



PRESS RELEASE

For Immediate Release

The Secret of Tasty, Creamy, and Low-Calorie Eid Al-Fitr Opor Ayam Recipe

Jakarta, March 21st, 2025 - As Eid approaches, families across Indonesia eagerly anticipate the rich and creamy flavors of Opor Ayam, a beloved traditional dish. Known for its savory taste, Opor Ayam is a staple on festive menus. However, its primary ingredient, coconut milk, is high in saturated fats and can contribute to elevated cholesterol levels.

But there's good news for health-conscious food lovers! You can still savor the delightful taste of Opor Ayam without compromising your health. By following these simple tips, you can prepare a delicious, creamy version of this classic dish that is lower in cholesterol and perfect for your Eid celebrations.

Choose Low-Fat Ingredients

To reduce saturated fat, use skinless chicken. Choose the breast that is higher in protein and lower in fat. If you want to be healthier, you can use free-range chicken. Avoid using innards or animal fats, which are high in cholesterol.

Use Natural Spices

Avoid artificial flavorings, and add spices that can help lower cholesterol levels, such as ginger, turmeric, bay leaves, garlic, and shallots. Stir-fry using less oil. Besides helping reduce fat levels, natural spices can enhance the taste.

Reduce Salt and Sugar

Use salt to taste; it can also be replaced with Himalayan salt. Add a little lime juice to add flavor without much salt. Too much salt can cause high blood pressure, which is risky for heart health. If you want to add sweetness, use palm sugar or honey in small amounts.

Replace Coconut Milk with Evaporated Milk

No need to worry; there is a safe way to enjoy opor ayam that is more tasty, creamy, and low in cholesterol by replacing coconut milk with evaporated milk, which contains less saturated fat, is low in calories, and has more protein and calcium, which is good for the body. 100 ml of thick



coconut milk contains 200 calories and 21g of saturated fat. Meanwhile, in 100 ml of Dairy Champ evaporated milk, there are **xx** calories and 0% saturated fat. By using Dairy Champ evaporated milk, the champion's choice, not only provides a creamy and tasty taste to the dish as a substitute for coconut milk, it also contains 0% cholesterol and vitamins. So it is suitable for a healthy Eid menu, especially opor ayam. By making these simple adjustments, you can enjoy a healthier version of Opor Ayam that retains all the delicious flavors you love. Celebrate Eid with peace of mind, knowing that you are making a heart-healthy choice for you and your family. Embrace the joy of the season with a dish that brings both tradition and wellness to your festive table.

Opor Ayam Creamy Juara Recipe

Ingredients:

1 whole chicken, cut into pieces
3 tsp mushroom stock
10 cloves of garlic
8 cloves shallot
2 phalanges turmeric
2 phalanges galangal
2 phalanges ginger
Cooking oil
10 pcs candlenuts
1 tbsp coriander
1 stalk lemongrass
Salt and pepper to taste
2 cans of Dairy Champ evaporated milk
3 lime leaves
Fried shallots

Steps:

1. Chop the spices (shallots, garlic, galangal, turmeric, ginger, candlenuts and coriander)
2. Puree the ingredients, add a little oil and water.
3. Saute the spices with 1 stalk of lemongrass until fragrance
4. Add 3 lime leaves
5. Add the chicken
6. Add seasonings (salt, pepper, and mushroom stock)
7. Add Dairy Champ evaporated milk.
8. Sprinkle fried shallots
9. Close the lid and wait until cooked, Opor Ayam Creamy Juara is ready to be served.

For further details, you can follow the instructions in this following link: [\[LINK\]](#)

Well, your low-cholesterol Opor Ayam Creamy Juara is ready to eat! Now, cooking creamier, tastier, and definitely healthier opor ayam is possible by using Dairy Champ evaporated milk, the champion's choice.

About Etika Group Indonesia

Etika Group Indonesia is a subsidiary of Asahi Holding Southeast Asia (AHSEA), which was established to provide high-quality and delicious products to the rapidly growing population of Southeast Asia. Etika Group Indonesia has 3 entities in Indonesia, namely PT. Etika Beverages Indonesia, PT. Etika Dairies Indonesia & PT. Etika Manufacturing Indonesia.