



CHEF FRENGKY ADI SUHARTONO (BELOW) HASILALAIT BUMBU MINTING; BEBEK BETUTU; IKAN BAKAR BALI

BALINESE INFLUENCE

Since its inception in May 2006, Bayang has been serving up a plethora of quality Balinese dishes amidst an opulent setting. Chef Frengky Adi Suhartono who has been with the restaurant right from the start acquaints the essence of Indonesian food with the local palate by offering an authentic affair without sticking too much to conventions. Essentially, the distinctive flavour of Balinese cuisine derives from a sambal condiment and spice mixtures. A standard mixture will include shallots, garlic, ginger, turmeric, galangal, cardamom and red peppers ground together in varying proportions depending on the recipe. A distinctive flavour is also imparted by strong-smelling shrimp paste (*trasi*) and chopped *cekuh* root. "Aside from this, Balinese cuisine does not have the exact cooking principles and it really depends on the chef's preference," says Chef Frengky Adi Suhartono. Despite this, he explains that there is a basic philosophy underlying traditional Balinese cuisine known as the *Sad Rasa* ('Six Basic Flavours'). The six flavours are *pakeh* ('salty'), *lalah* ('pungent' or 'hot'), *masem* ('sour'), *manis* ('sweet'), *pahit* ('bitter') and *sapek*, considered an overall flavour felt through the other senses like smell, vision, touch and hearing. With this basic principle in mind, Chef Suhartono tempts guests with the assorted Balinese favourites like the *Bebek Betutu* (baked duck in Balinese spice in banana leaf) and the *satay lilin* (minced fish or meat grilled on a lemongrass stick) while other signature items like the *Ikan Bakar Bali* (barbecued whole fish basted in special sweet sauce and slowly grilled over charcoal) delight the taste buds. **wd**

