

Children Cook Book



Chicken Quesadillas



INGREDIENTS

- 1tbs olive oil
- 50gd onion (sliced)
- 50gr green bell-pepper (sliced)
- 50gr red bell-pepper (sliced)
- 50gr yellow bell-pepper (sliced)
- 50gr unsalted butter
- 4pcs flour tortillas
- 100gr roasted chicken breast (cut into dice)
- 100gr grated mozzarella



PREPARATION

1. Heat the oil in a sauté pan and add the sliced onion and bell-pepper, sauté until cooked and slightly caramelized.
2. In another pan (or on a plancha), heat some butter and add the flat tortilla then add the garnish.
3. Layer on some grated cheese, then the chicken and sautéed bell-peppers + onions, top with a little more grated cheese and top with a second tortilla.
4. When the tortilla is golden-brown on the first side, carefully flip the quesadilla to the other side and cook further for another 2-3 minutes. Drain carefully from the oil onto a dry paper, season lightly with salt.
5. Once cooked remove the quesadilla from the pan and slice into quarters.



Lumpia



PREPARATION

1. Sauté the garlic and shallot, then add the carrots, onion, leek, bamboo shoots, mushroom, bean sprouts and continue to sauté until soft but still crunchy.
2. Season with salt & pepper, sweet soy sauce and oyster sauce, continue to sauté for a few seconds then cool down.
3. Wrap the stuffing (about 40gr per roll) in the spring roll skins, close the edges with a mix of water and corn starch. Deep fry the rolls in hot cooking oil.
4. Serve with your preferred dipping sauce: chili, barbeque, sweet & sour, etc...



INGREDIENTS

- 10pcs spring roll skin
- 10gr chopped garlic
- 10gr chopped shallot
- 150gr carrot (julienne)
- 100gr leek (julienne)
- 150gr bamboo shoot (julienne)
- 100gr ear mushroom (julienne)
- 120gr onion (sliced)
- 60gr spring onion (sliced)
- 120gr bean sprout
- 30ml sweet soy sauce
- 30ml oyster sauce
- 30ml cooking oil
- 10gr maizena (corn starch)



INGREDIENTS

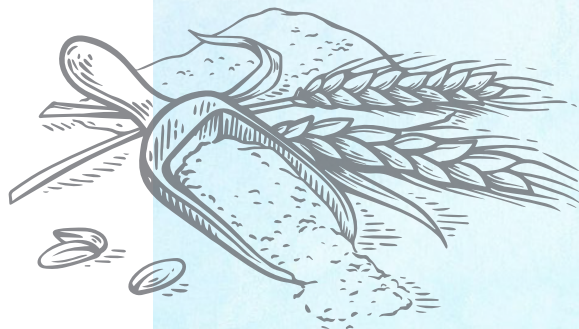
- 80gr honey
- 65gr butter
- 65gr brown sugar
- 150gr oatmeal
- 100gr coco pop cereal
- 30gr chocolate chips
- 25gr dry coconut



PREPARATION

1. Heat the butter in a pan, add the honey and brown sugar, and gently melt together.
2. Stir in the oatmeal, coco pop, chocolate chips and dry coconut, pour the mix into a baking dish and press using the back of a flat spatula, set in the chiller before cutting into bars.

No-Bake Granola Bar



INGREDIENTS

- 600gr snapper fillet (skinned/boneless)
- 1 cup freshly grated coconut
- Or 1cup moistened desiccated coconut
- ½ cup bumbu kuning
- 5 kefir lime leaves
- 1 tsp black peppercorns, finely crusted
- Lemon grass or satay skewers



Sate Lilit Ikan



PREPARATION

1. Mince the fish fillet very finely in a food processor or with a chopper, add all the other ingredients and mix well.
2. Mould a heaped tablespoon full of this mixture around a wooden skewer or over trimmed stalks of lemongrass, and cook over a charcoal grill.



INGREDIENTS

- 1pc turtle-shaped burger bun
- 40gr tartar sauce
- 100gr portobello mushroom
- 30g cheese
- 30gr lettuce
- 45gr tomato (sliced)
- 20gr cucumber pickles
- 20gr unsalted butter

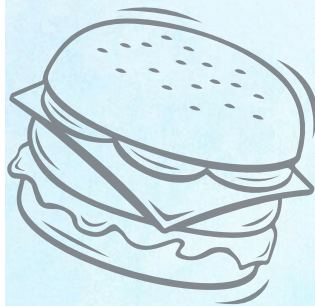


PREPARATION

1. Slice the burger bun in $\frac{1}{2}$ and spread the butter, toast on the grill or pan, then spread tartar sauce on both sides.
2. Season the portobello mushroom and grill until fully cooked, add a slice of cheese on top and let it melt.
3. Arrange and add the garnish on the bottom part of the bun: lettuce, tomato slice and cucumber pickles, then add the grilled mushroom with cheese and cover with the other $\frac{1}{2}$ of bun.
4. Decorate your burger to look like a turtle.



Mushroom Burger



Watermelon Pig



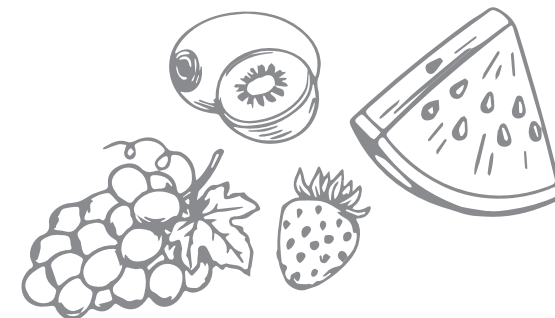
INGREDIENTS

- 1pc watermelon
- 100gr strawberry
- 60gr apple
- 60gr grape
- 100gr pineapple
- 10gr raisins
- 1pc banana
- 1pc kiwi



PREPARATION

1. Cut the top of the water melon and scoop out the flesh.
2. Shape the watermelon like a pig and proceed to make a nose, eyes, feet, ears, using toothpicks.
3. Once the watermelon pig shape is complete, cut all your fresh fruit and place inside, serve fresh!



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