

**BALINESE COOKING CLASSES  
AT FOUR SEASONS RESORT JIMBARAN**

The day was still early, at about 10:00 a.m. Lindsay Davenport and Virginia Ruano Pascual arrived to participate in the cooking school at the Four Seasons Resort in Jimbaran, Bali. That morning, both athletes learned Balinese cooking methods with Chef Ariana. The menu included *Sate Lilit* (minced satay) and *Pepes Ikan Kakap* (Fish wrapped in banana leaf) two very well known Balinese dishes. The ladies were first asked to put on their aprons before beginning to cook.

Lindsay and Virginia were amazed at the talents of Chef Ariana as he demonstrated the art of Balinese cooking by chopping the ingredients first. Laughing and commenting on his expertise, both ladies had a difficult time when it came to be their turn. Virginia who admitted that she enjoyed cooking was more comfortable in preparing the ingredients compared to Lindsay. *"That's great! Perfect!"* Chef Ariana praised.

After the ingredients were ready and cooked with a spoon of oil, it was further mixed with minced chicken. Chef Ariana then divided the mixed chicken and started to make 6 small balls as big as a golf ball. Each player was given 3 and 3 pieces of lemon grass. After showing the girls how to make the sate lilit, Lindsay laughed at the microphone shaped Satay Lilit that she had produced.

"Very good" praised Chef Ariana at the players who successfully completed 3 "*sate lilit*". *"The next step is to cook the satay until it is well done"* he further explained. To avoid the long wait, Chef Ariana had already prepared three satay lilit that were cooked and presented them to the players, who immediately tasted the dish. "Delicious" Virginia said, Lindsay nodding her head in agreement.

The next phase was to cook the second dish, *Pepes Ikan Kakap* (Fish wrapped in banana leaf). This time both Lindsay and Virginia learned the traditional way of mixing ingredients using "ulek" (mortar and pestle) instead of using a blender. A little hesitant and amazed at the skill, Chef Ariana patiently taught the players "You have to put a little pressure when you are using the pestle" he explained.

The completed ingredients were also heated with oil in a frying pan. The aroma filled the room. The fried ingredients was then pasted on top of the fish, which had already been marinated with salt, pepper and lemon.

Lindsay and Virginia both placed the marinated fish on top of a banana leaf to be wrapped together with lemon, green tomato, and Indonesian mint. Chef Ariana then skillfully showed how to wrap the fish and was then grilled. Like the previous dish, Chef Ariana had already prepared a cooked version of the "*Pepes Ikan Kakap*" complete with rice. Hmm Delicious!

Lindsay and Virginia admitted that they really enjoyed the cooking class. "That was fun! More challenging than playing tennis! Hahaha!" Lindsay playfully commented, adding on that she rarely cooked and does not like spicy food. Completely opposite to Lindsay, Virginia on the other hand enjoys spicy food and cooks occasionally. Virginia also enjoys cooking Spanish food like *Tortilla Patata*. After the cooking class, Chef Ariana presented the players with a certificate, and apron and a book entitled *Tropical Asian Cooking*.



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***Editor's Notes :***

*Since its debut in 1994, the Wismilak International, part of the worldwide Sony Ericsson WTA Tour, has been held in Surabaya, Kuala Lumpur, and now Bali. Initially the event was named the "Wismilak Open", before changing it's name to the "Wismilak International" in 1996 as a reflection of the organiser's corporate expansion into the international market. The Wismilak International is still the largest tournament in the WTA's calendar in South East Asia. For more information please visit [www.wismilakinternational.com](http://www.wismilakinternational.com)*

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