



Hello,

«Do you still have enough to eat on the island?»

Many friends and guests inquire about the supply of food on the island, as we currently do not buy fish, vegetables and fruits from our local neighbours. We can reassure you - we don't have to go hungry yet, and our kitchen team creates wonderful dishes with the available ingredients.

How does our kitchen crew manage this? We wanted to know more and interviewed the four remaining members of the kitchen team.

How do you currently do the menu planning?

At the moment, there is a supply boat with food from Sorong to Pulau Pef only every few weeks. So we have to plan very carefully, especially for vegetables and fruits. Leafy vegetables have to be used up quickly, whereas beans, for example, have a medium shelf life and root vegetables or cabbages can be stored for longer.

One challenge is the refrigeration of fresh produce, as during normal operation, we have regular deliveries and do not need that many refrigerators or freezers. Now, in addition to the existing refrigerating devices, we have also taken all the refrigerators out of the bungalows and store various food products there.

Are certain products not available at the moment?

Yes, the coconut oil from Kabui for example is not available, and since we do not want to use palm oil, which is common here, we use more corn oil. However, this is also in short supply. Instead of frying, we therefore use other cooking methods such as steaming, braising, baking or grilling.

What about the supply of fresh fish?

As explained above, we have not received any fish from the fishermen for a while now. So our employees go out fishing in kayaks on certain days. We are very happy to be able to serve fresh fish from time to time, as it is one of our basic foods, especially for the Papuans.

Where do you see your biggest challenge at the moment?

Not to lose track of the shelf life of the food, especially the vegetables and fruits! We must constantly monitor very carefully what is still ok to keep and what needs to be used up immediately, because it would not be justifiable to throw away food.



Rahmat, Jhoe, Wiwi & Adi

Out of a normal kitchen team of nine, there are now only four of you. What consequences does this have for your work?

Actually, this has no major consequences, since we are currently only cooking for the employees, but not for the guests. Therefore, we mainly use local recipes which, however, are not less complicated to cook than the menus for our guests. But the choice and the amount of food is smaller.

The menu planning is determined by the shelf life and availability of the food - we look at what we have and then decide what to cook. All four of us contribute our ideas to the planning.

Ramadan started two weeks ago, and by chance all four of you are Muslims who are fasting now. Is it especially difficult to cook when you are not allowed to eat or drink during the day?

No, it is not difficult for us. We have been used to it since we were little, so it doesn't bother us.

We are also not allowed to taste the food to find out if it is properly seasoned, so this is done by one of our non-Muslim colleagues who likes to cook herself. Most of the time, however, we have a pretty good feeling for how to season so she doesn't have to correct much.

To prepare breakfast, which has to be taken before sunrise, we get up at about 3.30am and start cooking. Since the generator is turned off overnight, we help ourselves with battery-powered lamps, but we have also gotten used to that by now. It all works out fine.

Thank you very much for this interview, Wiwi, Jhoe, Adi and Rahmat!

«Raja4Rice» continues

In order to provide enough food for the employees and families who are currently not on the island, our project «Raja4Rice» is still running.

Many thanks to all who have already bought rice!
Here are a few impressions of employees who have picked up rice from us in the last few days. They are all incredibly grateful for this support.



Rice is needed more than ever, because the supply in the remote villages is becoming increasingly precarious.
Indonesia has prohibited all domestic travel between towns and villages until at least the end of May. Therefore, the situation is bound to worsen rather than defuse in the coming weeks.

Take me to
Raja4Rice

Thank you very much in advance if you are planning on supporting
«Raja4Rice» as well.

Sunny greetings from the island!
Your Raja4Divers team

#TalkingWithMangroves
New blog post every Friday on raja4divers.com

Follow us on social media!

We look forward to seeing your holiday pictures from Pulau Pef.
Please use the hashtags **#raja4divers** and **#pulaupef** to tag us.



