

# Recipe ideas from Timor Leste



**Harvest  
Appeal  
2020**

## East Timor appetizer

- ◆ Hard boil and peel 8 eggs. Heat oil to medium high and deep fry the eggs until they turn brown. Drain on paper towel.
- ◆ Prepare a chili paste (ai-manas): mix well ¼ lb fresh chilies, 2 shallots (minced), 4 garlic cloves (minced), one big sprig of Thai basil, 2 inches of fresh grated ginger, 3 tablespoons of lemon juice and the lemon zest in a food processor or blender. Salt to taste.
- ◆ Serve the eggs with the chili paste.



## Timorese meatballs

- ◆ Chop 1 shallot and crush 3 cloves of garlic (you can also use red onion instead of shallot). Cook in a little oil over medium heat until golden and caramelized. Set aside to cool completely.
- ◆ In a food processor, pulse together 1 lb ground chicken with 1/2 cup crushed ice.
- ◆ In a small bowl, whisk together 1/4 cup tapioca flour, 1/2 tablespoon salt and 1/4 tablespoon pepper.
- ◆ Add the flour mixture and the shallot/garlic mixture to the chicken.
- ◆ Form into balls and drop into simmering water.
- ◆ Cook until the meatballs float and are cooked through.
- ◆ Scoop the balls out and serve with noodles or soup.

## Rujak (fruit salad)

- ◆ Slice/dice 1 orange, 1 mango, 2 cups watermelon and 2 bananas - or replace with any seasonal fruit you enjoy: apples, grapes or pears.
- ◆ Dress with 2 green chillies, 1 tablespoon brown sugar and 2 tablespoons of fresh lemon or lime juice.
- ◆ Add whipped cream and roasted nuts on top to garnish.

Sources:

[internationalcuisine.com](http://internationalcuisine.com), [globaltableadventure.com](http://globaltableadventure.com)



For more Timorese dishes, please also check our Fundraising ideas sheet

