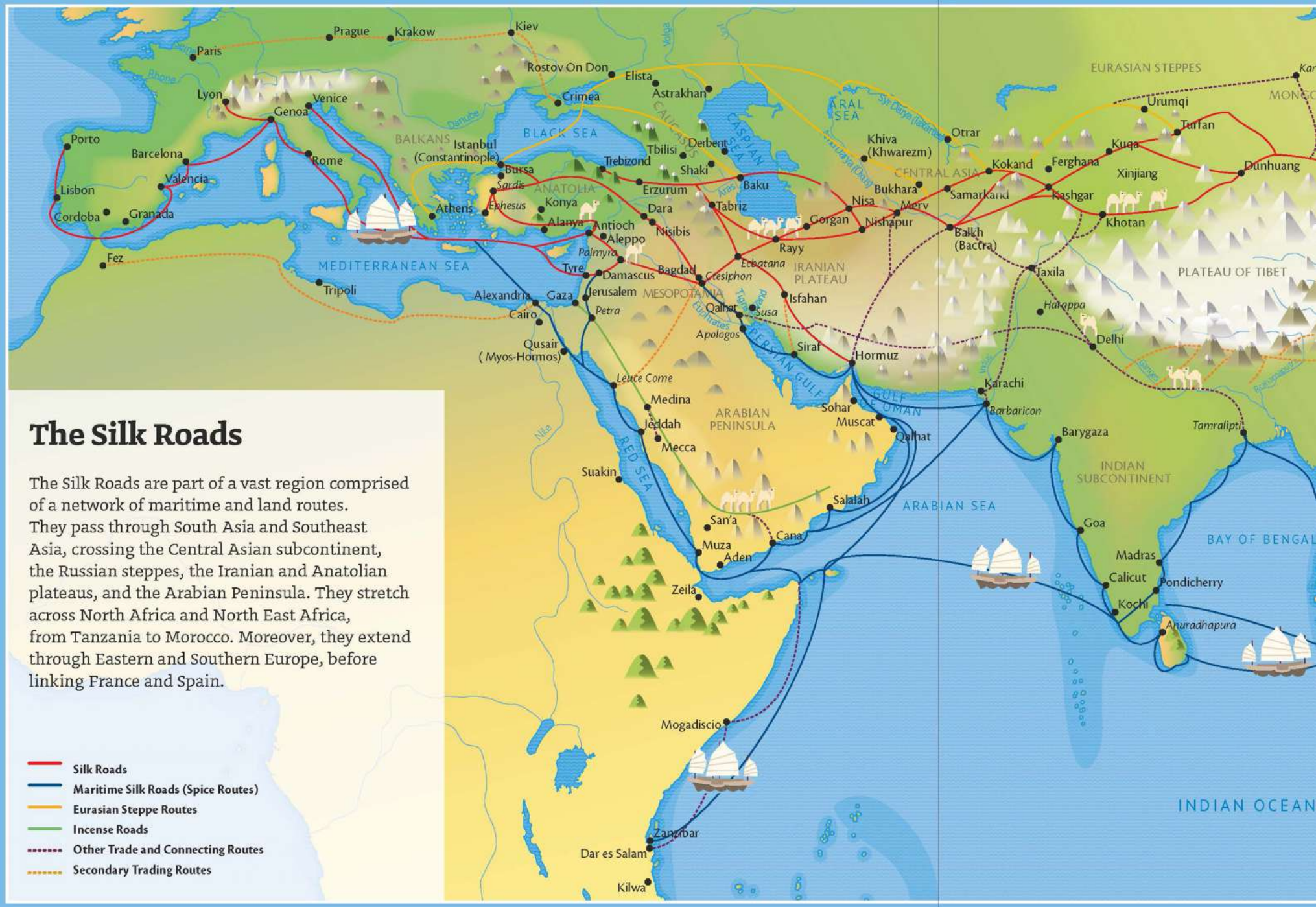
Would you believe that at the peak of spice market demand, they were so precious that one pound of expensive spice was equal to seven fat oxen? Today, it may sound strange that spices were the symbol of power, affluence and social stature in the ancient times. However, all these interesting facts carry truth. The lucrative spice trade in fact shaped a new economy and a major driving force behind globalization. The high profit margin together with multiple benefits of flavourful spices as preservatives and medicines sparked the interest of colonial empires such as Portuguese, Spanish, Dutch and England to explore and control the spice trade routes. The significant economic opportunities and growing competition to dominate the spice trade is also linked to great discoveries as well as birth of modern capitalism. The spice trade, which was mainly controlled by Chinese, Arabs and Javanese triggered the Europeans in 14th century to explore new sea routes and to directly reach the treasured spice producing islands without the involvement of middleman. In the 15th century, the spice trade was transformed by the European Age of Discovery. In 1497, Vasco da Gama eventually sailing across the Indian Ocean to Calicut, India.



RADE &
OBALIZATION

This success marked the beginning of the Portuguese Empire followed by battles among other colonial powers to gain control of lucrative spice trade. With the growing demand and popularity, European nations even started war over the Spice Islands in the archipellago that continued for about 200 years. With this background, the associated myths about spices and their extraordinary value in this chapter are quiet entertaining. For instance, cloves, nutmeg and mace were highly valued in Europe as luxury items for their unique flavours and perceived medicinal properties. In particular, nutmeg was considered more valuable than gold because it was thought to cure plague and for preserving foods. The price was also high because global demand was supplied by just a few small islands known as Moluccas or the Spice Islands. Lastly, these spices were expensive because transportation route was too adventurous and dangerous. Interestingly, the spice trade has also contributed to cultural globalization, connected the East to the West and helped in discovery of new lands and territories. With the passage of time, the value of spices started to decline as they became more common and accessible with the opening of new trade routes, expeditions and weakening of trade monopolies. Let's refresh our jurney with a brief introduction to the ancient Maritime Silk and Spice Roads.





The Silk Roads

The Silk Roads are part of a vast region comprised of a network of maritime and land routes. They pass through South Asia and Southeast Asia, crossing the Central Asian subcontinent, the Russian steppes, the Iranian and Anatolian plateaus, and the Arabian Peninsula. They stretch across North Africa and North East Africa, from Tanzania to Morocco. Moreover, they extend through Eastern and Southern Europe, before linking France and Spain.

- Silk Roads
- Maritime Silk Roads (Spice Routes)
- Eurasian Steppe Routes
- Incense Roads
- Other Trade and Connecting Routes
- Secondary Trading Routes

Source : mapofthesilkroads(UNESCO 2020a)

SILK AND SPICE ROUTES:



The word spice originated from the Latin word “species”, which meant specific kind or an item of special value. According to the Indonesian Language Dictionary (KBBI), spices are part of aromatic plants such as nutmeg, cloves and peppers.

Historians and Botanists may give different meaning of spices depending on their forms; fresh, whole dried or pre-ground dried. Despite of these differences, all are in agreement that spices have been used for generations, dating back to ancient civilizations.

Archaeologists discovered a clove mark in a burnt ceramic clay found in the Syrian desert by archaeologists. The clay and clove were discovered to have originated during the reign of Yadikh-Abu King in 1721 BC. When Visigoths sacked Rome in 410 BC, a claim of 3,000 pounds of pepper was counted in as ransom. Historically, spices were highly valued being used in cooking, many had ritual, religious or medical uses, and due to geographical scarcity. Some spices, such as cloves and nutmeg could only be grown in tropical areas in the archipelago and grew nowhere else in the world.

Throughout the Roman era and into the mediaeval period, the world's desire for spices rose, shaping economies from Asia to Europe. This demand spawned some of the world's first international trade routes, reshaping the global economy in ways that can still be felt today. Those in charge of spices had the ability to control the flow of wealth around the world. Venice was the hub of spice trade connecting Europe and Asia. In the words of Tome Pires (a Portuguese observer in the 16th century) *“Whoever is the Lord of Malacca has his hand on the throat of Venice”.*



SPICES A SIGN OF WEALTH

Historians also reveal that spices were the first goods to have a dramatic consequence, "Colonization of the New World", after Christopher Columbus took a wrong turn in search of spices, heading westward instead of eastward to reach the Americas.



Do You Know ?

In the 10th century, one pound of nutmeg was valued more than one pound of gold in Venice



Many scholars believe that globalization begun with Columbus's voyage to the New World in 1492. Yet the Silk Road, an ancient network of trade routes across China, Central Asia, and the Mediterranean used between 50 B.C.E. and 250 C.E. is perhaps the most well-known early example. As with future globalizing booms, new technologies on navigation and shipping played a key role in the Silk Road trade.

Did you know ?

During Roman Empire spices were once used to pay salary and rent. It's astonishing to know today that Roman soldiers were also frequently paid with salt.





SPICE SPARKED THE FIRST GLOBALIZATION

Aiming to find the source of spice, Europeans embarked on a Global journey that sparked the Age of Discovery in the 15th century.

Spice trade routes were created and they were not only utilised for the sale of goods and commodities but for cultural and political exhanges as well.

The pursuit fo
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r spices was one of the earliest drivers of globalization. Globalization began
ne Internet, with Asian spice trade routes circa 200 B.C. The flow of spices
gion of the world to another prompted the development of substantial
on land and along the coast. This began in the Roman era and continued
dle Ages marking the raise to discover new lands and prompted competition
al powers leading to the very beginning of globalization.

Such endeavor had led Christopher Columbus to, famously, set foot in America instead.



Source: expo2020indonesia.id





SPICE
THE TREASURE
THEY ALL DESIRED

The Age of Discovery, officially began in the early 15th century and lasted through the 17th century. Vasco de Gama landed in India 1498, almost at same time Colombus and Amerigo Vespucci sailed from Spain to explore New continent which later known as America. The period is characterized as a time when Europeans began exploring the world by sea in search of new trading routes, wealth, and knowledge. The impact of the Age of Exploration would permanently alter the world and transform geography into the modern science it is today.



resource: en.wikipedia.org



Map of the Moluccas Islands from The First Voyage Around the World (1800) by Antonio de Pigafetta.

Source: Museo Naval. Madrid. Todos los derechos reservados

Moluccas was coveted by Portuguese, Spain, England, and the Dutch.



The Treaty of Breda 1667, an agreement which settled the exhange of New Amsterdam (present day Manhattan, New York) to England for Run Island of Moluccas (in present day of Indonesia) to the Dutch.



Source: expo2020indonesia.id



Vasco da Gama Monument, Lagos, Portugal

VASCO DA GAMA & THE AGE OF EXPLORATION

The origins of spices like cloves and cinnamon could only be kept a secret for little long. Vasco da Gama, a Portuguese explorer, undertook the first sea voyage from Lisbon to Asia in 1457, with a fleet of vessels passing through the southern most tip of Africa.



source: António Manuel da Fonseca

Portuguese landed in Moluccas in 1512. Dutch through VOC captured it in 1570, and ruled the Spice Island in 1602



The quest of Vasco da Gama was motivated by a desire to cut out the middlemen for trade between Asia-Europe and avoiding the Arab hold in trading in Mediterranean and Middle-east, and Türkiye Ottoman in Constantinople. He eventually discovered a direct route to locations where gold and spices were abundant. With his arrival in Calcuta on May 20, 1498 direct trade between Europe and Southeast Asia begun to flourish. Portugal celebrated his success and his voyage launched a new era of discovery and globalization. The statue of Vasco da Gama was built in the capital of Lisbon by the Portuguese Government to honor his achievement.



THE PRECIOUS SPICE

The Age of Globalization resulted in a long-term change in diet of Europeans, which became far less boring. Spices were used in Asia for as long as been people living there, but spices become a new emblem of high social status in Europe resulting in the desire for spices that went beyond their aroma. Spices became a new means of defining what it meant to be influential and powerful. Spices became an opportunity for elites for extravagant display influencing everybody else that it is out of reach of spices.



Nutmeg: As the most expensive & sought-out commodity at the time, being in possession of spice made you a part of the elite few.

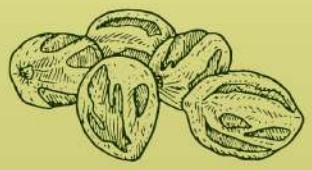




In the past, Arabian traders would hide the source of spices, which led to European creating a myth about the mysterious spice by saying that

"It might be from paradise"





How expensive were spices then?

1 Pound of Nutmeg



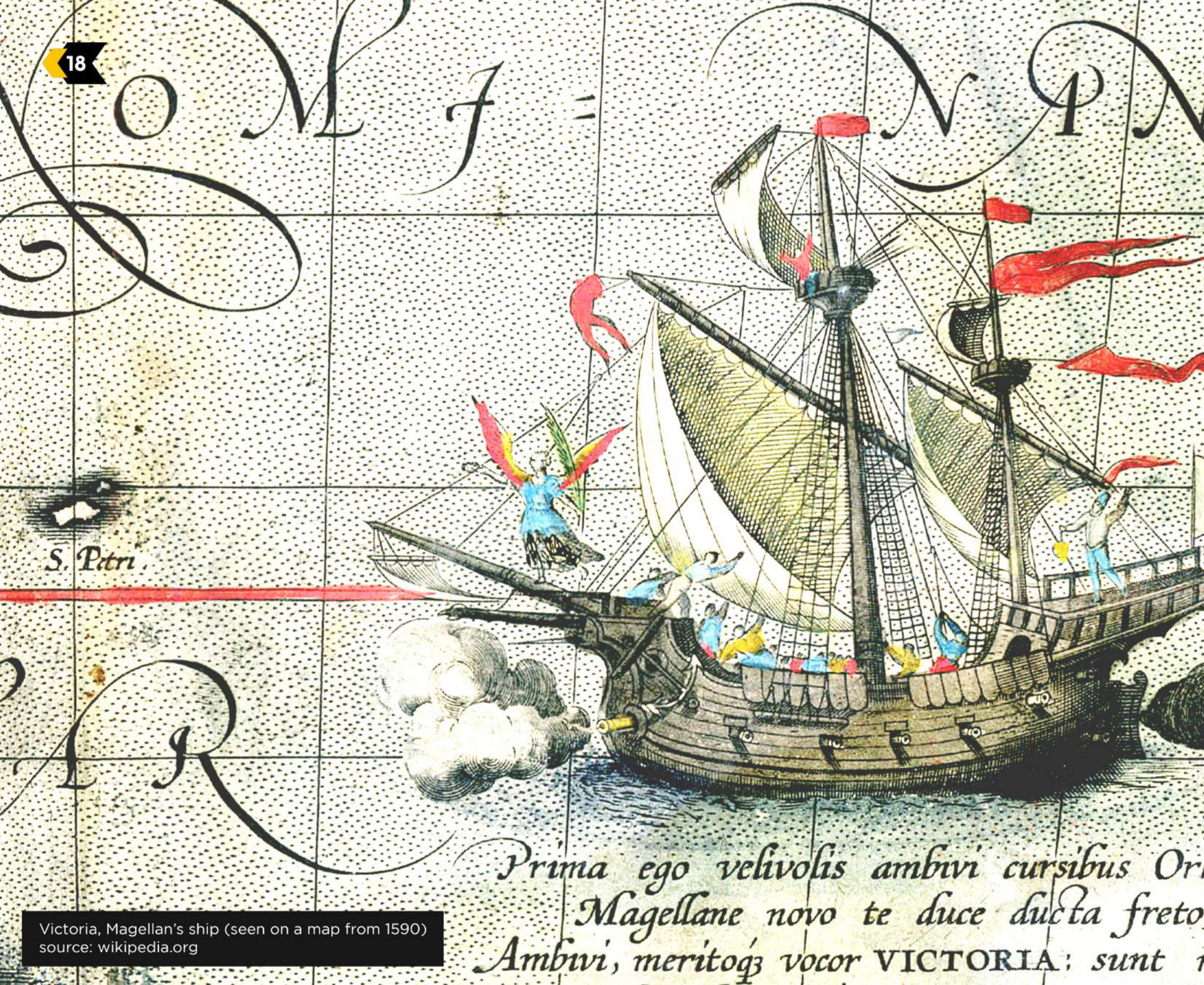
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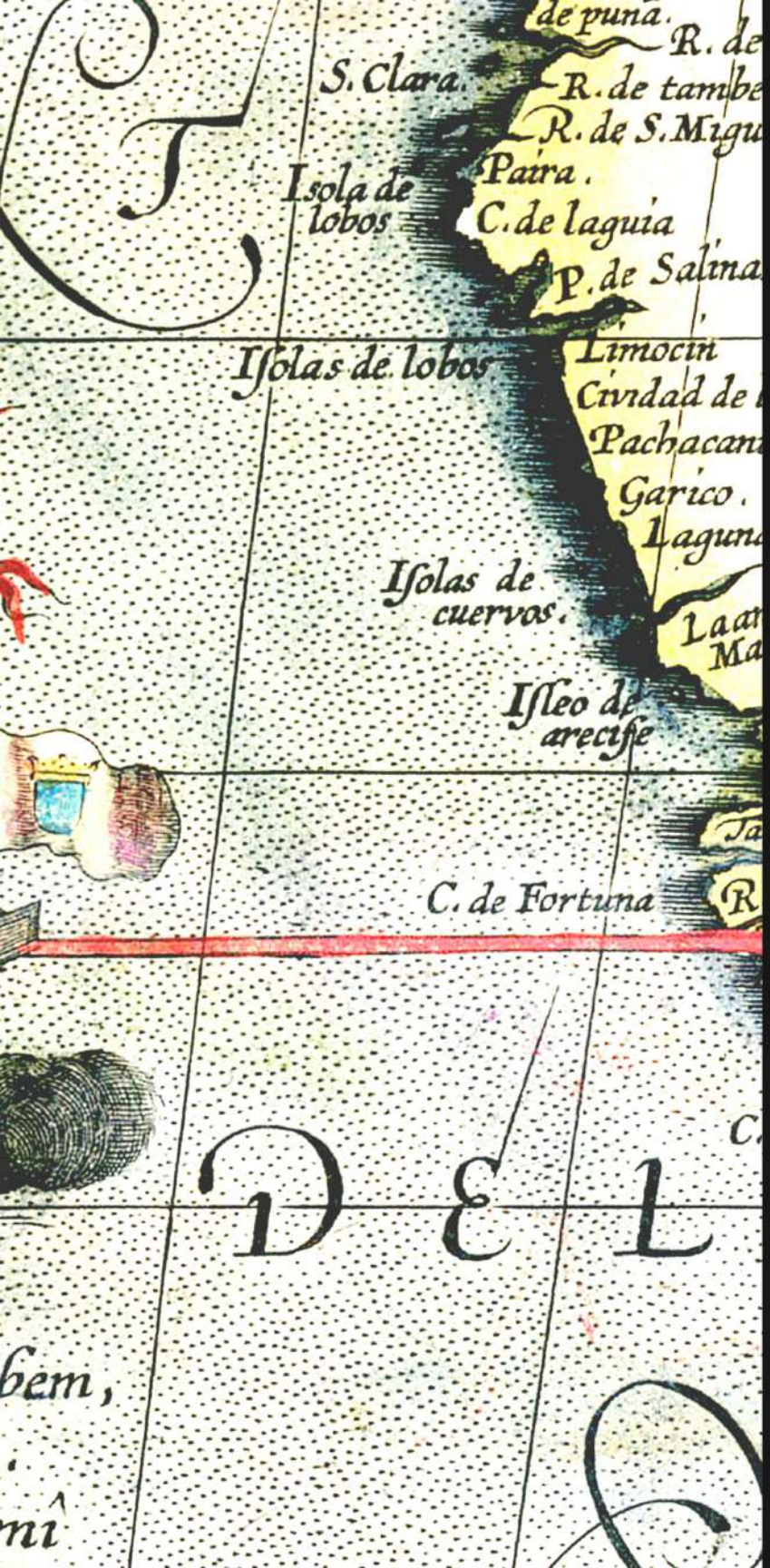
7 Fat Oxen



Source: expo2020indonesia.id



Victoria, Magellan's ship (seen on a map from 1590)
source: wikipedia.org



WHO WAS THE FIRST TO SAIL AROUND THE WORLD?

Three great explorers who usually referred to as the first men to sail around the world: Colombus, Vasco de Gama and Ferdinand Magellan. While focusing on this achievement people tend to overlook the motivation behind their daring journey to explore new world. Spices were the main motivation behind Europe's age of exploration. The origins of globalization may be traced back to the results of Christopher Columbus' first journey. On October 14, 1492, Columbus landed on the shores of an island in the Caribbean Sea. Columbus is well-known in history for devising a plan to find a western sea passage to the East Indies (modern day Indonesia and Malaysia) in order to profit from the lucrative spice trade.

Trade began to take several channels around the end of the 15th and beginning of the 16th centuries. When Christopher Columbus, sailing under the Spanish crown, established the nautical path to the "Americas" by sailing west over the Atlantic, Vasco da Gama, a Portuguese sailor, sailed south through the Atlantic.

Vasco Da Gama was the first person to sail directly from Europe to India and his initial voyage to India by way of Cape of Good Hope was the first to link Europe and Asia by an ocean route, connecting the Atlantic and the Indian oceans.

Ferdinand Magellan, another Portuguese explorer, led the first circumnavigation of the world and is considered the first European to cross the Pacific Ocean during westward voyage to the Spice Island under the banner of King Charles I of Spain. Ferdinand Magellan started the historic voyage to find a western route to the Mollucas Islands. Magellan believed that by sailing west rather than east and through a rumored channel in South America, he could discover and seize lucrative spice routes towards Indonesia. After Magellan lost his life in the Philippines, the rest of his crew arrived in the Spice Islands.

SPICES :
THE MOTIVATION FOR FIRST CIRCUMNAVIGATION OF THE GLOBE
FERDINAND MAGELLAN

Ferdinand Magellan, a Portuguese navigator and an explorer, set out from Spain in 1519 with five ships in search of a western path to the Moluccas (Spice Islands).During the heyday of European maritime explorations, Magellan was unquestionably one of the best sailors.

The Treaty of Tordesillas (1494) allocated all newly discovered and unknown regions east of a line of demarcation (370 leagues west of the Cape Verde Islands) to Portugal; anything that lay west belonged to Spain. Magellan suggested sailing west to provide actual verification of his argument to Spanish rulers that the Spice Islands located west of the dividing line—that is, within the Spanish, not the Portuguese, hemisphere. Magellan believed he might find a new route to Spice Islands and India by sailing west rather than east and passing through a supposed strait in South America. Spices like clove, nutmeg, and mace were prized commodities in Europe at the time of Magellan, and tropical trees indigenous to the Moluccas were the only supply.



Source : Biblioteca Nacional de Lisboa



Source : Encyclopædia Britannica

THE WORLD'S MOST WANTED SPICES INCITING WARS AMONG COLONIAL POWERS

Nutmeg, which could only be found on the island of Run in the Moluccas, was formerly the rarest spice in the world. Chinese and Persian traders exported nutmeg to European courts during the Middle Ages. Beginning in the 17th century, European nations engaged in ferocious warfare to maintain their monopoly on nutmeg. Portuguese came first, followed by British, and finally Dutch.

The old map illustrates fortress surrounded by Banda island where the Nutmeg was first found and became subject to power struggle of colonial forces. Portuguese built Victoria fortress to secure the monopoly of spice control but later was conquered by the VOC in 1605. Initially Dutch maintained good contacts with the local chiefs in order to win their trust. Later the VOC would undertake "punitive expeditions" and conquered the island.



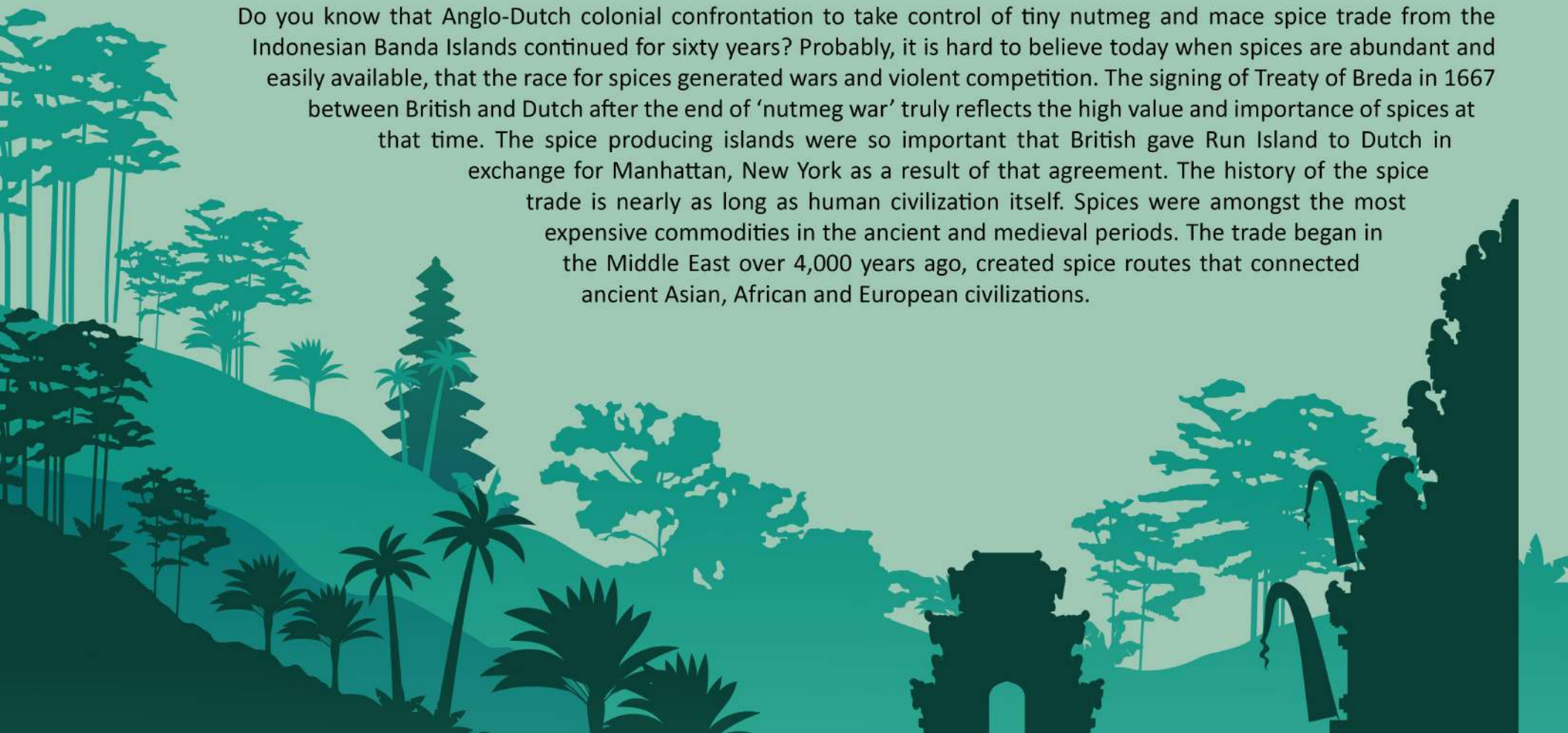


Source: Gezicht op Ambon, anoniem, ca. 1617
cited by Indonesia Gastonomy Network

Chapter 02

UNIQUE H
SPICES &

Do you know that Anglo-Dutch colonial confrontation to take control of tiny nutmeg and mace spice trade from the Indonesian Banda Islands continued for sixty years? Probably, it is hard to believe today when spices are abundant and easily available, that the race for spices generated wars and violent competition. The signing of Treaty of Breda in 1667 between British and Dutch after the end of 'nutmeg war' truly reflects the high value and importance of spices at that time. The spice producing islands were so important that British gave Run Island to Dutch in exchange for Manhattan, New York as a result of that agreement. The history of the spice trade is nearly as long as human civilization itself. Spices were amongst the most expensive commodities in the ancient and medieval periods. The trade began in the Middle East over 4,000 years ago, created spice routes that connected ancient Asian, African and European civilizations.



ISTORY OF INDONESIA

Their unique history is associated with mystery, discovery of new lands, globalization and adventure explorations. Monopoly on spice trade was equivalent to wealth and prosperity in old days. Locations of spice producing lands were deliberately kept secret and capital punishment was imposed on export of spice trees by their controllers. In this background, the Indonesian archipelago was a treasured land famous for its variety of spices. Banda Neira islands of Indonesia were renowned in the world as the heartland of spices with their best quality nutmeg, cloves and mace. The high profit margin in spice trade was a big business opportunity for colonial powers and traders alike. The growing demand for spices led to the search for new trade routes that stimulated war and expedition and triggered the first wave of globalization. In this chapter, you will find amusing details about struggle for control, competition, adventures and conquests related to this lucrative spice trade.



ARCHIPELAGO AS THE HEART OF SPICE TRADE

Thanks to Globalization, spices are now abundant and accessible, found everywhere from supermarkets to fine dining restaurants. Compared with Vasco Da Gama's Sea route that took months, spices can now be flown across continents in a matter of hours. But few things have remained constant throughout the centuries, including the place that has remained the heart of the trade: Indonesia, the biggest archipelago in the world.



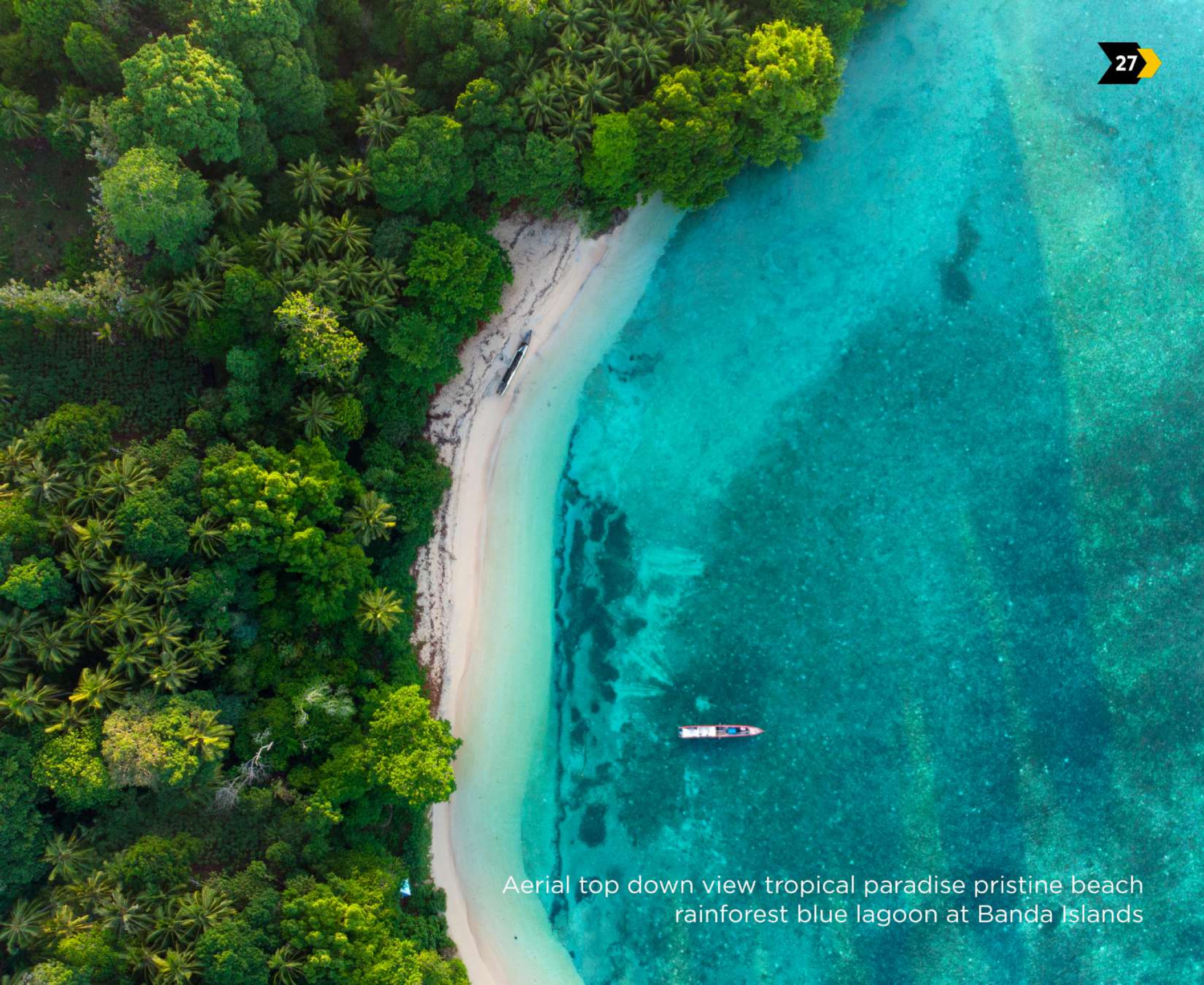
Nutmeg with gunung api view in Banda Neira Indonesia

The climate of Indonesia, which is diverse and perfect for cultivating a variety of spice crops, has played a big role in the country's history as a spice-producing nation. Clove, for example, is a highly valued spice that flourishes in Indonesia's tropical, high-rainfall areas.

Nutmeg from Banda Neira has been renowned for its antimicrobial properties, food preservation, and health advantages. In the early days of globalization, the availability of this natural treasure proved itself as an essential commodity in determining the trajectory of power.

Spices were popular in mediaeval Europe because they helped preserve food and added taste to cuisine.

Indonesia is the top exporter of Cloves; which is the reason of aroma and flavor in Pakistani cuisines and hot beverages. Indonesia exports cloves worth $96M annually.



Aerial top down view tropical paradise pristine beach rainforest blue lagoon at Banda Islands

SPICE TRADE WAS CONTROLLED BY MIGHTY BUDDHIST & HINDU EMPIRES

Due to its significant influence over the maritime routes in Southeast Asia, the Sumatra-based Sriwijaya Kingdom played a vital role in developing and managing the spices trade in old Indonesia for more than 500 years when it came to power in the 7th century. Sriwijaya Kingdom, as one of Southeast Asia's major trading hub, linked traders from theMiddle East, China, and Europe by transporting spices from the Maluku Islands to Sumatra.

Due to its key geographical location, Palembang, being the kingdom's capital, served as the final destination for Arabian, Indian, and Chinese traders trying to access China. The remnants of the glorious era of the Sriwijaya Kingdom can still be traced to this day in Southern part of Sumatra Island of Indonesia. the following pages give evidence to this historical fact.

Sriwijaya Kingdom ruled Sumatra



Pioneer of trade roads?

Salakanagara, earliest kingdom, maintained the first contact with India in the 3rd century by trading basic items such as spices, jewels, crafts, scents, and medicines.

During the Salakanagara era, Indonesia distributed a wide range of spices to Indian markets, including cloves, sandalwoods, and camphor.



Salakanagara Temple Palembang

Source: intisari.grid.id



Muara Takus, the Buddhist temple complex from 11th century, surviving archaeological remnants of Sriwijaya Empire, found in Riau Province

Srivijaya Kingdom

(671-1377 CE)

Founded by Dapunta Hyang Sri Jayanasa in the 7th century, the Srivijaya Kingdom was one of the greatest Buddhist kingdoms on Sumatra island, which succeeded in bringing glory to their populace. This Buddhist kingdom used to control trade on the main route of the Malacca strait during the reign of King Balaputradewa.



Muarajambi Temple Compound

This compound site has a universal value as evident from the cultural heritage findings, well preserved by the local community. The Site illustrated the exchange of culture during the spread of Hindu-Buddhist in the archipelago, specifically in Jambi city.



Telaga Batu Inscription

Telaga Batu inscription was a 7th-century Srivijayan inscription discovered in South Sumatra, Indonesia, around 1950s. It consisted of 28 lines written in Pallawa script using the ancient Malay language. The main focus of the inscription is on the curses placed on anyone who would commit or had already committed treason against the Srivijaya Kingdom or disobeyed a prince's orders.



The Karang Berahi Inscription

This inscription was discovered in 1904 by Controller L.M. Berkhout. It was one of the inscriptions left by Srivijaya, which contained threats for anyone who dared to oppose or refused to serve the king.



Kapur City Temple

Kapur City Temple was a relic of the Srivijaya Kingdom in Bangka Island discovered in 1994.



source : Kemdikbud



Muara Takus Temple

This temple complex was used as a place for worship near the water sheds of the Kampar Kanan River in Sumatra Island. This heritage demonstrated the wisdom and nobility of the ancestors of Srivijaya Kingdom.

MAJAPAHIT KINGDOM RULED JAVA



Jabung Temple (Candi Jabung)

The spice trade involved historical civilizations in Asia, Northeast Africa and Europe. The maritime aspect of the trade was dominated by the Austronesian people in Southeast Asia. In 13th century, Majapahit kingdom established control over on vast areas and trade routes connecting Southeast Asia, overtook the reign of Sriwijaya Kingdom and to continue the monopoly of the trade route for spice.


source: id.wikipedia.org

PALAPA VOW

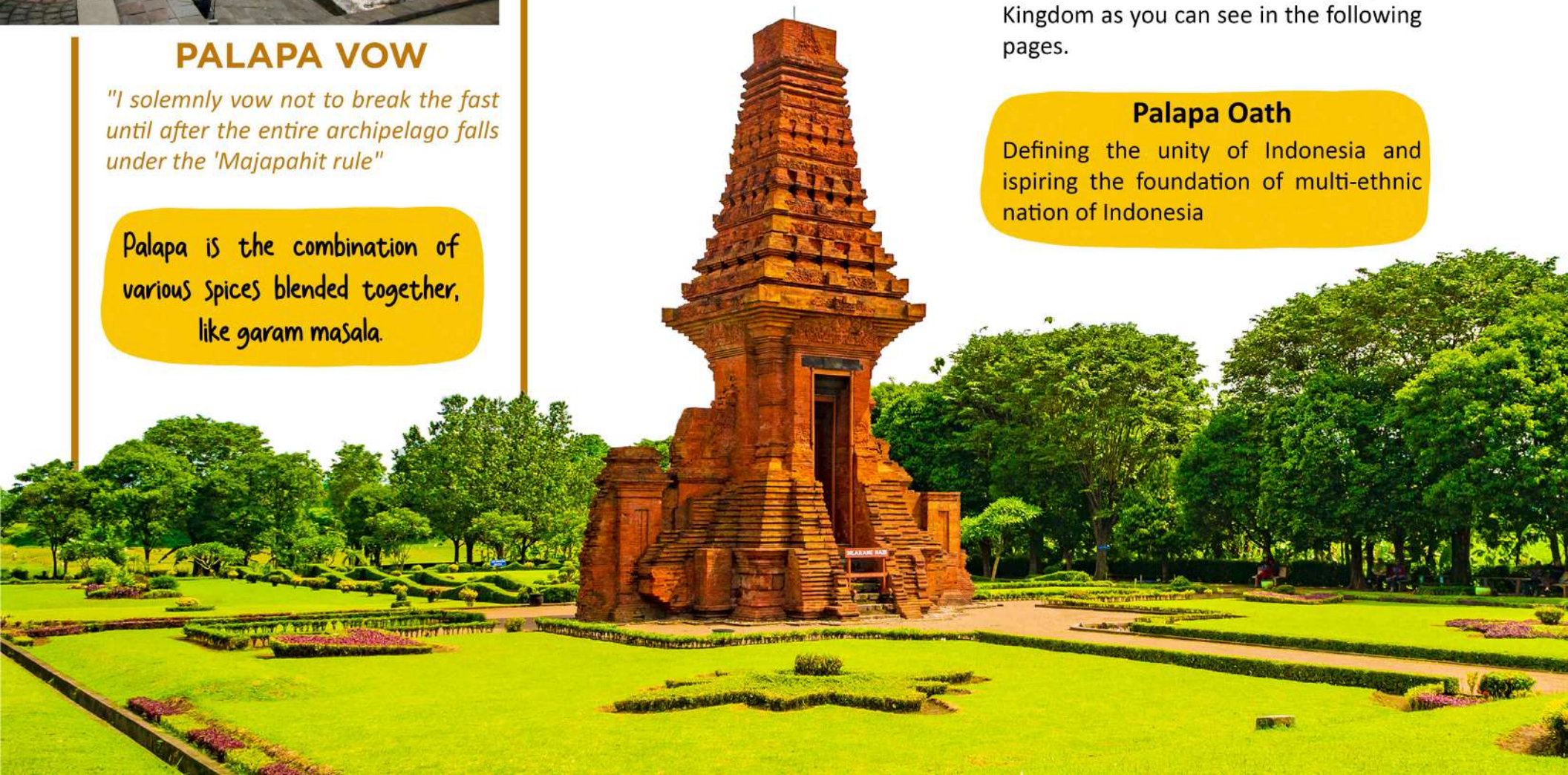
"I solemnly vow not to break the fast until after the entire archipelago falls under the 'Majapahit rule"

Palapa is the combination of various spices blended together, like garam masala.

The Majapahit was a vast maritime kingdom located in Java Island ruled from 1293 to around 1500. Majapahit reached its peak of glory during the era of Hayam Wuruk, who conquared large area of Southeast Asia. His achievement was credited to Prime Minister or Patih Gajah Mada. According to the Nagarakretagama (*Desawarñana*) written in 1365, Majapahit was an empire of 98 tributaries, stretching from Sumatra to New Guinea; consisting of present-day Indonesia, Singapore, Malaysia, Brunei, southern Thailand, Sulu Archipelago, Philippines, and East Timor. On one occasion, Gadja Mada vowed that he would not taste any spices (*Palapa)* if he unable to preserve the integrity of territories of the Empire. The present-day Indonesia has evidence of and is closely related to great civilisation and magnificent cultural achievements of Majapahit Kingdom as you can see in the following pages.

Palapa Oath

Defining the unity of Indonesia and ispiring the foundation of multi-ethnic nation of Indonesia





The Kingdom of Majapahit

(1293-1527 CE)

The National philosophy of Unity in Diversity of modern Indonesia is heavily influenced by the Kingdom of Majapahit. The idiology recognises the unity and integrity of a nation consisting of various cultures, local languages, races, ethnicities, religions, and beliefs. Once Hindu-Buddhist thalassocratic or maritime empire in Southeast Asia became Islamic Kingdom in the 14 century.



source : Badan Informasi Geospasial



source : Wikimedia Commons

The Majapahit was a vast maritime kingdom located in Java Island ruled from 1293 to around 1500. Majapahit reached its peak of glory during the era of Hayam Wuruk, who conquared large area of Southeast Asia. His achievement was credited to his Prime Minister or Patih Gajah Mada. According to the Nagarakretagama (Desawarñana) written in 1365, Majapahit was an empire of 98 tributaries, stretching from Sumatra to New Guinea; consisting of present-day Indonesia, Singapore, Malaysia,



source : Virtual Museum/Heuristplus Sydney

Bhineka Tunggal Ika



Sutasoma scripture was written in the 14th century during the peak of the Majapahit Empire. This scripture contains the famous words, “Bhinneka Tunggal Ika,” which is translated as “unity in diversity”. This philosophy has since been adopted as the Indonesian national motto to promote tolerance among the country's different etnic groups.



Gabog money: made from copper and circulated during the Kingdom of Majapahit. On the sides are pictures of humans with puppet figures and Arabic script inscribed ‘There is no God but Allah alone’.



source : Denita Br Martondang/detikcom



source : Sumber Sejarah
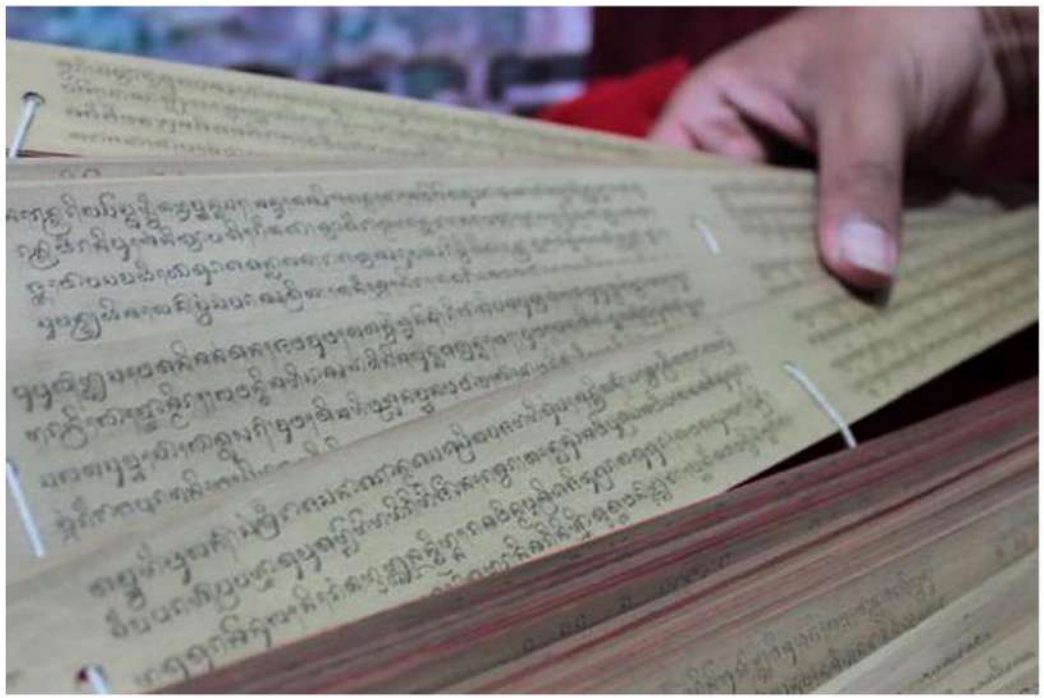
DO YOU KNOW

the origin of National motto of Indonesia?

Bhinneka Tunggal Ika or Unity in Diversity is the official national motto of the Republic of Indonesia. “We are of many kinds, but we are one.” The phrase comes from the Kawi language, translated to as "Unity in Diversity." The motto refers to the unity and integrity of Indonesia, a nation consisting of various cultures, regional languages, races, ethnicities, religions and beliefs. The phrase is a quotation from an Old Javanese poem Kakawin Sutasoma during the reign of the Majapahit empire sometime in the 14th century.



Monument to the Struggle Landmark of Bandung



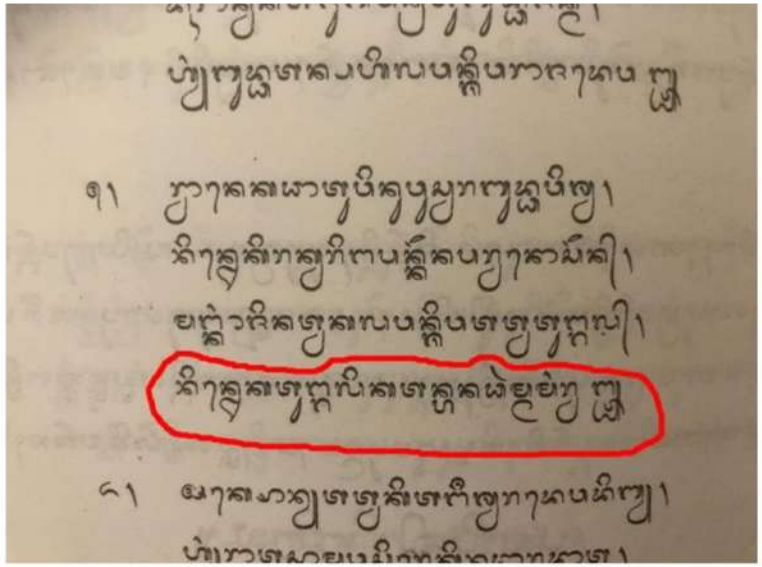
Inspiring the foundation of modern Indonesia based on multi ethnic society:

Bhinneka Tunggal Ika (Unity in Diversity)

Kakawin Sutasoma is an old Javanese poem in poetic meters. It is the source of the motto of Indonesia, "Bhinneka Tunggal Ika" translated Unity in Diversity. Kakawin teaches religious tolerance, specifically between Hindu and Buddhist religions.

Idea of Pluralism in Nusantara

The deep roots of Indonesia national philosophy (Pancasila or Five principles) can be traced back to the millennia-old civilizational heritage of the Indosphere. Pancasila roots an inclusive, multi religious, and multi ethnic nationalism within a profound and spiritually grounded respect for religious and cultural diversity that modernizes Indonesia's ancient and enduring traditions of religious pluralism and tolerance.



SPICE ISLANDS

A LOCATION WHERE FOLKLORE MEETS HISTORY

Banda Neira, the birthplace island of nutmeg and mace, and Ternate-Tidore are legendary islands in the history of the Spice Route and the Maritime Silk Road. After Europe identified the origins of nutmeg and cloves, these islands in Moluccas became the Heart of worldwide spice trade until the mid-nineteenth century. Spices attracted Portuguese, Dutch, and England to compete in conquering Ternate, Tidore, and Banda, now part of modern Indonesia, in order to exert monopoly of spice trade.



Nutmeg and mace

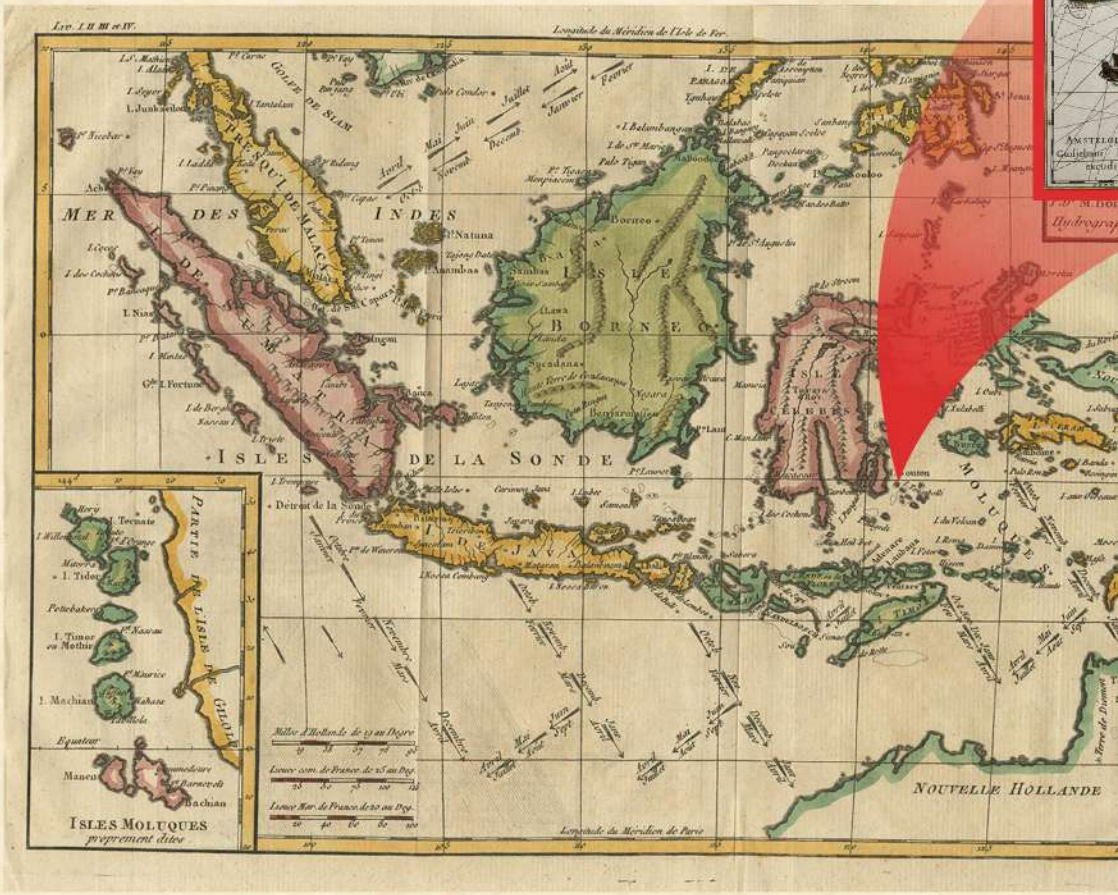


Cloves

Do you know?

The Banda Island, also known as Nutmeg Island, was once more valuable than Manhattan

Source : Wikipedia



Old m



Moluccas island old map published in 1630



nap Indonesia

Tome Pires (1512-1515)

"God created Timor for sandalwood, the Moluccas for cloves, and Banda Island for Nutmeg"



Source : Wikipedia



Publication of the Peace
BETWEEN
ENGLAND, and the United
NETHERLANDS.

THE underwritten Extraordinary Embassadors and Plenipotentiaries of his Majesty the King of Great Britaine and the Deputed Plenipotentiaries of the High and mighty Lords the States Generall of the United Netherlands; for the Treaty of Peace at Breda, in pursuance of that full Power to them committed; To all and every one that shall see or heare these presents read, Greeting. Know ye to whom these presents shall come or whom it may in any manner concerne,

That to the honour of God and the common Good of the Kingdomes of England, Scotland and Ireland, and the State of the United Netherlands, and to the advantage of all the Subjects an Inhabitants of the same upon the 31 July 1667. A true, firme and indissolvable Peace was made and concluded between the most Excellent and most mighty Prince and Lord, the Lord CHARLES the Second of that name, King of Great Britaine, of the one part: And the High and Mighty Lords the States Generall of the Provinces of the United Netherlands, on the other part: And that Ratifications herewith the principall parties on both sides in pursuance of the 18th Article of the aforesaid Treaty is this day in due forme exchang'd within this Towne of Breda, and therewith the foresaid Treaty in full and perfectly accomplished;

And whereas by the 7th Article of the said Treaty, a certain terme of dayes, weekes and months is specified, at the end of which all Acts of Hostility must cease and be laid aside, And that the Limitation of time is to begin after the day of the publication of the said Peace.

Wee Ambassadors and Plenipotentiaries for his Majty of Great Britaine in the name of the King our Master, and wee the Deputed Plenipotentiaries of the High and Mighty Lords the States Generall in the name of the mighty Lords our Superiours, and in pursuance of their commands doe make this Declaration & Publication at this present which wee cause to be [illegible] and publique affixing of this Act, within this Towne; being appointed a vezerable place by a common consent for this Treaty of Peace: Moreover it shall be observed and taken notice of by all persons of what State and Condition soever, that this publication is in pursuance and performance of what is required by the 7th and 18th Articles.

Furthermore it is declared and published for the preventing all questions and disputes which may arise upon multiplicity of the sailing any Ships or other moveable Goods, that whatsoever shall appeare to be taken after the [illegible] 1667. in the Britisch and in the North Sea; after the [illegible] 1667. from the mouth of the Channell to Cape St. Vincent; after the [illegible] 1667. on the otherside of the aforesaid Cape to the Equinoctiall or Aequator, as well in the Ocean and Mediterranean Sea, as elsewhere: And fully after the 12 of April 1668. on the other side of the aforesaid Line throughout the whole World: without any exception or distinction of time or place, or without any forme of Process shall immediately and without damnage bee restored to the owners of the aforesaid Ships and other moveable goods, if they shall lay claime to them in their owne persons or by sufficient procuration: Commanding and requiring expressly by their prefects by the commandement and authority of our Superiours as above said, all and every person under the command and obedience of the mosh mighty Lord the King of Great Brittaine and of the High and mighty Lords the States Generall of the United Netherlands of what condition or quality whatsoever, That they (hall in the Generall and particular, in all which concernes them, regulate and governe themselves according to the contents of the aforesaid Treaty of Peace, and especially according to the tenor and meaning of the aforesaid mentioned 7th Article, according as it is by this declared, upon paine that whosoeuers shall wittingly, willingly and obstinately doe any thing contrary to their prefects, (hall be looked upon and punished according to the 15th Article of the aforesaid Treaty

Concluded, signed and confirmed by our respective hands, and proclaymed by sound of Trumpet, and publiquely affixt the 24 of August 1667.

Christoper Columbus (1451-1506)

"But in truth, should I meet with gold or spices in great quantity, I shall remain till I collect as much as possible, and for this purpose I am proceeding solely in quest of them"

New York City is a worldwide trade hub from a long time, that makes us hard to recall that around 350 years ago, the economic power balance was drastically different, with Banda Island being more valuable than New York city. On July 31, 1667, England made an unprecedented deal "The Treaty of Breda": it exchanged two little islands in Moluccas for a marshy Dutch colony known as New Amsterdam (now New York). The rest is history.



A hand-drawn map of New York City: A Description of the Towne of Mannados or New Amsterdam as it was in September 1661 lying in Latitude 40 de: and 40,: Anno Domini 1664.

Source : British Library

PHILOSOPHY BEHIND COOKING RENDANG

(THE BEST FOOD IN THE WORLD BY CNN'S IN 2011 & 2017)

The people from Sumatra province of Indonesia has long been aware of the tradition of food preservation. William Marsden in his book "The History of Sumatra (1811)" wrote how Sumatrans developed a method of meat preservation in the 19th century. The people of Minangkabau in Sumatra have used this method of meat preservation ever since it was invented. This preservation procedure is carried out historically without the use of chemicals and artifical preservatives





The Minang people believe that the philosophy behind word Rendang has three connotations that have to do with attitude: patience, intelligence, and perseverance. These three elements are a must for people in order to cook delicious rendang.





Rendang: The Most Delicious Food in the World
Typical food from Minang Tribe, West Sumatera, Indonesia



THE SECRET INGREDIENT OF WORLD'S FAMOUS FIZZY DRINK USE SPICES FROM ARCHIPELAGO?



One of the greatest marketing gimmicks in the history of the world has been the secrecy surrounding the Coca-Cola recipe for over 135 years. According to the legend, the fizzy drink's renowned "Merchandise 7X" flavorings haven't changed since they were created in 1886, and only two Coke executives have access to the formula today. Neither of them was allowed to board the same flight for fear of losing the secret.



Merchandise 7X, which makes up just 1% of the entire composition of Coke, is what gives the well-known soft drink its distinctive flavor. Since the famous soft drink was created by medical chemist John Pemberton in 1886, the official Coca-Cola recipe has been one of the most tightly guarded trade secrets, rumored to be guarded 24 hours a day in a vault. Interestingly, rumor says also that coca cola uses spices in its well-guarded ingredients.

7X flavor (use 2oz of flavor to 5-gals syrup):

1. **Alcohol 8oz**
2. **Orange oil 20 drops**
3. **Lemon oil 30 drops**
4. **Neroli 10 drops**
5. **Coriander 5 drops**
6. **Nutmeg oil 10 drops**
7. **Cinnamon 10 drops**







Source: Indonesia Gastronomy Community



People in ancient archipelago used spices in their foods. Their secret recipes are inscribed in the 7th century's Borobudur Temple, the biggest Buddhist temple in the world. The images depicted on the temple stone carving provide a glimpse into ancient life and their affection towards spices. The portrayal of life also provides information on the kind of foods that were popular at that period.



Recipe of Ancient Delight Cuisines

Some of these delights have been consumed for a very long time. Temple reliefs or stone carving and inscriptions in Borobudur Temple are now significant historical illustrations for the proof.

Foods like Twak, Kinca, and Legen, a type of drink, and Rumbah Hadangan Prana, dishes with buffalo meat as the main component, may all be found in the reliefs of Borobudur. Then, at the banquet of the ancient Mataram monarchs, food was offered such as Klaka Wagalan made of fish and Harang Harang Kyasan made of eel.

Because cows were considered sacred creatures at the period, buffalo meat was utilised as the major component instead. Fish and eels were also used because old lakes around Borobudur at the time. Indonesian Gastronomy community is trying to interpret the ancient recipe from the relief of Borobudur temple.







Source: Indonesia Gastronomy Community

CHAPTER 3

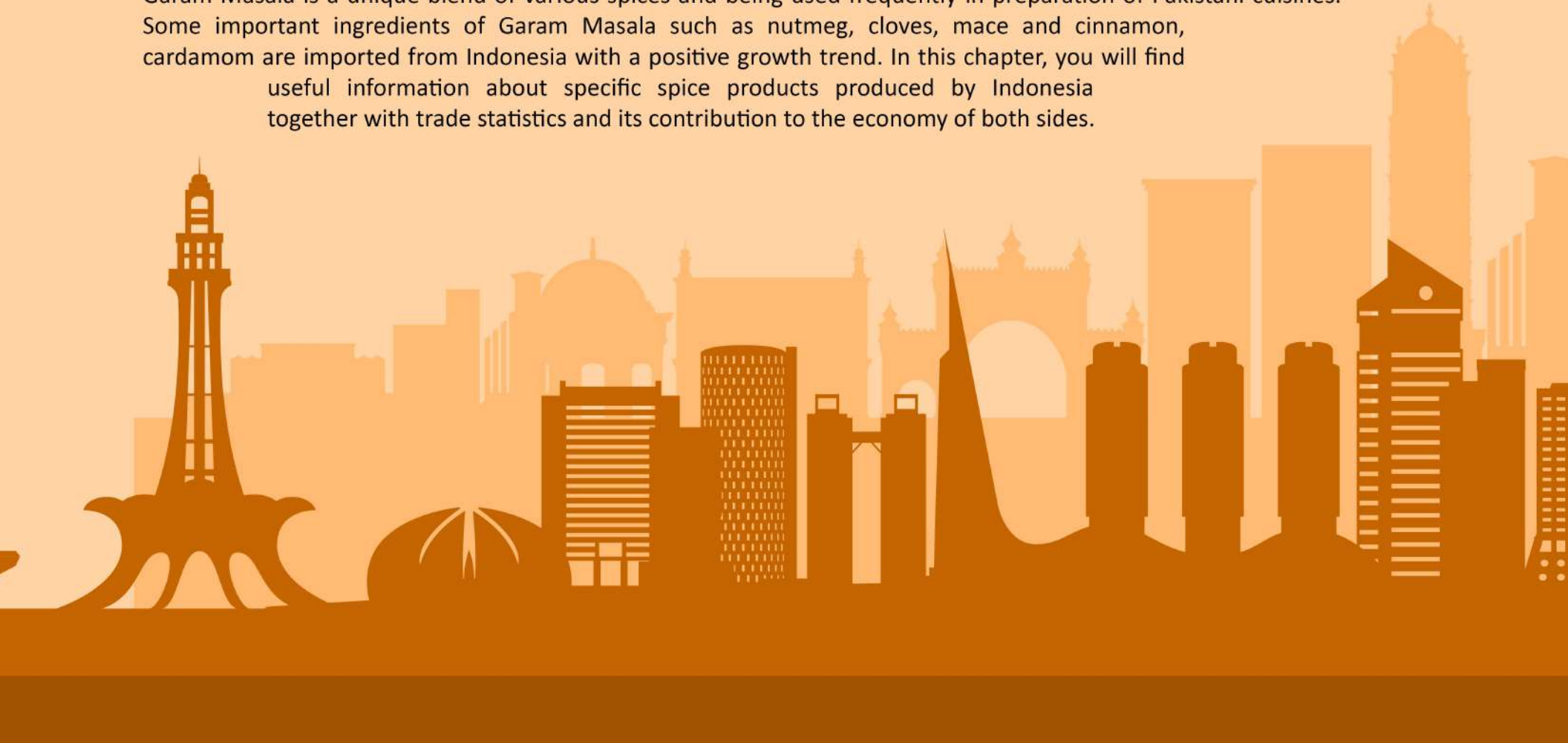
THE ECONOMICS

Spice trade has an incredible history as a major component behind the development of an international economic network from Asia to Middle East to Europe. The extraordinary profit margin in spice trade was so tempting that people were ready to embark on dangerous new journeys in search of undiscovered spice lands. The business was attractive as a symbol of power and wealth since some spices were equal to gold in value and sometimes used as mode of payment as well. Pepper, nutmeg and cinnamon were luxurious valuable items and their trade shaped the birth of modern economy. The global Spices and Seasonings market was valued at USD 17.75 billion in 2021 and is projected to grow from USD 18.47 billion in 2022 to USD 25.42 billion by 2029 with an annual growth of 4.67%. Although the glorious era of high price and demand have declined but the spice trade is still a lucrative business with significant economic benefits. The willingness of consumers to pay greater prices and their growing interest in experimenting with different flavours and seasonings are the key drivers of the rise of the spice industry. The primary element driving the commodity of spices and herbs is anticipated also to improve due to consumers' fondness for ethnic flavours in conventional meat and poultry items.



OF SPICE TRADE

To improve the flavour and aroma of numerous meat and poultry items, for instance, garlic, pepper, and breadcrumbs are added. Indonesia has always been the heartland of spice trade especially for its best quality nutmeg, mace and cloves from the famous Banda islands. As the world's fourth-largest exporter of spices and world's second-largest pepper produce, the Indonesian spice and herb exports are valued at USD500 million per year. Interestingly, both Pakistan and Indonesia are large consumers and producers of spices, which have a special place in their culinary art. Especially, the aromatic Garam Masala is a unique blend of various spices and being used frequently in preparation of Pakistani cuisines. Some important ingredients of Garam Masala such as nutmeg, cloves, mace and cinnamon, cardamom are imported from Indonesia with a positive growth trend. In this chapter, you will find useful information about specific spice products produced by Indonesia together with trade statistics and its contribution to the economy of both sides.



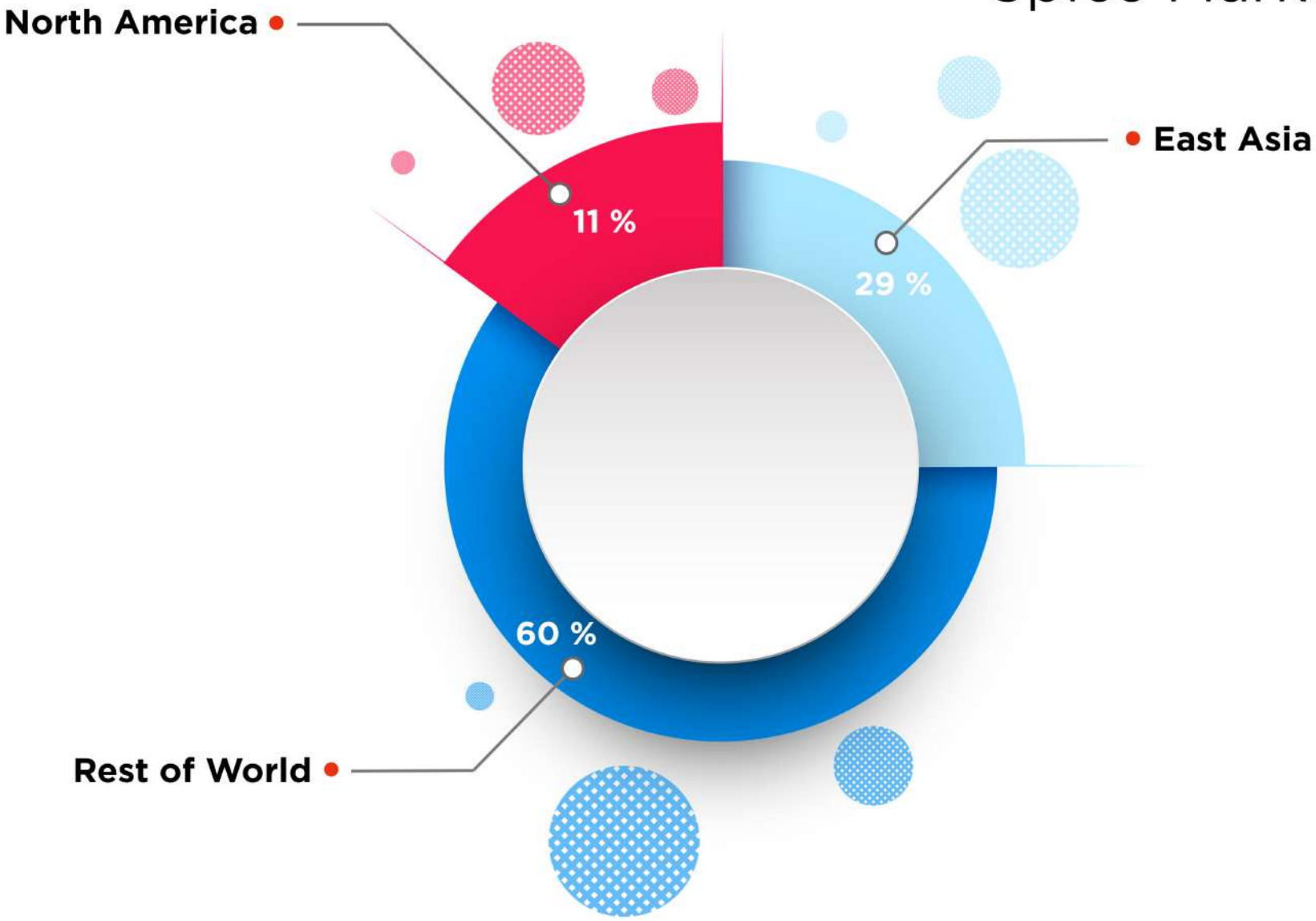


Spices and herbs come in a wide variety of flavors and are frequently used in cooking, as well as for health and other uses. Herbs are leafy greens with aromatic or fragrant characteristics, while spices are any other portion of a plant, such as seeds, stems, or bark.

The global demand for herbs and spices is growing, with an annual growth rate of 3.18 percent (Compound annual growth rate (CAGR) 2022-2027). East Asia controls a sizable portion of the worldwide herb and spice sector, accounting for 29% of total sales. Despite the fact that online sales of spices and herbs increased dramatically during the COVID-19 epidemic, direct sales still account for about two-thirds of the worldwide herbs and spices business.



Share of Spice Market



Source: Statista.com

Do You Know?

50% of the world's spices originates from Indonesian

Garam Masala
Made of ...



Bay Leaf

Cinnamon & Star Anise

Cumin Seed

Nutmeg

Black Cardamoms

Green Cardamoms

Mace

Black Pepper

Fennel Seed

Cloves

Coriander Seed

Garam Masala

Garam masala means 'hot spice mixture,' but it is really a fragrant and flavorful spice combination whose composition is based on the South Asian idea of 'warming' the body, mind, and soul. Garam Masala provides flavor to food without burning the palate, and seasoning your dish precisely to bring the spices to life.





If you ask a Pakistani chef for their garam masala recipe, they'll undoubtedly say it's a well-kept family top-secret. As a genuine mix, it's surprising that Garam masala may contain anything from a dozen or more components. While the composition of these mixes can vary widely, most include some or all of the traditional spices like cardamoms, nutmeg, cinnamon, mace cumin, black peppercorns, and cloves.

Garam masala is often used in Pakistani rice, meat, and vegetable dishes. Ground garam masala is versatile, and it may be used to revive, enhance, and preserve the flavor of the spices and other components in the dish during cooking and as a garnish. Ground garam masala is adaptable and can be used while cooking or as a garnish, revitalising, increasing, and maintaining the essence of the spices and other components in the meal. This unique mix alone can help produce a real South Asian flavor in cooking.

Following chapter will present information where Pakistan buy mixed hot spices from.

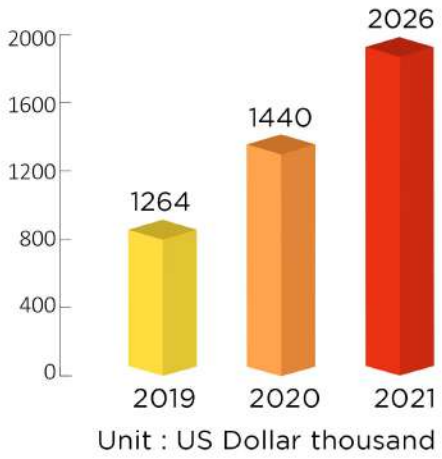
Nutmeg



It is the seed of a fruit like a peach that grows on the evergreen Myristica fragrans tree. When nutmeg was discovered by Europeans in the Middle Ages, it quickly rose in value due to its culinary and folk cure applications. This sparked a struggle for control of the Banda Islands. Indonesia contributes 70% to 75% of the world's nutmeg supplies.

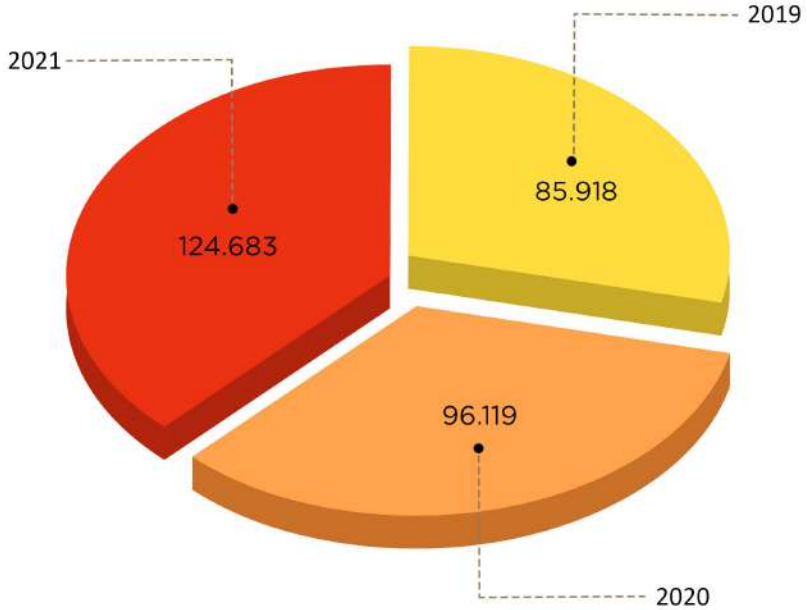
Nutmeg is used to flavor a variety of vegetables, baked items, confections, potatoes, meats, sausages, sauces, puddings and drinks like eggnog. It has a distinctively pungent aroma and a toasty, somewhat sweet flavor. With roughly 50% of global production, Indonesia is the world's biggest producer of Nutmeg. Sulawesi, Aceh in Sumatra, and Java are nutmeg-producing areas in the country.

Indonesia's Nutmeg exports to Pakistan



Unit : US Dollar thousand

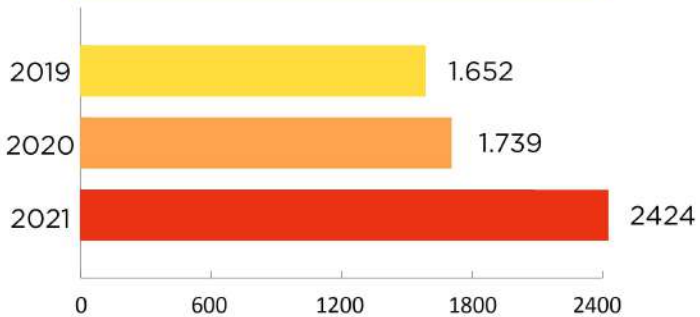
In 2021, Indonesia was the top exporter of Nutmeg worth $124.6 M



Indonesia's Nutmeg exports to world

Unit : US Dollar thousand

Pakistan's Nutmeg imports from world



Unit : US Dollar thousand

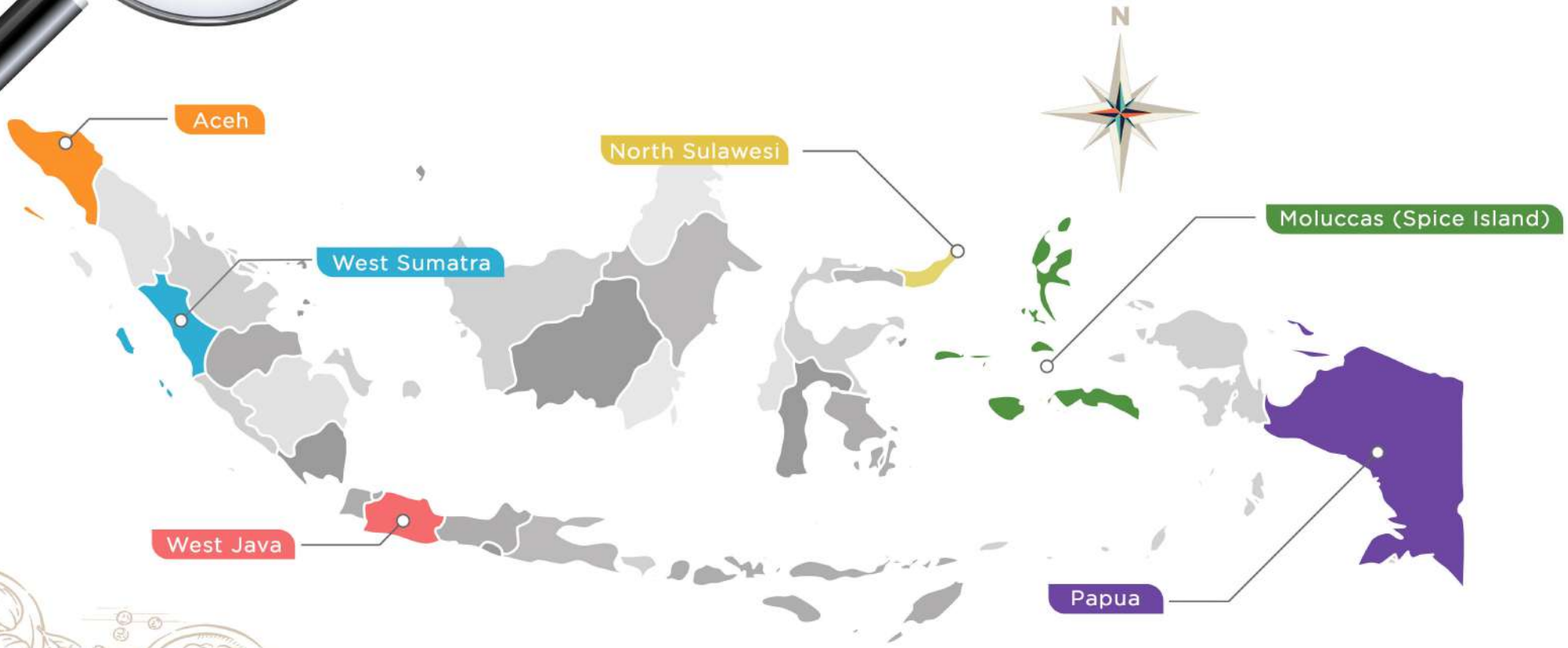
Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics

Mace

The sister spice of nutmeg is mace. Both nutmeg and mace are produced from the nutmeg tree, an evergreen tropical plant. The red lacy covering that surrounds the nutmeg seed, known as the aril, is known as mace. The aril and seed of the fruit of the tree are visible when it splits open at maturity. Mace is a spice that is used in pickling and preserving foods as well as to flavor meat, seafood, and baked goods.



In 2021, Indonesia was the top exporter of Mace worth $73.3 M

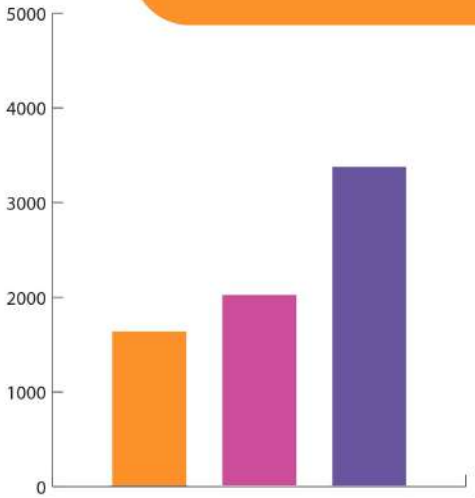




Pakistan's Mace imports from World

2019	$ 1.698.000
2020	$ 2.164.000
2021	$ 3.489.000

Indonesia's Mace exports to Pakistan



2019 = $ 2.753.000

2020 = $ 4.301.000

2021 = $ 3.894.000



Indonesia's Mace exports to world

2019	$ 52.106.000
2020	$ 62.321.000
2021	$ 73.378.000

Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics





Clove is a tropical evergreen tree in the 'Myrtaceae family' that produces little reddish brown flower buds that are used as a spice. Cloves were significant in the early spice trade and are native to Indonesia's Moluccas, or Spice Islands. Due to a strong scent and a spicy, pungent essence, All Asian, African, Mediterranean and Middle Eastern cuisines employ cloves to flavor meats and curries.

The fragrant and flavoring properties of cloves are added to hot drinks. Traditional medicine is made with dried flower buds, leaves, stems, and clove oils. Eugenol, a substance found in clove oil helps to reduce pain and fight infections. Indonesia, the birthplace of clove, continues to lead the globe in production of clove. According to the FAO Statistical Database, the total production of clove in Indonesia reached 133,604 tons in 2020.

In 2021, Indonesia was the top exporter of Cloves worth $96 M

Indonesia's Cloves exports to Pakistan

- 2019 $ 7.000.000
- 2020 $ 10.550.000
- 2021 $ 6.202.000

Pakistan's Cloves imports from world

- 2019 $ 7.120 .000
- 2020 $ 9.927.000
- 2021 $ 9.437.000

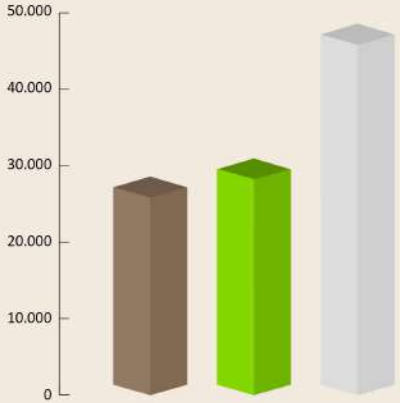
Indonesia's Cloves exports to world

- 2019 $ 111.537.000
- 2020 $ 176.541.000
- 2021 $ 96.082.000

Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics

Cloves





Pakistan's Pepper imports from world

2019	$ 30.276.000
2020	$ 38.838.000
2021	$ 59.036.000

Indonesia's Pepper exports to world



2019	$ 150.551.000
2020	$ 169.852.000
2021	$ 174.912.000



Indonesia's Pepper exports to Pakistan



Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics

Black Pepper



One of the oldest and most widely used spices in the world is “Black Pepper”. Pepper is a common spice used all over the world, and it is also occasionally used in medicine as a carminative and a stimulant of stomach secretions. It is created by crushing dried berries from the Piper nigrum vine called Peppercorns. It pairs nicely with a variety of foods thanks to its crisp and gently spicy flavor.

Cardamoms

Cardamom is a ginger family spice in the form of a pod. They have a spindly form with a triangular cross-section and a number of seeds in each pod. The whole pod can be used in meals, or it can be crushed and used in teas and pastries. The cardamom pod's seeds are small and black. Green and black cardamom are the two primary varieties of this spice. While not bitter, the perfume of black cardamom is noticeably more smokey, and some people compare the coolness to that of mint. One of the costliest spices, measured in terms of weight, is green cardamom.

After saffron and vanilla, green cardamom is the world's most costly spice. Just 100 grammes of the spice may cost almost $9. A kilogram costs roughly $90. (Source: Business Insider)



Pakistan's Cardamoms imports from world

- 2019 $ 16.117.000
- 2020 $ 13.680.000
- 2021 $ 25.890.000





In 2021, Indonesia was the fourth largest exporter of Cardamom worth $76.8 M



Indonesia's Cardamoms exports to world

- 2019 $ 21.212.000
- 2020 $ 64.375.000
- 2021 $ 141.227.000

Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics



Cinnamon

The spice known as Cinnamon is produced from the inner bark of trees with the scientific name Cinnamomum. In a wide range of cuisines, including sweet and savory meals, morning cereals, snack foods, teas, and traditional foods, cinnamon is mostly employed as an aromatic condiment and flavoring addition. The essential oil and main component of cinnamon, Cinnamaldehyde, as well as a number of other ingredients, such as eugenol, are what give it its distinctive scent and flavor. According to scientists, cinnamon have significant benefits on health and metabolism.

Do you know?

43% of the world's production of cinnamon comes from Indonesia.Cinnamon was the most lucrative spice traded by the Dutch East India Company. VOC was once more valuable than Apple, Microsoft, and Amazon combined.



Indonesia's Cinnamon exports to Pakistan

- 2019 $ 37.000
- 2020 $ 116.000
- 2021 $ -

Pakistan's Cinnamon imports from world

- 2019 $ 11.143.000
- 2020 $ 10.557.000
- 2021 $ 9.776.000

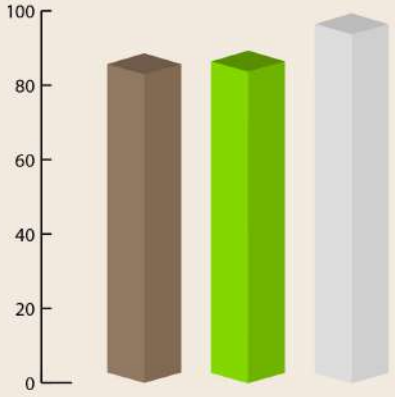
Indonesia's Cinnamon exports to world

- 2019 $ 133.734.000
- 2020 $ 151.295.000
- 2021 $ 160.694.000

Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics

Ginger

Pakistan's Ginger imports from world



2019	$ 83.598.000
2020	$ 93.917.000
2021	$ 112.447.000

Indonesia's Ginger exports to Pakistan

2019	$ 85.000
2020	$ -
2021	$ 277.000

Indonesia's Ginger exports to world



Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics



Native to Southeast Asia, a flowering plant called Ginger produces a rhizome, often known as ginger root or ginger, that is frequently used in cooking and traditional medicine. According to Food and Agricultural Organization of the United Nations, Statistics Division, Indonesia was the fifth largest producer of ginger in 2020. One of the most popular spices in the world, ginger can be consumed fresh, dried, pickled, conserved, crystallized and in powdered form. Asia is home to many drinkers of ginger tea, prepared by dipping ginger slices in boiling water with tea leaves.

Turmeric

Turmeric spice provides curry with its yellow hue. Widely used in Asian cuisines, Turmeric is a spice derived from Turmeric plant. Turmeric is arguably best known as the primary curry spice. Turmeric has a warm and bitter flavor commonly used to season or colour curry powders, mustard and cheeses. The turmeric root is frequently utilized in traditional medicine because it includes curcumin, which is a highly potent antioxidant with potent anti-inflammatory properties.

In 2021, Indonesia was the fifth largest exporter of Turmeric worth $8.9 M



Pakistan's Turmeric imports from world

- 2019 $ 805.000
- 2020 $ 99.000
- 2021 $ 62.000

Indonesia's Turmeric exports to world

- 2019 $ 7.765.000
- 2020 $ 9.059.000
- 2021 $ 8.962.000

Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics



“ From Gastro diplomacy to export,

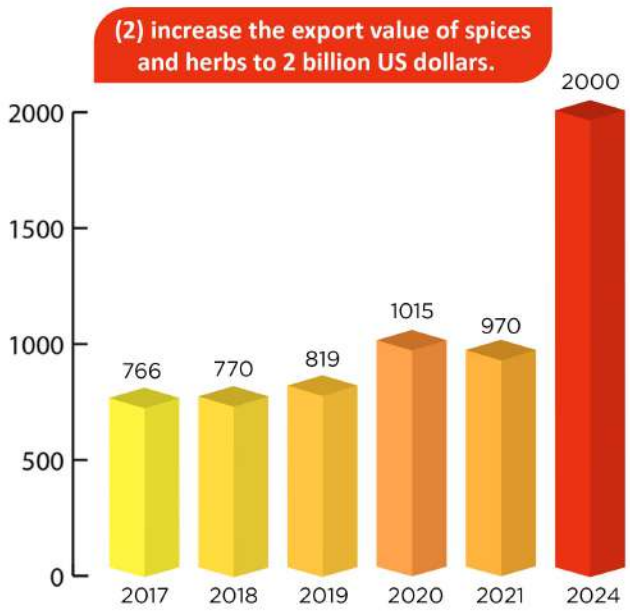
Indonesia desires to bring more local spices abroad ”



As the world’s fourth-largest exporter of spices, the Indonesian spice industry is highly lucrative. According to the Ministry of Trade, spice and herb exports are valued at USD500 million per year, and the country is known to be the world’s second-largest pepper producer in the world. The Indonesian government plans to take the industry further by launching a program called Indonesia Spice Up the World to promote and increase investment opportunities and dishes at the international stage to boost the value of export for local spices. Indonesia’s main export products for spices are nutmeg, cloves, white pepper, cinnamon, and cardamom, with the majority of its importers being the United States, China, India, Vietnam, and the Netherlands. Currently, the export value of processed and fresh Indonesian spices experiences a positive trend with an average growth of 2.95% over the last five years. In 2020,



The targets of Indonesia Spice Up the World until 2024



Indonesia Spice Up The World

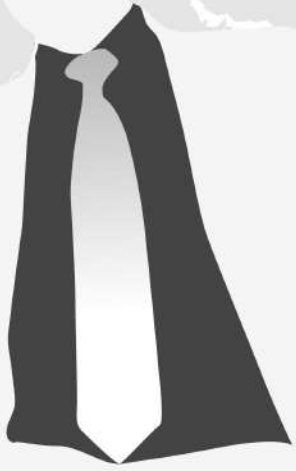
Action Plan 2022-2024

#1 2022

- Expansion of program promotions at home and abroad;
- Facilitate the ease of distribution of spice products and culinary abroad;
- Overseas market chain strengthening through representatives Indonesia and big retailers abroad; and
- Strengthening human resources who are ready to open His main business is Indonesian restaurants abroad.







#2 2023

- Strengthening human resources who are ready to open its main business is Indonesian restaurants overseas
- Initiation of gastronomic tourism in Indonesia
- Development of Indonesian restaurants abroad.

#3 2024

- Development of gastronomic tourism in Indonesia
- Development of Indonesian restaurants abroad.

Like Indonesia, people in Pakistan are fond of a spicy food. Spice are commonly used not only for BBQ but also for traditional favorite cuisines of all time and for all generations. In the following pages, you will find informations on different spies used for favorite Pakistani cuisines and how much values of such spices in bilateral trade between the two countries

Ingredients

- Water
- Ginger
- Garlic
- Cloves
- Chicken
- Tomatoes
- Salt
- Red chili flakes
- Turmeric powder
- Oil
- Coriander powder
- Yogurt
- Black pepper powder
- Green chilies as required
- Green coriander (chopped) as required
- Ginger (julienne) as required

Value of Indonesian Spices Imported in Pakistan 2021



Do you Know ?

Chicken Karahi takes its name from the kitchen utensil karahi in which it is prepared, a type of wok often used in South Asian cooking.

Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics



CHICKEN KARAHI

Karahi is named after the pan in which it was originally cooked a heavy, often cast-iron pan that's similar to a wok, but rounder with a flatter base.

Traditionally, meat would be simmered and stir-fried in this karahi in an open fire. It is usually served with naan, roti or rice. This dish is one of the hallmarks of South Asian cuisine

DAAL LOBIA

Lobia Daal or black eyed pea curry, is a particularly nutritious and delicious choice because it is stuffed with protein and fibre. For best results, peas are soaked the night before, and a tomato base is used to make the curry. It tastes best when served with rice or roti, in which case the curry sauce should be kept a little thicker.

Value of Indonesian Spices Imported in Pakistan 2021



Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics

Ingredients

- Onion (chopped)
- Tomatoes
- Salt to taste
- Red chili powder
- Turmeric powder
- Cinnamon stick
- Ginger garlic paste
- Coriander powder
- Daal Lobia
- Cloves
- Cumin seeds
- Bay leaf
- Soaked rice
- Water as required
- Salt to taste
- Oil
- Fennel seeds
- Mustard seeds
- Nigella seeds
- Fenugreek seeds
- Lemon
- Achari masala
- Green chilies as required



BEEF BIRYANI

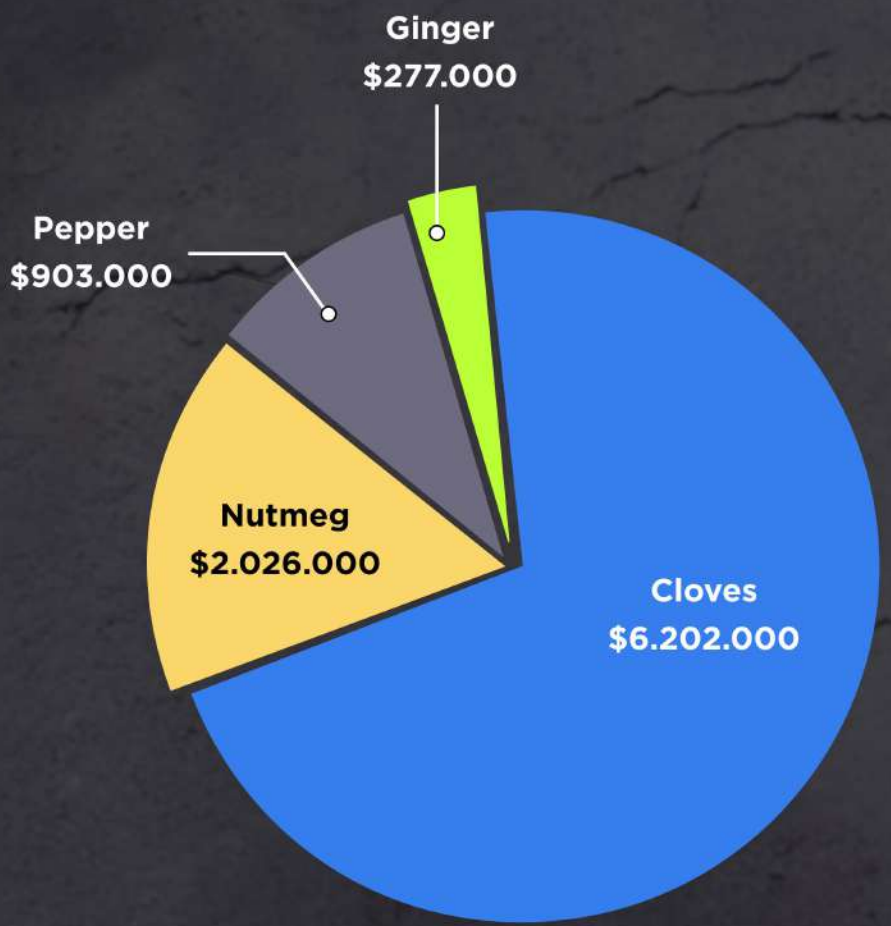
Thought to have developed in the royal kitchens of the 16th-19th century Mughal Empire, this rice dish is often served on special occasions. The meat and rice are cooked separately before being layered and cooked together with an assortment of spices.

Ingredients

Beef
Yogurt
Oil
Salt to taste
Red chili powder
Red chili flakes
Garam masala powder
Coriander powder
Green chili paste
Ginger garlic paste
Turmeric powder
Onion (sliced)
Cinnamon stick
Cloves
Black peppercorns
Green cardamoms
Tomatoes (sliced)
Rice
Cumin seeds
Black cardamom
Bay leaves
Star anise
Water as required
Food color (orange)
Beef masala
Fried onion (as required)
Coriander fresh (as required)
Mint fresh (as required)
Tomato slices (as required)
Lemon slices (as required)
Nutmeg a pinch

Source: Sooper.pk

Value of Indonesian Spices Imported in Pakistan 2021



Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics



So yummy...

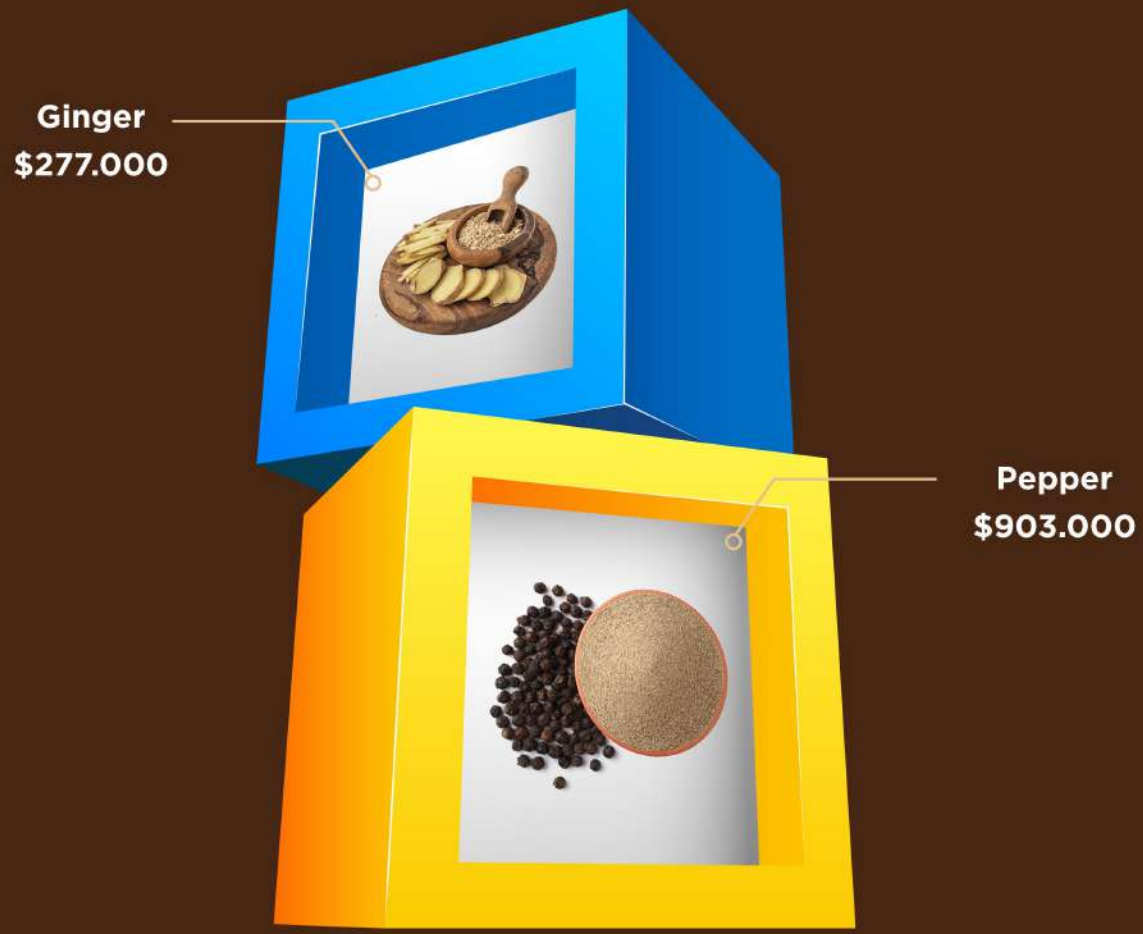


PASANDY
(RENDANG VERSION OF PAKISTANI CUISINE)

A popular meat Shahi Mughalayi dish from the Indian subcontinent called Pasanday was inspired by a meal served in the Mughal emperors' court. The term derives from the Urdu word "pasande," which means "favourite" and refers to the prime cuts of meat that are customarily used in the dish.

Ingredients

Beef
Yogurt
Ginger garlic paste
Lemon juice
Onion (fried)
Salt to taste
Red chili powder
Oil as required
Crushed papaya
Garam masala powder
Cumin powder (roasted)
Coriander powder (roasted)
Black pepper powder
Garlic (chopped)

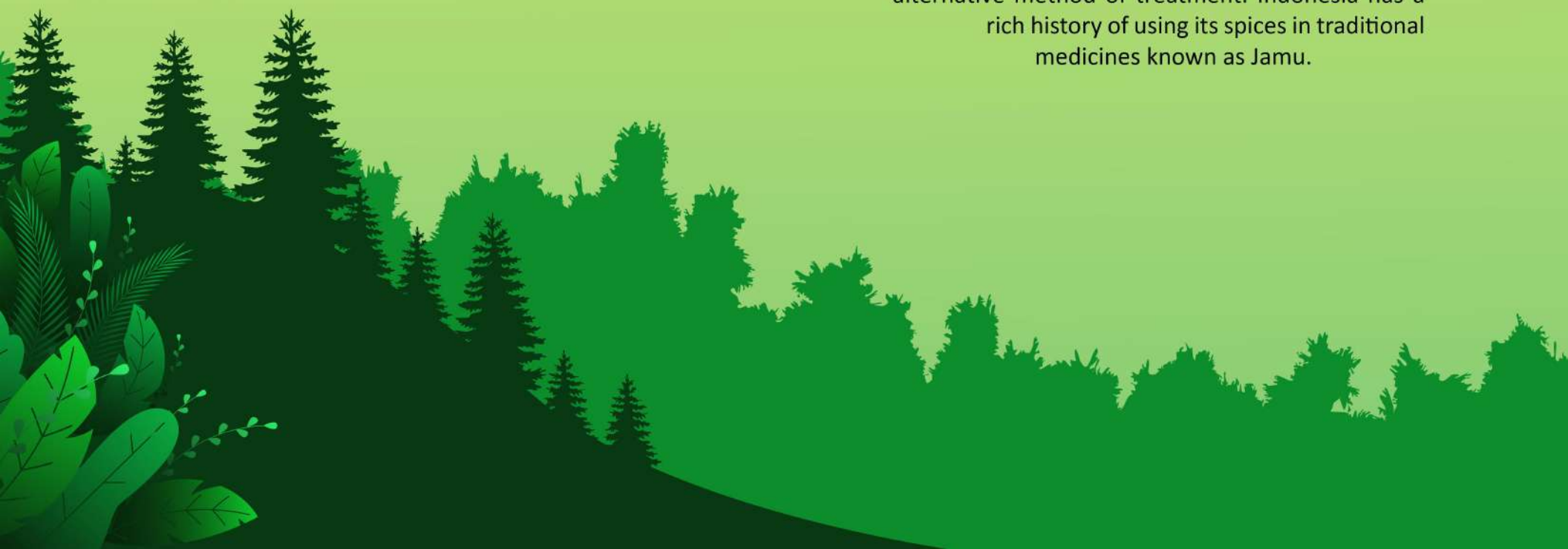


Source: TradeMap
calculations based on Pakistan Bureau of Statistics and BPS-Statistics Indonesia statistics

CHAPTER 4

SPICE AND HERB

Keeping aside the factors of aroma and flavour, the spices and herbs have also remained popular and expensive because of their medicinal qualities. Even in modern days, the traditional herbal medicines enjoy a good market share due to their affordability and health benefits. The Global Herbal Medicines Market is expected to reach US$,347.5 bn by 2029 with the developing popular trends of 'Go Organic' and 'Back to Nature' among the millennials across the globe. It must be interesting to know that around 30.000 species of the 40,000 species of world medicinal plants are located in Indonesia according to Indonesian Institute of Science (LIPI). This rich mega biodiversity along with the latest trend accelerating the consumption of herbal medicines as an alternative method of treatment. Indonesia has a rich history of using its spices in traditional medicines known as Jamu.



AL MEDICINES

Jamu is made from natural materials and plant components and used in treatment of wide range of illnesses. Similarly, the traditional healing system of Unani Tibb is practiced in Pakistan to cure diseases through natural herbal medicines. We may see the past glory of spice era with this rising trend of using traditional healing methods based on ancient wisdom and indigenous experiences. In addition, the spices and herbs are important components of profitable beauty industry and extensively used in beauty care products. As the world's healthy lifestyle shifts and tends to return to nature, the use of spices as body and health care substances is in vogue. In some regions of Indonesia, beauty treatments such as body scrub (lulur), spice bath, and spa treatments are also used as beauty rituals. This chapter reflects the trending popularity of herbal medicines and vast usage of spices in beauty, food and health care industries.



Jamu

Spices can be used for a variety of non-culinary reasons, including as preservatives and treatment of wide range of illnesses. Indonesia has a rich history of using its spices in traditional medicines, known as Jamu.

Jamu is made from organic ingredients and plant components such as leaves, rhizomes, roots, and bark.





A man who is apparently unwell is seen being massaged from the head down to the chest with traditional medicines in Karmawibhangga reliefs from the Borobudur Temple. There were also those who brought jars of the Jamu beverage for consumption. Source: Reliëf van de Borobudur (Boroboedoer), nabij Magelang, Nederlands-Indië, Onnes Kurkdjian, ca. 1895 - 1915 by Kurkdijan, Onnes Rijksmuseum.

Jamu in the relief of Borobodur Temple

Since ancient times, spices and herbs are essential part of medical practices due to their amazing health benefits to cure ailments and maintain beauty. The Borobodur Temple of the 9th Century depicted the use of Jamu to cure illnessess. It must be interesting to know that around 30,000 species of the 40,000 species of world medicinal plants are found in Indonesia. This rich mega biodiversity along with the latest trend to *'Go organic'* and healthy lifestyle accelerating the consumption of herbal medicines as an alternative method of treatment, especially among the Indonesian millennial.



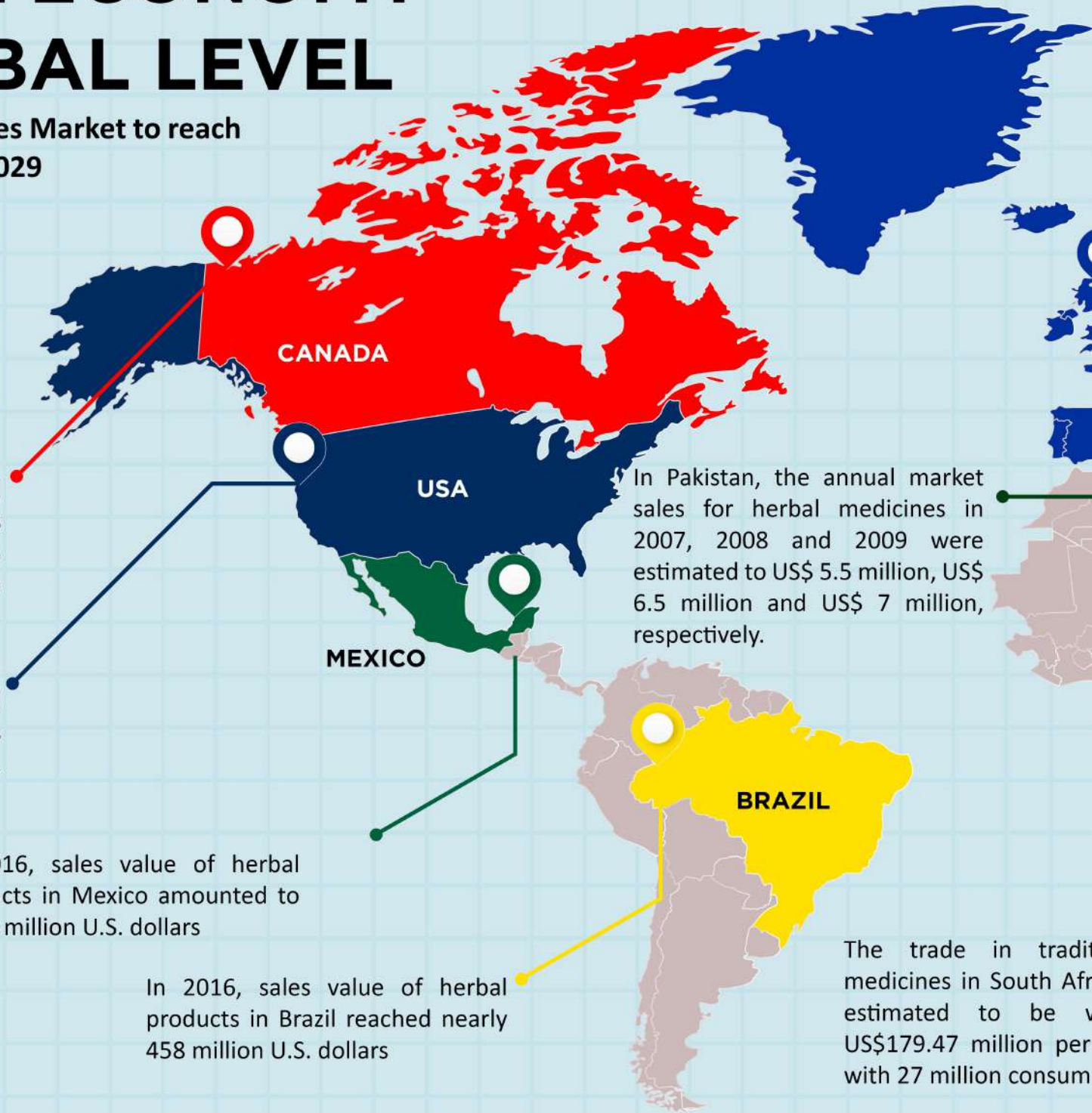
Mother and daughter preparing homemade
Jamu drink- Indonesian herbal beverage with natural ingredients

HERBAL ECONOMY AT GLOBAL LEVEL

Global Herbal Medicines Market to reach US$347.50 billion by 2029

*currencies converted to USD as of 11/08/2022. xe.com

*Data Sources:Statista, Ministry of Trade, Indonesia, Pakistan Tibbi and Homeopathic Manufacturers Association data, Fortune Business Insights, Yahoo Finace



Sales of vitamins, minerals and other health supplements amounted to approximately US$ 916.27 million in the fourth quarter of 2021

The botanical and plant-derived drugs market in United States is expected to reach 3.8 billion U.S. dollars in value by 2023

In Pakistan, the annual market sales for herbal medicines in 2007, 2008 and 2009 were estimated to US$ 5.5 million, US$ 6.5 million and US$ 7 million, respectively.

In 2016, sales value of herbal products in Mexico amounted to 466.6 million U.S. dollars

In 2016, sales value of herbal products in Brazil reached nearly 458 million U.S. dollars

The trade in tradit
medicines in South Afr
estimated to be v
US$179.47 million per
with 27 million consum

DISCLAIMER: The presentation of material on the maps in this publication does not imply the official endorsement or recognition of the Republic of Indonesia concerning t



the legal status of any country, area or territory or of its authorities, or concerning the delimitation of its frontiers or international boundaries.

WHO Definition

Traditional medicine

Traditional medicine has a long history. It is the sum total of the knowledge, skill, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness.

Complementary medicine

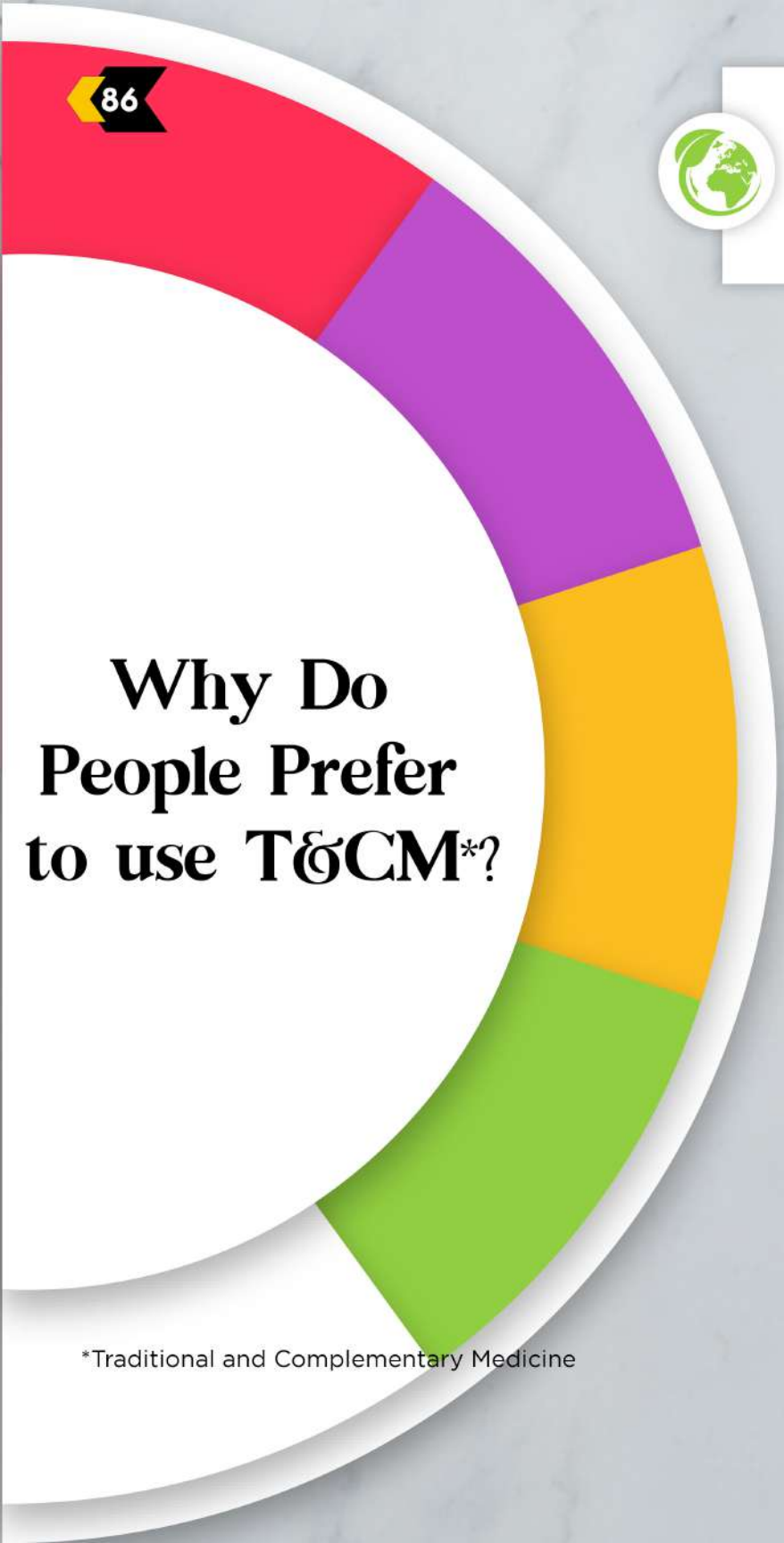
The terms "complementary medicine" or "alternative medicine" refer to a broad set of health care practices that are not part of that country's own tradition or conventional medicine and are not fully integrated into the dominant health-care system. They are used interchangeably with traditional medicine in some countries.

Herbal medicines

Herbal medicines include herbs, herbal materials, herbal preparations and finished herbal products, that contain as active ingredients parts of plants, or other plant materials, or combinations.


World Health
Organization

Why Do People Prefer to use T&CM*?



*Traditional and Complementary Medicine

Go Organic

Trending in Millennials

M

Natural Healing

Immune Be

lore Affordable

No Side-effects

oosting

Healthy Lifestyle



Indonesian Herbal Market

Made with carefully selected natural ingredients and processed using cutting-edge technology and strict Good Manufacturing Practice (GMP) guidelines, the overall export value of Indonesian herbal medicine has reached USD 41.5 million, a 10.96 percent rise in 2021 over 2019. Herbal medication has been sold to various countries, including Nigeria, Saudi Arabia, Malaysia, Singapore, Timor-Leste, and others.

Jamu (Indonesian herbal medicine) producers are playing an important role to fuel the Indonesian economy. According to the Indonesian Jamu and Traditional Medicine Producers Group, Jamu sales produced Rp 21.5 trillion (US$1.38 billion) in income in 2019, up 13.1 percent from Rp 19 trillion (US$ 1.28 billion as of today) in 2018 (GP-Jamu).

Source: Ministry of Trade , Republic of Indonesia



woman preparing homemade Jamu drink- Indonesian herbal beverage with natural ingredients





Do You Know?

In 2021, Indonesia exported plants, parts of plants that are primarily used in pharmacy and perfumery purposes worth US$43.24 millions.

Source: Trade map



Herbal drink for body endurance



Herbal medicine for throat pain



Herbal medicine for joint pain



Herbal medicine for immune booster



Herbal medicine for female health



Herbal medicine for flu

Some of the popular herbal products in Indonesia

Pakistan Herbal Market

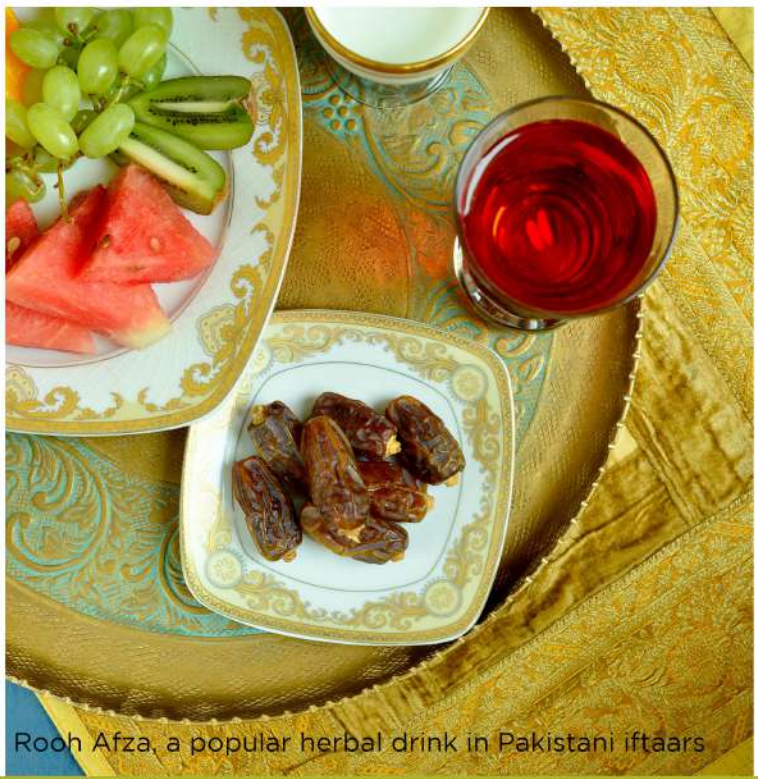
The traditional medical practices of Unani Tibb or the Greco-Arab system of medicine have continued to remain popular in Pakistan. The Unani system seeks a harmonious coexistence of nature and humanity. Unani medicine is practiced in Pakistan, particularly among tribal peoples, where it is regarded first-line therapy and become traditional cultural heritage.

The annual market sales for herbal medicines in Pakistan in the years 2007, 2008 and 2009 were estimated by the Pakistan Tibbi and Homeopathic Manufacturers Association data to be US$ 5.5 million, US$ 6.5 million and US$ 7 million, respectively. Based on the trend, the annual market sales of herbal medicine continues to rise in Pakistan.

Pakistan is blessed with abundance of medicinal and herb flora, especially in the Northern areas of Pakistan. The total exports of Unani medicine was roughly US$3.5 million in 2017.

Source: Business recorder





Rooh Afza, a popular herbal drink in Pakistani iftaars



Do You Know?

In 2021, Pakistan exported plants, parts of plants that are primarily used in pharmacy and perfumery purposes worth US$ 23.78 million.

Source: Trade map













Some of the popular herbal products in Pakistan

SPICES AS NATURAL FOOD PRESERVATIVES



Food preservatives are necessary to protect the quality of the ingredients when they are stored for an extended period of time, particularly for foods that are highly sensitive to bacterial infection



Natural food preservatives cannot be substituted by synthetic chemical preservatives since it is well known that such substances are unhealthy

Nutmeg oil, clove oil, cinnamon oil, and camphor oil are some of the prominent essential oils used as natural preservatives



Cloves with oleoresin content, turmeric with curcumin, kluwak with cyanide acid concentration and galangal are some of the spices commonly used as natural preservatives in food



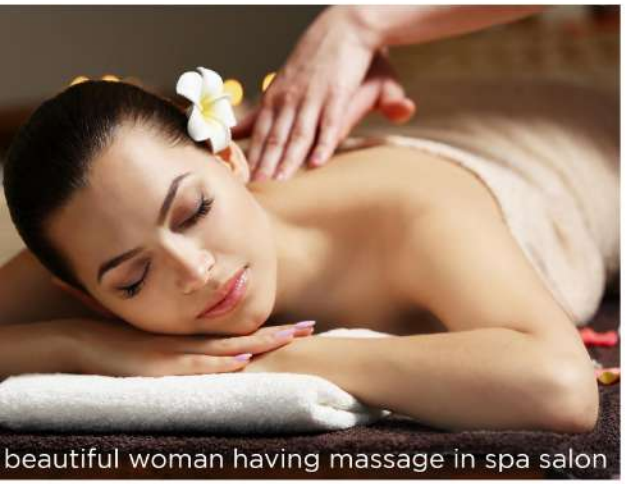
Some spices function as a natural color in the diet to keep it healthy while also providing taste to the dish. Nasi kuning (yellow rice) and bika ambon cake are frequently coloured with turmeric to give them a characteristic yellow hue





Some of the traditional Indonesian spices used in Jamu spa treatments.

In some regions of Indonesia, beauty treatments such as body scrub *(lulur)*, spice bath, and spa treatments are used as beauty rituals. The traditional Javanese art of health and beauty combines inner and outer beauty. Body care is frequently linked to the lengthy history of women's beauty practices that began in the palaces of Solo and Yogyakarta. The cultural theory behind this palace's body-care practices was to maintain a balance between the body and the mind. One of the cultural assets of Indonesian spices is the therapy now known as SPA.


beautiful woman having massage in spa salon

SPICES FOR BEAUTY CARE

For ages, Indonesia has been the origin of numerous tropical plants and spices used in beauty care. As the world's healthy lifestyle shifts and tends to return to nature, the use of spices as body and health care substances is growing. The fans of spices will never give up on them, and Indonesia has continued to remain the "Archipelago of Spices."

A new spirit is claimed to be created while also taking care of one's physical, mental, and spiritual health when fragrant spices are combined with prayer rituals, incense smoke, therapeutic aroma and relaxing massages. Typically, essential oils including those from anise, sandalwood, cloves, ginger, cardamom, cinnamon, coriander, turmeric, pepper, and nutmeg are used in fragrance therapy in the form of incense and oil or wax.

Scrubbing is one of the long-established rituals passed down through generations. Indonesian traditional scrubs come in a wide variety including the yellow langsat scrub from Central Java, the boreh scrub from Bali, the Batimung scrub from Borneo, the Bakera scrub from North Sulawesi, and the Bedda Lottong scrub from South Sulawesi.


A Pakistani bride with traditional turmeric haldi

These scrubs are made by grinding or blending rice with turmeric, ginger, cloves, nutmeg, pepper, cinnamon, cardamom, lawang flowers, and coriander.

Another traditional medical practices that has been practiced in many countries and documented in old literatures is “Spice bathing”

“The ancient practice of taking Spice bath appears to demonstrate that spices not only being used in cooking but also in cosmetics and health care products.” The therapy of Spice bathing for brides is also in vogue in Indonesia. This SPA Bath may be enjoyed in a "bathup" of water infused with a variety of spices and flower petals and steam produced from the distillation of various spices. Nutmeg, cloves, Lawang flowers, ginger, and galangal are few of the spices utilized in the SPA bathing.


A beautiful Asian woman is sleeping while the attendant massages her face with turmeric powder

Treating Ailments and Boosting Immune System:

Detoxification

Given their extensive history, widespread use, and reported efficacy, it's no wonder so many individuals turn to nature and use herbs and spices to support their body's natural detoxification processes. For example, a delicious spice with many health advantages is “Cinnamon”. It possesses antioxidant, anti-diabetic, anti-inflammatory, lipid-lowering, anticancer, antibacterial, and heart-protective properties. It also helps to defend against brain illnesses such as Alzheimer's and Parkinson's.



Cinnamon





woman eating healthy salad sitting on the table with green fresh ingredients indoors

The antioxidant enzyme glutathione-s-transferase (GST), a phase II detoxification enzyme that defends cells against toxins, is increased in activity by cinnamon, according to research, supporting the detoxification process. A prolific plant with a powerful taste, “Turmeric” detoxifies the liver. Due to its medicinal properties, turmeric is frequently used in food. Additionally, it supports the body's natural ability to flush out viruses, bacteria, and gastrointestinal toxins Turmeric is used by people with inflammatory illnesses like psoriasis to calm skin inflammation.



Turmeric Powder

Natural Essential Oil

The power of nature may be brought into our homes through the use of Essential oils, which are the essence of plant and a gift from the planet that have been distilled.

Essential oils are incredibly potent natural substances that are tucked away in plant roots, seeds, petals, and bark.

Throughout history, essential oils have been utilised for aromatherapy, medical procedures, and cosmetic procedures.

One of the examples of essential oil is Clove oil, produced by Indonesian-native clove trees.

The dried flower buds of the clove tree are harvested and used to make clove oil through the process of distillation. Traditionally Clove oil has been utilized;
a) as antimicrobial, to help kill bacteria
b) as a painkiller for ailments like toothaches,
c) and muscle pain.

Source: healthline.com

Indonesia recorded US$130.74 millions in 2021 for export of essential oils.

Source: Trade map



Nutmeg oil



Clove oil glass bottle for skin care or acne



Source: WIPO/MARTIN

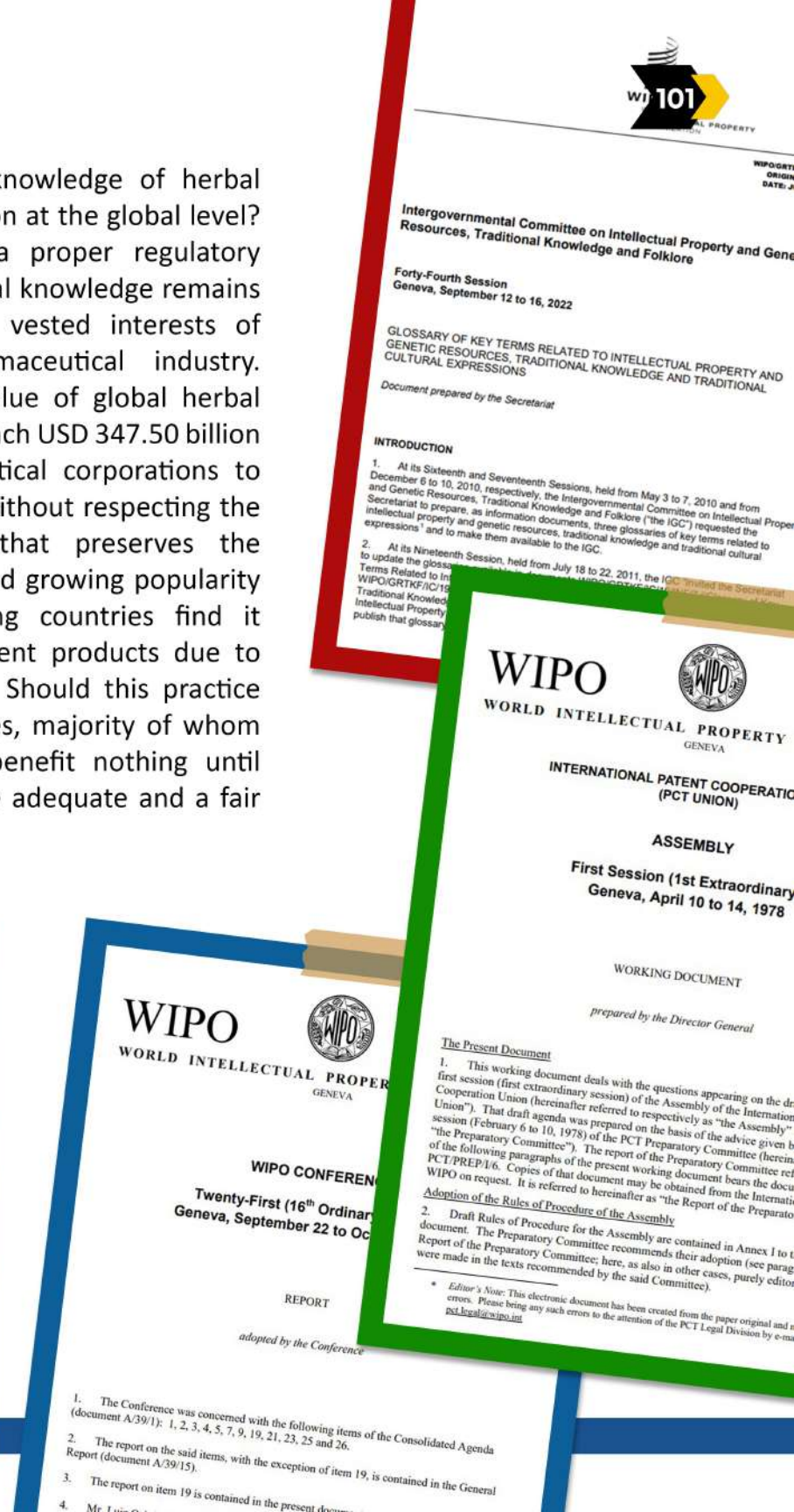
It is anticipated that the economic potential of traditional knowledge (TK) and genetic resources (GR) in developing countries would be growing significantly in coming years. There is a great need therefore, to raise awareness and contribute towards policy insights on promoting appropriate protection of Genetic Resources and Traditional Knowledge at global level, among other through WIPO.

WIPO
WORLD
INTELLECTUAL PROPERTY
ORGANIZATION

As one of the specialised agencies of the United Nations, WIPO has two primary goals:
(1) To advance the protection of intellectual property on a global scale and
(2) maintain administrative coordination between the intellectual property unions set up by the treaties that WIPO oversees.

Isn't it surprising that traditional knowledge of herbal medicines still lack the legal protection at the global level? In fact, due to the absence of a proper regulatory framework, the traditional-based local knowledge remains unable to protect itself from the vested interests of profit-oriented international pharmaceutical industry. According to Yahoo Finance, the value of global herbal medicines or T&CM is projected to reach USD 347.50 billion by 2029 causing global pharmaceutical corporations to hurry to produce herbal medicines without respecting the rights of traditional community that preserves the knowledge. Despite the rising use and growing popularity of traditional medicines, developing countries find it difficult to be register them as patent products due to various technical and legal hurdles. Should this practice continue, the traditional communities, majority of whom live in developing countries, will benefit nothing until international community can provide adequate and a fair legal protection for T&CM.

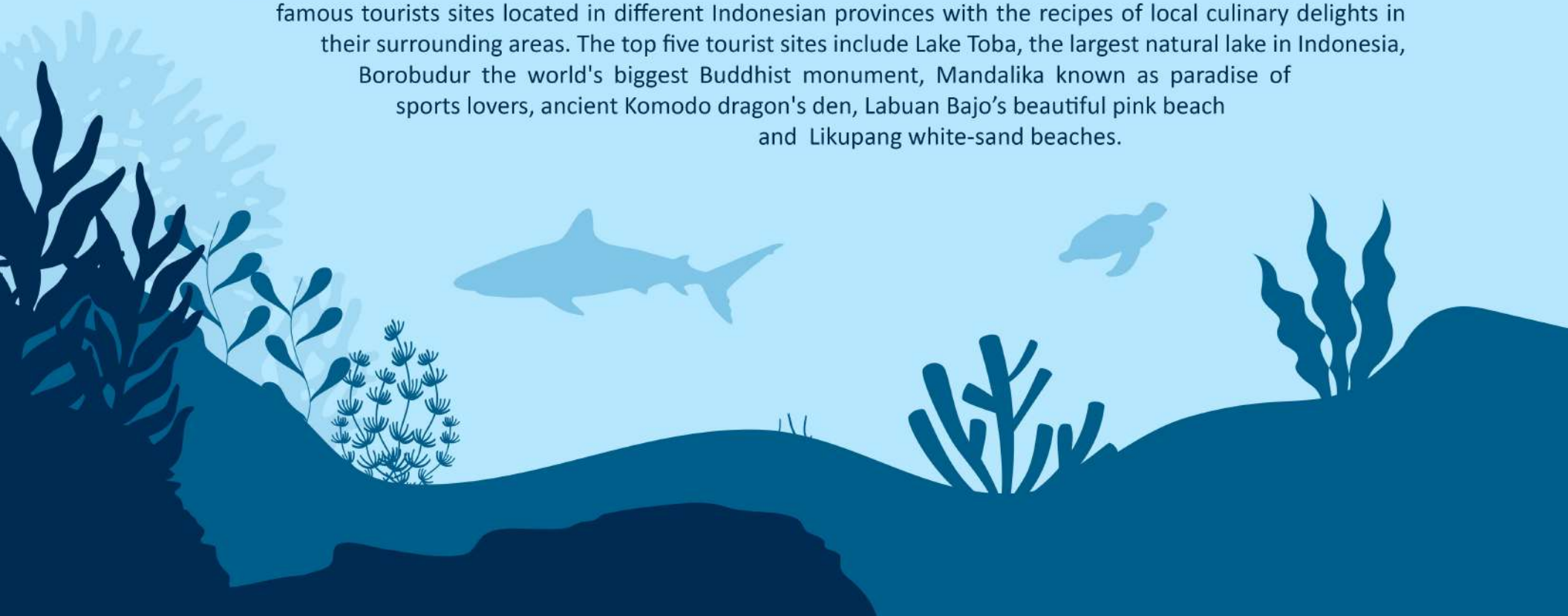




CHAPTER 5

SUPER FIVE INDONE
WITH UNIQUE

This chapter portrays spectacular scenic beauty, delicious cuisine, mega biodiversity of spice rich islands and ancient civilization found on super five Indonesian tourist destinations. You will surely enjoy the peculiar features of some famous tourists sites located in different Indonesian provinces with the recipes of local culinary delights in their surrounding areas. The top five tourist sites include Lake Toba, the largest natural lake in Indonesia, Borobudur the world's biggest Buddhist monument, Mandalika known as paradise of sports lovers, ancient Komodo dragon's den, Labuan Bajo's beautiful pink beach and Likupang white-sand beaches.



SIAN DESTINATIONS SPICE AROMA

In addition to their spectacular and breathtaking beauty, these top 5 tourist destinations offer traditional delicious cuisines that are worth tasting. As one of the most culturally diverse nations in the world, Indonesia offers tremendous variety of art, cuisine and culture. You can try your cooking skills by following the food recipes in this chapter or plan a visit of any destination that suits your interests. Indonesia is ready to welcome you with its amazing attractions and delicious cuisines. Let us take readers to a journey to these tourist destinations and familiarize them with favorite delicious cuisines in these hidden paradises.





Buddha statue in Borobudur Temple, Java island, Indonesia

Vesak Lantern Festival

Vesak is a Buddhist festival celebrated in Indonesia. People enjoy the annual lantern festival held in the area adjacent to Borobudur Temple because of its spectacular lighting displayed during the event.



https://tinyurl.com/BorobudurIndonesia



Visitors entering the Borobudur temple

Borobudur

Borobudur is a 7th-century Mahayana Buddhist temple in Magelang, Central Java. Borobudur is the world's biggest Buddhist temple. It was abandoned after the fall of Hindu-Buddist kingdoms in Java and the conversion of Javanese people to Islam. Sir Thomas Stamford Raffles, Lieutenant- Governor of the Dutch East India, was informed of its presence by native Indonesians and spread worldwide news of its existence in 1814. Borobudur has undergone various renovations since then.

The Indonesian government and UNESCO collaborated on the greatest repair effort between 1975 and 1982, which was followed by the monument's designation as a UNESCO World Heritage Site. Borobudur archaeological site has received several international tourist accolades, including the PATA Gold Award Winner in 2011 and 2012. Borobudur was named the world's biggest Buddhist archaeological monument in the Guinness Book of World Records in June 2012. As usual, finding a delicious cuisine is an indispensable part of every tourism adventure. So, don't miss the opportunity to experience the Gudeg dish from Yogyakarta, which is quiet popular among the visitors.

Gudeg

The most favorite dishes in Yogyakarta Province. Gudeg Jogja is jackfruit vegetable cooked milk to produce thick areh (gravy). Gudeg is a special food of Yogyakarta (Jogja) in Central Java. Just like most of the other Indonesian food, Gudeg is served with rice. In addition to jack-fruit vegetable, usially warm served with krecek fried sauce. The sweet and legit taste is the hallmark of this one dish.



Ingredients

- 6 pieces of bay leaf (optional)
- 3 kaffir lime leaves
- 1 inch galangal. bruised
- 2 lemongrass bruised and knotted
- 75 grams of palm sugar
- 1.5 teaspoon salt or to taste
- 1 can (400 ml) coconut milk
- 400 ml water, or just enough to submerge
- 1 can (20 oz.) young jackfruit
- 4 – 6 hard-boiled egg
- 1 block (14 oz.) firm tofu, cubed and deep fried
- 50 grams shallots
- 4 cloves garlic
- 8 candlenut
- 1 teaspoon coriander powder

How to make it

1. Place everything into a soup pot, except hard boiled eggs and deep fried tofu. Stir, and also make sure that everything is submerged (you can add a bit more water if need be), and bring to a boil.

2. Reduce heat, add hard boiled eggs and deep-fried tofu cubes, and simmer on the lowest heat setting possible until all liquid is fully absorbed by the jackfruit, eggs, and tofu. Stir every 30 minutes or so. This process should take about 3 - 4 hours.

3. Turn off heat, adjust seasoning as needed, some people really like their gudeg to be on the sweet side. Remove all the leaves. Transfer to a serving plate and serve warm or at room temperature.

After a long tiring day exploring Borobudur Temple, it is advisable to go local by having dinner with local cuisines such as Gudeg and marinated chicken.



Nasi Gudeg, a traditional dish from Yogyakarta and Central Java, Indonesia



Labuan Bajo Harbour

Manta
in Kon

Komodo Island

One of the top of the destinations in Nusa Tenggara Timur (NTT), Indonesia is the Komodo National Park at Komodo Islands, home of the prehistoric lizards. The Park was listed as UNESCO's World Heritage Site in 1991 and home to fascinating wildlife. The city of Labuan Bajo itself have several interesting places to visit. It is only 4 kilometres away from the Mirror Cave, founded by a Dutch archaeologist in 1951.

In the vicinity, you can also find Cunca Rami and Cunca Wulang canyon waterfalls. Only a short boat trip from Labuan Bajo, you can visit Ranko Village and plunge to Ranko Cave and experience swimming in a cave lake. This natural wonder, is known for its blue water and sunshine shining straight on its cave lake. And now after spending an adventurous travelling day, don't forget to enjoy the food specialties of Komodo Island, fish soup, which offers the distinct blend of traditional aromatic spices and rich flavors.



ray on cleaning station
nodo national park

Labuan Bajo

Situated on the western most end of Flores Island, the town of Labuan Bajo has flourished to become the gateway to many exotic destinations in East Nusa Tenggara such as the ancient Komodo dragon's den, beautiful pink beach and fabulous underwater life where huge turtles, manta rays and gorgeous colorful reefs make this a paradise for divers.

https://tinyurl.com/LabuanBajoIndonesia



An art show in Cecer Village, Labuan Bajo



Komodo dragons resting quietly in place, above dried leaves, and under the shade of trees in a forest



Don’t forget to taste delicious fish soup of traditional Laboan Bajo recipes while you travel to Laboan Bajo.

Sop Kepala Ikan Kakap, clear snapper soup

Fish Clear Soup

Surrounded by the sea, East Nusa Tenggara and Labuan Bajo is famous for its seafood dish such as Fish Clear Soup (Ikan Kuah Asam). Its refreshing, tangy, savoury taste brought by balanced mix of spices and herb will surely replenish your energy after a fun day at the sea.

Ingredients

- 1-2 Red snipper
- 6 onion grains
- 4 garlic cloves
- ½ piece of tomatto
- 1 stem of lemongrass
- 3 leaves of lime leaves
- 3 points of tamarind mix with 500-600mL water
- 1/2 tsp turmeric
- Salt to taste
- 2 tsp sugar
- 1 tsp chicken seasoning
- Handful of basil leaves
- 1/2 lime

How to make it

1. Saute onion, garlic and tomatoes until fragrant. Add lemongrass and lime leaves.
2. Crush the tomatoes. Add turmeric powder and stir briefly.
3. Pour water and bring to a boil.Add Cook for 10-15 minutes until the fish is cooked.
4. Season with salt, powdered stock and sugar.Add sour water.
5. Finally, add the basil leaves and lime juice if you like it more sour. Taste correction.

Serve while hot.

Toba

Spectacular natural beauties of Lake Toba can be enjoyed in a variety of ways. Kayaking at Lake Toba is considered as once-in-a-lifetime event by many and have many routes that can be tailored to your preferences.



The Toga Aritonang Monument as areminder of the ancestors of the local community stands in the hills of Lake Toba



Batak Dance, tortor embas embas Dance is a traditional Dance in Huta Siallagan

Samosir Island
North Sumatra

The sheer size of Lake Toba makes it more like an ocean than a lake. It holds titles as the largest lake in Indonesia, largest lake in Southeast Asia, one of the world's deepest lake and the worlds's largest volcanic lake. In July 2020, Lake Toba was designated as a UNESCO Global Geopark.

https://tinyurl.com/LakeTobaIndonesia

It is located in the midst of the northern region of the island of Sumatra, measuring around 100 kilometres long, 30 kilometreswide, and up to 505 metres deep, with a surface elevation of about 900 metres. Remember, the Indonesian cuisine is not about spices alone but also provides a fine balance of herbs and ingredients. Relishing the delicate taste flavorful food of Samosir Island, with finely balanced ingredients, Arsik (spicy fish dish), will certainly be joyous experience for you.

If glamorous camping (glamping) is more your taste, The Kaldera Nomadic Escape allows you to enjoy the fresh breeze from surrounding the lake. Immerse yourself in nature with the conveniences of upscale luxury camping at available resorts located at Ajibata Sub-district, Toba Samosir Regency.



Lake Toba, Medan, North Sumatera, Indonesia



indonesian traditional food gold fish baked with turmeric spicy

Arsik (Ikan Mas)

With large body of water, freshwater fish cuisine become the speciality of Toba Lake residents. Arsik is an Indonesian spicy fish dish made popular by the Batak Toba and Mandailing peoples of North Sumatra that utilize distinctive spices of torch ginger fruit (asam cikala) and andaliman (Indonesian szechuan pepper). Shallots, garlic, ginger, fresh turmeric root, and chile are all common Indonesian veggies and spices.



Ingredients

- 2 red carph fish about 600-800 grams each
- 15 shallots
- 5 cloves garlic
- 8 toasted candlenuts
- 15 red cayenne peppers
- 5 ginger root, peeled
- 3 young galangal
- 10 white part of 10 lemongrasses
- 3 turmeric root, peeled
- 1 teaspoon ground toasted coriander
- 6 Indonesian bay leaves
- 4 turmeric leaves
- 3 old galangal, bruised
- 10 lemongrass, bruised (the white parts have been separated for making ground paste above)
- 3-5 torch ginger, bruised
- 20-25 pieces andaliman (can be substituted for Sichuan pepper), bruised
- 150 grams bawang Batak
- 2 pieces asam kandis
- 2 medium tomatoes, grated
- sea salt as desired.

How to make it

1. Place a half portion of bruised lemongrass, torch ginger, and a half portion of Indonesian bay leaves and turmeric leaves in a large dutch oven.

2. Stuff a quarter of a teaspoon of spice paste into the fish's belly. Half of the spice should be rubbed around the fish. Place fish on top of stacked spices inside the dutch oven . Pour the remaining spice and sprinkle andaliman mixture on top . In a large mixing bowl, combine asam kandis, the remaining Indonesian bay leaves, and the turmeric leaves. Add a small amount of water. Make sure the fish isn't submerged.

3. Place the lid on the pot and cook on low heat. Place lokio and grated tomatoes on top when it's about half done/cooked. Replace the lid.

4. Cook for 1-2 hours, or until the water has evaporated. Do not flip the fish while it is cooking. It'll be ready once it's been cooked. Remove from the heat and enjoy it!

Beautiful view of Pulisan Beach, peaceful and tranquil, located in Likupang, Minahasa Utara, Indonesia



Bunaken park of Manado west of Sulawesi

Likupang
North Sulawesi

North Sulawesi has long been a well-known destination for its stunning natural attractions, exotic beaches and mountainous and lush green forests. Now, Likupang white-sand beach is a "new destination" that has emerged from North Sulawesi and is just 48 km away from Manado city.

Likupang white-sand beach with blue sea, green hills, and a clear sky will refresh both your mind and body. Its beautiful clear seawater and underwater scenery will surely hypnotize you. The crystal-clear water of North Sulawesi has once stunned locals and Indonesia's World Wildlife Fund in 2007 because a white shark was seen in the area. After a tiring day of excursion, typical indigenous food of Spicy Chicken (Rica-rica) is ready to sooth your taste buds.

Green Sea Turtle (Chelonia mydas) and scuba diver regarding each other, on a coral sea wall off Bunaken Island, North Sulawesi, Indonesia



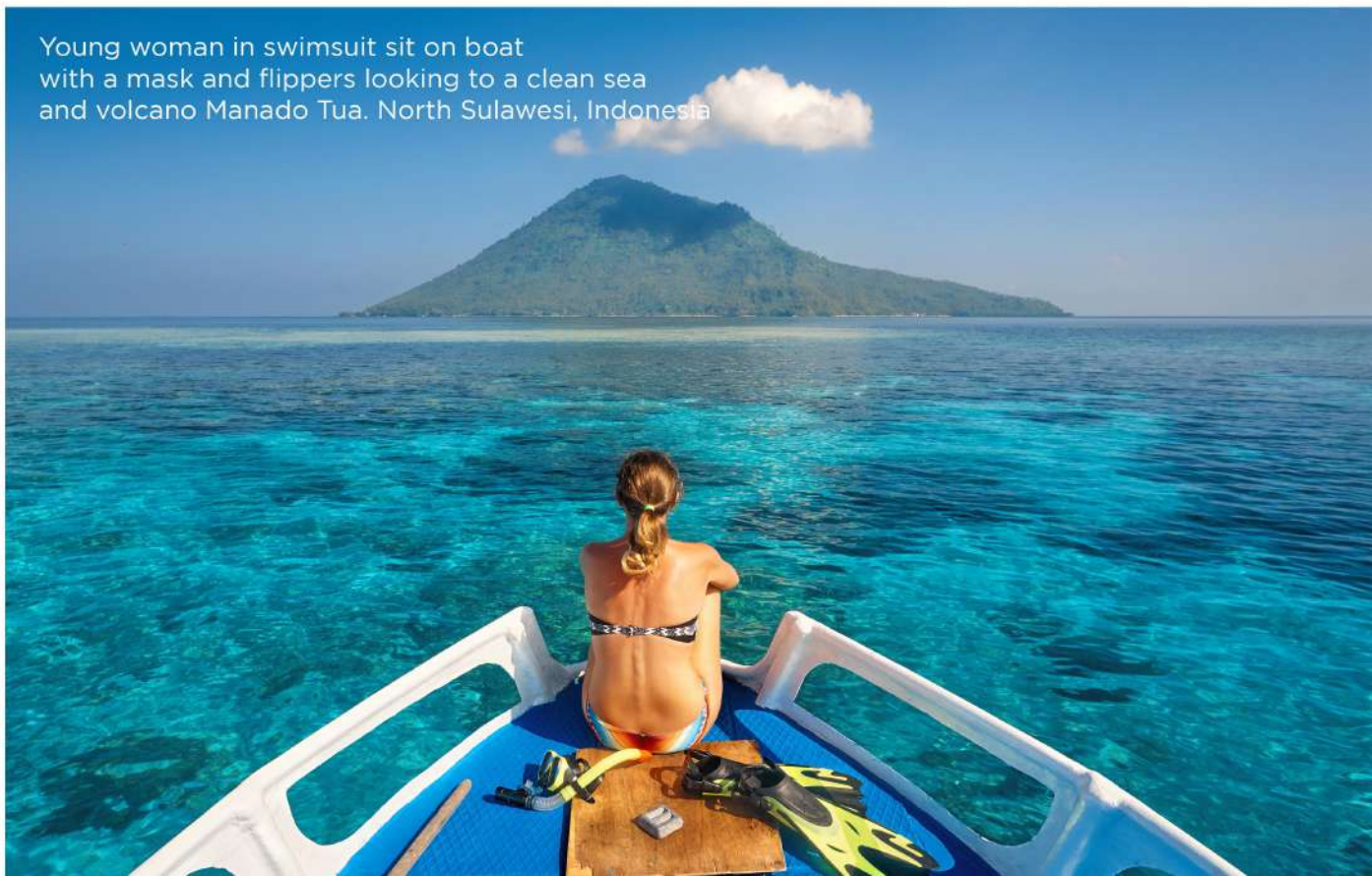
The Hidden Gems

The presence of a rare species like this, green sea turtle, is a sign that the ocean ecosystem of Northern Sulawesi is in a healthy condition. The beaches together with the mountainous areas, and lush forests in North Sulawesi are the highlights that make this destination special. Let it be diving, snorkelling, to focus on seeking peace in spiritual tourism.

https://tinyurl.com/LikupangIndonesia



Aerial View Siladen Island Manado, North Sulawesi - Indonesia



Young woman in swimsuit sit on boat with a mask and flippers looking to a clean sea and volcano Manado Tua. North Sulawesi, Indonesia

Rica-Rica
Manado

Rica-Rica in the local language that means spicy and hot, describing the taste of a variety of chilis. This delicious condiment is a well known sauce recipe that comes from Manado and its surrounding area.

Abundant in spices, herbs, and coconut milk, the food in North Sulawesi is famous for its refreshing, creamy yet spicy characteristics. The rica-rica sauce is usually spread over barbequed fish, meat, seafood or poultry. The most popular rica-rica dishes are probably ayam rica-rica or chicken rica-rica and tuna rica-rica.

Ingredients

- Tomato
- Chilli
- Garlic
- Shallots
- Ginger
- Coconut oil
- Lime leaf
- Lemongrass
- Lime juice





Ikan cakalang rica or hot and spicy skipjack tuna fish, Manado food



Beautiful hill view from Mandalika Circuit

Mandalika Circuit

Designed as one of Indonesia tourism economic zone, Mandalika boasts vibrant bars and nightclubs, thrilling racing circuits, exciting water parks, luxurious hotels and resorts, fascinating golf courses, rejuvenating spas, and plenty more.

There's everything for everyone at this 1,250-hectare paradise that It also has become the leading attraction for sports enthusiasts. The Mandalika Circuit, Lombok, is an international racing street circuit that's being constructed to host the world-class motorcycle racing event, namely World Super Bike (WSBK) and Moto GP.

https://tinyurl.com/MandalikaIndonesia

In Mandalika, you can experience ultimate beach-hopping activity, all kinds of fun water sports activities at famous Kuta Beach and swimming, surfing, and fishing at Gerupuk Beach for a one-of-a-kind cultural experience, head down to Seger Beach during the annual tradition of Bau Nyale Ritual and join in the local festivity you won't find elsewhere. Moreover, don't forget to immerse yourself in a magnificent experience as you visit the unique native traditional villages of Sade and Ende near Mandalika.



Tourist enjoying Kuta Beach at Mandalika, Lombok, Indonesia



Taliwang grilled chicken serving with "plecing" or sauteed kale

Chicken Taliwang

Originated from Lombok, West Nusa Tenggara, this dish is a rich combination of fresh spices and ingredients including chilies, shallots, garlics, tomatoes, and fried shrimp paste that will tease your taste buds with its spicy, savory, and sweet flavor and crisp outer chicken skin layer through multiple cooking processes.



Ingredients

- 1 free-range chicken
- 2 teaspoons lime juice
- 750 ml coconut milk
- 3 teaspoons salt
- 2 tablespoons brown sugar
- 5 tablespoons oil
- 10 shallots, chopped
- 5 cloves of garlic, chopped
- 4 large red chilies, chopped and deseeded
- 6 red curly chilies, chopped
- 5 candlenuts, roasted
- 1 teaspoon of shrimp paste, grilled

How to make it

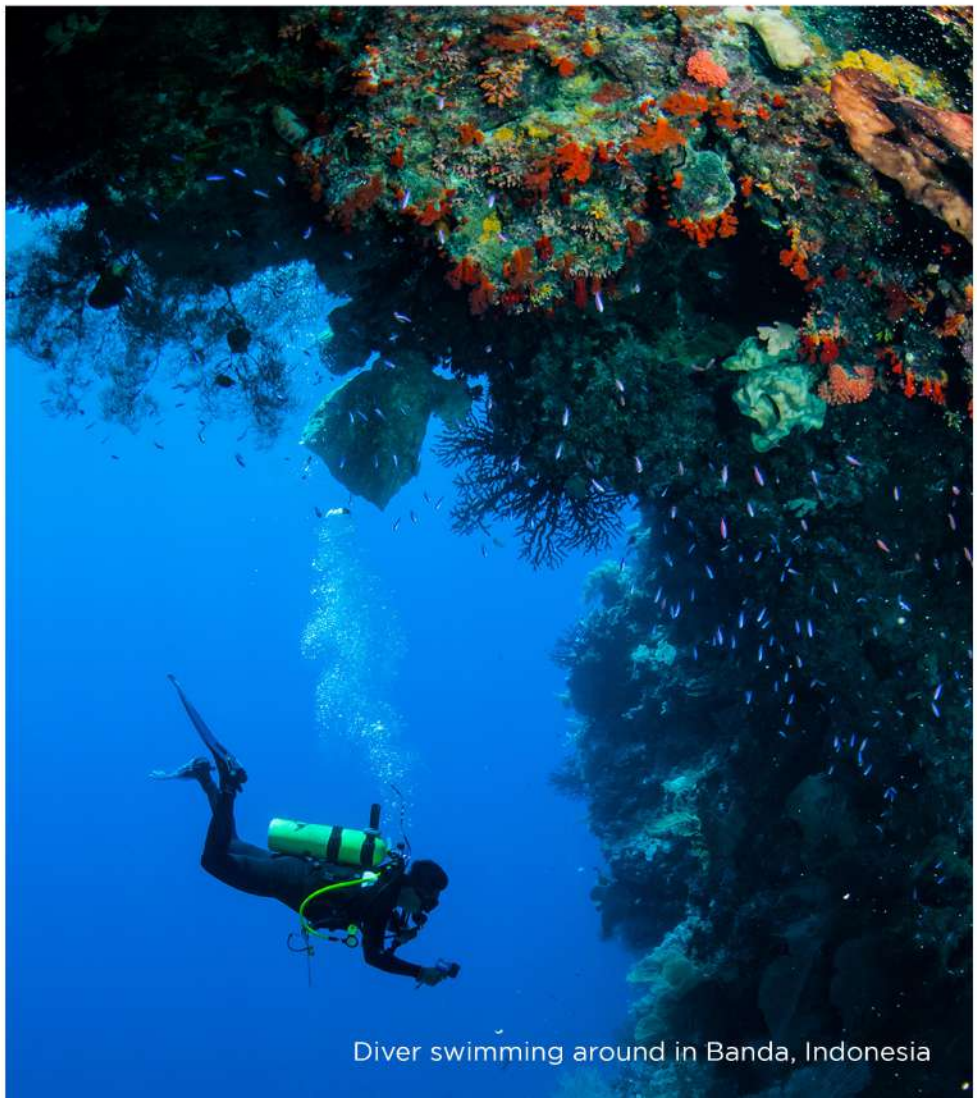
1. Cut the chicken horizontally from the chest, then press it open. Fold the chicken wings backward.
2. Coat chicken with lime juice and salt.
3. Grill the chicken until half cooked.
4. Blend or ground all the spice paste ingredients.
5. In a heated pan, add vegetable oil and sautés the spice paste. Add coconut milk, salt, and brown sugar. Bring it to a shimmer.
6. Add the chicken and bring it to low heat. Let it sit until the chicken is fully cooked.
7. Grill the chicken again by coating it with the leftover spice paste. Let it sit until fragrant.

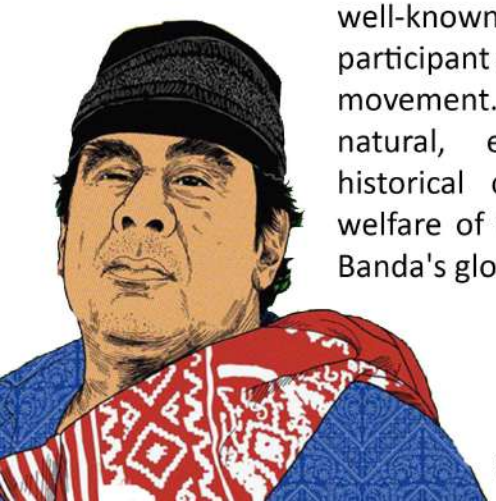



Source: themaulanahotel.com

Banda Islands
Where The Story Begins

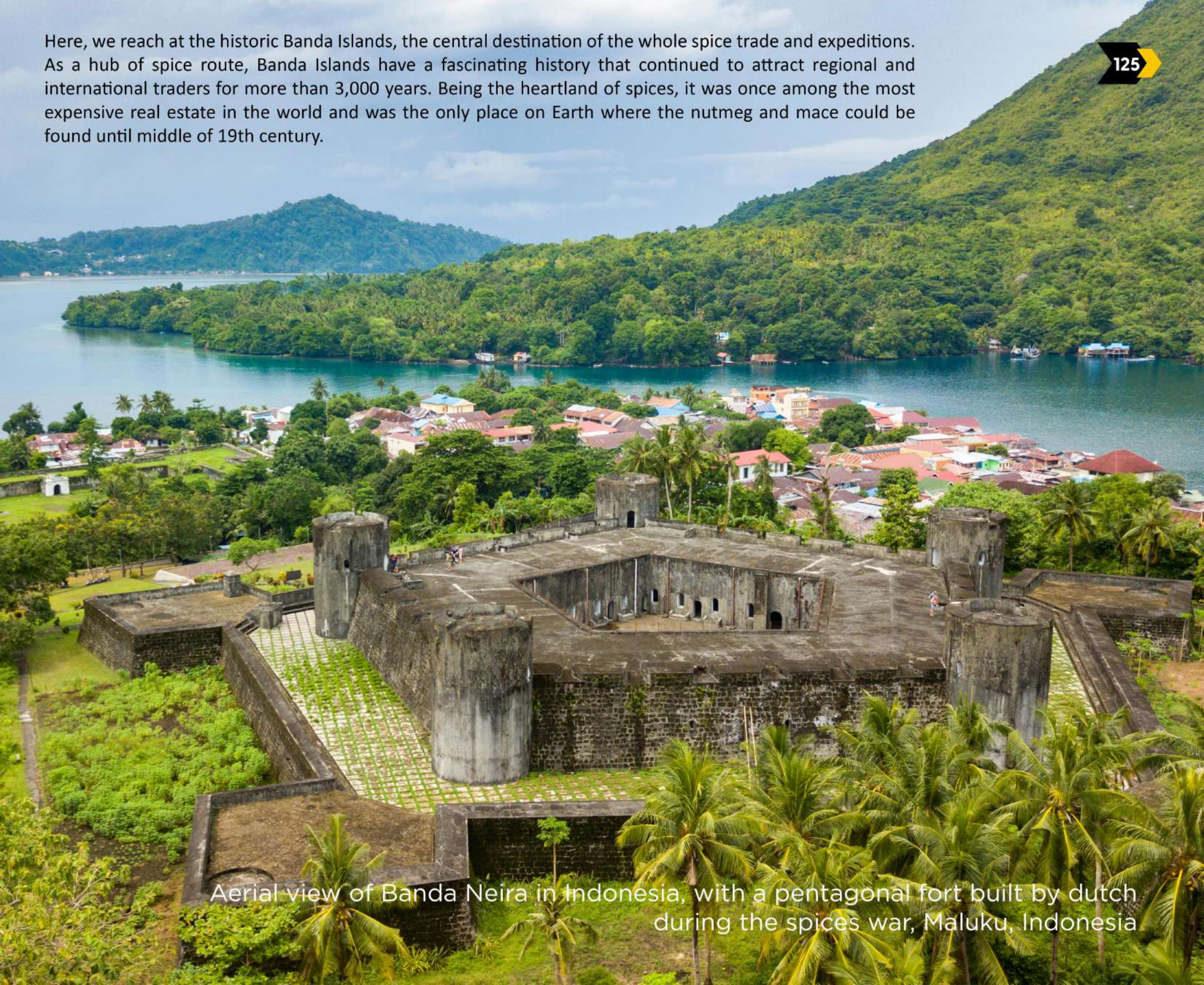
This is the island where the western explorers once fought to gain the monopoly of spice's trade and started globalization. You can trace the history of this Spice routes by visiting the pentagonal "Fort Belgica" built by Dutch during Spices war in 17th century. While you there, we would advice you to visit the Maulana Hotel and enjoy the cuisine on the bay of the lake.


Diver swimming around in Banda, Indonesia


Source: tirto.id

Des Alwi, a prominent Banda figure, was a well-known historian, cultural activist, and participant of the Indonesian independence movement. Des Alwi pioneered the work of natural, environmental, cultural, and historical conservation to promote the welfare of the people of Banda, restoring Banda's glory on the global stage.

Here, we reach at the historic Banda Islands, the central destination of the whole spice trade and expeditions. As a hub of spice route, Banda Islands have a fascinating history that continued to attract regional and international traders for more than 3,000 years. Being the heartland of spices, it was once among the most expensive real estate in the world and was the only place on Earth where the nutmeg and mace could be found until middle of 19th century.



Aerial view of Banda Neira in Indonesia, with a pentagonal fort built by dutch during the spices war, Maluku, Indonesia

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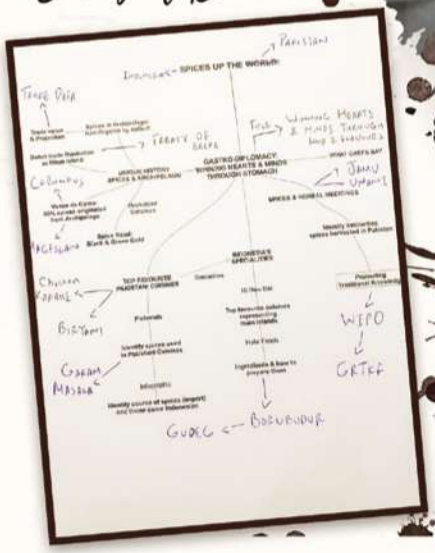
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Behind

The Embryo of Book





Processing

The Scenes





brainstorming











Spice culture has evolved significantly as a result of records on Indonesian spices and other aromatic plants that have shaped the today's world. The journey of spice trading signified a cultural fusion between East and West as well as a cultural exchange between Indonesia's northern and western regions. Trade in spices was a major factor in the long-term cultural diffusion that led to the customs and traditions practiced today. Since the trade in spices began, Nusantara, Modern day Indonesia has become a hub for the exchange of cultures from around the world.

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RISE STRONGER

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