

Bawang Merah

A Bali Original



With a background of over 12 years in the spa industry, Putu Indri Artini Arta is a woman of experience. As the owner of the award winning Sekarjagat Spa located on the By Pass Ngurah Rai, Nusa Dua, she uses local ingredients and traditional recipes in her spa treatments, which has no doubt contributed to the success of the business.

A complete range of spa services are offered to guests, with some packages also including lunch on the premises. The quality of the meals served generated so much positive feedback that Putu decided to open a restaurant. It isn't her first foray into the restaurant business, rather a reunion, and she has clearly enjoyed setting up Bawang Merah which specialises in healthy Balinese cuisine made from organic ingredients. The name was chosen as it translates to shallots, an essential ingredient in most Balinese dishes.

Traditional healing drinks, include *Honey Ginger* and *Turmeric Honey Lemon*. The latter is popular as Turmeric is rich in antioxidants and bolsters the immune system, its strong earthy taste is countered by the honey and lemon. Moving on to food, the *Lumpia*, (spring roll) is served in two styles, fried or steamed and both taste great with



Sate Empol



Turmeric Honey Lemon



Putu Indri Artini Arta



Steamed Lumpia



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the sweet and sour sauce on the side. The *Sate Empol* which is minced seafood or meat cooked on a lemongrass skewer, has an exotic taste with its mixture of shredded young coconut oil, chilli, and kaffir lime and a side of *urap* (mixed fresh vegetable salad with grated young coconut dressing.) The signature dish on the day we visited was *Ayam Sambal Bawang*, grilled half chicken, served with rice, *urap* and *sambal matah* (raw chili, shallots, lemongrass and coconut oil.) There is something really special about this meal with the freshest sambal, unexpectedly tasty *urap*, and the most tender chicken. As a dessert, there is a typical Balinese *Pisang Rai*, made with banana wrapped in flour and then boiled; the green color is natural, created from a mix of leaves. The sauce is made from honey, palm sugar and pandan leaves and is a perfect match for this typical Balinese sweet experience. For fruit lovers, there is *Rujak Bali* with a mix of seasonal high fibre fruits like papaya, grapes and orange; the best way to enjoy this is to dip it in the thick tamarind and palm sugar sauce.

“Balinese cuisine is pretty simple to prepare, and ingredients are easily found in Asian supermarkets, which is why we will have a cooking class for people who would love to be able to prepare authentic Balinese food from their own kitchen,” says Putu Indri Artini Arta. She is proud to highlight the richness and variety of her native Balinese background, and the health promoting quality of herbs with their anti fungal, anti oxidant and antiseptic properties. For sure everyone will find something to satisfy their appetite at Bawang Merah Restaurant. **VMA**

BAWANG MERAH

Jalan By Pass Ngurah Rai No 96B, Mumbul, Nusa Dua

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Open 12pm – 11 pm

Seat 100

Nusa Dua Map C - 2