

Menu Lebaran di kampung: Resep Ayam Lodho Tulungagung

Eid Al-Fitr Celebration Dishes In The Village



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Setiap daerah memiliki keunikan tersendiri dalam menyediakan menu lebaran. Di daerah Tulungagung Jawa Timur salah satu menu lebaran yang sekaligus menjadi kuliner adalah ayam lodho. Dimana menu tersebut ketika lebaran disajikan dengan nasi putih dan kelengkapannya. Berikut adalah sajian lebaran dari kampung Tulungagung.

Every region has its own unique specialties for serving during Eid al-Fitr. In Tulungagung, East Java, one of the iconic dishes is ayam lodho, which is served with fragrant rice and side dishes. Here are some traditional Eid al-Fitr dishes from the village of Tulungagung.

■ Ayam Lodho Tulungagung

■ Bahan:

- 1 ekor ayam kampung
- 1 liter santan cair
- 0,5 liter santan kental
- 5 cabe merah besar
- 2 sendok bawang merah
- 10 cabe rawit merah
- 10 tahu goreng jika suka

■ Bumbu Halus

5 Bawang Merah, 3 Bawang Putih, 1 senduk makan Ketumbar, 1 sendok teh merica, 3 butir Kemiri, 1 ruas Kencur, 1 ruas Kunyit, 1 ruas Jahe, 1 ruas lengkuas.



■ Ayam Lodho Tulungagung ■

■ Ingredients:

- 1 whole free-range chicken
- 1 liter of thin coconut milk
- 0.5 liter of thick coconut milk
- 5 large red chili peppers

■ Bumbu pelengkap

Garam, bumbu penyedap, 5 lembar daun jeruk, 1 batang Serai dan 2 lembar daun salam

■ Cara Membuat

1. Satu ekor ayam kampung ukuran sedang, belah tengah cuci bersih dan panggang.
2. Cabe merah buang bijinya dan iris tipis-tipis dan goreng.
3. Haluskan semua bumbu halus dan gongso sampai wangi.
4. Rebus santan cair bersama bumbu halus masukan ayam panggang, bumbu pelengkap, cabe merah goreng dan cabe rawit merah sampai airnya menyusut tinggal seperempat, kemudian masukan santan kental rebus kembali sampai kuah tinggal separuh.
5. Matikan api tunggu dingin, setelah dingin bawang merah goreng.

Sajikan bersama nasi gurih, urap, sambal goreng dan kacang goreng. Siap disantap bersama keluarga dalam menyambut Hari Raya Idul Fitri 1444 H.(is)



- 2 tablespoons of shallots
- 10 small red chili peppers
- 10 fried tofu (if desired)

■ Spice paste:

5 shallots, 3 garlic cloves, 1 tablespoon coriander seeds, 1 teaspoon pepper, 3 candlenuts, 1 piece of galangal, 1 piece of turmeric, 1 piece of ginger, 1 piece of lesser galangal

■ Seasoning:

Salt, Seasoning, 5 kaffir lime leaves, 1 stalk of lemongrass, 2 bay leaves

■ Directions:

1. *Cut a medium-sized free-range chicken in half, wash it thoroughly, and grill it.*
2. *Remove the seeds from the red chili peppers and thinly slice them. Fry them.*
3. *Grind all the spice paste ingredients and sauté until fragrant.*
4. *Boil thin coconut milk with the spice paste, add the grilled chicken, seasoning, fried red chili peppers, and small red chili peppers. Cook until the liquid is reduced to one-fourth, then add the thick coconut milk and cook until the sauce thickens to half of the original amount.*
5. *Turn off the heat and let it cool. Once cooled, garnish with fried shallots.*

Serve with coconut rice, urap (mixed vegetables with coconut dressing), sambal goreng (fried chili sauce), and fried peanuts. Enjoy with your family to celebrate Eid al-Fitr 1444 H.(is/tr-mua)