



Kumar's
curries & bumbu's

Welcome to the world
of Kumar's curries & bumbu's

酷
玛
的
世
界
色香味一应俱全



KUMAR'S CURRIES & BUMBU'S

Industrieweg 161
3044 AS Rotterdam
The Netherlands

Postbus 11041
3004 EA Rotterdam
The Netherlands

T +31 (0)10 245 51 00
F +31 (0)10 462 47 07
E info@kumars.eu
I www.kumars.eu

酷玛的世界

KUMAR'S

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KUMAR'S

部份原材料

SELECTION OF INGREDIENTS

八角
STAR ANISE



红辣椒
RED PEPPER

黑胡椒
BLACK PEPPER



香兰
PANDAN



柠檬杆
SEREH



柠檬叶
LIME LEAVE



香菜子
CORIANDER SEEDS



参
KRACHAI



姜黄
TURMERIC



茴香子
FENNEL SEEDS



蒜
GARLIC



肉豆蔻
NUTMEG AND MACE



咖喱叶
CURRY LEAVE



肉桂
CINNAMON



豆蔻果实
KARDEMON SEEDS



椰子
COCONUT



姜
GINGER



薄荷
MINT



丁香
CLOVE



红葱头
RED UNION



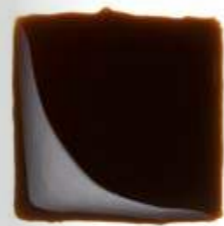
高良姜
LAOS



小茴香子
CUMIN SEEDS



酱油
SOY SAUCE



罗望子
TAMARIND



榛子
KEMIRI NUTS



青辣椒
GREEN PEPPER





欢迎来到“酷玛的世界”色香味一应俱全

长期的烹饪经历激发了酷玛先生的灵感，将新鲜辛香料和香料以精致的方式组合在一起，

形成了丰富多彩的以咖喱、研磨的辛香料、炒锅酱料为主的酷玛调味世界。

搭配和谐是精髓。这些产品丰富了亚洲厨房的味道，带来了与众不同的真实味道。

欢迎分享酷玛先生的烹饪热情，体验各种酷玛调料在东方菜肴里与各种食材的完美搭配。



使用“研钵和杵”的厨房

咖喱、研磨的辛香料来源于在南亚和东南亚地区广泛使用研钵和杵的厨房。在传统方法里，干的香料和新鲜的辛香料都是用杵碾碎并混合在一起的。经过压碎和充分碾磨，它们释放出来的香味彼此融合在一起。有时候这些原料需要先被浸泡、焙烧或者烘焙。每个地区都有自己不同的“研钵和杵”的方式和准备原料的方法。

咖喱来源于咖喱叶，通常是印度香料混合物的一种成分。英国人使用咖喱这个词来指代印度菜。Bumbu是一个印尼词，用来指代用杵碾碎的辛香料的酱料。将干的和湿的调料混合形成了“研钵和杵”的厨房酱料。

亚洲的味道

“酷玛的世界”提供一系列的咖喱、调味料和炒锅酱料。它们是很多亚洲菜的基本所需。很多欧洲大厨们使用这些调料作为当今西餐的的调味剂，比如一些西式汤、三明治和冰淇淋。由于丰富和原汁原味的味道，这些调味料做成的食物是美食者的一大享受。每种调味料都是使用纯粹而新鲜的辛香料、干香料和其他高品质的配料制成。通过添加典型的亚洲辛香料例如：咖喱叶、高良姜、七生、姜、辣椒、香菜、姜黄、葱、蒜和青柠叶，咖喱、调味料和炒锅酱料带来了典型的亚洲风味。闻香即可识味！

多样化

亚洲菜肴以其丰富多样的烹饪原材料闻名于世。由于加入了鱼露、青柠叶和椰奶，泰国菜品尝起来口感偏咸、口味新鲜，带有奶油味。印尼菜以新鲜辛香料的香味为主要味道（例如：高良姜、姜黄和生姜），并搭配有棕榈糖的甜味。印度菜则因其香料的品种繁多加上带有奶油酱的黄油，原味酸奶和椰奶，以各种不同味道的复杂搭配而著称。



和谐

以上不同的菜肴都有一个共同点：和谐。“酷玛的世界”也在寻求各种原料之间的平衡，有时候原料多达40多种。根据东方的思维方式，各种原料是自然成分的最佳组合：水、火、泥土和空气。达到色香味俱全的最大挑战就是如何将这些原料在菜肴里得到和谐的展现，以达到完美的平衡。

准备方法

咖喱、调味料和炒锅酱料使用的是原创的传统食物准备方式。这些调料通过得到广泛认可的生产设备制造出来。“酷玛的世界”只采用新鲜自然的高品质原料。一些辛香料和香料需要先进行焙烤、烘烤或者浸泡，然后再萃取，加入椰奶、罗望子、西红柿、原味酸奶或者其他湿的原料一起熬制成酱料。最终制成的酱料就可以很方便地用来增加菜肴的味道。不管是米其林餐厅还是自助餐馆，这种酱料适用于各种东西方菜肴。

沃斯特根香料和酱料公司

“酷玛的世界”是沃斯特根香料和酱料公司的一个系列产品。这个公司已经达到了各种指标的最高标准。在沃斯特根公司，从我们的生产环节，到我们的农产品原料，生产过程和最终产品，对于品质的要求贯彻始终，对品质的要求也融入到我们对待顾客和环境的态度里。



“酷玛的世界”的商标象征着亚洲菜肴的和谐。红色圆圈里面有四片叶子，代表空气、水、火和泥土四种元素。这些最基本的元素互相协调、保持平衡，正如亚洲菜肴和它的味道一样。背景是一个红色的圆圈，代表亚洲典型的热情洋溢的性格。亚洲人经常以“你吃了吗？”作为见面时的问候语。

酷玛先生的热情

酷玛先生以研究咖喱和印尼风味的调味料作为自己终生的事业。他于1972年出生于马来西亚的柔佛巴鲁，对于各种辛香料和烹饪风味的喜欢起源于他的幼年，并在他父母的家庭口味中发展出了这种家庭厨房料理风味。1992年，酷玛先生带着他学识和热情来到了欧洲。在欧洲期间，他很想念亚洲菜肴的口味和味道。他注意到欧洲的大厨们想要使用亚洲的传统烹饪方式，但是他们缺乏对各种香料的了解和使用方法。于是他产生了一个推广简单易行的亚洲菜肴的想法。从2010年开始，酷玛先生就在沃斯特根公司开始进行这个工作。

王红的菜谱

王红已经开发了一系列使用酷玛咖喱和调味料的菜谱，来丰富东方菜肴的菜单。她对于中国菜肴的了解带给了酷玛系列产品新的启发。您可以在这本菜谱里找到这些口味的菜肴。

“大约一年之前，我在一次关于酷玛的咖喱和调味料的大师课上遇到酷玛先生。他是一个非常激情的人，热爱色香味俱全的、纯粹的食物。我立即被他高昂的热情所感染。在那个时候，我就意识到我希望和他一起工作，加入‘酷玛的世界’。这使我觉得找到了归属感。他处理那些植物和香料的方式让我想到了我的童年。幼年时，我在厨房里帮我妈妈做菜。学校放假时我会待在北碚（中国中部）山区我叔叔家里。在那里我们种蔬菜和辛香料，还养猪、鸡和鱼。我们做菜用的所有食材都是新鲜的，并且我们对这些食材都投入了关注和关爱。之前我采用传统的方式做菜，后来根据在国内外的经验，我的烹饪方法融入了别的方法。在和荷兰的伙伴合作之后，我对他们的烹饪方法进行了改良，加入了我对川菜的热爱和川菜的烹饪方法，这让我的烹饪才能更加丰富。我的一个愿望就是尽可能多的和大家分享我的烹饪方法。”

我的愿望已经达成。我经常和酷玛先生一起工作，创造更多的菜谱。这何时会结束呢？我不知道，但是能带给亚洲菜肴更多的以酷玛调味料做的菜谱实在是太美妙的感受了！

出生在重庆，我名叫王红。“红”字意味着热情、倔强的性格和红色。红色也是红辣椒的颜色。



Welcome to Kumar's world of flavours, aromas and colours.

Inspiration derived from a long culinary journey is the basis for this exquisite combination of fresh herbs and spices used in Kumar's broad assortment of curries, bumbus and wok paste. Harmony is key. These products enrich the Asian kitchen and add a distinctive authentic flavour to it. Share his passion and experience how the ingredients in Kumar's curries and bumbus strike the perfect balance in oriental dishes.



MORTAR & PESTLE KITCHEN

Curries and bumbus originate from the 'mortar & pestle' kitchens in South and South East Asia. Traditionally, these spice mixes (dry mixtures) and fresh herb mixes (wet mixtures) are prepared using a pestle. The herbs and mixes are puréed, crushed and finely grounded so that the released flavours blend smoothly with one another. Sometimes these ingredients are soaked, roasted or baked first. Each region has its own 'mortar & pestle' method and way of preparing these ingredients.

Curry comes from curry leaves, often an ingredient in Indian spice mixtures. The British use the term curry in referring to Indian dishes. Bumbu is an Indonesian word of imitative origin; it refers to the actual crushing of the herbs with a pestle. In a bumbu, the dry and wet mixtures are combined into a seasoning paste.

THE FLAVOUR OF ASIA

Kumar's offers a range of curries, bumbus and wok paste. They are used as a base in a number of Asian dishes. Many European chefs use them as a flavouring for contemporary Western cuisine. For example, in soups, sandwiches and ice cream. These seasoning mixtures are a treat for the palate due to the complex mixture and authentic flavour. Each is prepared with pure fresh herbs, spices and other ingredients of the highest quality. By adding typical Asian herbs such as curry leaves, laos (galangal), sereh, ginger, chili peppers, coriander, kunyit (turmeric), onion, garlic and kaffir lime leaves, the curries, bumbus and wok paste are given the flavour of Asia. You smell and taste it.

VARIETY

The Asian kitchen is known for tickling the palate with its large variety of ingredients. Thai dishes taste salty, fresh and creamy due to the combination of fish sauce, kaffir lime leaves and coconut milk.

In Indonesian dishes, fresh herbs such as laos (galangal), kunyit (turmeric) and ginger are key flavours, together with the sweet flavour of palm sugar. And the Indian kitchen is a complex blend of distinct flavours due to the variety of spices added to a creamy sauce of ghee (butter), yoghurt and coconut milk.

HARMONY

These various dishes have one thing in common: harmony. Also in Kumar's kitchen, it's all about finding the perfect balance between a number of ingredients – sometimes even 40. Ingredients which according to the oriental way of thinking, are an optimal composition of the natural elements: water, fire, earth and air. The challenge is to combine flavours, aromas and colours in such a way that they harmonize and are in a perfect balance.

PREPARATION METHODS

The curries, bumbus and wok paste are made in large highly accredited production facilities using authentic and traditional food preparation methods. Kumar's uses only fresh and natural ingredients of the best quality. Some herbs and spices are roasted, baked or soaked first. Next they are puréed and cooked to a paste with coconut milk, tamarind, tomatoes, yoghurt or other wet ingredients. The end result is a base that is easy to use and enriches both the Asian and Western cuisine. From Michelin-starred restaurants to 'all you can eat' restaurants.

VERSTEGEN SPICES & SAUCES

Kumar's is part of Verstegen Spices & Sauces, a company that meets the highest standards of certifications. At Verstegen, quality begins at origine and continues throughout our production process, from our agricultural raw materials, production processes to end products; and is incorporated in our attitude towards people and the environment.



Kumar's logo symbolises the Asian cuisine's harmony. Within the red circle are four leaves that represent the elements: air, water, fire and earth. These basic elements keep one another in balance. Just as Asian dishes and flavours do. The background, a red circle, epitomizes the warm welcome which is so typical of Asia. People in Asia often welcome one another with the question: 'Have you already eaten?'

KUMAR'S PASSION

Suresh Kumar has made curries and bumbus his life-long ambition. Born in 1972 in Johor Baru (Malaysia), his love for herbs and flavours began at an early age and started in the family kitchen of his parent's home.

In 1992 Suresh took his knowledge and passion with him to Europe. He missed the savoury taste of Asian food in Europe. He noticed that chefs in Europe wanted to use these Asian culinary traditions, but that they lacked knowledge regarding spice mixtures and on how to use these spices when preparing food. This is how he came up with the idea to develop basic Asian cuisine products. He has done this since 2010 with Verstegen Spices & Sauces.

RECIPES BY HONG WANG

Hong has come up with a variety of recipes that use Kumar's curries & bumbu's which complement the Asian and Chinese menu selection. Her knowledge of Chinese cuisine has given Kumar's range of products a new impulse. You can find these delicious dishes in this brochure.

'Once again, almost a year has passed since I met Suresh during a master class about Kumar's curries & bumbu's. A driven man who loves flavours, aromas, colours and pure food. Right away, I was taken by his delightful enthusiasm and knew immediately that I want to work together with Kumar's. I really felt right at home.

The way he works with herbs and spices reminds me of my childhood. At an early age, I helped my mother in the kitchen. I spent my school vacations at my uncle's home in the mountains outside Beibei (in Middle China), where we grew vegetables and herbs, and raised pigs, chickens and fish. Everything we prepared in the kitchen was fresh and was given our utmost attention and love. Using traditional recipes and later on by adding more fusion due to experience gained abroad and in China. My love for Sichuan cuisine, complemented by experiences with culinary partners in the Netherlands, have made me truly versatile. My big wish has been to share the way I work with flavours with as many people as possible.

My wish has come true. I work daily with Suresh in creating new recipes. Where will it end? No idea, but boy oh boy, wouldn't it be wonderful to give the Asian cuisine something back such as great recipes in which Kumar's curries & bumbu's are the key ingredients. Born in Chongqing, I was given the name Hong Wang. Hong means warm, temperamental and red. The red colour of the often used chili pepper.'





KUMAR'S

酷玛泰国风味绿咖喱汤配蔬菜什锦

TOM KHA KAI SOUP WITH MIXED VEGETABLES



原材料

- 150克绿咖喱酱
- 500毫升高汤
- 300毫升椰奶
- 300毫升水
- 100克油炸豆腐切小块
- 100克小白菜切小块
- 50克金针菇
- 50克豆芽
- 1/4个佛手瓜切丝
- 1颗青柠
- 8片红辣椒
- 4根带叶香菜

烹饪方法

- 焯小白菜，晾干。将绿咖喱酱、高汤、椰奶加水混合，倒入锅中，煮沸。加入豆腐、金针菇和小白菜，直至煮沸，盛入碗中，铺上豆芽和佛手瓜丝。用青柠切片、辣椒丝和香菜装饰。



INGREDIENTS

- 150g green curry paste
- 500ml chicken stock
- 300ml coconut milk
- 300ml water
- 100g fried tofu cut in small pieces
- 100g chinese pak choi cut in 1/8
- 50g chinese mushrooms
- 50g bean sprouts
- 1/4 buddah's hand salad julienned
- 1 lime
- 8 slices red chilli
- 4 sprigs fresh coriander

PREPARATION

- Blanch pak choi, refresh and drain.
- Mix together the green curry paste, chicken stock, coconut milk and water in the pan and bring to the boil.
- Add the tofu, mushrooms and pak choi into the soup and bring it back to the boil, ladel into a soup bowl, top with the bean sprout and buddah's hand salad.
- Garnish with lime, sliced chilli and coriander.





酷玛印度风味Tandoori豆腐配蔬菜什锦

TANDOORI TOFU WITH MIXED VEGETABLES



原材料

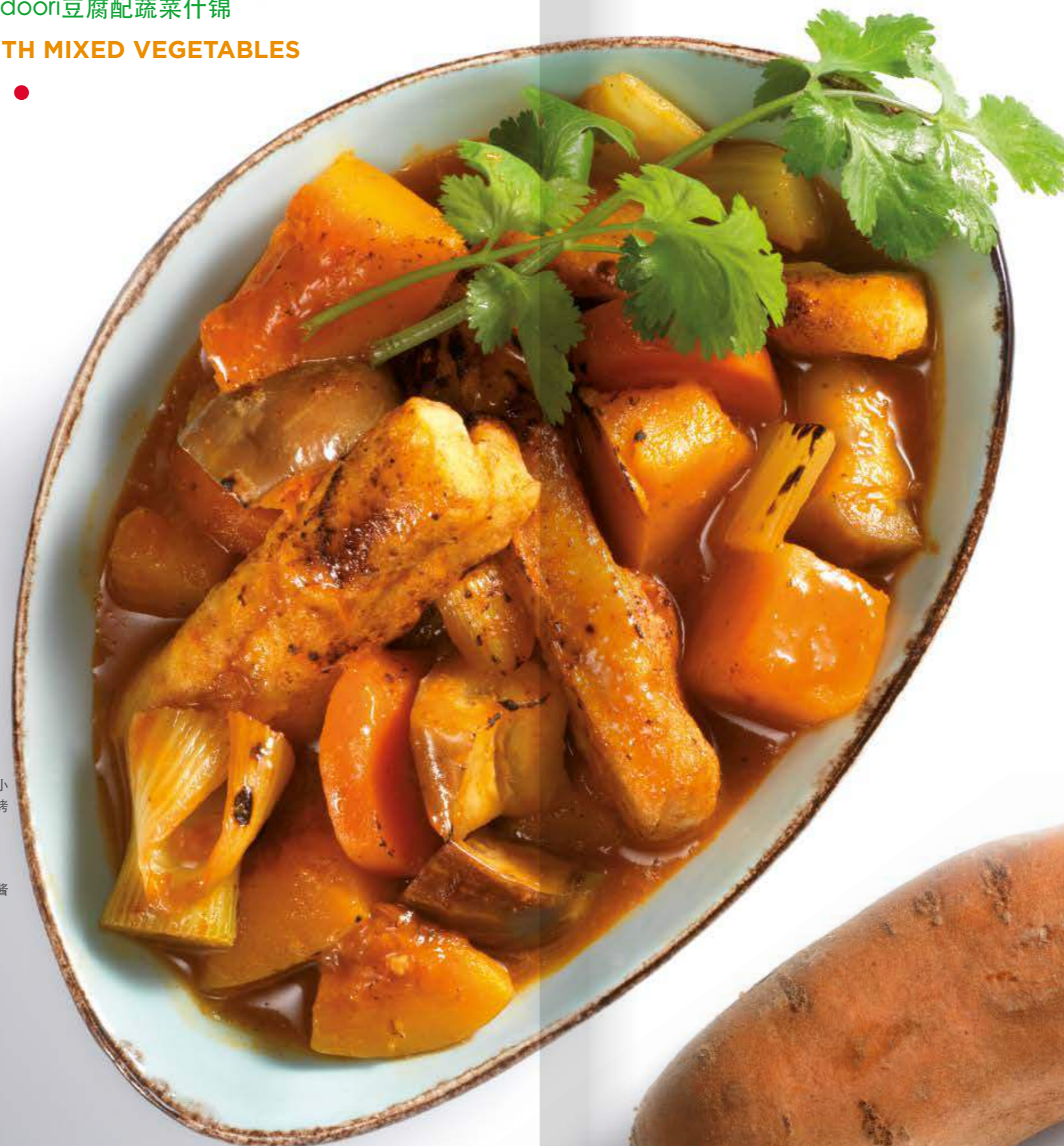
- 200克油炸豆腐
- 200克红薯
- 200克茄子
- 200克南瓜
- 200克胡萝卜
- 100克茴香
- 200克印度烧烤酱
- 50 克油
- 200毫升蔬菜汤
- 10克香菜碎末

烹饪方法

- 将烧烤酱、蔬菜汤和油混合均匀。将所有蔬菜切成小块，和豆腐一起，加入混合的酱汁。放入预热过的烤箱，以180摄氏度烤20分钟。

其他做法：

- 锅中倒入油，用中火炒蔬菜什锦和豆腐，加入烧烤酱和蔬菜汤，继续烹饪20分钟。
- 装盘时用香菜碎末装饰。



INGREDIENTS

- 200g fried tofu
- 200g sweet potato
- 200g aubergine
- 200g pumpkin or butternut squash
- 200g carrot
- 100g fennel
- 200g tandoori paste
- 50g oil
- 200ml vegetable stock
- 10g chopped coriander

PREPARATION

- Mix together the tandoori paste, vegetable stock and oil.
- Cut all the vegetables into small pieces.
- Add the tandoori mixture to the mixed vegetables and tofu,
- Cook in the oven at 180°C about 20 minutes.

Alternatively:

- Stir fry the vegetables and tofu in the oil, add the tandoori paste and stock and cook for a further 20 minutes.
- Garnish with the chopped coriander.





KUMAR'S

酷马印尼风味Bumbu Bali 天妇罗茄子和小葱

BUMBU BALI AUBERGINE TEMPURA WITH SPRING ONION



原材料

- 500克茄子切小片
- 100克 bumbu bali调味酱
- 25克油
- 75毫升蔬菜高汤
- 15克红葱头切粒
- 5克大蒜切粒
- 75克天妇罗粉
- 10克小葱切粒

烹饪方法

- 将天妇罗加水调好，放入茄子裹汁，放油入锅，中大火炸茄子至表面金黄，起锅待用。放少量油入锅，煸炒红葱头、大蒜，然后加入调味酱，继续煸炒几分钟再加入蔬菜高汤煮至变稠。做好的调味汁可淋在茄子上面，也可作为沾汁用。

- 装盘时用小葱装饰。



INGREDIENTS

- 500g aubergine cut into small pieces
- 100g bumbu bali paste
- 25g oil
- 75ml vegetable stock
- 15g chopped shallot
- 5g chopped garlic
- 75g tempura batter powder
- 10g chopped spring onion

PREPARATION

- Make the tempura batter.
- Add the chopped aubergine to the tempura batter.
- Fry the aubergine in oil until crispy.
- Stir fry the shallot and garlic. Add the Bumbu Bali paste and stock and cook for a couple of minutes.
- Add the paste on top of the fried aubergine, or use as a dip sauce.
- Garnish with chopped spring onion.



KUMAR'S

酷玛印尼风味Bumbu Bali鲷鱼配柠檬和香菜

BUMBU BALI SEA BREAM WITH LEMON AND CORIANDER

原材料

- 500克鲷鱼
- 150克Bumbu Bali调味酱
- 25克油
- 75毫升鱼高汤
- 1/2茶匙鱼露
- 10克红辣椒丝
- 1/2个柠檬切片
- 5克香菜末

烹饪方法

- 将调味酱、鱼高汤、鱼露和油调在一起，和鱼一起混合均匀后腌制30分钟。放入预热过的烤箱，用烧烤功能的中火烤约20分钟。
- 装盘时用香菜装饰。



INGREDIENTS

- 500g Sea Bream
- 150g bumbu bali paste
- 25g oil
- 75ml fish stock
- 1/2 tsp. fish sauce
- 10g sliced red chilli
- ½ lemon thinly sliced
- 5g chopped coriander

PREPARATION

- Mix together the bumbu bali paste, fish stock, fish sauce and oil.
- Add the bumbu bali mixture to the fish and mix well.
- Marinate for 30minutes.
- Grill at medium heat for about 20 minutes.
- Garnish with coriander.

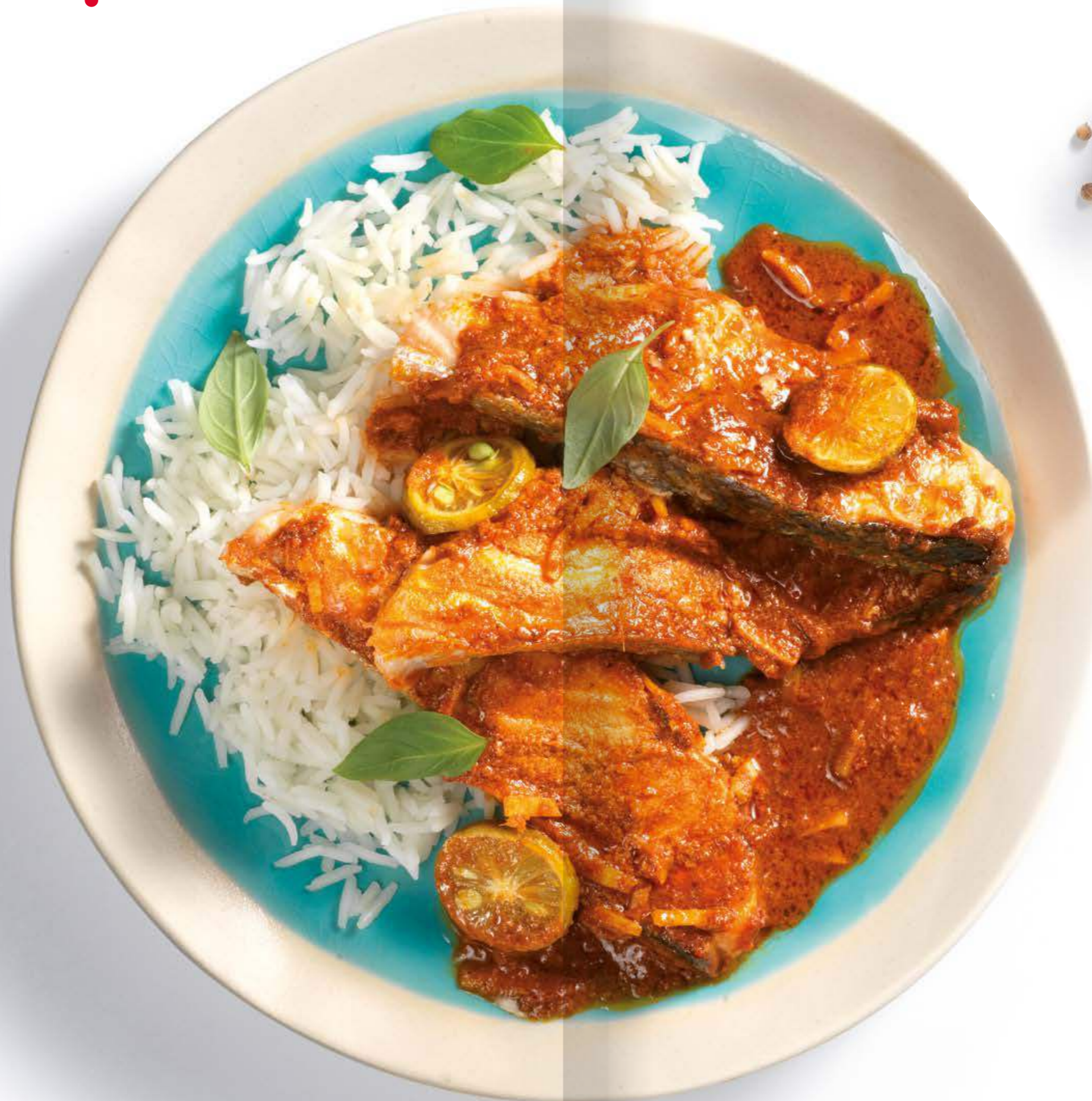




KUMAR'S

酷玛印度风味Tandoori三文鱼配泰国青柠和九层塔

TANDOORI SALMON WITH THAI LIME AND BASIL



原材料

- 500克三文鱼切成大片
- 150克Tandoori调味酱
- 25克油
- 75毫升鱼高汤
- 1颗泰国青柠

烹饪方法

- 放三文鱼入预热过的烤箱，以180摄氏度烤8分钟。放油入锅，大火翻炒调味酱几分钟后，加入鱼高汤。当三文鱼做好后，淋上炒好的酱料。
- 装盘时用青柠和九层塔装饰。

INGREDIENTS

- 500g salmon cut into large pieces
- 150g tandoori paste
- 25g oil
- 75ml fish stock
- 1 thai lime
- Thai basil

PREPARATION

- Cook the salmon in the oven at 180°C for about 8 minutes.
- Stir fry the tandoori paste the oil for a couple of the minutes, add the fish stock.
- When salmon is cooked, Add the tandoori paste mixture on to the top of the salmon.
- Garnish with lime and basil.



KUMAR'S

酷玛红咖喱大虾配九层塔和泰国小茄子

RED CURRY WITH PRAWNS, THAI BASIL AND AUBERGINE

原材料

- 500克生大虾
- 150克红咖喱酱
- 50克油
- 200毫升鱼高汤
- 100毫升椰奶
- 1茶匙鱼露
- 200克泰国茄子切成小块
- 30克红辣椒切小粒
- 1颗青柠切片
- 15克九层塔切末
- 1根柠檬杆切片
- 4片青柠叶

烹饪方法

- 将红咖喱酱、鱼高汤、鱼露和油混合，加入大虾，充分搅拌之后腌制30分钟。然后加入茄子、辣椒、柠檬杆和青柠叶。放入预热过的烤箱，以180摄氏度烤8分钟。

参考做法：

- 锅中倒入油，用大火炒虾，加入所有除了九层塔以外的其它配料，一起烹饪5分钟，直到大虾全熟，酱汁呈粘稠状。

- 装盘时洒上九层塔和青柠。



INGREDIENTS

- 500g fresh prawns
- 150g red curry paste
- 50g oil
- 200ml fish stock
- 100ml coconut milk
- 1 tsp. fish sauce
- 200g Thai aubergine cut into small pieces
- 30g finely diced red chilli
- 1 lime
- 15g chopped Thai basil
- 1 stick lemongrass
- 4 kaffir lime leaves

PREPARATION

- Mix together the red curry paste, fish stock, fish sauce and oil.
- Add the red curry mixture to the prawns and mix well.
- Marinate for 30minutes.
- Add the aubergine, chilli pepper, lemongrass and the lime leaves to the prawn mixture.
- Cook in the oven at 180°C for about 8 minutes.

Alternatively:

- Stir fry the prawns in the oil, add the remaining ingredients and cook for a further 5 minutes until the prawns are cooked and the sauce is the correct consistency.

- Garnish with the Thai basil and lime.



KUMAR'S

酷玛红咖喱青鱼配炸洋葱和韭菜

RED CURRY SEABASS WITH FRIED ONION AND CHINESE (GARLIC) CHIVES

原材料

- 500克青鱼
- 150克红咖喱酱
- 25克油
- 75毫升鱼高汤
- 1/2茶匙鱼露
- 20克油炸洋葱
- 1/2个青柠
- 4根油炸韭菜
- 20克炸米粉

烹饪方法

- 将鱼高汤和鱼露混合。用油炸青鱼，直至表皮酥脆。将红咖喱调味酱放入油锅中翻炒几分钟，然后加入混合好的鱼高汤和鱼露。最后把炒好的酱淋在炸熟的青鱼上。
- 装盘时用韭菜、青柠片和炸米粉装饰。



INGREDIENTS

- 500g Seabass
- 150g red curry paste
- 25g oil
- 75ml fish stock
- 1/2 tsp. fish sauce
- 20g fried onion
- 1/2 lime
- 4 sprigs chinese garlic chives fried
- 20g rice noodles fried

PREPARATION

- Mix together the red curry paste, fish stock, fish sauce and half of the oil.
- Fry the seabass in plenty of oil until the outside is crispy.
- Stir fry the red curry paste mixture in the rest of the oil for a couple of minutes.
- Add the paste on to the top of the seabass.
- Garnish with chives, lime and rice noodles.



KUMAR'S

酷玛印度风味Tandoori鸡肉配葡萄干和薄荷叶

TANDOORI CHICKEN WITH RAISINS AND MINT

原材料

- 1公斤鸡腿肉切小块
- 250克 Tandoori烧烤酱
- 50克油
- 150毫升高汤
- 50克原味酸奶
- 50克葡萄干
- 10克碎薄荷叶

烹饪方法

- 做法：将烧烤酱、原味酸奶、高汤和油混合均匀。然后将混合好的烧烤酱和鸡肉和葡萄干，搅拌均匀，腌制1-2个小时。然后在预热过的烤箱中，以180摄氏度烤15分钟，直到鸡肉熟透。

其他做法：

- 锅中倒入油，用大火煸炒鸡肉，然后加入葡萄干继续烹饪几分钟。加入高汤和烧烤酱，关小火，直到鸡肉熟透，酱汁变粘稠。最后加上原味酸奶出锅。
- 装盘时用碎薄荷叶装饰。



KUMAR'S

酷玛印度风味Tikka Masala鸡配菠萝和薄荷碎

TIKKA MASALA CHICKEN WITH PINEAPPLE AND MINT

原材料

- 1公斤鸡腿肉切小块
- 250克Tikka Masala调味酱
- 50克油
- 150毫升高汤
- 100毫升椰奶
- 100克菠萝切块
- 15克薄荷碎末

烹饪方法

- 将调味酱与高汤和油混合，加入鸡肉，搅拌均匀，腌制1-2个小时。加入菠萝块。放入预热过的烤箱，以180摄氏度烤15分钟，直至鸡肉全熟。

其他做法：

- 放油入锅，大火翻炒鸡肉，加入除了薄荷碎的其余配料，继续烹饪15分钟直至鸡肉全熟，酱汁呈粘稠状。
- 装盘时用薄荷碎装饰。

INGREDIENTS

- 1kg chicken thigh cut into small pieces
- 250g tandoori paste
- 50g oil
- 150ml chicken stock
- 50g yoghurt
- 50g raisins
- 10g chopped mint

PREPARATION

- Mix together the tandoori paste with the yoghurt, chicken stock and oil,
- Add the raisins to the chicken mixture, mix well.
- Marinate for 1-2 hours and cook in the oven at 180°C for 15 minutes until the chicken is cooked through.

Alternatively:

- Stir fry the chicken in the oil, add the raisins and cook for a further few minutes. Add the stock and tandoori paste and reduce until the chicken is cooked and the sauce is the correct consistency. Add the yoghurt at the last minute.

- Garnish with the mint.



INGREDIENTS

- 1kg chicken thigh cut into small pieces
- 250g tikka masala paste
- 50g oil
- 150ml chicken stock
- 100ml coconut milk
- 100g diced pineapple
- 15g chopped mint

PREPARATION

- Mix together the tikka masala paste with the chicken stock and oil.
- Add the tikka masala mixture to the chicken,
- Marinate for 1-2 hours.
- Add the diced pineapple to the chicken mixture.
- Cook in the oven at 180°C for about 15 minutes until the chicken is cooked through.

Alternatively:

- Stir fry the chicken in the oil, add the remaining ingredients and cook for a further 15 minutes until the chicken is cooked though and the sauce is the correct consistency.

- Garnish with the chopped mint.





BUTTER CHICKEN WITH MIXED PEPPERS AND TOMATOES

原材料

- 1公斤鸡腿肉切小块
- 250克Butter Chicken调味酱
- 50克油
- 150毫升高汤
- 100毫升椰奶
- 20克新鲜绿辣椒切粒
- 100克红菜椒切丝
- 100克圣女果对半切开
- 15克香菜末

烹饪方法

- 将调味酱、鸡汤和油混合，加入鸡肉均匀，腌制1-2个小时。再加入红彩椒丝和圣女果，混合均匀，放入预热过的烤箱，以180摄氏度烤大约15分钟。

其他方法：

- 放油入锅，大火煸炒鸡肉，加入除香菜末的其余配料，继续烹饪15分钟直至鸡肉熟透，酱汁呈粘稠状。

- 装盘时用香菜末装饰。



INGREDIENTS

- 1kg chicken thigh cut into small pieces
- 250g butter chicken paste
- 50g oil
- 150ml chicken stock
- 100ml coconut milk
- 20g chopped fresh green chilli
- 100g diced mixed peppers
- 100g halved cherry tomatoes
- 15g chopped coriander

PREPARATION

- Mix together the butter chicken paste with the chicken stock and oil.
- Add the butter chicken mixture to the chicken, Marinate for 1-2 hours.
- Add the chicken mixture to the mixed peppers and tomatoes,
- Cook in the oven at 180°C for about 15 minutes.

Alternatively:

- Stir fry the chicken in the oil, add the remaining ingredients and cook for a further 15 minutes until the chicken is cooked through and the sauce is the correct consistency.

- Garnish with the chopped coriander.



KUMAR'S

酷玛红咖喱鸡配九层塔和青柠

RED CURRY CHICKEN WITH THAI BASIL AND LIME

原材料

- 1公斤鸡腿肉切小块
- 250克 红咖喱酱
- 50克油
- 150毫升高汤
- 100毫升椰奶
- 2茶匙鱼露
- 30克红辣椒切小粒
- 1颗青柠
- 15克 九层塔切碎
- 1根柠檬杆切片
- 4片泰国青柠叶

烹饪方法

- 将红咖喱酱、高汤、油、椰奶和鱼露充分混合，加入鸡肉块搅拌均匀，腌制1-2个小时。加入辣椒、柠檬杆切片和青柠叶，和鸡肉混合，放入预热过的烤箱，以180摄氏度烤15分钟，直至鸡肉全熟。

其他做法：

- 锅中倒入油，用大火煸炒鸡肉，加入所有除了九层塔以外的其它配料，继续烹饪15分钟直到鸡肉全熟。
- 装盘时用九层塔装饰。



KUMAR'S

酷玛印尼风味Besengek鸭配印尼花生椰片碎、韭菜

BESENGEK DUCK WITH SERUNDENG AND CHINESE (GARLIC) CHIVES

原材料

- 1公斤鸭胸
- 250克Besengek酱
- 50 克油
- 150 毫升高汤
- 100毫升椰奶
- 100克韭菜切末
- 10克红辣椒切小粒
- 50克印尼花生椰片碎

烹饪方法

- 将Besengek酱、高汤和油混合、加入鸭肉搅拌均匀，腌制1-2个小时。然后加入辣椒和韭菜。放入预热过的烤箱，以180摄氏度烤大约15分钟，直至鸭肉熟透，酱汁呈粘稠状。

其他方法：

- 锅里放油，大火煎鸭胸肉，再加入所有配料，关小火，直至酱汁呈粘状，鸭肉熟透。
- 装盘时用印尼花生椰片碎和韭菜末装饰。



INGREDIENTS

- 1kg chicken thigh cut into small pieces
- 250g red curry paste
- 50g oil
- 150ml chicken stock
- 100ml coconut milk
- 2 tsp. fish sauce
- 30g finely diced red chilli
- 1 lime
- 15g chopped Thai basil
- 1 stick lemongrass
- 4 kaffir lime leaves

PREPARATION

- Mix together the red curry paste, chicken stock, oil, coconut milk and fish sauce.
- Add the red curry mixture to the chicken,
- Marinate for 1-2hours.
- Add the chilli pepper, lemongrass and lime leaves to the chicken mixture.
- Cook in the oven at 180°C for 15 minutes or until the chicken is cooked through.

Alternatively:

- Stir fry the chicken in the oil, add the remaining ingredients and cook for a further 15 minutes until the chicken is cooked through.

- Garnish with the thai basil and lime leaf.

INGREDIENTS

- 1kg duck breast
- 250g besengek paste
- 50g oil
- 150ml chicken stock
- 100ml coconut milk
- 100g chopped chinese (garlic) chives
- 10g finely diced red chilli
- 50g serundeng

PREPARATION

- Mix together the besengek paste, chicken stock and oil.
- Add the coconut milk to the duck mixture.
- Marinate for 1-2 hours.
- Add the chilli pepper and chinese (garlic) chives to the duck mixture.
- Cook in the oven at 180°C for about 15 minutes until the duck is cooked through and the sauce is the correct consistency.

Alternatively:

- Pan fry the duck in the oil, add the remaining ingredients and reduce until the required consistency is achieved and the duck is cooked through.

- Garnish with the serundeng.

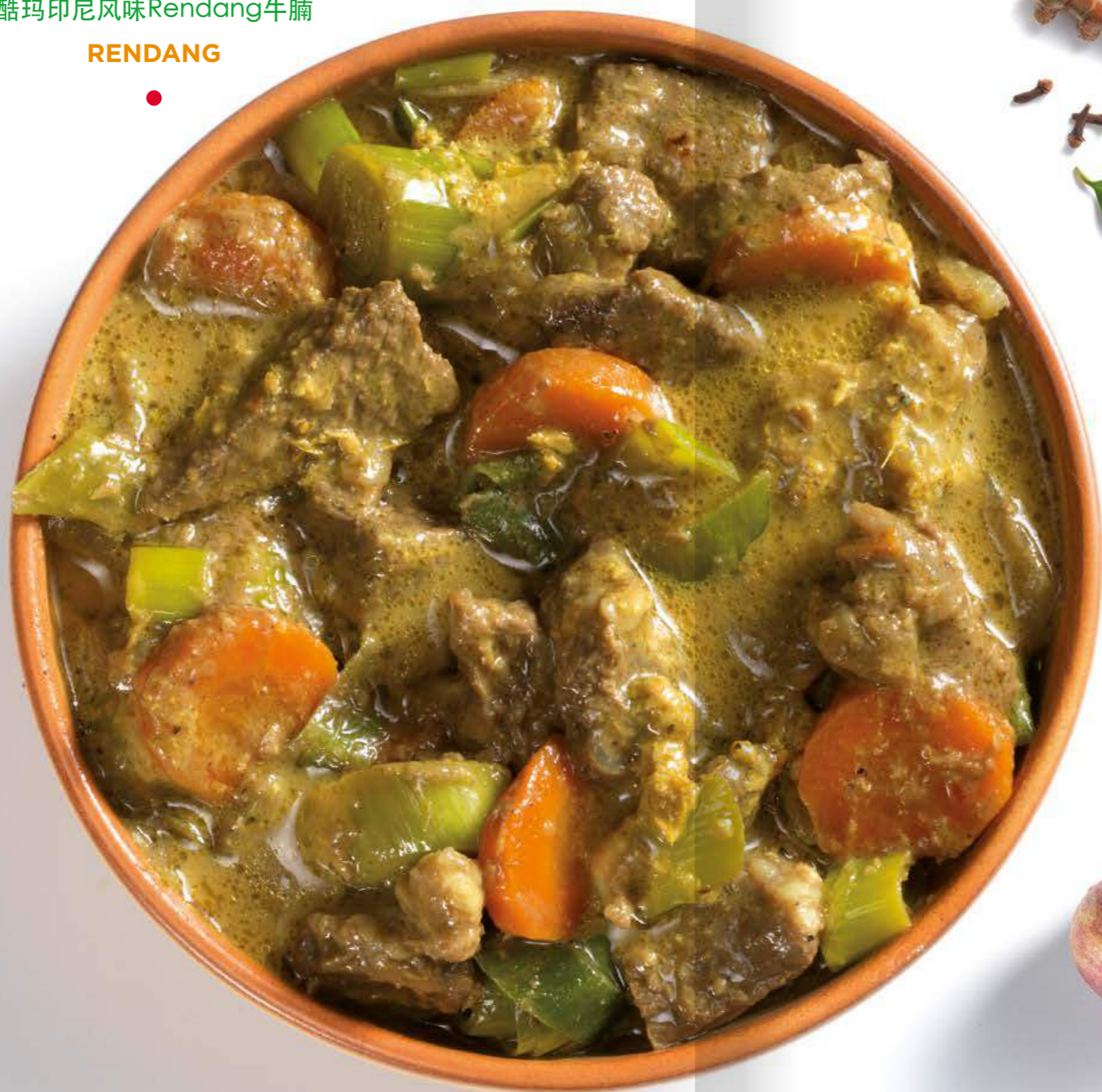




KUMAR'S

酷玛印尼风味Rendang牛腩

RENDANG



INGREDIENTS

- 1 kg stewing beef cut in small pieces
- 350g rendang paste
- 50g oil
- 200ml beef stock
- 100g chopped onion
- 100g chopped carrot
- 100g chopped leek

PREPARATION

- Mix together the rendang paste with the beef stock and oil.
- Add the rendang mixture to the beef and add the vegetables.
- Cook in the oven at 160°C for 3 hours or until tender.

Alternatively:

- Stir fry the beef in the oil, add the rendang mixture and vegetables and cook for about 2.5 hours until the meat is tender.

原材料

- 1公斤炖牛腩切小块
- 350克Rendang调味酱
- 50克油
- 200毫升牛肉高汤
- 100克洋葱切碎
- 100克胡萝卜切块
- 100克大葱切碎

烹饪方法

- 将调味酱、牛肉高汤和油混合，加入牛腩和蔬菜配料，放入预热过的烤箱，以160摄氏度炖3个小时直至牛肉软嫩。

其他做法：

- 锅里放油，大火煸炒牛腩。加入调味酱和蔬菜配料，关小火继续烹饪2个半小时，直至肉质变软。





KUMAR'S

酷玛印度风味Vindaloo五花肉配韭菜

VINDALOO PORK BELLY WITH CHINESE (GARLIC) CHIVES

原材料

- 1公斤五花肉
- 250克Vindaloo调味酱
- 25克油
- 200毫升高汤
- 10毫升老抽
- 10克淀粉
- 6颗大蒜切碎
- 20克姜末
- 20克小葱末
- 20克韭菜碎

烹饪方法

- 将调味酱、高汤和油混合，将五花肉放入混合的酱料，加入蒜、姜和葱搅拌均匀。然后放入预热过的烤箱，以180摄氏度烤大约20分钟。待冷却后，在五花肉皮上刷上老抽，并将五花肉切小块。然后再次放入烤箱，以165摄氏度，烤1个半小时。

其他方法：

- 放油入锅，大火煸炒五花肉块，然后加入老抽继续烹饪几分钟。再加入混合的调味酱和其他配料，关小火继续烹饪一个半小时，直至肉变软。

- 装盘时用韭菜碎装饰。



KUMAR'S

酷玛印尼风味Babi Ketjap五花肉配小葱

BABI KETJAP PORK BELLY WITH SPRING ONION

原材料

- 1公斤五花肉
- 250克Babi Ketjap调味酱
- 25克油
- 200毫升高汤
- 10克淀粉
- 10毫升老抽
- 6瓣大蒜切碎
- 20克姜末
- 20克小葱末

烹饪方法

- 将调味酱、高汤和油混合，加入五花肉，和蒜、姜和小葱混合均匀。将混合好的五花肉放入预热过的烤箱，以180摄氏度烤大约20分钟。待冷却后，将老抽刷在五花肉皮上，再切成小块。再放入烤箱以165摄氏度烤1个半小时。

其他做法：

- 放油入锅，大火煸炒五花肉块，然后加入老抽继续烹饪几分钟。再加入混合的调味酱和其他配料，关小火继续烹饪一个半小时，直至肉变软。

- 装盘时用小葱末装饰。



INGREDIENTS

- 1kg pork belly
- 250g vindaloo paste
- 25g oil
- 200ml chicken stock
- 10ml dark soy sauce
- 10g cornflour
- 6 cloves garlic chopped
- 20g chopped ginger
- 20g chopped spring onion
- 20g chopped chinese (garlic) chives

PREPARATION

- Mix together the vindaloo paste, chicken stock and oil.
- Add the garlic, ginger and spring onions to the vindaloo mixture.
- Cook the whole pork belly in the oven with the vindaloo mixture at 180°C for about 20 minutes.
- Once cooled, brush the dark soy sauce over the skin and cut into small pieces.
- Cook in the oven at 165°C for about 1.5 hours.

Alternatively:

- Stir fry slices of the pork belly in the oil, add the soy sauce and cook for a further few minute, add the vindaloo mixture and cook for 1.5 hours until tender.

- Garnish with the chives.



INGREDIENTS

- 1kg pork belly
- 250g babi ketjap paste
- 25g oil
- 200ml chicken stock
- 10g cornflour
- 10ml dark soy sauce
- 6 cloves garlic chopped
- 20g chopped ginger
- 20g chopped sping onion

PREPARATION

- Mix together the babi ketjap paste with the chicken stock and oil.
- Add the garlic, ginger and spring onion into the babi ketjap mixture.
- Cook the whole pork belly in the oven with the babi ketjap mixture at 180°C for about 20 minutes.
- Once cooled, brush the dark soy sauce on the top of the skin and cut into small pieces.
- Cook in the oven at 165°C for about 1.5 hours.

Alternatively:

- Cook slices of the pork belly in the oil, add the soy sauce to cook for a further few minute, add the babi ketup mixture and cook for 1.5 hours until tender.

- Garnish with the spring onion.



KUMAR'S

酷玛印尼风味Bumbu Bali鸡配炒面和芥蓝

BUMBU BALI CHICKEN AND CHINESE KAILAN NOODLES

原材料

- 150克鸡腿肉切小块
- 100克生面
- 25克Bumbu Bali调味酱
- 25克高汤
- 25克油
- 5毫升酱油
- 75克豆芽
- 50克芥蓝切成小块
- 25克红辣椒切丝
- 25克蒜切片
- 15克葱头切碎
- 5克蒜末
- 10克印尼花生椰片碎

烹饪方法

- 将调味酱与高汤混合。将面放入加了盐的沸水中煮3分钟。将面条沥干，加入一些鸡精，一勺酱油和一茶匙油，混合均匀。将葱头、大蒜和鸡肉放入油锅翻炒，加入蔬菜什锦和面条，继续翻炒几分钟，加入调味酱混合均匀，最后出锅前放入豆芽。
- 装盘时用印尼花生椰片碎装饰。



INGREDIENTS

- 150g chicken thigh cut in small pieces
- 100g uncooked noodles
- 25g bumbu bali paste
- 25g chicken stock
- 25g oil
- 5ml soy sauce
- 75g bean sprouts
- 50g chinese kailan cut into small pieces
- 25g julliene red pepper
- 25g chinese (garlic) chives snapped
- 15g chopped shallot
- 5g chopped garlic
- 10g serundeng

PREPARATION

- Mix together the bumbu bali paste with the chicken stock.
- Cook the noodles in plenty of salted boiling water for 3 minutes.
- Drain the noodles, add a little chicken stock, 1 tsp of soy sauce and 1 tbsp of oil, mix well.
- Stir fry the shallot, garlic and chicken in the oil, add the vegetables and noodles, and continue to cook for a few minutes, add the bumbu bali mixture, mix well. Add the bean sprouts at the last minute,

- Garnish with serundeng



KUMAR'S

酷玛红咖喱面配大虾、小白菜和九层塔

RED CURRY NOODLES WITH PRAWNS, CHINESE PAK CHOI AND THAI BASIL

原材料

- 75克带壳大虾
- 100克生面
- 25克红咖喱酱
- 25毫升高汤
- 25克油
- 5克酱油
- 75克豆芽
- 50克小白菜切成小块
- 25克红辣椒丝
- 15克红葱切末
- 5克蒜末
- 1/4个青柠
- 5克红辣椒切碎
- 5克九层塔切碎

烹饪方法

- 将红咖喱酱和高汤混合。将面放入加了盐的沸水中煮3分钟。将面条沥干，加入一些鸡精，一勺酱油和一茶匙油，混合均匀。锅中放油，快速炒葱头和蒜末，加入大虾和蔬菜什锦，大火翻炒30秒，再加入面条和调味酱，充分搅拌。出锅加入豆芽和九层塔。
- 装盘时用辣椒丝和青柠片装饰。



INGREDIENTS

- 100g uncooked noodles
- 75g fresh prawns
- 25g red curry paste
- 25ml chicken stock
- 25g oil
- 5g soy sauce
- 75g bean spouts
- 50g chinese pak choi cut into small pieces
- 25g julienne red pepper
- 15g chopped shallot
- 5g chopped garlic
- 1/4 lime
- 5g chopped red chilli
- 5g chopped Thai basil

PREPARATION

- Mix together the red curry paste with the chicken stock.
- Pre-cook the noodles in plenty of salted boiling water for 3 minutes.
- Drain well, add a little chicken stock, soy sauce and oil. Mix well.
- Pan-fry the shallot and garlic in the oil for 1 minute. Add the prawns and the vegetables. Stir-fry it for another 30 seconds, and add the noodles and the red curry mixture, mix well, add the bean sprouts and basil at the last minute.

- Garnish with chilli pepper and lime.



**KUMAR'S**

酷玛印尼风味Babi Ketjap小葱五花肉馅包子

BABI KETJAP BAO BUNS WITH PORK BELLY AND SPRING ONION**原材料**

包子面团：（可做16个小包子）

- 400克面粉
- 250毫升温水
- 1茶匙糖
- 1/2茶匙盐
- 2汤匙油
- 2茶匙酵母

不同馅料：

300克加工好的酷玛印尼风味Babi Ketjap五花肉

300克加工好的酷玛泰国风味红咖喱鸡肉

300克加工好的酷玛印尼风味Rendang牛腩

**KUMAR'S**

酷玛印尼风味Rendang牛腩馅包子

RENDANG BAO BUNS**INGREDIENTS****Bao dough: (makes 16 buns)**

- 400g plain flour
- 250ml warm water
- 1tsp sugar
- 1/2 tsp salt
- 2 tbsp oil
- 2 tsp yeast

Filling:

- 300g cooked Kumar's Babi Ketjap pork belly
- 300g cooked Kumar's Red Curry Chicken with Thai basil
- 300g cooked Kumar's Rendang

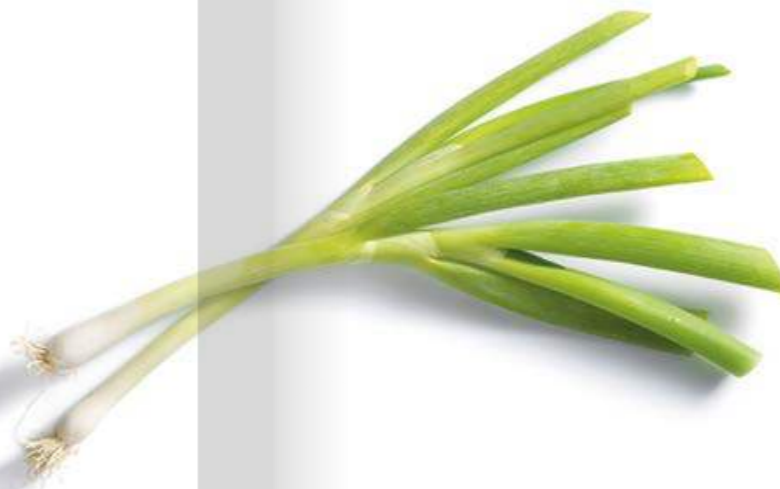
**KUMAR'S**

酷玛泰国风味红咖喱鸡肉九层塔馅包子

RED CURRY CHICKEN BAO BUNS WITH THAI BASIL**烹饪方法**

- 将水、糖、盐、油和酵母混合，加入面粉，做成面团。放入大碗，盖上保鲜膜。将装有面团的碗放在温暖湿润的环境下20-25分钟。然后揉面团，直至表面有光泽。把揉好的面团放回碗中，再次盖上保鲜膜，存放20-25分钟。
- 取出后，继续揉面团至表面有光泽。然后将面团分成16份，做成每个直径约为8厘米的面皮。放入馅料，做成包子。
- 将包好的包子放入蒸锅，再醒20分钟。然后加水，烧开，蒸18分钟。关火，让包子在蒸锅中等待5分钟后方可开锅。

小窍门：发酵好的面团应该可以发酵至原大小的两倍。把手指按进面团，如果面团不反弹，这个面团就算发酵好了。



SAMOSA

DUMPLING

**PREPARATION**

- Mix the water, sugar, salt, oil and yeast.
- Add the flour and combine to create a dough.
- Place into a large bowl and cover with cling film.
- Leave the dough in a warm, moist environment and let it rest for 20-25 minutes.
- Knead to dough until the surface becomes shiny. Put back into the bowl and cover it again. Rest for a further 20-25 minutes.
- Divide the dough into 16pcs.
- Make each bun 8cm in diameter.
- Place the bao buns into the steamer. Let them rest for another 20 minutes.
- Bring the water to the boil and steam the bao buns for 18 minutes.
- Turn off the heat and let the buns rest for 5 minutes before serving.

Tips for good dough: A good dough must double in size. Push your finger into the dough, if the hole remains you are good to go.



KUMAR'S

酷玛泰国风味绿咖喱冰淇淋

GREEN CURRY ICE CREAM

原材料

- 1升奶油
- 350毫升全脂牛奶
- 350克糖
- 12颗蛋黄
- 80克酷玛绿咖喱酱

烹饪方法

- 充分混合所有的食材。加入绿咖喱酱到冰激凌机。
- 小窍门：可以尝试用酷玛各种咖喱调味酱来做冰激凌。



INGREDIENTS

- 1 lt single cream
- 350 ml full fat milk
- 350g sugar
- 12 egg yolks
- 80g Kumar's green curry paste

PREPARATION

- Mix all the ingredients well.
- Add the green curry mixture into the ice cream machine.

Tip: Try any other Kumar's curry paste for a different taste sensation.



泰国绿咖喱

含香辣椒，高良姜，人参根，鲜黄姜，鱼露和椰奶。其正宗的味道来源于运用了新鲜的鲜黄姜。是烹饪鸡、鱼、牛肉和时蔬的最佳酱料。

GREEN CURRY

A fiery Thai curry containing green chilli, galangal, krachai root, fresh turmeric, fish sauce and coconut milk. This dish derives its authentic flavour from the use of fresh turmeric. Delicious with chicken, white fish, beef or vegetables.



泰国红咖喱

含柠檬杆，古拉爪注（椰子糖）和鱼露。它们的结合给泰式咖喱清新、甜美的味道。鲜艳的色彩和火辣的味道来源于丰富的红辣椒。泰国红咖喱是配大虾、鱼、鸡和牛肉的最佳酱料。

RED CURRY

The combination of lemongrass, gula djawa (palm sugar) and fish sauce gives this Thai curry a fresh, sweet flavour. The curry is colourful and fiery thanks to the addition of red chilli peppers and is delicious with tiger prawns, fish, chicken or beef.



印度奶油咖喱 – Butter Chicken

含孜然、葫芦巴页，纯酥油和腰果，温和、美味，适合烹饪鸡和其他肉类。

BUTTER CHICKEN

A creamy Indian curry with cumin, fenugreek leaves, pure ghee and cashew nuts. A delicious, mild curry to combine with chicken or other types of meat.



印度咖喱 – Vindaloo

含有新鲜的西红柿，洋葱，辣椒和其他14种不同的鲜和干的香料，平衡和谐是它具有独特的酸甜辣味，是烹饪羊肉、牛肉、猪肉的最佳酱料，也可用于鱼和虾。

VINDALOO

An authentic hot Indian curry with a unique sweet and sour flavour containing a balanced blend of fresh tomatoes, onions, chillies and 14 different herbs and spices; the uniquely hot, sweet, and sour flavour is delicious with lamb, beef, pork, fish or prawns.



印尼风味 – Besengek

印尼爪哇地区的香料研钵和杵，带有酸甜可口风味的奶油味道，含姜黄，青柠叶，椰奶和古拉爪注（椰子糖）。用于烹饪鸡、牛肉或鱼的最佳酱料。

BESENGEK

A Javanese bumbu with a sweet and sour, creamy flavour, generously flavoured with turmeric, kaffir lime leaves, coconut milk and gula djawa (palm sugar). Perfect with chicken, beef or white fish.

风味描述

FLAVOUR DESCRIPTION



印尼风味 – Rendang

印尼传统的香料研钵和杵。含烤椰子，与不同的香料如姜黄，柠檬杆，肉豆蔻，肉桂，丁香，小茴香和香菜。平衡与和谐的搭配使酱料给炖牛腩非常丰富和美味的味觉。

RENDANG

This traditional Indonesian bumbu with roasted coconut is made with many different herbs and spices, such as turmeric, lemongrass, nutmeg, cinnamon, cloves, cumin and coriander. A dish that provides a delicious and rich taste sensation.



印尼风味 – Bumbu Bali

印尼巴厘岛人的香料和研钵和杵的Bumbu，带鲜、甜、辣的味道。酱料中含有较多的高良姜、酱油和辣椒。是烹饪鱼和鸡或蔬菜什锦的最佳酱料。

BUMBU BALI

A Balinese cooking bumbu with a fresh, sweet, and spicy flavour; the sauce contains generous amounts of galangal, soy sauce, and chilli; perfect in combination with white fish or chicken, or simply with vegetables such as green beans.



印尼风味 – Babi Ketjap

又名甜酱油，用新鲜的高良姜、古拉爪注（椰子糖）和少量的印尼Lombok辣椒，给这个温和的印尼酱油充满辛香甜美的味道。传统上用来烹饪烤五花肉，但用来炒蔬菜什锦也非常的美味。

BABI KETJAP

Sweet soy sauce, fresh galangal root, gula java (palm sugar) and a pinch of Lombok pepper give this mild Indonesian cooking bumbu a deliciously full and sweet flavour that is traditionally combined with roasted pork belly meat, but is equally delicious as a vegetarian dish using stir-fry vegetables.



印度风味咖喱 – Tandoori

结合原味酸奶与许多各种香料，如小茴香和小豆蔻以及新鲜的食材（生姜、香菜和薄荷）的使用给予Tandoori温和清新芳香十足，它是印度咖喱鸡，也是咖喱鱼和羊肉的最佳酱料。

TANDOORI

A full, fresh and aromatic Indian Tandoori where the plain yoghurt in combination with many spices, among others cumin and cardamom, and the usage of fresh ingredients (ginger, coriander and mint) give a mild and full flavour. The Tandoori is a perfect combination with chicken but also a good combination with fish or lamb dishes.



印度风味咖喱 – Tikka Masala

用杏仁、西红柿、原味酸奶和很多各种热性香料所制的全球印度咖喱酱。加菠萝块会使味道变甜。

TIKKA MASALA

A full flavoured creamy Indian curry made with almonds, tomatoes, yoghurt and various warm spices, delicious with chicken or lamb. For a sweeter flavour simply add pineapple chunks.

COLOPHON

Introduction text: Selma Lagewaardt (De Nieuwe Lijn, Rotterdam, www.denieuwelijn.nl)

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