



A FUSION OF ASIAN & EUROPEAN CUISINE

# Sustainable Chef Cookbook

CREATIVE AND UNIQUE RECIPES  
FROM LOMBOK, INDONESIA



COCONESTA 

# Content



## 04 DELICIOUS BREAKFAST BOWLS

- 06 Red Blush Smoothie Bowl
- 08 Funky Monkey Smoothie Bowl
- 10 Morning of Passion



## 11 IT'S BRUNCH O'CLOCK

- 13 Fish with Hibiscus Sauce
- 15 Creamy Pesto- Lombok Style
- 17 Groovy Tofu Stir Fry with Cashews
- 19 Sasak Sambal Sauce
- 21 Spicy Pumpkin Soup



## 22 HEALTHY SNACKS TO SHARE... OR NOT!

- 24 Energy Booster Bites
- 26 Thumbprint Rosella Cookies
- 28 Homemade Granola Bars

# Food tastes better when it's shared!



Lombok has a wide variety of spices, herbs, edible flowers and flavors. The 12 recipes in this book were inspired by the local cuisine but made with a European twist. All were created in the small kitchen at Saifana Organic Farm using their homegrown products. While preparing the recipes, we used Coconesia unique and sustainable tableware.

All recipes can be adapted to plant based diets.

We truly hope you will enjoy the recipes as much as we enjoyed creating them!

PROUD MEMBERS OF





SUNRISE

# Delicious breakfast bowls

SERVED IN HANDMADE COCONUT  
BOWLS

## Tip

Frozen bananas & mangoes are the best base for a creamy smoothie bowl.





# Red Blush Smoothie Bowl

## ingredients

- 1 mango (peeled, chopped and frozen)
  - 1 banana (peeled, chopped and frozen)
  - 60 ml of rosella tea
  - 1 tbsp of dried rosella
- Toppings :
- Mangoes
  - Granola
  - Dried Rosella
  - Mint leaves

## instructions

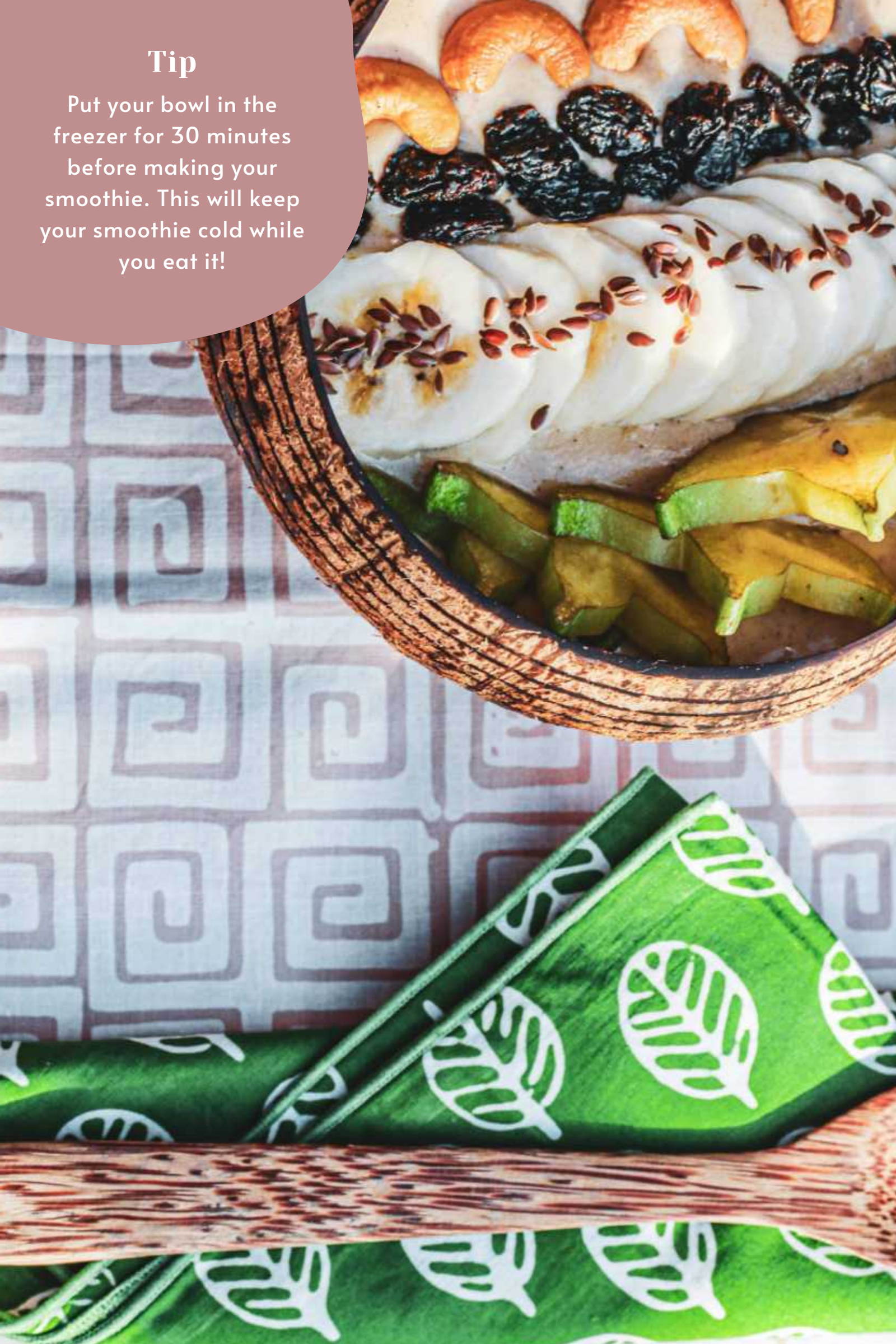
1. Add ingredients to the blender.
2. Blend until smooth and creamy. Depending on the power of your blender, you may need additional milk.
3. Transfer the smoothie into your coconut bowl.
4. Add toppings.

Enjoy!



## Tip

Put your bowl in the freezer for 30 minutes before making your smoothie. This will keep your smoothie cold while you eat it!





# Funky Monkey Smoothie Bowl

## ingredients

- 2 ripe bananas (peeled, chopped and frozen)
  - 2 tbsp peanut butter
  - 60 ml (non-dairy or dairy) milk
- Toppings :
- Chopped bananas
  - Cashews
  - Raisins
  - Flax seeds
  - Star fruit

## instructions

1. Add ingredients to the blender.
2. Blend until smooth and creamy. Depending on the power of your blender, you may need additional milk.
3. Transfer the smoothie into your coconut bowl.
4. Add toppings.

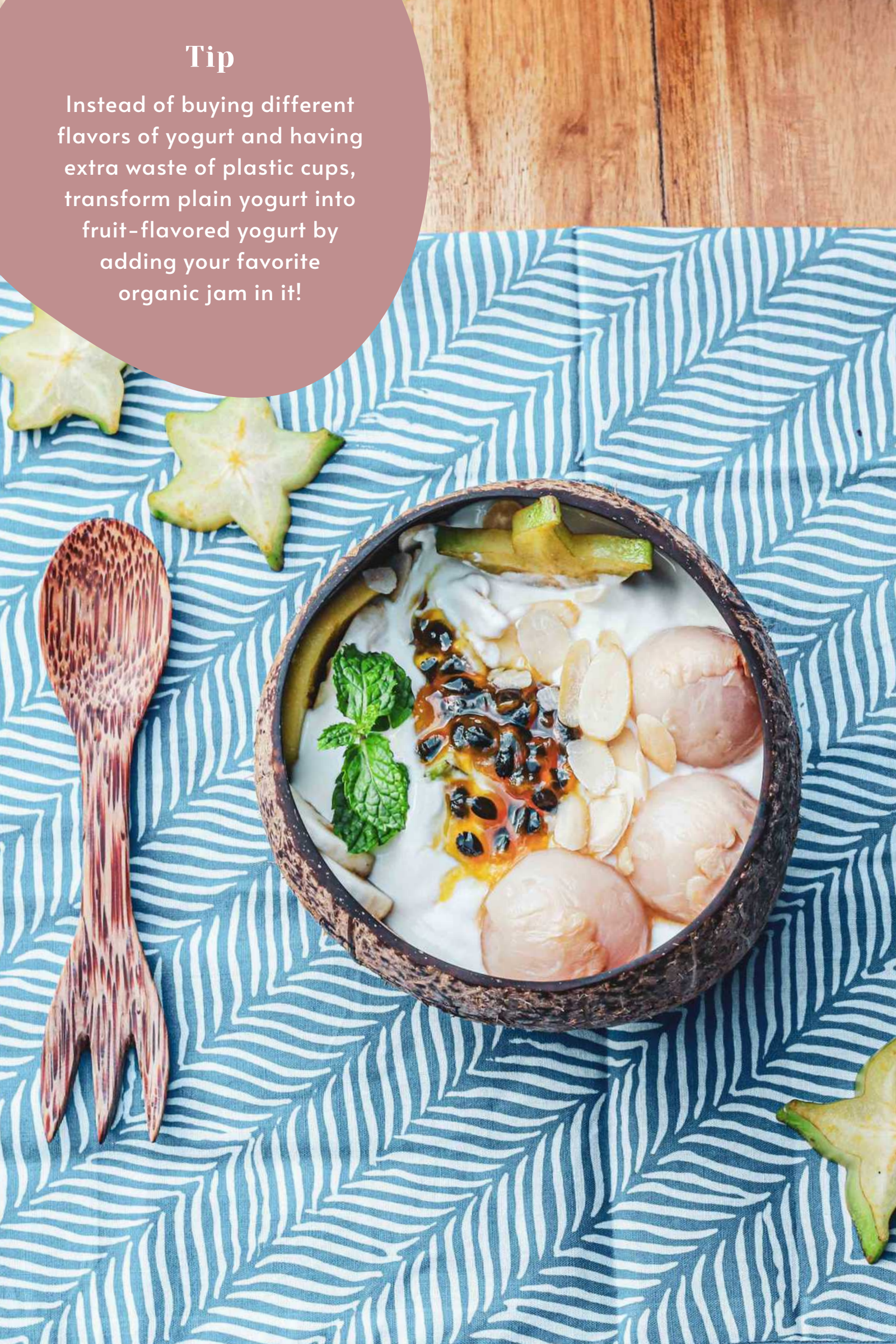
Enjoy!





## Tip

Instead of buying different flavors of yogurt and having extra waste of plastic cups, transform plain yogurt into fruit-flavored yogurt by adding your favorite organic jam in it!





# Morning of Passion

## ingredients

- Greek yogurt
- Passion fruit jam
- Star fruit
- Lychee
- Fresh mint
- Almonds

## instructions

1. First put the jam on the bottom of your coconut bowl.
2. Pour 1/2 of the yogurt on the jam.
3. After that add a layer of granola and fresh fruits.
4. Add the remaining layer of yogurt.
5. Top with more jam and fresh fruits.

Serve & enjoy!



MID-DAY

# It's brunch o'clock!

SERVED IN BIODEGRADABLE  
COCONUT PLATES & BOWLS



## Tip

This sauce can be served on small toasts or added in your salad dressing to give it a delicious twist.



# Fish with Hibiscus Sauce

## ingredients

- 3 tbsp balsamic vinegar
- 3 tbsp rosella jam
- 3 garlic cloves
- 2 shallots
- 2 tbsp olive oil
- 3 tbsp water

## instructions

1. In a frying pan on medium heat, heat the oil and cook the shallots until they become golden.
2. Add the rosella jam and balsamic vinegar. Stir well.
3. Add the chopped garlic.
4. Add water until desired consistency is reached.
5. Serve it directly on top of the fish with white rice on a side.



## Tip

This pesto can also be served with breadsticks, salad dressing, sauces... the possibilities are endless!



# Creamy Pesto – Lombok style!



## ingredients

- 70g fresh basil without stems
- 50g roasted cashews
- 3 garlic cloves
- Salt and pepper to taste
- 100g olive oil
- Pasta of your choice

## instructions

1. To a food processor or small blender add the basil, the garlic cloves, the olive oil and the roasted cashews. Mix.
2. Taste and adjust with salt and pepper.
3. Add water if you wish to have a more pourable sauce.
4. Add it straight to your cooked pasta.

Enjoy!







# Groovy Tofu Stir Fry with Cashews



## ingredients

- 2 blocks of firm tofu
- 3 shallots (thinly sliced)
- 2 garlic cloves (minced)
- 1 chili pepper (sliced)
- 2 green onions thinly sliced
- Cashews (as much as you'd like)
- 2 tbsp cooking oil
- 2 tbsp soy sauce
- 2 tsp sesame oil
- Noodles



## instructions

1. Cut tofu into bite-sized pieces. In a bowl, toss together with soy sauce, sesame oil and black pepper.
2. In a wok, heat 2 tbsp of oil on medium heat. Add the garlic, shallots, green onion and chili. Keep tossing for a few minutes.
3. Add the tofu (and sauce) to the wok and stir every minute until all sides of the tofu are cooked. It should take about 5 minutes.
4. Prepare the noodles and transfer them into wok and stir all together.
5. Serve into the coconut bowls and garnish with spring onions & roasted cashews.

Enjoy!



## Did you know

The traditional way of grinding the spices to make the sambal paste is to use a stone mortar and pestle.



# Sasak Sambal Sauce

## ingredients

- 2 hot chilis
- 2 shallots
- 2 garlic cloves
- 1 tomato
- 10g dried galangal
- 1/2 tsp sugar
- 1 tbsp cooking oil
- 1 tbsp of sugar

## instructions

1. Soak the slices of dried galangal in warm water for 20 to 30 minutes until pliable.
2. In a blender or food processor, add the tomato, chilis, galangal, garlic, salt and sugar. Blend until it creates a paste.
3. Add the shallots and pulse. The shallots should be combined with the paste but still visible.
4. Heat the oil in a wok over very low heat. Once the oil is hot, add the mixture and stir for about 3 minutes.
5. Once the sambal has cooled it is ready to be used in stir-fries, as a condiment for noodle dishes, grilled meat, fish and tofu, burgers... You can also freeze it for two to three months. Transfer the sambal sauce into ice cube trays so you can take out just what you need.

Selamat makan !



## Tip

Other spices that go well with pumpkin soup :  
nutmeg, cinnamon,  
cloves, ginger, chilies,  
Cajun spice, cayenne,  
and vanilla.



# Spicy Pumpkin Soup

## ingredients

- 1 onion, diced
- 1 lemongrass stalk
- 1 tbsp dried galangal
- 1 tsp of turmeric powder
- 4 kaffir lime leaves
- 2 tsp coconut oil
- 4 cups pumpkin (peeled and cubed)
- 2 garlic cloves (diced)
- 1 litre vegetable stock
- 1/2 cup coconut cream
- 1 fresh lime juice

## instructions

1. In a saucepan, add the onion, lemongrass, galangal, turmeric and kaffir lime leaves with coconut oil over medium heat for 2–3 minutes.
2. Add the pumpkin, garlic and vegetable stock and bring to the boil. Turn the heat down and simmer for 15 minutes, covered, until the pumpkin is soft.
3. Remove the galangal and lemongrass from the soup and transfer the rest to a food processor or a blender. Puree until smooth, then add the coconut cream and lime juice.
4. Serve with a ripple of coconut cream and fresh coriander leaves on top.

Enjoy!





ALL DAY

# Healthy snacks to share ...or not !

SERVED IN HANDMADE COCONUT  
TABLEWARE



## Tip

Give these energy bites some extra flavor by adding a few pinches of ground cinnamon or pumpkin spice.

# Energy Booster Bites

## ingredients

- 180g oats
- 30g almond flakes
- 40g honey
- 50g cashew butter
- 2 tbsp ground flax seeds
- 40g chocolate chips
- 50g melted chocolate
- Cashew butter for topping

## instructions

1. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Cover and let chill in the fridge for 30 minutes.
3. Once chilled, add melted chocolate and roll into balls of whatever size you like.
4. Add cashew butter on top.
5. The energy balls are ready to be eaten immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.







## Tip

These delicious thumbprint cookies can be made with any jams you like!



# Thumbprint Rosella Cookies

## ingredients

- 250g flour
- 1 tsp salt
- 150g sugar
- 150g (vegan) butter
- 2 tbsp (soy) milk
- 100g Rosella Jam

## instructions

1. Preheat the oven to 177 °C. Line 2 baking sheets with parchment paper. Set aside.
2. In a medium bowl, whisk flour and salt together.
3. Add the softened (vegan) butter to the bowl, with a mixer beat on medium until creamy.
4. Add the sugar and beat on medium until incorporated.
5. Turn to low speed and gradually add the flour and mix until just combined and dough starts to form
6. Now add the 2 tablespoons of milk and mix on low to combine.
7. Using a half-tablespoon measuring spoon, scoop the dough and roll into smooth balls.
8. Then place them on your baking sheet (try to make all the balls at the same size for even baking and prettier cookies).
9. Now, you can make the indentations by using your index finger. Press down gently about half way in (not too far or the jam will come out the bottom).
10. Using a small spoon, fill each cookie with jam (don't overfill or it will spill out during baking). Bake in the oven until lightly golden for about 13-15 minutes (baking too long will make them crispy). Carefully check the bottom of a cookie - it should be lightly golden.
11. Remove from the oven and let cool on the baking sheet for 5-10 minutes.



Bon appétit!



### Tip

For the softest bars, keep at room temperature. For slightly harder bars, store in the fridge.



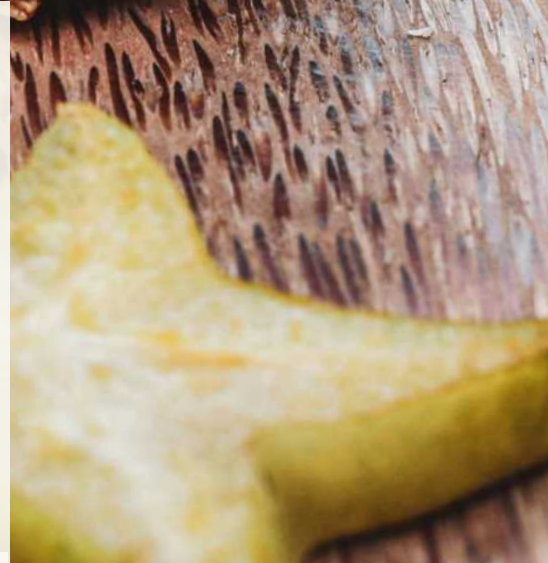
# Homemade Granola Bars

## ingredients

- 250g oats
- 50g butter
- 50g honey
- 100g roasted cashews
- 60g brown sugar
- 50g dried fruits of your choice (we used cranberries)

## instructions

1. Bake the oats in the oven at 180°C for 15 min, stirring every 5 minutes.
2. In a pan on medium heat, add the honey, sugar and butter. Stir until the butter and sugar dissolves and it looks like a caramel mixture.
3. Add the oats to the mixture and mix well using a spatula.
4. Add dried fruits and cashews and mix well.
5. Transfer the oat mixture to a mould, and then use a rubber spatula or damp finger tips to firmly press the mixture.
6. Put it in the fridge for 30 minutes, cut it into bars and let it sit in the fridge again for another 30 minutes.
7. Cover then refrigerate for 30 minutes. Cut into bars and let it sit again in the fridge for at least 1 hour.
8. Store granola bars in an airtight container for up to one week.



# Thank you!

We hope you had fun cooking these recipes!  
Thank you again for your support.

If you share a snap on your social media, don't  
forget to tag us.

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