

Indonesian transcript:

Hari ini saya mau membuat es campur atau es teler, itu minuman segar yang biasa disajikan ketika hari panas. Karena di Indonesia itu panas, udaranya tropis, kemudian biasanya kalau di bulan puasa, ketika berbuka puasa, orang-orang ingin minuman yang segar, maka es campur ini salah satu pilihan alternatif untuk berbuka puasa. Dan membuatnya sangat mudah karena kita tidak perlu memasak, tidak perlu memakai kompor.

Yang pertama buah nangka. Buah nangka kita iris-iris sesuai dengan selera. Kalau ingin lebih kecil bisa diiris lebih kecil atau bisa memanjang seperti ini. Atau biasanya juga berbentuk kotak kecil-kecil. Kemudian nata de coco terbuat dari air kelapa kemudian difermentasi menjadi nata de coco. Kemudian ada buah kolang-kaling, biasanya kita beli di pasar sudah siap seperti ini. Tinggal kita cuci atau kita siram dengan air panas untuk memastikan menjadi lebih bersih. Kemudian buah alpukat, pastikan buah alpukatnya yang sudah matang. Ee...yang tidak keras, yang agak-agak lembek dan lunak. Kemudian air matang yang sudah kita campur dengan gula. Jadi gula kita larutkan dengan air matang. Bisa juga kita campur sirup supaya ada rasa; misalnya sirup rasa mawar, sirup vanilla, atau sirup cocopandan. Kemudian es batu dan susu kental manis cair.

Caranya yang pertama kita masukkan dulu es batunya ke dalam gelas sesuai selera. Kalau mau dingin es batunya banyak, kalau mau tidak terlalu dingin es batunya sedikit aja. Kadang-kadang orang juga membuat es batunya setelah jadi kemudian diserut, jadi akan lebih cepat mencampur dengan yang lain.

Jadi setelah es batunya kita masukkan ke dalam gelas, kemudian alpukatnya kita kerok, kecil-kecil begini. Ini juga kenapa kita perlu yang matang, supaya ketika dikerok gampang. Sesuai selera, dan alpukat ini sangat sehat. Jadi walaupun ini hanya minuman appetizer istilahnya, tapi sangat sehat. Kemudian karena namanya es campur, jadi kita campur semua bahan-bahan, dari nata de coco. Kalau enggak ada nata de coco bisa dicampur dengan biji mutiara atau dengan cincau, jadi banyak alternatif campuran.

English translation :

Today I will be making mixed ice or *teler* ice, a fresh beverage which is commonly served on a sunny day. The weather in Indonesia is hot, and Indonesia has a tropical climate. During the fasting month, when we break the fast ... uh ... breaking the fast, usually we want to drink a fresh beverage. Mixed ice is an alternative for breaking the fast. Making mixed ice is very easy since we don't need to cook and use the stove.

The first ingredient is jackfruit. Cut the jackfruit into pieces as you like. You may cut it smaller or you can cut it vertically like this. You also may cut it into small cubes. Then

comes *nata de coco* which is made from fermented coconut water. Then there is *attap*¹ fruit. Usually when we buy *attap* fruit at the market, the shape is already like this. We just need to wash it or pour it with hot water to make sure it is cleaner. There is also avocado. Use a ripe avocado. Uh ... the avocado should not be too hard, [it should be] soft and delicate. And then mix the water with sugar. We dilute the sugar into water. We can also dilute syrup to get different tastes; for example, rose syrup, vanilla syrup or *coco pandan* syrup, and then [we put] ice cubes and sweetened condensate milk.

First, we put the ice cubes in glasses in the amount that you prefer. If you want it to be cold, you may add more ice cubes. If you don't want it to be very cold, use less ice cubes. Sometimes they grate the ice cubes so that it would easily mix with other ingredients.

After we put the ice cubes into glasses, currycomb the avocado into small pieces like this. That's the reason why we need a ripe avocado, to make it easy to currycomb. Avocado is very healthy. Although mixed ice is only an appetizer beverage it is very healthy. Since the name is mixed ice, we just mix all the ingredients together; from *nata de coco* ... if we don't have *nata de coco* we can use pearl sago or green jelly, there are lot of alternatives for the mixture.

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¹ The fruit of sugar palm.