



POLITEKNIK NEGERI BALI

**Introduction to Balinese
Kitchen and Food
(A module for International
Short Course of Balinese
Life and Culture)**

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KATA PENGANTAR

Bahan Ajar ini disusun untuk keperluan mengajar mahasiswa asing yang belajar Bahasa Indonesia (mahasiswa BIPA) di Politeknik Negeri Bali. Materi ini diberikan kepada mereka agar mereka memahami kehidupan tradisional orang Bali, lingkungan tempat tinggal tradisional orang Bali termasuk memperkenalkan beberapa makanan tradisional Bali berikut cara pengerjaannya. Di akhir sesi proses pembelajaran tersebut mahasiswa akan diajak untuk berkunjung ke rumah tradisional Bali dan sekaligus melakukan praktek memasak beberapa menu yang telah diberikan di buku ini. Sebelumnya mahasiswa ini diajak berbelanja keperluan memasak tersebut di sebuah pasar tradisional Bali. Setelah selesai memasak, mereka akan diajak untuk menikmati masakan hasil karya mereka secara bersama-sama (*Megibung*) adat tradisional Bali.

Buku ini terdiri dari 6 topik yakni : pengenalan rumah tradisional Bali, pengenalan dapur tradisional Bali, pengenalan beberapa jajanan tradisional Bali disertai resep dan cara pembuatannya, pengenalan beberapa menu makanan tradisional Bali disertai resep dan cara pembuatannya, pengenalan pasar tradisional Bali serta pengenalan acara *Megibung* yang merupakan salah satu tata cara makan bersama tradisional Bali.

Melalui materi yang diberikan di buku ini, diharapkan mahasiswa asing ini akan mengenal lebih dekat kehidupan tradisional Bali serta pernak perniknya dan memberikan kesan mendalam di hati mereka tentang Bali yang kita cintai.

Denpasar Januari 2018

Penulis

Topic 1

Introduction to Balinese Traditional House Compound



A family temple in Bali

Before introducing the Balinese traditional kitchen, it is better for us to talk at a glance about the Balinese traditional house. The Balinese traditional house is usually consist of 4 pavilions: *bale Daje*/North pavilion, *bale Dangin*/East pavilion, *bale Dauh*/West pavilion, and a pavilion for kitchen, which is called *paon*, plus a complex of family temple. That is why Balinese traditional house is called house compound rather than a house.

The simplest prototype of Balinese compound usually have the following:

1. Family temple
2. House compound
3. The back of the court yard, which is called *teba* in less or more can be translated into “the wastes yard”. Since in the paste a family just throw away the wastes to *teba* because all types of the wastes, at that time, are endurable.

A unit of Balinese compound is bordered by a wall encircling the house premise. The house’s premise in Balinese is a *karang*, while the border in the form of stone wall or clay or natural plantation is called *penyengker* and it has one entrance gate, called *angkul- angkul*.



Angkul-angkul at a Balinese house in Bangli regency

Angkul-angkul is the entrance to the house compound. It is normally placed in the west wall or the south end (kauh-kelod) part of the *penyengker*. This house gate can be built with a simple alang-alang grass or heavy materials. Normally it indicates the economic status of the owner of the house.

Family temple, usually consist of at least 5 small shrines, each shrine related to the ancestor, Hindu Gods and Goddess, and invisible being. The number of the shrines can be added, based on the belief of the family member. But normally the shrines in the family temple consist of the main function:

1. *Kemulan* shrine, a three-riche shrine which has now associated with "Trinity" in Hindu God. *Gedong Kompyang*, an ancestor's shrine. *Pesimpangan* shrine, can be more than one shrine as temporary abode of god when a family having ceremony, they can pray to any temple in Bali without specially presence at the temple. *Piyasan* shrine, is the biggest in the temple compound, to put offering during the ceremony. Also used to keep the cloths, umbrella, and other ritual tools. *Tugu karang/Pengijeng Karang* shrine is dedicated to guardian spirit of the land.

2. *Padmasana* shrine, and open shrine, usually built in stone as the symbol of oneness of God.

While in families of urban areas within the cities which are normally new family, normally they will have at least two shrines, those are *Padmasana* and *Tugu Karang*.



A typical Balinese *Bale Dangin*

House compound, normally consists of *Bale Daje*, *Bale Dauh*, *Bale Dangin* and kitchen.

1. *Bale Daje* is a pavilion built near the family temple. In the past it was used to keep all the ceremonial materials. While in some areas the pavilion was used to lock in a newly married couple as long as 3 days and as sleeping room for children. But currently it is used as normal house.
2. *Bale Dauh* is normally an open pavilion is used as the reception of guests, and the parents sleeping room.
3. *Bale Dangin* is also built in open air with bed. This is the place of grandparents to sleep. If one of the family member died is also laid down here before going to cemetery. Nowadays, it is also used for placing the offerings during the *manusa yadnya* ceremonies, such as: wedding ceremony and others.
4. In the past, *Paon* (kitchen) was built at the south side of the *pekarangan*, near the entrance gate. But for the reason of the cleanliness, *paon* is now built behind. It normally consists of 2 rooms, one room is for cooking with open area and one room is a closed room to keep the cooking materials.
5. Behind the kitchen, in the past, was built a *rice granary called gelebeg*. A family in the past was not rare to have more than one *gelebeg* as the symbol of their economic level.

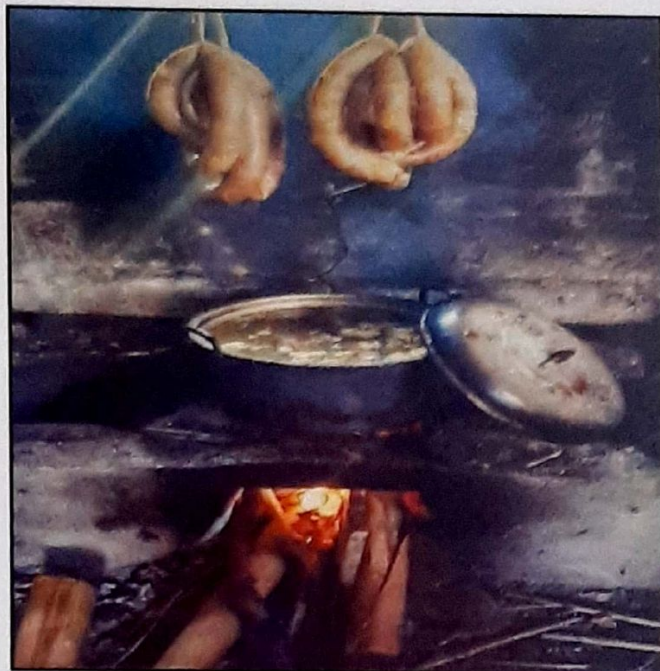
6. Around the area of *gelebeg* usually constructed the house for pigs, poultries, or sometimes for cows.



Offerings are put on the bamboo bed at *bale Dangin*

Topic 2

Introduction to Balinese Traditional Kitchen



Traditional Balinese kitchen

The centerpiece of the *Paon*, a traditional Balinese kitchen, is called *Cangkem Paon/Bungut Paon*. It is a clay wood fired stove which is used for cooking rice, steaming leaf-wrapped food, boiling water and frying. It is a tool for cooking (stove) made of clay or a pile of bricks. Cooking fuel used is wood. The *Cangkem Paon* can have one, two or even three 'furnaces' so that the people can be able to cook rice, boil water and fry meat at the same time. The stove receives daily offerings of a few grains of rice, a flower and salt (called *banten saiban*) and also *canang sari* as a gift to Brahma, the animistic god of fire.

Below are some Balinese traditional utensils which are used in preparing foods in the Balinese kitchen:

TALENAN is the chopping block used in the preparation of almost every meal is usually a cross section slice of a tree trunk, the wood strong enough to take the repeated blows of a sharp cleaver used to mince meat or fish to a paste, and for chopping and slicing various roots and vegetables.



KUKUSAN Bamboo steamer is cooking equipment complement in cooking rice steamer. Bamboo steamer is made of bamboo and shaped like a cone.



DANDANG is a traditional cooking utensil for cooking rice. Boiler is usually made of copper, golden brown.





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KEMENTERIAN HUKUM DAN HAK ASASI MANUSIA

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Dalam rangka perlindungan ciptaan di bidang ilmu pengetahuan, seni dan sastra berdasarkan Undang-Undang Nomor 28 Tahun 2014 tentang Hak Cipta, dengan ini menerangkan:

Nomor dan tanggal permohonan : EC00201811486, 10 Mei 2018

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Jenis Ciptaan : **Buku Pelajaran**
Judul Ciptaan : **Introduction To Balinese Traditional Kitchen And Food (A
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Jangka waktu perlindungan : Berlaku selama hidup Pencipta dan terus berlangsung selama 70 (tujuh puluh) tahun setelah Pencipta meninggal dunia, terhitung mulai tanggal 1 Januari tahun berikutnya.
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