

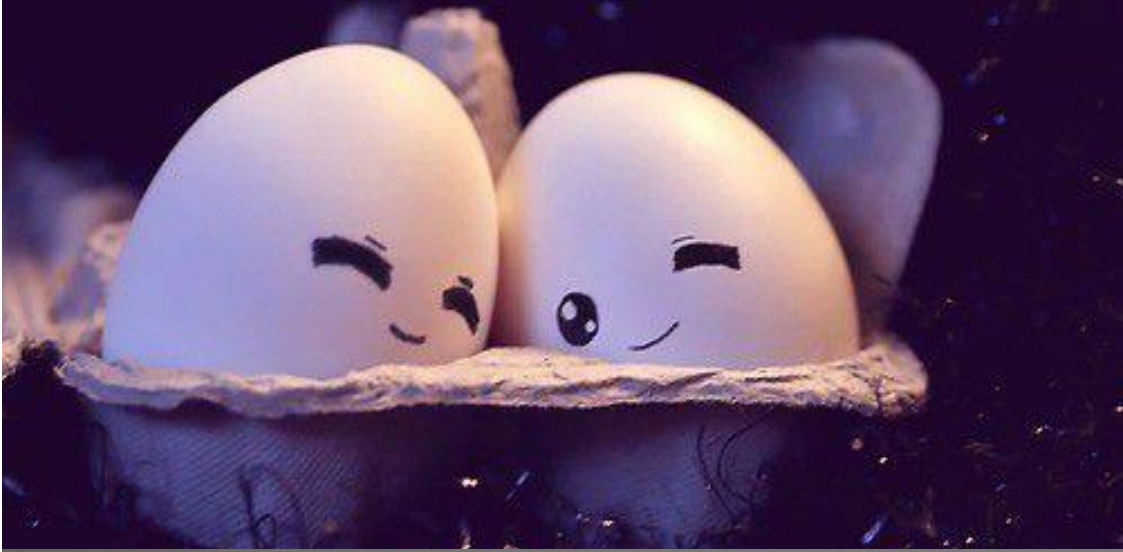
THE NOT-EGG

THE RECIPE BOOK OF *TELOK UKAW* VARIATIONS



BY : THEODORUS NOVRANTO

Seeing you smile makes me so happy ♥



PREFACE

First of all, the writer would like to express the gratitude to Allah SWT for the mercy and the bless that has given to the writer. Therefore, the writer could finish the recipe book. This recipe book is written as the documentation of developed *Telok Ukan* the traditional snacks from Palembang. This recipe book describes about the history of *Telok Ukan*, the information about *Telok Ukan*, and how to preparing *Telok Ukan* eggshell. There are also 5 recipes of new *Telok Ukan* variations based on the result of *Telok Ukan* development completely with the tools and the amount of ingredients used to cook *Telok Ukan*.

The writer considers that in writing this recipe book still has many insufficiencies and it is not exactly perfect. This is because the limitation of financial, experience and ability the writer has. Therefore, the writer expects the readers can give suggestion and critics for this recipe book.

Finally, the writer expect that this recipe book can give advantage and usefulness especially for people who like to try cooking *Telok Ukan*.

Palembang, 5 July 2017

Theodorus Novranto

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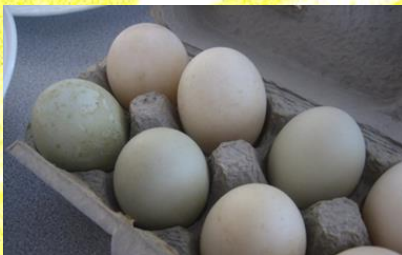


WHAT IS *TELOK UKAN*?

Telok Ukan is very unique snack from Palembang. The name *Telok Ukan* is come from the Indonesian language *Bukan Telur* which means not egg. *Telok Ukan* is made from the eggshell filled



with coconut milk, egg content and pandan. *Telok Ukan* is a kind of food taste like a sponge cake stuffed in a duck egg shell and steamed. *Telok Ukan* use the eggshell as the container of the filling. There is also a small plug to cover the egg so the filling will be kept inside the eggshell. This snack is very unique because of the appearance which looks like the boiling egg, but it is not the egg at all.



duck egg are tastier and stronger than chicken egg. The

People like to use duck egg to cook *Telok Ukan*, because of the taste and the eggshell's power of the

duck egg shell is significantly thicker than a chicken eggshell. This can make it tricky to crack, but generally this thick shell gives a duck egg a longer shelf life than a chicken egg. *Telok Ukan* needs the strong eggshell to keep the filling of *Telok Ukan* inside. So that's why people use duck egg than chicken egg.

Cooking *Telok Ukan* is quite hard. In cooking *Telok Ukan*, the eggshell must not be broken so the filling of *telok ukan* (the mixture of coconut milk, egg and Pandan) can be poured to the eggshell. There is also a small foam plug to cover the hole off the eggshell. This plug is used to make the filling stay inside the eggshell and not blooming. When steaming *telok ukan*, the timing must be exactly 15 minutes not to long or to short because if it is too long the filling can bloom and break the eggshell. If the steaming time is too short, the filling might be still raw.













Telok ukan had been existed for a long time since 1980. At that time, most people liked *Telok Ukan* because it could be found at many stores or street vendors which sold *Telok Ukan*. Nowadays, *Telok Ukan* exist only at Indonesian Independent day celebration or at Telok Abang Festival (Red Egg Festival). Unfortunately, right now *Telok Ukan* is almost extinct. Many people do not know about *Telok Ukan*. The *Telok Ukan* seller is also rare to be found. People do not really like *Telok Ukan* because of its filling is quite monotonous.



TOOLS

The following are the tools needed for preparing the eggshells and cooking *Telok Ukan*. There are 10 tools used in this recipe.

1.	Small Neddle Small needle is used to make small hole on the egg.	
2.	Egg Topper Egg topper is used to make a bigger and perfect circular hole on the egg. Small needle is enough if the hole	
3.	Small Bowl Small bowl can be used to keep the ingredients after they are measured.	
4.	Big Bowl Big bowl is used to mixing all of ingredients.	
5.	Mixer Mixer is used to mix all of the ingredients.	

6.	<p>Spatula Spatula is used to stir the ingredients in the bowl.</p>	
7.	<p>Piping Bag Piping bag is used to help pouring the dough into the eggshells.</p>	
8.	<p>Steaming Pot Steaming pot is used to steam <i>Telok Ukan (For Sekayo, Putu Ayu and Tape Cake)</i> on the stove.</p>	
9.	<p>Refrigerator Refrigerator is used to making <i>Chocolate Truffle and Red Velvet Mousse Telok Ukan.</i></p>	
10.	<p>Egg Container It is used to plate the egg or keeping the egg.</p>	

PREPARING THE EGG SHELL

The following are the steps of preparing the *telok ukan* eggshell.

1. Carefully poking a small hole in the top of each egg. The easiest way to do this was to use the tip of a corkscrew bottle opener or a small needle.



2. Once a tiny hole is poked, peeling back the edges of the hole to expand it a bit. The holes need to be large enough to fit the tip of a piping bag inside. The egg topper can be used to make the larger hole.



3. Turning the egg upside-down and dump out the contents. Keeping the contents of one egg separate. If the

other eggs will be used again, it might be helpful to store them in small plastic containers.



4. Rinsing the insides of the eggs out thoroughly over the sink. Then, immerse them in saltwater for thirty minutes.



5. Rinsing the egg shells in cold water and lay the eggs hole side down on a paper towel to dry.



1. Sekayo Telok Ukan

Ingredients :

- A duck egg
- 8 drops of Pandan Essence
- 50 g Sugar
- 1/8 teaspoon of Vanili
- 65 ml milk coconut



Steps:

1. Put the eggs and a sugar into the bowl, mix it.	A yellow bowl containing a cracked duck egg and a small amount of yellow powder (sugar) being mixed together.
2. Put the milk coconut and vanili to the mixed egg and sugar. Stir it until it mixed	A yellow bowl with a hand mixer and a spoon adding white powder (milk coconut) to the mixture.
3. Then add some drops of Pandan Essence and stir it until it turns into green color.	A yellow bowl containing a green liquid mixture, with a small green bottle of Pandan Essence being added.

4. Pour the mixed ingredients into the duck egg and for the rest of the mixed ingredients, it can be put into the small bowl.



5. Steam it for around 10-15 minutes



6. Serve the egg. Small bowl or egg container can be used to served the egg.



2. Putu Ayu Telok Ukan

Ingredients :



- 2 duck egg yolks
- One duck egg white
- 50 g sugar
- 100 g medium protein flour
- ¼ teaspoon of emulsifier (SP)
- 7-8 drops Pandan Essence
- 65 ml coconut milk

Steps:

1. Put the eggs and a sugar into the bowl, mix it until it turns white.



2. Put the sp, then coconut milk to the batter. Mixed it.



3. Add the flour, mix the batter until it blended and smooth.



4. Then add some drops of Pandan Essence and stir it until it turns into green color.



5. Pour the batter into the duck egg and for the rest of the mixed ingredients, it can be put into the small cake pan.



6. Steam it for around 10-15 minutes.



7 Serve the egg. Small bowl or egg container can be used to served the egg.



3. Tape Cake Telok Ukan



Ingredients :

- 2 eggs
- 50 gr medium protein flour
- 15 gr maizena
- ¼ tbs Emulsifier
- ¼ tbs baking powder
- 50 gr sugar
- 10 gr milk powder
- 30 gr butter
- 90 gr tape
- Duck Eggshell

Steps:

1. Mix the eggs, a sugar, and the emulsifier into the bowl, mix it until it turns white



2. Melt the butter, then mix the butter with Tape.



3. Mix the melted butter and tape to the batter. Stir it.



4. Mix the flour, baking powder and the milk powder into one bowl. Then put the mixture of the powders and flours into the batter.



5. Pour the batter into the duck egg and for the rest of the mixed ingredients, it can be put into the small cake pan.



6. Bake The egg for around
15 minutes



7. Serve the egg. Small bowl or egg container can
be used to served the egg.



4. Red Velvet Mousse Telok Ukan



Ingredients :

- 1 tbs gelatin
- 4 tbs water
- 50 g sugar (if needed)
- Duck Eggshell
- 150 gr raspberry chocolate
- 100 g heavy cream
- 3 tbs red velvet powder





Steps:

1. Melt the chocolate



2. Chill the chocolate until it a bit cooler. Then Add the heavy cream, mix the cream to the chocolate, stir it. add sugar as much as it needed. If the chocolate is already sweet, adding sugar is not necessary.



<p>3. Dissolve gelatin in the water, then add the gelatin to the chocolate, mix it until it turns into a creamy texture. The red velvet powder can be added to make the red color darker.</p>	
<p>4. Put the chocolate mousse into the egg.</p>	
<p>5. Keep the mousse in the refrigerator for 30 minutes.</p>	
<p>6. Serve the egg. Small bowl or egg container can be used to serve the egg.</p>	
	

5. Chocolate Truffle Telok Ukan



Ingredients :

- 250 gr dark chocolate
- 150 ml heavy cream
- 20 g butter
- Biscuits crumps or nuts

Steps:

1. Melt the chocolate and the butter into one bowl.	A close-up photograph of a pot on a stove. The pot is filled with a dark liquid, which is the melted chocolate and butter. A yellow flame is visible at the bottom of the pot. The pot is on a black stove.
2. Chill it for a minutes, then add the heavy cream, stir it.	A photograph of a metal bowl containing a dark, thick mixture. A spoon is visible in the bowl, and a small amount of white heavy cream is being added to the mixture. The bowl is on a dark surface.
3. Add the biscuit crumps or nuts to create the crunchy texture.	A photograph of a metal bowl containing a dark, thick mixture. A spoon is visible in the bowl, and a small amount of yellow biscuit crumbs or nuts is being added to the mixture. The bowl is on a dark surface.

4. Put the chocolate into the egg.



5. Keep the chocolate in the refrigerator for around 30 minutes.



6. Serve the egg. Small bowl or egg container can be used to served the egg.





BIOGRAPHY



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If an egg is broken by an outside force, life ends.

A close-up of a white egg with a crack. A bright, glowing light shines through the crack, illuminating the interior of the egg. The background is dark.

If an egg is broken by an inside force, then life begins.

Great things happen from the inside.

