



## ITMF Annual Conference 2017

### General Information on Indonesia

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Indonesia of its 17,508 islands, only around 6,000 are inhabited by people.

“Indonesia” was first used by the British in the mid-19th century. The word comes from the Greek word *nesos*, which means ‘island’, and the Latin name *Indus* which means land beyond the Indus river.

Indonesia is home to thousands of different flora and fauna, making it the country with the second highest level of biodiversity in the world (Brazil is #1). Some of the flora and fauna are truly rare, such as the Sumatran tiger, the Javan rhinoceros, and the Rafflesia – the world’s largest flower.

Some animals – like the Komodo dragon – are endemic only to Indonesia. In fact, Indonesia is the only place in the world to see a Komodo dragon in the wild. And Sumatra is the only place outside of Borneo to see orangutans in the wild.

Indonesia is very rich in natural resources – its oil reserves alone make it the only South East Asian member of Nato and it is the world’s largest producer of palm oil.

Indonesia is strict when it comes to...religion. The government only recognizes six religions – Islam, Hinduism, Buddhism, Protestantism, Catholicism, and Confucianism – and every citizen must officially subscribe to one of those religions, regardless of what he or she may actually believe. Two individuals with different religions are not allowed to marry, unless one of them converts.

Indonesia has a massive population of over 238 million people, making it the **fourth most populous country in the world** – right after China, India and the USA. The island of Java, with over 140 million people, is the most populous island in the world.

Did you know that Indonesia is home to 12.7% of the world’s Muslim population? That also makes **Indonesia the world’s largest Muslim country**, with over 87% of the country’s population identifying themselves as Muslim.

While most Indonesia's population is Muslim, the small Indonesian Hindu population mostly lives on the island of beautiful Bali. On the beautiful island, you'll be able to catch a performance of the *Wayang Kulit*, or shadow puppets, as well as beautiful dance performances and Hindu-influenced sculpture.

In Bali, Balinese Hinduism is rich with ancient superstitions. One that endures to this day is not letting a baby's feet touch the ground for the first six months of the infant's life. It's done to prevent the devil entering the child and as a result, infants are continuously passed from relative to relative.

Another unusual fact about Bali is that many in Bali have had their teeth filed down. The practice is rooted in the belief that the six vices – anger, confusion, jealousy, drunkenness, desire, and greed – all enter the body through the top six teeth. By filing away the demonic ends, the vices are easily thwarted."

## 10 Most Popular Indonesian Dishes

We are advised that you just can't go wrong with the ten dishes below...they're simply delectable!

### 1. Rendang

*Rendang* is a spicy meat dish with a creamy, spicy, flavourful coconut milk sauce. It originated from the Minangkabau ethnic group of Indonesia and is now a nation-wide and even world-wide favorite.

It's most commonly served with soft, succulent beef as the meat.

### 2. Sambal

*Sambal* is not so much a dish as it is a sauce, yet it is so popular, it may as well be a dish. *Sambal* is an absolute staple on all Indonesian tables and the love of *Sambal* is so ardent that there are estimated to be as many as 300 varieties of *Sambal* across the Indonesian archipelago!

That's a lot of variation for something that's made with a combination of chilies, shrimp paste, lime juice, sugar and salt.

No dish is considered complete in Indonesia without a healthy dollop of *Sambal* and oftentimes, it's the main attraction of a dish. You'll find *Sambal* versions of *everything under the sun* – mango, mushroom, durian, cassava...you name it, they'll serve it with *Sambal*.

### 3. Satay

Roasting BBQ skewers of soft, succulent meat. You've probably tasted these in Thai restaurants as they're a popular appetizer, but you must try them in Indonesia as well.

You can choose from a wide selection of meat – chicken, goat, mutton, or rabbit – and these morsels of meat are marinated in turmeric, barbecued over hot coals, and then bathed in a hearty dose of peanut sauce.

### 4. Nasi Goreng

No list of Indonesian foods is complete without *Nasi Goreng*, long-considered Indonesia's national dish. This simple, Chinese-influenced fried rice dish differentiates itself from all the other fried rice dishes of the world with a sweet, thick soy sauce called *kecap* and a sprinkling of acar, pickled cucumber and carrots for a refreshing note, with a slightly runny egg.

## 5. Gado Gado

Sure, *Nasi Goreng* might be the national dish, but nothing represents culturally diverse Indonesia like the popular *Gado Gado*.

*Gado Gado* literally translates to “mix mix” and is a term often used to describe situations that are all mixed up. The dish lives up to its name – *Gado Gado* is a healthy, hearty mix of veggies that are boiled and blended together.

## 6. Nasi Padang

A South East Asian favourite, the popular *Nasi Padang* is 100% Indonesian.

The dish is not so much a dish as a mini-buffet: *Nasi Padang* dishes are prepared in a hot, spicy, dry style of cooking full of flavour and aroma.

## 7. Ayam Goreng

*Ayam Goreng*, is Indonesia’s fried chicken dish which uses small village birds that are given free reign to run around the yard all their lives. The life spent roaming free makes these chickens pure juicy.

## 8. Soto

*Soto* is ubiquitous in Indonesia. The broth and ingredients do vary across the archipelago. It’s a super simple dish, a traditional soup composed of broth, meat and veggies. Common street versions are made of a simple, clear soup flavoured with chicken, goat, or beef – sometimes with a deliciously sweet, creamy, coconut-milk base. Garnished with crispy shallots and fried garlic.

## 9. Bakso

Another Chinese-influenced dish, *Bakso* made it to international fame when President Barack Obama fondly recalled it being one of his favorites during a recent trip to Jakarta. The *Bakso*, or Indonesian meatball, which is made a meat – beef, chicken, fish, shrimp – combines with a bit of tapioca flour. These meatballs come in various shapes, sizes, and flavours but are usually served in a bowl of beef broth with noodles, veggies, tofu, egg, and wontons and sprinkled with fried shallots and celery.

## 10. Rawon

*Rawon* is a deliciously flavourful black beef stew from East Java. The soup uses keluak nut for a deep, nutty flavour combined with garlic, shallots, ginger, turmeric, and red chili for a hearty spiciness.