

Boiling Bananas in Sugar

Indonesian transcript:

Makanan kedua yang biasa disajikan kalau berbuka puasa itu kolak pisang. Tapi sebenarnya kata dasarnya kolak. Jadi campurannya terserah; mau pisang, atau mau ubi, atau mau...uh...kolak yang lain, itu terserah selera masing-masing. Tapi yang saat ini saya buat adalah kolak pisang.

Jadi yang utama bahannya adalah pisang, kemudian gula merah atau gula Jawa, kemudian santan, garam, dan air sesuai dengan selera. Kemudian saya tambahkan biji mutiara, jadi supaya kuahnya itu nanti akan kental, saya tambahkan biji mutiara.

Jadi yang pertama biji mutiaranya kita rendam dulu dengan air, kemudian pisangnya kita kupas. Pisangnya pakai pisang kepok. Jadi bukan pisang yang bisa kita makan langsung, tapi pisang yang untuk diolah, pisang untuk pisang goreng. Jangan pisang ambon, karena nanti pisangnya akan kita rebus. Kalau kita pakai pisang ambon, nanti rasanya jadi lembek. Pisangnya kita potong seperti ini. Kemudian gula merahnya; karena gula merah itu keras; harus kita hancurkan dulu sedikit-sedikit.

Setelah gula merahnya dihancurkan, secukupnya sesuai selera. Kalau mau manis banyak, kalau ma..tidak suka manis bisa dikurangi. Uh...mulai mendidihkan air. Jadi kita merebus air sampai mendidih. Kalau airnya sudah mendidih, kita masukkan pisangnya. Jadi pisangnya kita rebus. Pisang kita rebus, kita masukkan juga gulanya. Jadi gulanya nanti akan mencair, jadi warna kuahnya nanti warnanya coklat karena warna gula jawa ini warna coklat. Kalau suka warnanya lebih gelap, bisa pilih gula jawa yang lebih tua warna coklatnya, tunggu sampai gulanya cair dan pisangnya empuk. Jangan masukkan santannya di awal, karena nanti airnya bisa ...pecah, jadi masukkan di akhir. Dan walaupun nanti hasil akhirnya manis, kita tetap tambahkan garam, tapi hanya sedikit saja, hanya satu pucuk. Supaya manisnya lebih terasa.

English translation:

The second dish that is usually served for the after-fasting meal is banana *kolak*.¹ The basic word [for this dish] is *kolak*. So it is up to you what kind of fruit you want to use, banana, sweet potato, or . . . other kinds of *kolak*, [it] depends on your taste. But today, I will be making banana *kolak*.

The main ingredients are bananas, red sugar or Javanese sugar, coconut milk, salt, and the preferred amount of water. Then I also added pearl sago to make the *kolak* broth thicker.

¹ *Kolak* is a traditional food. It is a sweet soup with fruit and coconut milk. During the fasting month this food becomes very popular as an appetizer.

First, soak the pearl sago with water and then peel the bananas. Use plantain bananas. Don't use bananas that are ready to eat. Instead, use cooking bananas, for example, bananas for frying. Do not use Cavendish bananas because we will boil them later. If we use Cavendish bananas they will be too soft to eat. Cut the bananas into slices like this. Crush the red sugar little by little since it is hard.

Crush some red sugar, as much as you prefer. If you like it sweet put in some more, but if you ... don't like it too sweet, put in less. Uh ... start boiling the water. After the water boils, put the bananas inside. Now we boil the bananas. Boil the bananas and pour the red sugar inside. The red sugar will melt in the boiled water and the color of [the] *kolak* broth will turn brown since the color of red sugar is brown. If you want the color of *kolak* broth to be darker, you may use a darker brown Javanese sugar. Wait until the sugar is melted and the bananas become softer. Don't pour the coconut milk too early because the broth will ... break. Pour it at the last stage. And although *kolak* taste is sweet, we still need to add salt. Just add a little salt, one small teaspoonful. [The salt] will strengthen the sweet taste.

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