

TRADITIONAL MENU IN TIMOR-LESTE



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ETU KAHUR HO KOTO



Steamed rice cooked with beans

ETU MUTIN



Steamed rice. Manatutu, Baucau, Bobonaro and Oecusse districts are the famous for rice.

ETU MEAN



Steamed rice cooked with white and red rice, red rice is usually from Viqueque district

SOSORO



Porridge. Usually cooked with Moringa leaves and cook for kids. Specially white rice is good for porridge

BATAR FAI



Boil crushed corn with several kinds of beans. It is usually eaten as staple diet.

BATAR U'UT



Steamed crushed corn with peanuts and beans. This is also staple diet.

SELOK BATAR



Steam powdered corn and pumpkin leaves. This is also staple diet.

BATAR MATAK



Boiled corn

BATAR SEDOK



Boiled corn. Usually eat as staple diet.

FIRA KANKUN HO AIDIRA FUNAN



Saute of Chinese water spinach and Papaya flower

FIRA KANKUN HO HUDI FUNAN, HUDI DUBUN



Saute of Chinese water spinach, banana flower and young banana skin.

FIRA RAKERU NURAK HO DIKIN



Saute of young pumpkin and pumpkin leaves.

TRADITIONAL MENU IN TIMOR-LESTE

FIRA AIDIRA FUNAN HO AIDIRA DIKIN



Saute of papaya flower and papaya leaves.

FIRA AIDIRA FUNAN HO HUDI FUNAN



Saute of papaya flower and banana flower.

KULU CURRY



Curry of Bread fruits, based by coconut milk.

KATUPA



Steamed rice cooked with minced coconut and turmeric. Rolled by coconut basket. Typical Timor food. Eaten at Christmas, new year's day, or other important day.

AIMANAS



Spicy sauce, usually cooked with red pepper, salt, onion, and other material which is depending on family or area.

MANU TIMOR TUNU



Grill of Timor local chicken

MECI



Salted ocean earthworms. Usually it is eaten as spice of rice.

SABOKO



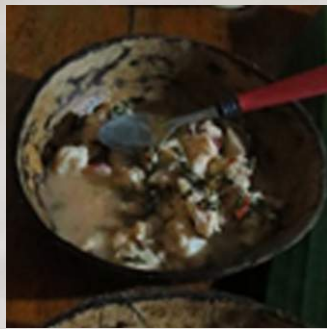
Smothered fish (or octopus) rolled by coconut leaves

TUKIR



Fish or meat smothered used bamboo.

IKAN BUDU



Curry of Bread fruits, based by coconut milk.

IKAN DA'AN



Fish soup

IKAN SUNU



Grilled fish



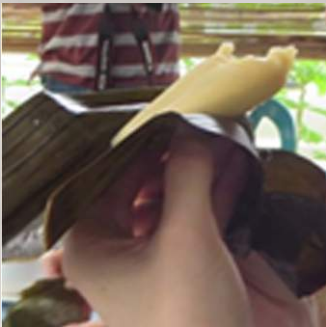
BREAKFAST MENU

MACAMACA



Steamed cake made by powdered corn. Usually rolled with corn skin.

KUKUS AIFARINA



Steamed cake made by banana rolled with pasted cassava.

AIFARINA



Boiled cassava

LAKERU



Boiled young pumpkin

SONA HEFUK



Fry of several kinds of potato or banana.

AN INICIATIVE



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