

COCOBELI

EAT, PRAY, GROW



BALI



THE ULTIMATE COOK BOOK
OF DELICIOUS DISHES FROM
THE BEST RESTAURANTS IN BALI
&
SUCCESS TIPS FROM INSPIRING PEOPLE

JANA FELIZ

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First of all, I would like to thank you...

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All the restaurants for sharing with me the recipes and trusting me.
All inspiring people who decided to share their motivation and help other people to improve their lifestyle.

The biggest thanks goes to my family and especially my sister who recently gave birth to twin boys and I did not have a chance to see them yet. So thank you to be always there for me, no matter what and no matter which decision in my life I take. I love you.

Thank you everyone. You are amazing.

And thank you too - who is reading it right now for being curious about my book, because this is also how you learn and grow.

As my friend Mert would say - long story short: Get inspired and take the action

It was June 2019 when I first came to Bali and thought it will be only a one month visit which turned into a more than a year adventure. When the Pandemic (COVID-19) started, I was about to take the emergency flight back home to the Czech Republic but decided to stay in the end. It was a tough decision because of my family's concerns and making sure I am safe which is perfectly understandable. To help me with the decision, I wrote a list of "Why stay" and "Why leave" Bali; and one of the main reasons why I chose to stay was FOOD. I know many people come to Bali for one simple reason for what the island has to offer and for me that is FOOD.

Bali is a place of many inspiring and successful people and all types of restaurants. The competition restaurants face here is great which means a restaurant has to be one of the best in order to stand out.

During the start of the Pandemic in Bali, I was not able to photograph people as much due to safety measures. So I decided to start focusing towards taking pictures of exquisite dishes in Bali. To create something meaningful from my passion for food and photography, I followed a piece of advice from my Rodrigo (Owner of Bali Bowls) and created a recipe book together with pictures I took along this journey and I asked restaurants to share their recipes. Not everyone agreed of course, however, I am grateful that some of these restaurants allowed me to share with you their passion for food and being able to cook anytime, anywhere & anyplace.

I believe in the ideology of balance. We need balance in our lives, at least from time to time be it from food, lifestyle, relationships or even from work.

The recipe of a balanced life is not stated anywhere, one has to find out only by oneself. But while searching for it, the easiest way is to get inspired. Usually, you see something that inspires you and you start visualising it in your head. That is described as the first hit.

This book is here to give you the first hit with inspiration and ideas to take action. With the first hit, you can create the life you always wanted and finding your way towards balanced eating that works best with your body.

Everyone is different and needs a different approach. Nobody said that the balance has to be perfect, but sometimes the perfect life is more about following your dreams and eating food in such an amount & quality that your body just feels right. I have tried several types of diets - vegan, juicing, salad and even sugar-free diet and found out I just need a balanced way of eating with no strict limitations. I want to nourish my body with healthy ingredients and control the right amount of protein, carbs and fat intake. Thanks to Macro Kitchen Bali, I found this balance and learned how to count my daily intake. If I feel like eating a cake once or even twice a week, I just dig in!

It takes time to find out what ways of eating is best for your body as well as which dream and direction you want to follow, but once you find it, it's worth it!

With this project, I would like to not only give you the possibility to cook the best dishes of the best restaurants in Bali but also share with you the interesting and compelling story behind each successful restaurant as well as give you tips from successful and inspiring people to TAKE ACTION towards your balanced life. Because you can make your dreams come true if you put your mind to it!

As my friend, Mert would say "Let's make a move!" :-)

And now - Long Story Long about myself

There is something about Bali that I just can't keep my mind off it. I knew I have to find balance in my life and I won't stop coming back here till I find it. Bali has inspired me to change my life and growing an important milestone from the corporate world to fulfilling my dreams and start doing what I am passionate about - photography and freelance marketing.

Things were different 5 years ago when I recalled driving every weekend for around 700km to either see my family in Czech or an ex-boyfriend in Frankfurt. While sitting in the car, I was thinking but wishing that there must be something more than just work and driving long hours to see my loved ones. At that time, it didn't come across to me yet.

I was listening to an audiobook called "Eat, Pray, Love" by Elizabeth Gilbert and while listening; I wished I would have the same courage as she had. It's not that I would not be happy at that moment of my life but I was certainly not in balance with my mind and body and I wanted to change but I was scared to do it.

At one point, I made enough and performed some slight changes. I found a job in Frankfurt and moved with my ex-boyfriend. I accepted a dream job in the fashion industry and grew with the best team there. Just after 6 months, things did not go well in the relationship and I realised and understood that I wanted a different kind of lifestyle and I don't want to live with someone who works around 18 hours a day including weekends. So I packed my bags and left to start a new chapter. During the new chapter, I met another guy, Guillermo, from Spain who showed me a completely different way of life. It was an extreme change from living with a workaholic to being with a social person who has all his time for me. But where is the balance? At that point in my life, it was not there for sure.

After having known Guillermo for some time, I moved in with him to Barcelona and spent some beautiful months trying to improve my Spanish to be able to scout for jobs easier and getting back to corporate life promptly. However, there's something deep inside of me that sensed it was not something I want and I felt that I still want to explore more of what the world has to offer. I knew I had to change and do something as for the past 6 years, I was only in relationships and trying to follow what society wanted me to do. I did not pursue what I truly wanted, instead, I followed society's norm by finding a 9-5 job, moving in with my significant other, building a family, have kids, and trying to lead a happy life. I did not want this. I realised I still need more in my life than just following the structure that is forged by society.

After breaking up with Guillermo, I had this spontaneous idea of going on a solo adventure to the Island of Gods, Bali. At first, people were doubting about my decision "Are you crazy? Going alone to Bali?". I was scared of course especially after 6 years of continuous relationships and always relying on someone having my back, it was a big leap to the unknown. I have never done anything like this before and I did not know anyone in Bali. But at the same time, I knew I wanted to do it and ride on this rollercoaster experience by myself.

Finally, I did it. I took the first plane from Prague to Doha and that's when I met an angel, Nicol, that sooner or later was going to be my Bali soulmate. The impression of her when I saw the first time and now was different. At one point on the plane to Doha, she got very angry with the flight attendant who gave her a new cup with every drink she asked. At that time, I wasn't as eco-conscious as I am right now. I didn't understand why she cared so much about plastic cups. But our friendship grew when we went to Bali and she showed me around to many cool places in Bali from day one.

I also started to take more pictures in Bali and realised that people like my work. At that time, I was still insecure and did not believe I could become a photographer. I was just in love with the Island and just after 3 weeks, I already knew I wanted to be back here again. During my time here, I received multiple jobs offers back in Europe but at the same time, I began to have clients in marketing, I helped my family in launching an online shop for porcelains and every week I've been getting more clients for photography! My time in Bali came to an end in December and I already knew I will be back again after Christmas in the Czech Republic. Funny enough back in October, I met a palm reader, Agus and what he said was mindblowing that it's still on my mind till this day; I was told that I will come back to Bali and spend here for at least 3 months or even longer if I decided to take a difficult decision. How did he know that 3 months after coming to Bali in January, I will face the most difficult decision in my life whether to stay or go? Eventually, I chose to stay and I knew it was the best decision in my life.

I always had one great fear and that fear was not being able to come back to my family easily if anything happens. I knew I had to overcome this fear to become the person I wanted to be and being more independent. I did not want that fear to limit my life anymore so I stayed in Bali despite that fear. I just relied completely on myself during these uncertain times, however, I tried to make use of the time and made myself busy during my "quarantine time" in Bali.

Spending my time in Bali during the pandemic showed me a different aspect of Bali. I've met people and experienced events I would surely not had the chance when Bali is in at its peak. I have seen places & attractions without any tourism. I was blessed to have attended a weekend ceremony with the staffs of Ashyana Candidasa. They took me to a full moon ceremony at Penataran Lempuyang and the following day at Pura Besakih temple. I must say that it was a beautiful experience! I was there with my friend, Robin as the only tourists there. Some day later, our faces were published in different newspapers and online articles about Bali opening its borders soon.

I think this was the most special experience I have done in Bali and many thanks to the hotel Ashyana Candidasa who built the trust in me and took me there.

If I didn't stay in Bali during the Pandemic, this project - Cocobeli would never happen and I would not have the chance to meet so many inspiring people who decided to stay; mostly expats who live in Bali or local people that have stories to share. Unfortunately, I have not only experienced happy times in Bali but also doubtful times where there's an increase in crime and also people struggling due to unemployment. Because of what I've seen, I realised I could also try to help. By doing so, every book sale will benefit a charity called Rescue 2020 managed by Cristobal Ignacio who does an amazing job helping people while travelling the world.

So that is my story, I hope you will relish reading this book and getting inspired by delicious foods and amazing people. Start taking your own action and find your own balance in your very own journey!



Cristobal Ignacio and Charity Rescue 2000

As I sit by the beach watching the sunset in Bali, my mind begins reminiscing on every event leading up to this very exact moment... man it has been a wild ride.

Growing up in Chile in a humble neighborhood to living in America illegally for 10+ years, I cannot help but question if this life I am living is real or just a dream.

Ironically, it is both. I am living the life I once dreamed of. In the mist of all my valleys in life I always kept my eyes on the top of the mountain. Countless nights I would visualize traveling and helping people, two big passions of mine.

Today, I travel for a living and have a charity, Rescue 2000, which allows me to help people during my adventures.

Dreams come true.

Rescue 2000 is an organisation that partners with local charities to provide food aid, build houses, and support education on Bali.
([rescue_2000](#))

5 dollars from every purchase goes to the charity Rescue 2000.



BALI BUDA

A DELICIOUS PLACE FOR LUNCH AND DINNER WITH FRESH VIBES AND VIBRANT DESIGN

Bali Buda has been around for more than 2 decade, we started Bali Buda because as a family we saw limited markets for organic produce. Bali Buda started to connect with local farmers who were using organic practice. We eventually evolved into making homemade recipes for meals, bakery goods and all the menu you find today! We truly believe in supporting an earth-friendly lifestyle and local artisans whether it is farmers or local products for your daily needs. When you come to Bali Buda, you are supporting our people, Bali, and the Earth.

WHY DID I CHOOSE BALI BUDA?

Bali Buda has great healthy variety of food. I especially like the variety of their salads. I love their store! My favourites are their home made cookies - peanut butter or the coconut ones! They are very addictive, be careful :-)

BALI BUDA'S SUCCESS TIP

The fresh food
and building loyal
customers that
share with us

Location: Ubud, Kerobokan, Canggu, Bukit & Batubulan

Price range: 2

First dish ever prepared:

Best seller dish:

Top secret information: Our recipes are communal. Brought down from our grandparents, friends and even customers who gifted us with delicious ideas.

Special cooking TIP: Our tip is that you use the best ingredients from your local farmers because they grow it with love and passion and the flavors will reflect upon your dish!

PURPLE SWEET POTATO SOUP

SERVES



2 people

PREPARATION



30 minutes

COOKING



1 hour

DIFFICULTY



3/5

We love the local Purple Sweet Potato and we wanted to do a twist of a dish. If you can't find purple sweet potato, you can substitute with any sweet potato that is available where you are.

INGREDIENTS:

250 gr Purple Sweet Potato

25 gr Beetroot

50 gr Cashews

3 pcs Bay Leaves

2 bunches Fresh Rosemary

2 Kaffir Lime leaves

80 gr Onion

3 cloves Garlic

4 gr Ginger

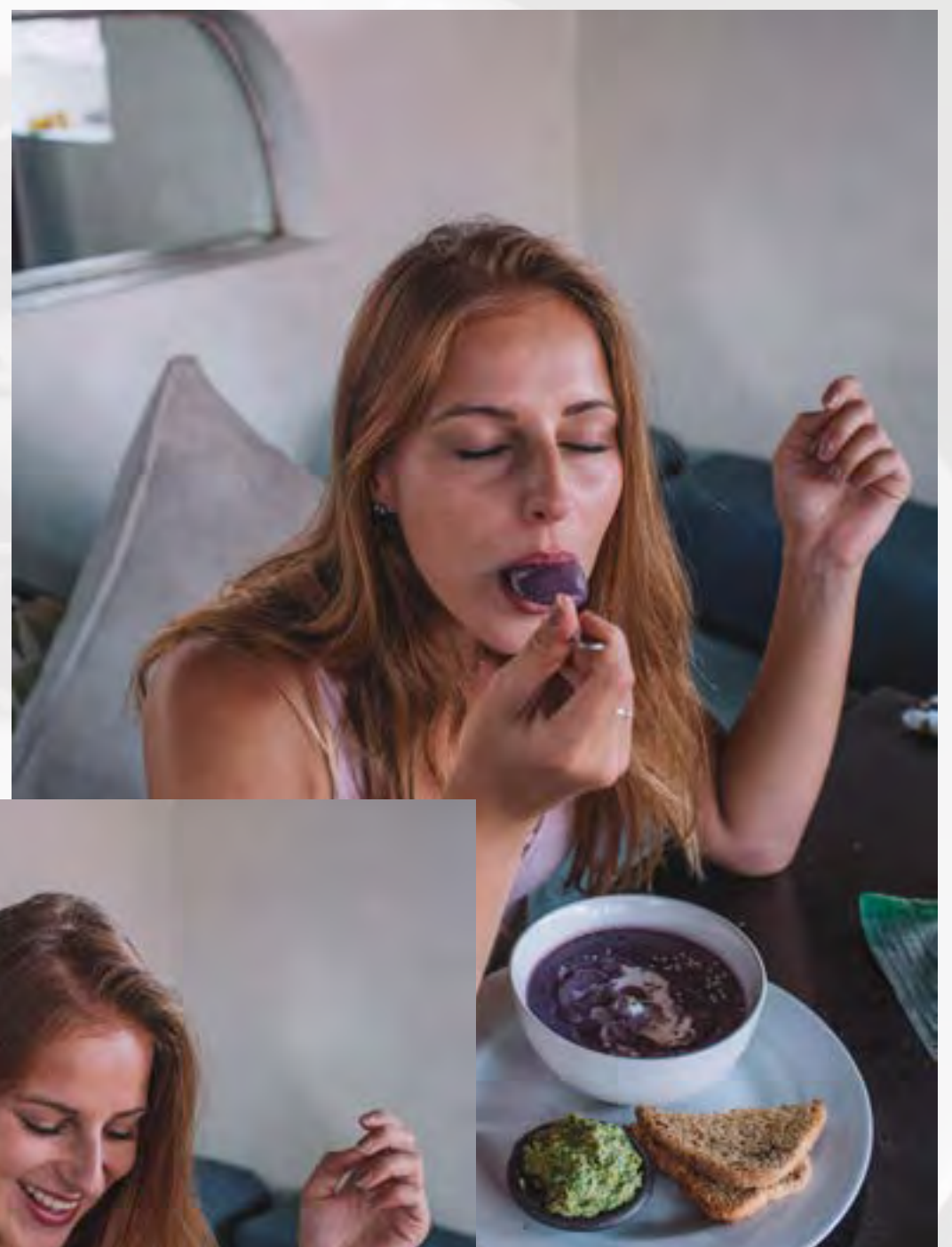
Olive oil

Salt



DIRECTIONS:

- Peel your purple sweet potatoes and beetroot, chop them into cubes. Prepare a pot of water and bring it into boil.
- Once water is brought to boil, put in your purple sweet potatoes, beetroot, cashew, bay leaves, rosemary and a bit of salt. Boil all ingredients together until sweet potato & beetroot is soft. Then drain the water, take out the bay leaves and rosemary, then leave them to cool. Set a side a bit of the water for later.
- Chop onion, garlic & ginger finely, then roast them with olive oil until caramelized and fragrant.
- Prepare blender or food processor. Add in all ingredients into the blender, add a little bit of the water from the earlier boil if needed, blend until smooth. Add more salt to your liking.
- Enjoy them hot, add a little bit of yogurt or coconut yogurt if you'd like.



GOJI TURMERIC SUPER DUPER (JAMU)

SERVES



1 person

PREPARATION



30 minutes

COOKING



15 minutes

DIFFICULTY



2/5

An extra boost to your already super healthy & delicious jamu. Goji berry is a great addition of antioxidant to a jamu that's anti-inflammatory, healing & full of vitamin C.

INGREDIENTS:

20 gr Goji Berry
130 ml Water
30 ml Lime juice
30 gr Tamarind
20 gr Turmeric
30 ml Honey (or coconut nectar)
1 pinch Salt & Cracked black pepper corn



DIRECTIONS:

- Put in your water in your blender and add your goji berry, leave to soak while you prepare the other ingredients.
- Peel your turmeric and cut into cubes (if it's fresh, you can use powdered turmeric but we recommend fresh).
- Add the turmeric, lime, honey, tamarind & salt (make sure there are no seeds) into the blender with the water and goji berry. Blend until all ingredients are smooth.
- Put it in your cup, add a dash of cracked black pepper corn on top for extra health benefits.

MEGA MAGNESIUM SMOOTHIE

SERVES



1 person

PREPARATION



30 minutes

COOKING



10 minutes

DIFFICULTY



2/5

We wanted to create a smoothie that was nutritionally packed and filled with magnesium from the most natural and raw resources. It's tasty, healthy & super easy to make, we hope you enjoy it as much as we do.

INGREDIENTS:

100 gr Ripe Avocados
100 gr Ripe Banana
200 ml Brown Rice Milk
15 gr Cacao Bean
1.25 gr Cacao Powder
90 ml Yogurt (plain or vanilla)
11 gr Pitted Dates
35 gr Fresh Kale
10 gr Fresh Mint
2 gr grated Avocado seed
Ice (optional)



DIRECTIONS:

- Add in all ingredients in a blender, blend until all ingredients are well mixed. Put it in a glass and enjoy!

CHEF'S TIP: Put it in the freezer until frozen, blend again to make a super duper healthy smoothie bowl.

FLUFFY BANANA CASSAVA PANCAKES

SERVES



2 people

PREPARATION



15 minutes

COOKING



20 minutes

DIFFICULTY



2/5

We don't just want any ordinary pancakes, we love them special, like this recipe. It's gluten free & can easily be made vegan by switching the eggs to flaxseeds. We love the tropics here in Bali and we wanted to reflect it through these delicious pancakes.

INGREDIENTS:

300 gr Ripe Bananas
2 Fresh Eggs
5 ml Lime
10 ml Honey (can be substituted with Maple syrup or coconut nectar)
5 ml Coconut Oil
10 gr Baking Soda
100 gr Cassava Flour
30 gr Cinnamon Powder



DIRECTIONS:

- In a bowl, mash together bananas, eggs & lime juice. Tip : Don't mash too smooth to leave some banana chunks
- Add in honey, coconut oil & baking soda, mix until well incorporated.
- In another bowl, stir cinnamon & cassava flour until well mixed.
- Add in flour into the wet mix and fold until batter is even.
- Heat pan on low heat, add a dash of coconut oil onto pan. Pour or scoop the batter onto the pan, using approximately 1/4 cup for each pancake. Cook until it is fully cooked and golden brown. Serve hot and enjoy!



CHEF'S TIP: Enjoy it with grilled pineapple, shredded coconut, lime juice & coconut nectar for a tropical twist.

NIKOL FROM SLOVAKIA (@nikol.ness)



"I mostly love about this place the eco-friendly approach (also gojek delivery) and variety of ecological products and dishes. My absolute favourite is cheese samosa, vegan pasta and coconut-mango cake. Mindblowing!!"

How do you inspire other people: I always try to live the life with the smallest possible impact on our planet, hoping that people can follow my lead. I always try to share alternative eco-friendly solutions and focus on less materialistic life. I try to motivate people and show, that there is always an option, how to do things more sustainable without the need to ruin your daily comfort.

Daily habits for balanced life: I always start my day with my cacao oatmeal with fruits. It charges me with incredible amount of energy. Then I'm all set up to follow my daily work tasks, train yoga, take a dance class or go surfing. Those activities help me to maintain my positive mood in any situation.

App / Website that helps me: 30 days plank challenge, Nike training, Headspace, Wimhoff

Favourite book: The Alchemyst

NIKOL'S SUCCESS TIP:

The recipe for balanced life it has been said and repeated all over again and I can't agree more - to eat healthy, to do sports regularly and most of all - don't stress out. Just focus on the things you can influence and let the rest flow.

NATALIA FROM RUSSIA (@nataliashimarova)



"I love Bali Buda because they have a great menu and I never get bored. There is also a shop where you can always find healthy products such as super food, organic fruits or quality vitamins. They have good desserts that are very healthy and so tasty. I think this is the place that many people associate with Bali, so I advise you to go there during lunch time . You will love it too."

How do you inspire other people: Luckily, my hobby is my job, i'm a model and yoga teacher.

Daily habits for balanced life: Most of the time I practice yoga, which helps a lot to find balance and harmony. it is also very important for me if I have time to spend time by the ocean. books are another huge part of my life, I just like to read and drink coffee, good and accessible meditation.

NATALIA'S SUCCESS TIP:

You must always believe in yourself, even if something seems impossible. everything is possible! do not give up, the path to a dream is always not easy. and I would say that you need to be honest with yourself and the people around you.

CELIA FROM EAST TIMOR (@celuioiuioig1).



"Been here so many times recently, they are actually cafe and healthy food shop. They have a lot of branch in different area of Bali and the one I usually like to visit is the one in Bukit since I live nearby there. I could come over very often to just have a tea, dessert and just sit doing some work and listening into their typical Balinese calm music, really love the tea and desert, also the healthy food they have, very calm and the people here are very friendly as well. Do highly recommend this place, its one of my favorite."

How do you inspire other people: I am helping people to live healthy in a daily bases though nutrition, fitness and healthy lifestyle. I am also currently studying dentistry and hopefully will finish soon in less than two years from now and while studying I am aso working in the social media health area such as blogging and influencing people to live healthier through my lifestyle by sharing things about nutrition, fitness and my overall healthy lifestyle daily.

Daily habits for balanced life: My daily habits that I think has helped me to a lot recently to balanced & having a better life is exercise, taking care of what I am putting inside my body (Food & Nutrition), journaling, meditating, exercise, listening into motivational & positive affirmation podcast, practicing gratitude also connected into the nature has helped me a lot in my self development mentally, physically and emotionally to feel better and more peaceful in life. Since we cant share ourself if our own cup isn't full yet, so by doing those exercise has helped me a lot to be mindful, present and focus to balance more on what I have in life.

CELIA'S SUCCESS TIP:

Dream big, believe in yourself, be passionate and never think "I can't do this". Even when it seems impossible, just try to achieve your dream, work hard for it and in the end you'll end up way closer to achieving your dream. On top of that you'll learn a lot on the way.

JOSHUA DISTRICT

INSPIRATIVE PLACE FOR CREATIVE PEOPLE WITH GREAT CUISINE AND AMAZING VIEW

The story begins about 5 years ago when Lukas and Martina were looking for a place to build their own house. She found a perfect spot in the middle of rice fields with a stunning ocean view, Lukas had an idea to build a house made of shipping containers, and Petrus, their friend, and now a business partner supported the idea "Why don't we build it in here? House that is made of shipping containers!". It was never a business plan or a desire to build the best restaurant, they were just doing something cool, smart, and creative for themselves. Once they built two villas and the third one was on the way, they realized that they need to have a place to host their friends. So the restaurant was a logical step. Now it is a community of really creative people from all over the world with a cool place built of shipping containers, with great food and delicious drinks.

WHY DID I CHOOSE JOSHUA DISTRICT?

First of all - the owners come from Czech where I come from and they serve some amazing Czech food. Sometimes I can even have there a typical Czech dish "Svickova". This place inspires me a lot!

Location: Jl. Kebo Iwa, Pangkung Tibah, Kec. Kediri (Tabanan)

Price range: 2

First dish ever prepared: Gulash - traditional Czech beef soup

Best seller dish: Beef burger

Top secret information: Cooperation with a lot of artists from all over the world, who perform their art here live and keep it in here. So you can buy it if you want to. Also, you can express yourself almost anywhere in JD, we have all and everything you need for that. Co-working space is already filled with art from our guests who are not professional artists at all. Just bring your imagination and create!

Special cooking TIP: Stay focused and confident. Do not be afraid to make a few dishes at the same time, just manage time and space -- start from those that are taking more time and keep the easiest till the end.

TUNA SASHIMI

SERVES



1 person

PREPARATION



5 minutes

COOKING



5 minutes

DIFFICULTY



1/5

Be careful with: cook fast and eat fast, as it is a raw dish, do not keep it outside for too long.

Originally came from Korea, this dish became beloved in whole Asia and far beyond this region.

INGREDIENTS:

- 100 gr Fresh tuna
- 20 gr Wasabi
- 30 gr Pickle ginger
- 50 gr Carrot
- 50 gr Cucumber
- 50 gr White radish
- 30 ml Kikkoman soy
- 10 gr Mayonaise
- 50 gr Baguette

DIRECTIONS:

- Slice the thin slices of tuna with a sharp knife.
- Arrange the fish on the plate. Garnish with cucumber, carrot, white radish.
- Put wasabi and pickled ginger on a side of sashimi. Kikkoman soy sauce as well.

TO SERVE:

- Put a few slices of tuna on a plate.
- Slice cucumber and carrot and put them on aside.
- Pour soy sauce into a small cup and put it into the plate.



FRIED MOZZARELLA

SERVES



1-2 persons

PREPARATION



15 minutes

COOKING



10-15 minutes

DIFFICULTY



2/5

Be careful with: Mozzarella, not to overcook it.

Originally this dish is from France where it is made as a stick. While in the Czech Republic and Slovakia fried cheese is a common street food and it is made as thick slices of cheese, is first breaded with flour, egg, and bread crumbs and then fried either in a pan or deep fat fryer and served with tartar sauce or mayonnaise.

INGREDIENTS:

150 gr Mozzarella block
20 gr All-purpose flour
40 gr Bread crumb
1 Egg
200 gr Potato
40 ml Cooking cream
30 ml Fresh milk
20 gr Butter (unsalted)
5 gr Onion
3 gr Garlic
5 gr Salt
70 gr White and red cabbage
50 gr Mayonaise
20 gr Gherkin
5 gr Capers



DIRECTIONS:

- Boil the potato until it is soft. Boil egg as well.
- Making tartar sauce. Chop onion, gherkin, capers, and egg white. Combine together then add seasoning with salt, and black pepper.
- Cut the mozzarella block in half size triangles, then breaded it.
- Heat a frying pan, put the breaded mozzarella and cook it until golden-brown color.
- Mash potato with herbs.
- Cut white and red cabbage and mix it.

TO SERVE:

- On a big plate put mashed potato and make a pillow for mozzarella.
- Put fried mozzarella on top of the potato.
- Put cabbage salad aside.
- Put tartar sauce aside.



PORK RIBS

SERVES



1 person

PREPARATION



90 minutes

COOKING



15 minutes

DIFFICULTY



3/5

Be careful with: During boiling the ribs, take a fork and make sure that the meat is soft. The meat should be soft after boiling to have a chance to be removed quickly and easily from the bones.

Hard to determine one specific place because people have been making pork ribs all over the world since they started to hunt animals. Historics are saying that homo sapiens tasted cooked meat about a million years ago for the first time. Back in the Czech Republic pork ribs are one of the traditional dishes and usually called ZEBRAK. Usually marinated (smoked or with a pepper marinade) and cooked to the point that it's falling from the bone so it's not expected that you will eat it with your hands.

INGREDIENTS:

150 gr Mozzarella block
20 gr All-purpose flour
40 gr Bread crumb
1 Egg
200 gr Potato
40 ml Cooking cream
30 ml Fresh milk
20 gr Butter (unsalted)
5 gr Onion
3 gr Garlic
5 gr Salt
70 gr White and red cabbage
50 gr Mayonaise
20 gr Gherkin
5 gr Capers



DIRECTIONS:

- Cut the pork ribs into large pieces. Then seared.
- Boil the potato, then cook and make the hole in the potato then deep-fry the spin part to make it crispy.
- Saute bacon, add garlic, onion, and potato and put inside potato till the skin, topped with mozzarella cheese.
- Boil water with herbs, star anise, black pepper, garlic, Kikkoman soy, thyme, rosemary. Then put in pork ribs, kept simmering aboard. About 90 minutes, until the sauce is a bit sticky.
- Combine mayonnaise and turmeric to make the aioli.
- Make julienne. Cut veggies and roast it. Add salt, pepper.



TO SERVE: Put pork ribs on a big plate, put julienne, sauce, and veggies on a side covered with mozzarella. Serve.

BEEF BURGER

SERVES



1 person

PREPARATION



30 minutes

COOKING



15 minutes

DIFFICULTY



3/5

Be careful with: Clean all the ingredients properly.

The first stirrings of what came to resemble a hamburger, this ground- (minced-) meat dish contained pine nuts, pepper, and flavorings of wine and garum, came from Rome in 1 century AD. But as we know it, hamburgers were implemented in the USA and it is an iconic dish in American cuisine.

INGREDIENTS:

150 gr Mince beef
1 pc Ban burger
100 gr Tomato
100 gr Cucumber
50 gr Red cabbage
50 gr White cabbage
150 gr Potato
5 gr Thyme
5 gr Rosemary
3 gr Garlic
3 gr Salt
3 gr Black pepper
1 pc Rice paper
40 gr Onion
30 gr Bacon
50 gr Mayonnaise
50 gr Chilli mayonnaise



DIRECTIONS:

- Chop thyme, rosemary, and garlic. Marinade.
- Make the mince beef flat round size (fatty burger)
- Cutting julienne potato than blanch it while adding turmeric powder.
- Slice tomato and cucumber.
- Slice red and white cabbage together then wash it with cold water.
- Cook onion rings with tempura. Better deep-fried, which is about 2 minutes.
- Combine mayonnaise and chili salsa to make chilli mayo.
- Cooking hot deep fryer 250 degrees, put the french fries.
- While cooking french fries, start to marinade fatty burger, with salt, black pepper, and marinade.
- Heat the pan, put in fatty burger till requested.



TO SERVE: Combine the burger and put it on the plate, add french fries and sauces on aside.

CZECH DISH "SVICKOVA"

SERVES



1 person

PREPARATION



30 minutes

COOKING



15 minutes

DIFFICULTY



3/5

This delicious beef dish is one of the best-known food of Czech cuisine. It is made with marinated braised beef, usually tenderloin, served in a creamy vegetable sauce. The dish was found in 1805 and was influenced by Bavarian cuisine and traditional French cooking techniques that were adding into their meals generous amounts of butter and cream.

INGREDIENTS:

200 gr Beef striploin
100 gr Carrots
50 gr Onion
1 pc Bay leaf
2 gr Black pepper
50 ml Cooking cream
100 ml Lemon
200 gr All-purpose flour
1 Egg
2 gr Yeast
100 gr Red cabbage
5 ml Rice vinegar
100 gr Sugar



DIRECTIONS FOR DUMPLIGS:

- Combine flour, egg, and yeast.
- Mix it all together with your hand.
- Give it a rest for 1 hour to improve the dough.
- Make long size and boil it for a minute.

DIRECTIONS CHOPPED ONIONS AND CARROTS:

- Heat cooking oil, and put the onion.
- Sauteed till brown color.
- In carrot coutine saute till carrot touten.
- Add sugar to make it caramilize, then add water and boil it together.
- Seared beef tenderloin than into the pot boiling together with onion and carrot for 2 hours.
- Once the beef is ready, remove it from the pot.
- To make the sauce, blend the rest of the liquid together with cooking cream, salt, lemon juice.
- Sauce red cabbage, add vinegar, salt and flour to make the sauce thick and with a lot of texture.



TO SERVE:

- Cut dumplings in three slices then steam them to make them hot. Reheat the sauce.
- Cut the beef in two slices Slice lemon wedges.
- Pour sauce in the middle of the plate, then arrange the dumplings, slices of beef and top it with the sauce, and cabbage on the side.
- Lemon wedge on the side as a garnish as well.

TEAM'S SUCCESS TIP

We were growing very naturally and with no rush. The trick is to stay calm, be creative and have more fun.

As we came to Bali a few years before building the first villa and the restaurant, we already learn a bit bahasa Indonesia and had a lot of friends here. Friends helps a lot, as well.

Our main advice is be fucking cool and create whatever!



CHITRA FROM JAKARTA (@chitrachef)



"A convenient and very tranquil place. I feel the peace and passion everytime i got here. The food and the place moved me. I love the spirits and the soul of the owner and the staffs, it's very inspiring ☑"

How do you inspire other people: My scoop of work is in the F&B business since 2007, i have Bakery & Pastry company (Chef's Kitchen) and just opened my own coffee shop (@soul_jakarta). I am also a restaurant consultant and a TV personality as celebrity chef. I am passionate and consistent about what i am doing, i hope my passion can inspire others.

Daily habits for balanced life: I have been promoting healthy eating lately, whether in my digital platform (Instagram, YouTube, etc). I shared a lot of my routines, from recipes to workout. I also encouraging all mothers out there, to keep up their daily life with good healthy habits.

App / Website that helps me: sesa.id - buy healthy groceries and ingredients

CHITRA'S SUCCESS TIP:

Dare to dream, never give up and always consistent to whatever you're doing. Success does takes times.

EWA FROM POLAND (@ewamatyja).

www.ewamatyja.com



"Joshua District is a place where art meets food, design and nature. It's a must go place if you look for a piece of art filled with passion to be served for you."

How do you inspire other people: I am Ewa Matyja. Few years ago, at age of 31, I turned my life long passion and became full time contemporary abstract artist. With every stroke of my paintbrush I'm hoping to spread a message on how important is to follow our dreams and that it's never too late.

Daily habits for balanced life: To stay in peace with myself I remind myself every day how much art gave me in life. Morning sunrise walks on the beach followed with day filled up with painting are my ways of meditation. It's important to be kind with yourself, give yourself a break, stop to think, to learn, to reflex, to recharge.

EWA'S SUCCESS TIP:

Dream big, work hard, learn every day, make mistakes, do not limit yourself and believe in yourself is the the best combination on the way to achieve your dreams.

240 more pages of delicious recipes of best places in Bali are waiting for you when you purchase the full version of Cocobeli Cook & Inspiration Book.

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Thank you for reading. I hope we stay connected.
Jana (@jana.feliz)