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Garlic Chili Oil with Fried Shrimp Paste (Sambal Terasi Goreng)



Upgrade your garlic chili oil for better taste by adding shrimp paste! It gives a bold, tasty, and umami flavor that'll take any dish to the next level.

This **Garlic Chili Oil with Fried Shrimp Paste (Sambal Terasi Goreng)** is Perfect for dipping, drizzling, or mixing into your favorite meals, It brings the heat and depth every time.

Sambal Terasi Goreng, or Fried Shrimp Paste Chili Oil, is one of Indonesia's most beloved sambals. Known for its savory, spicy, and aromatic flavor profile, this sambal is a perfect complement to many dishes, adding a punch of flavor with every bite. With the distinct umami from shrimp paste and the rich heat of chili, this sambal will elevate any meal you have.







The Role of Sambal in Indonesian Cuisine

Indonesian cuisine is rich in bold flavors, with sambal being an essential part of every meal. For many Indonesians, a dish is incomplete without sambal. Each region of Indonesia has its own unique version of sambal, crafted with local ingredients and spices that reflect the area's culinary traditions. With over 300 different varieties of sambal, it's safe to say that this beloved condiment is a staple across the nation. Among the many types, **Sambal Terasi Goreng**, or Fried Shrimp Paste Sambal, is one of the most well-known and widely enjoyed. It's so popular that you can find it almost anywhere in Indonesia, adding its signature flavor to countless dishes.

In Indonesia, sambal can be served in different ways: raw (mentah), boiled (rebus), or fried (goreng). The fried version, which is the focus here, involves cooking the ingredients in oil until they soften and then blending them into a smooth or chunky paste, depending on preference.

What Does Sambal Terasi Goreng Taste Like?

The flavor of Sambal Terasi Goreng is a balanced mix of heat, saltiness, and the strong umami of shrimp paste. It has a distinctive fishy aroma from the terasi (shrimp paste), which gives it a deep, savory flavor that complements grilled meats, rice dishes, and fried foods. The richness and spiciness of this sambal make it a versatile condiment in your kitchens.



Ingredients You'll Need:

- 20 fresh red Thai bird's eye chilies (adjust based on your spice preference)
- 5 shallots (or ½ purple onion for a milder taste)
- 2 cloves garlic
- ½ teaspoon dried shrimp paste (terasi) - Optional, but highly recommended for that authentic flavor
- ½ teaspoon salt to taste
- ½ tablespoon sugar salt to taste (palm sugar is ideal, but regular sugar works)
- ¼ teaspoon MSG or mushroom powder (this is a must to give umami flavor, the taste will be different if you don't include it)
- 1 cup vegetable oil for frying

- 1 tablespoon water

Step-by-Step Instructions:

1. **Fry the garlic:** Heat oil in a pan over medium heat and fry the whole garlic cloves until they are golden brown and fragrant. Be sure not to burn them.
2. **Blend the ingredients:** Once the garlic is fried, blend it together with the chilies and shallots (or onions) until you form a smooth paste. A food processor works well for this, but you can also use a mortar and pestle for a more traditional approach.
3. **Cook the sambal:** Heat oil in a pan over medium heat. Add the blended chili paste, along with the shrimp paste (terasi), and seasoning powders. Fry for a few minutes until the paste becomes fragrant.
4. **Add water and simmer:** Pour in a tablespoon of water to loosen the mixture and reduce the heat to low. Let it simmer for about 30 minutes or until everything is well-cooked and the sambal has thickened to your liking.

This recipe makes about 1 small jar (8 oz)







Tips for Cooking:

- **shrimp paste (Terasi)** has a strong, pungent aroma that intensifies as you cook it. Open a window or turn on your stove's exhaust fan for a more comfortable cooking experience.

- **Sambal consistency:** You can adjust the texture of the sambal based on your personal preference. For a smoother consistency, blend it more finely, or for a chunkier version, leave it a little rougher.

Adjusting the Spice Level

Sambal Terasi Goreng is known for its heat, but don't worry—there are ways to tailor the spice level to your liking:

- **Choosing chili types:** If you prefer a less spicy sambal, consider using milder chili variants like cayenne pepper or curly red chilies. For a spicier kick, opt for bird's eye chilies or even habaneros.
- **Removing seeds:** If you're looking to dial down the spice, remove the seeds, veins, and pith from the chilies. These parts contain the highest concentration of capsaicin, which is the compound responsible for the heat.
- **Adding tomatoes:** To balance the heat, you can add tomatoes, which contribute both sweetness and acidity, creating a perfect harmony in the sambal.

What to Serve It With

Sambal Terasi Goreng is a versatile condiment that pairs well with a wide range of Indonesian dishes. Use it as a dipping sauce for fried foods, or spoon it over steamed rice, grilled meats, or seafood. It's also a great accompaniment to dishes like nasi goreng (fried rice) or grilled chicken.

How to Store Sambal Terasi Goreng

To keep your sambal fresh, transfer it to a sterilized glass jar. Always use a clean spoon to scoop out the sambal to prevent contamination. This sambal can last for 3-5 days at room temperature, or up to 2 weeks in the refrigerator. For longer storage, you can freeze it for up to 3 months. It's best to freeze the sambal in small portions,

so you can easily defrost just the right amount when needed.

Sambal Terasi Goreng brings a rich, spicy, and savory flavor to your dishes, making it a must-have for anyone who loves Indonesian cuisine. Enjoy this sambal as a condiment or mixed into your favorite foods for a burst of flavor that packs a punch!

Check out the video to see how it's done!

About Us



Hello and Welcome to our FOOD BLOGGING, TRAVEL AND COOKING site. We are family of 4 who love to cook, travel and eat spicy foods! My name is Erwina (Er-wee-na), originally from Indonesia-Asia, husband is from England and we recently moved to America. I grew up with spicy/Indonesian food, and I want my boys to have spice tolerance. On this site we will be sharing our experience with EXOTIC FOODS, and you will see a lot of spicy foods including recipes for delicious street foods, take out & restaurant style foods that you can easily make at home, from Asian cuisines (Indonesian, Thai, Indian, Vietnamese, Korean, Chinese) to Western cuisine (American and British Foods). Welcome to our site - we're sure you'll find something delicious to make! Erwina is also A REALTOR in North Carolina, USA. Follow her: INSTAGRAM: @ErwinaAndTheboys Or @RealCoastalLife XOXO BEAN (Benoa, Erwina, Arthur, Nigel)

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