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Malaysian CUISINE

NORTH, EAST-COAST & BORNEO
(UTARA, PANTAI TIMUR & BORNEO)

Zuliana binti Aliman
Muhammad Raslah Aiman bin Mohamad
Aylin binti Kamaruddin

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RECIPES

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In the Name of Allah, the Most Merciful, the Most Compassionate. Alhamdulillah all praises belong to Almighty Allah, the Lord of the worlds and prayers and peace be upon Muhammad His servant and messenger.

First and foremost, we would like to acknowledge our limitless thanks and gratitude to Allah, for His guidance and blessings by giving us the opportunity, courage and energy to in completing this e-Book, Malaysian Cuisine- north, east-coast, and Borneo.

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Muhammad Raslah Aiman bin Mohamad
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Preface

Malaysian cuisine is a vibrant tapestry woven from the rich cultures and traditions that span the country. In this e-book, we journey through the culinary treasures of Malaysia's North, East Coast, and Borneo regions, each with its unique flavors and influences. From the aromatic spices of Kelantanese dishes to the seafood delicacies of Terengganu and the indigenous flavors of Sarawak and Sabah, this collection brings to life the essence of these diverse regions. I hope this exploration of food not only satisfies your taste buds but deepens your appreciation for Malaysia's remarkable culinary heritage.

This e-book also includes activities to test student's understanding at the end of the reading. Therefore, we hope that this e-book will be beneficial for students and all readers. Hopefully, this e-book contributes toward a better understanding of the Tourism and Hospitality Industry as a whole.

We are grateful for the opportunity to produce this book. We personally would like to thank the publisher, PMM and e-learning teams of PMM for their support. Please do not hesitate to contact us for any suggestions or comments that could improve the content of this e-book as a whole.



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Terms & Definition

Borneo Malaysia

The Borneo region, consisting of Sabah and Sarawak, has a diverse culinary tradition influenced by indigenous cultures, including the Dayak, Kadazan-Dusun, and Iban. The food here is more rustic, with a focus on wild herbs and natural cooking methods like steaming in bamboo. Recipes often use wild ferns, bamboo, and native fruits, with simple but flavorful preparations that highlight local ingredients.



Pantai Timur Malaysia (East Coast Malaysia)

The East Coast region, covering Kelantan, Terengganu, and Pahang, features cuisine that blends Malay, Thai, and Indonesian influences. The region is known for its sweet flavors, use of coconut milk, and seafood.

Coconut milk is heavily used, and the dishes often feature sweet, salty, and spicy elements.



Utara Malaysia (Northern Malaysia)

The cuisine of Northern Malaysia, particularly in states like Kedah, Penang, and Perlis, is known for its strong Thai influences, with a balance of spicy, sour, and sweet flavors. Recipes often include fragrant ingredients such as lemongrass, kaffir lime leaves, and galangal, emphasizing a balance of flavors.



The history



Malaysia is a Southeast Asian country located partly on a peninsular of the Asian mainland and partly on the island of Borneo. It is divided into Peninsular Malaysia (West Malaysia) and East Malaysia, which consists of the states of Sabah and Sarawak on the island of Borneo. It is a multi-ethnic and multi-religious federation of 13 states and 3 federal territories. The country is bordered by Thailand to the north, Indonesia to the south, and Brunei, with maritime boundaries shared with Vietnam and the Philippines. The South China Sea separates the two main regions of Malaysia.



MALAYSIAN CUISINE

Malaysian cuisine is a melting pot of flavors, reflecting the rich cultural diversity of the country. Influenced by its Malay, Chinese, Indian, and indigenous communities, as well as European colonial history, Malaysian food is known for its bold use of spices, herbs, and a variety of cooking techniques. Malaysia's culinary diversity reflects its geography and the distinct cultural identities of each region. While Peninsular Malaysia enjoys a blend of Malay, Chinese, and Indian influences, East Malaysia (Sabah and Sarawak) has its own unique culinary traditions rooted in indigenous practices and local ingredients.



CULTURAL INFLUENCES



The main ethnic groups in Malaysia (Malay, Chinese, and Indian) have contributed significantly to the country's culinary landscape. Each group brings its own traditions, ingredients, and methods to the table:

Malay Cuisine is known for its aromatic dishes that often feature coconut milk, lemongrass, turmeric, and chili. Popular dishes include Nasi Lemak (fragrant rice cooked in coconut milk), Rendang (slow-cooked beef or chicken in coconut milk and spices), and Satay (grilled skewers with peanut sauce).



Chinese Cuisine in Malaysia is characterized by stir-fried dishes, noodles, and dim sum. Some common Chinese-influenced foods are Char Kway Teow (stir-fried flat noodles), Hainanese Chicken Rice.

Indian Cuisine in Malaysia is often spiced with cumin, coriander, and curry leaves, resulting in dishes like Roti Canai (flatbread served with dhal or curry), Nasi Kandar (rice served with various curries), and Tandoori Chicken.



Regional Variations

Different regions of Malaysia have their own culinary specialties. Penang, for example, is renowned for street food such as Laksa (spicy noodle soup) and Nasi Kandar. The East Coast is famous for Nasi Dagang (rice with fish curry) and Keropok Lekor (fish crackers).

A Harmony of Flavours

Malaysian cuisine often balances the five basic tastes: sweet, sour, salty, bitter, and umami. This makes dishes layered and complex, from simple street food to elaborate festive meals.



Dried Chili



Lemongrass



Coconut Milk



Belacan

In essence, Malaysian cuisine reflects the country's multi-ethnic culture, combining traditional methods with contemporary influences, making it one of the most diverse and exciting culinary experiences in Southeast Asia.

Key ingredients in Malaysian cooking include:

Coconut milk for richness

Tamarind for a sour element

Belacan (shrimp paste) for a deep umami flavor

Chilies and **lemongrass** for heat and fragrance

Rice, which is a staple of almost every meal.

THE MALAYSIAN AUTHENTIC MENU

Peninsular Malaysia

1. Northern Region (Perak, Penang, Kedah, Perlis)

Penang is known as a food haven, with dishes heavily influenced by Chinese, Indian, and Malay cuisines. Street food is king here:

Penang Laksa (also called Asam Laksa) is a sour, spicy noodle soup made with mackerel and tamarind broth.

Char Kway Teow is a stir-fried flat noodle dish with prawns, eggs.

Kedah and Perlis feature more Malay-style dishes like Nasi Ulam (herbed rice) and Laksa Kedah, which uses a lighter, fish-based broth compared to Penang Laksa.

Perak dishes like Nasi Lemuni, Rendang Tok, and Daging Dendeng highlight the state's diverse culinary traditions. From the herbal-infused Nasi Lemuni to the rich, slow-cooked Rendang Tok and the spicy-sweet. Daging Dendeng, these dishes reflect Perak's deep connection to Malay royal heritage, traditional practices, and regional flavors.

Nasi Lemuni is a traditional Malay rice dish infused with the leaves of the lemuni plant (*Vitex trifolia*), known for its medicinal properties. This dish is particularly popular in Perak, often served during confinement periods after childbirth, but it has become more widespread due to its aromatic and flavorful qualities. Rendang Tok is a special type of rendang originating from Perak. This dish is traditionally prepared by the royal families of Perak, and it is known for its rich, deep flavors and long cooking process.



Coriander/ Cilantro



Chinese Celery



Daun Lemuni

2. East Coast (Kelantan, Terengganu, Pahang)

The East Coast is known for its traditional Malay cuisine that leans toward sweeter flavors due to the use of coconut milk and palm sugar.

Nasi Dagang (rice with fish curry) is a staple. Keropok Lekor, a traditional fish cracker from Terengganu, is deep-fried and often served with chili sauce.

Laksam is a unique noodle dish from Kelantan, featuring thick rice noodles in a creamy, fish-based coconut milk gravy.

Nasi Kerabu is a famous traditional rice dish from the state of Kelantan. Known for its striking blue-coloured rice and an array of flavourful accompaniments. Nasi Kerabu is a dish that is not only delicious but visually appealing.

The blue rice, which is naturally colored using butterfly pea flowers (bunga telang), is often served with a variety of side dishes, herbs, and condiments.



Pandan Leaves



Daun Kesum



Ginger Torch



Bunga Telang



Curry Leaves



Kaffir Lime Leaves

3. Southern Region (Johor, Melaka, Negeri Sembilan)

Johor cuisine is heavily influenced by Arab and Javanese traditions, with dishes such as Mee Bandung (egg noodles in a thick gravy of meat and shrimp) and Laksa Johor, which uses spaghetti instead of rice noodles and has a rich, coconut-based gravy. Asam Pedas Johor is a fiery and tangy dish made with tamarind and a blend of spices. It's commonly prepared with fish or chicken and served with white rice.

Melaka is famous for its Peranakan or Baba Nyonya cuisine, which combines Chinese ingredients with Malay spices:

Ayam Pongteh is a chicken stew flavored with fermented soybean paste.

Laksa Nyonya has a richer, coconut-based soup compared to Penang's sour laksa.

Masak Lada Melaka is a traditional dish from Melaka (Malacca), Malaysia, featuring a peppery and spicy gravy, often made with poultry, seafood, or beef. The word "lada" means "pepper" in Malay, so the dish emphasizes the use of both fresh chilies and black pepper for its heat and flavor.

Negeri Sembilan features dishes like Rendang and Masak Lemak Cili Api (a spicy, coconut-based curry), which are popular for their fiery heat, influenced by the Minangkabau people. Tempoyak Daun Kayu is a unique and traditional dish from Negeri Sembilan, a state in Malaysia known for its Minangkabau heritage and rich, spicy flavors. This dish highlights the use of tempoyak (fermented durian) and various types of wild leaves (daun kayu) or edible greens, cooked with other local ingredients to create a hearty and flavorful meal.



Thai Chili



Fresh Herbs



Tamarind

4. Central Region (Selangor, Kuala Lumpur)

The capital region of Malaysia is a melting pot of all the country's culinary influences. Street food from every region is readily available here, along with more modern, fusion variations. The food scene is vibrant, with plenty of options ranging from local Malay dishes to Chinese dim sum and Indian banana leaf rice.

5. East Malaysia (Sabah and Sarawak)

While the cuisines of Sabah and Sarawak are less widely known outside the region, they offer a rich variety of indigenous dishes that reflect the close connection to nature and the use of local ingredients.

Sabah

Sabah, located on the northern tip of Borneo, is home to many indigenous ethnic groups, including the Kadazan-Dusun, Bajau, and Murut. The cuisine here is simple, with a focus on fresh ingredients from both the land and sea.

Hinava: A Kadazan-Dusun dish, similar to ceviche, made with raw fish, lime juice, ginger, chili, and grated bambangan (wild mango).

Tuhau: A pickled wild ginger dish, known for its pungent flavor, often used as a side dish.

Ambuyat: A sago-based dish, popular with the Bruneian Malay community, eaten with side dishes like fish and sambal.



Lime



Ginger Powder



Bambangan

Sarawak

Sarawak, Malaysia's largest state, offers a culinary scene shaped by indigenous groups such as the Iban, Bidayuh, and Orang Ulu. Sarawak is also known for its unique takes on Malaysian staples.

Sarawak Laksa: This famous dish differs from the other types of laksa found in Malaysia. It has a creamy coconut milk base mixed with tamarind, lemongrass, and spices, served with rice vermicelli and prawns.

Kolok Mee: A dry noodle dish with minced beef, commonly found in Kuching's hawker centres. The noodles are tossed in light soy sauce and lard.

Manok Pansoh: A traditional Iban dish of chicken cooked in bamboo with lemongrass and ginger, giving the meat a distinct smoky flavour.

Umai: Another raw fish dish, this time from the Melanau people, usually made with thinly sliced fresh fish marinated in lime juice, onions, and chili.

Bamboo cooking is a traditional technique in both Sabah and Sarawak, where meats and vegetables are placed inside bamboo tubes and cooked over an open fire.

Indigenous herbs and ingredients such as dabai (a native black olive) and terung asam (a sour local aubergine) are unique to Sarawak's culinary tradition.



Turmeric



Shallot



Black Olive

The Influence of the Sea

In both Sabah and Sarawak, seafood plays a significant role in everyday meals, given their proximity to the South China Sea. Fresh fish, prawns, and shellfish are often grilled, steamed, or prepared in soups with indigenous herbs and spices.



Galangal

A Rich Culinary Tapestry

While the cuisine of Peninsular Malaysia is a complex mix of Malay, Chinese, and Indian influences, the culinary traditions of Sabah and Sarawak offer something distinct. They incorporate indigenous flavours and practices that have been passed down for generations, creating a rich tapestry of regional delicacies.



Ginger

Malaysian cuisine, whether from the bustling streets of Penang or the quiet villages of Borneo, is a celebration of diversity, freshness, and bold flavours.



Garlic



Midin



Tamarind Slice



Northern

Kerabu Jantung Pisang Utara



Portion: 4
Time: 20 min

qty	metric	ingredients
1	Nos	Banana blossom
1/2	cup	grated coconut*
1	stalk	Lemongrass*
1	large	onion*
3	small	shallots*
1	bulb	garlic*
2	nos	Cili red chillies*
3-5	nos	Bird's eye chillies*
		Lime/calamansi juice
		salt
		sugar

Procedure

1. Peel the banana blossom until you reach the tender part.
2. Thinly slice the banana blossom and soak it in water with a bit of salt.
3. Boil some water and blanch the banana blossom until it softens. Drain, rinse with cold water, and drain again.
4. Pound or dry-blend the ingredients marked with *.
5. Place the banana blossom into a bowl along with the pounded/blended ingredients.
6. Finally, add salt, sugar, and lime juice (or calamansi) to taste. Ready to serve.

<https://www.youtube.com/watch?v=RS1dwoz9QE8>



Peknga Nyog Lempeng Kelapa



Portion: 4
Time: 20 min

qty	metric	ingredients
2	cup	flour
1 ¾	tbsp	sugar
2-3	cup	water
1/2	cup	grated coconut
		salt
		oil

Info: Corn or banana can also be used as a substitute for coconut, or you can mix all of them together.

Procedure

1. Mix all the ingredients. The amount of water depends on the flour. Make sure the batter is not too thick or too thin.
2. Heat a flat pan and grease it lightly with a bit of oil. Pour the batter to form a pancake. Flip it when the bottom is cooked. Ensure the pancake is fully cooked. Use medium heat.
3. This coconut pancake (peknga nyog) is delicious when served with curry.
4. Ready to serve.

<https://www.youtube.com/watch?v=L6UqKgTFF1c>



Asam Pedas Utara

Portion: 4
Time: 20 min



qty	metric	ingredients
3	cup	Spanish Mackerel
1	tbsp	chillies
12	cup	turmeric
1	cup	garlic
6	tbsp	shrimp paste
3-4	stalks	kesum leaves
3	pieces	tamarind slice
3	pieces	okra
1/2	pieces	cucumber
		salt
		sugar

Procedure

1. Boil the dried chillies and blend them into a fine paste.
2. Finely blend the shallots and shrimp paste.
3. Clean the fish and drain it.
4. Place the fish, blended ingredients, lemongrass, Vietnamese coriander, and tamarind slices into a pot. Add 1 liter of water (or adjust to your desired amount) and cook until it boils.
5. Once boiling, add the okra and cucumber, along with salt and sugar to taste. Turn off the heat. Make sure the okra and cucumber are cooked briefly so they don't wilt.
6. Ready to serve.

<https://www.youtube.com/watch?v=b1bi8yQBQkg>



Sup Ayam Mamak

Portion: 4

Time: 20 min



qty metric ingredients

1	whole	Chicken (cut into 12)
2	tblsp	Soup Spice Mix
2	tblsp	Kurma Spice Mix
1	tblsp	Turmeric Powder
1	tblsp	Black Pepper Powder
2	pieces	Shallots
4	cloves	Garlic
2	inches	Ginger
2	pieces	Potatoes/Tomatoes
		Coriander Leaves
4	pieces	Cardamom Pods
2	pieces	Star Anise
		Oil (as needed)
3-4	cups	Water
		Salt (to taste)
		Chicken Stock (to taste)
		Fried Shallots (as needed)

Procedure

1. Boil the dried chilies and blend them into a fine paste.
2. Finely blend the shallots and shrimp paste.
3. Clean the fish and drain it.
4. Place the fish, blended ingredients, lemongrass, Vietnamese coriander, and tamarind slices into a pot. Add 1 liter of water (or adjust to your desired amount) and cook until it boils.
5. Once boiling, add the okra and cucumber, along with salt and sugar to taste. Turn off the heat. Make sure the okra and cucumber are cooked briefly so they don't wilt.

Ready to serve.

<https://www.youtube.com/watch?v=urDVDZbCWz4>



Nasi Ulam

Portion: 4

Time: 20 min



qty metric ingredients

4	cups	White Rice
		Pegaga Leaves (to taste)
		Cashew Leaves (to taste)
		Kaduk Leaves (to taste)
		Cemumar Leaves (to taste)
		Vietnamese Coriander (to taste)
		Selom Leaves (to taste)
		Basil Leaves (to taste)
		Cekur Leaves (to taste)
		Ulam Raja Leaves (to taste)
3	stalks	Long Beans
1	stalk	Torch Ginger Flower
4-5	stalks	Lemongrass*
7-8	pieces	Shallots*
1	tsp	Black Pepper*
1	inch	Shrimp Paste* (grilled)
½	inch	Galangal*
1	whole	Indian Mackerel
1	piece	Salted Talang Fish
		Salt (to taste)
		Toasted Grated Coconut (Kerisik) (to taste)

Procedure

1. Combine the herbs and finely slice them. Set aside.
2. Blend or pound the lemongrass, ginger, and galangal until fine. If you like it spicy, you can thinly slice bird's eye chili according to your preferred heat level.
3. In a bowl containing the sliced herbs, add the shallots and the pounded ingredients. Mix well.
4. Then, add the toasted grated coconut (kerisik) and salted fish that has been fried and pounded finely. (You can use talang, tenggiri, or gelama salted fish.)
5. Mix until well combined.
6. Put the rice into a suitable container. Add black pepper powder to taste.
7. Add the mixed herb ingredients and season with sugar and salt as needed.
8. The Ulam Rice is ready to be enjoyed. It's delicious when served with Taro Leaves in Coconut Gravy (Sayur Keladi).
9. If desired, you can also enjoy it with salted eggs.



You can also use other leaves such as Seketut leaves, Mengkudu (Noni) leaves, Putat leaves, and others.

Nasi Daging Utara & Air Asam

Portion: 4

Time: 20 min



qty	metric	ingredients
500	g	Beef
3	cups	Basmathi Rice
1	piece	Large Onion*
3	cloves	Garlic*
2	inches	Ginger*
1	piece	Tomato
2	tbsp	Kurma Spice Mix
1	tbsp	Soup Spice Mix
1	tbsp	Curry Powder
1	cup	Evaporated Milk
4	spices	4 Sekawan (sufficient amount)
3	tbsp	Ghee/Butter
2	leaves	Pandan Leaves
		Fried Shallots (to taste)
		Cilantro (to taste)

Procedure

Nasi Daging (Beef Rice):

1. Clean the beef, boil until tender/soft.
2. Wash the rice and place it in the rice cooker.
3. Ingredients marked with * are finely sliced. Dice the tomato.
4. Mix the kurma spice and curry powder to make a paste.
5. Heat ghee/butter in a pot over medium heat. Sauté the 4 spices, pandan leaves, tomatoes, and the finely sliced ingredients.
6. Add the curry and kurma paste and stir well. Cook until the oil separates. Turn off the heat.
7. Add the sautéed ingredients to the rice cooker and mix well.
8. Pour in the beef broth along with the beef sliced to ½ cm, evaporated milk, and seasonings. Stir well, close the lid, and cook.

Air Asam (Tamarind Sauce):

1. Slice the bird's eye chilies and large chilies. Dice the onions and tomatoes.
 2. Dissolve the tamarind paste, shrimp paste, and toasted grated coconut (kerisik) in warm water and add in all the chopped ingredients. Stir well.
 3. Add salt, sugar, and calamansi lime juice.
- Ready to be served with northern-style beef rice.



Serawa Pisang

Portion: 4

Time: 50 min



Procedure

1. Peel the bananas and cut them into 1-inch pieces.
2. Melt the palm sugar (gula melaka) and strain to remove any impurities.
3. Add water, coconut milk, granulated sugar, and pandan leaves to a pot. Cook on low heat.
4. Once it starts boiling, add the sago and bananas. Once the bananas are soft and the sago has expanded, add the palm sugar. Stir and turn off the heat.
5. Make sure the coconut milk doesn't split. If it does, the dish won't look nice, and the texture will be less pleasant.

Ready to serve.

qty	metric	ingredients
3-4	pieces	Nangka Bananas
½	cup	Granulated Sugar
4	tbsp	Palm Sugar (Gula Melaka)
2	tbsp	Sago
		Coconut Milk (to taste)
3	cups	Water
3	leaves	Pandan Leaves

For any dish that uses coconut milk, it should be cooked over low heat and stirred frequently to prevent the coconut milk from splitting.



Apom Lenggang

Portion: 4

Time: 50 min



qty	metric	ingredients
½	cup	White Rice
½	cup	Sugar
1	cup	Water
2	pieces	Eggs
1 ½	cups	Rice Flour
½	cup	Wheat Flour
1	cup	Coconut Milk
1	tsp	Yeast

Procedure

1. Place the white rice, sugar, and water into a blender. Blend until smooth.
2. Add the eggs, rice flour, wheat flour, coconut milk, and yeast. Blend until well combined.
3. Pour the mixture into a bowl and let it ferment for at least 1 hour or until the batter rises.
4. Heat a pan and lightly grease it with some oil.
5. Pour a ladleful of the batter into the pan, swirling it around so that the batter covers the entire pan. Cover the pan and let it cook until the apom is done.
6. Remove the cooked apom. You can fold or roll it according to your creativity.
Ready to serve.

Tip:
Ensure the pan is properly heated to achieve apom with a porous texture and crispy edges. Then, cover the pan and reduce the heat to cook the apom evenly on the outside and inside.





East Coast

Kerabu Perut (Beef Tripe Salad)

Portion: 4

Time: 50 min



qty	metric	ingredients
2	pcs	Selayang Fish
300	g	Beef Tripe
2	pcs	Large Onion
1	pc	Unripe Mango
2	pcs	Red Chili
2	tbsp	Toasted Grated Coconut (Kerisik)
120	ml	Coconut Milk
6	stalks	Young Long Beans
6	pcs	Shallots
1	clove	Garlic
1	tsp	Black Pepper
To taste		Vietnamese Mint (Daun Kesum)
30	ml	Lime Juice
1	tsp	Salt
1	tsp	Sugar
To taste	-	Seasoning Powder

Procedure

1. Clean the selayang fish, grill it until cooked, take only the flesh and pound it coarsely.
2. Clean the beef tripe, boil until tender, and slice thinly.
3. Pound or dry-blend the ingredients marked with *.
4. Toast grated coconut to make kerisik.
5. Thinly slice the unripe mango, large onion, red chili, long beans, and Vietnamese mint.
6. Cook the coconut milk with a little hot water to prevent the salad from spoiling quickly.
7. Mix all ingredients together, add the coconut milk, salt, sugar, lime juice, and a little seasoning powder.
8. Ready to serve.



Singgang Ikan Kelantan

Portion: 4
Time: 50 min



qty	metric	ingredients
3	pieces	Mackerel / White Tuna slices
5	pieces	Solok Chili / Red Chili / Bird's Eye Chili
3	inches	Galangal
2	inches	Palm Sugar (Nise / Gula Melaka)
5	cloves	Garlic
5	cloves	Shallots
3-4	pieces	Tamarind slices (Asam Keping)
3-5	stalks	Okra (Bendi)
1	liter	Water
To taste		Salt
To taste		Seasoning Powder

Procedure

1. Clean the fish and place it in a pot with water. Add sliced galangal, shallots, and crushed garlic.
2. Add palm sugar, halved chilies, and tamarind slices.
3. Cook until boiling for 10-15 minutes. Once the fish is cooked, add okra, salt, and a little seasoning powder.
4. Turn off the heat and serve.

Singgang Kelantan has slightly different ingredients compared to Singgang Terengganu, such as the absence of turmeric and ginger. This dish is similar to Johor's "Pindang Rebus."

It pairs well with budu (fermented anchovy sauce), sambal belacan, and various fresh herbs. The main ingredient (fish) can be substituted with chicken or beef, which would then be called Singgang Ayam or Singgang Daging.



Nasi Kerabu

Portion: 4

Time: 50 min



qty	metric	ingredients
8-10	sprigs	Blue Pea Flowers (Bunga Telang)
3	cups	Rice
3 ½	cups	Blue Pea Flower Extract (Air Bunga Telang)
6-7	leaves	Kaffir Lime Leaves
2	stalks	Lemongrass (bruised)
To taste		Salt

Procedure

1. Rinse the rice thoroughly and drain it.
2. Prepare the blue pea flower extract by squeezing the flowers in water until the blue color is extracted.
3. Place the rice, blue pea flower extract, kaffir lime leaves, lemongrass, and salt into a rice cooker. Mix well and let it sit for a while to allow the color to absorb into the rice.
4. Cook the rice as usual.



Sambal Tumis

Portion: 4
Time: 50 min



qty	metric	ingredients
5	bulbs	Large Onions
3-4	cloves	Garlic
1	inch	Ginger
1	cup	Ground Dried Chili (Cili Kering Kisar)
1-2	pieces	Tamarind Slices (Asam Keping)
To taste		Palm Sugar (Nise / Gula Melaka)
1	cup	Coconut Milk (Santan Kotak)
1	stalk	Lemongrass (bruised)
To taste		Salt
		Cooking Oil

Procedure

1. Blend the large onions, garlic, and ginger.
2. In a pan with hot oil, pour the blended mixture and ground dried chili. Sauté for a while until fragrant.
3. Add the lemongrass and a little water if the paste looks too dry.
4. Next, add coconut milk and stir well. Let it cook and simmer for a while, stirring occasionally.
5. Add salt, palm sugar, and tamarind slices. Adjust to taste.
6. Cook until the sauce thickens, making sure it's not too watery.



Kelapa Ikan

Portion: 4
Time: 50 min



qty	metric	ingredients
2	pieces	Mackerel / Yellowtail / Sardines
300	gram	Grated White Coconut
2	bulbs	Large Onion
2	stalks	Lemongrass
To taste		Salt
To taste		Sugar

Procedure

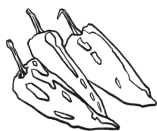
1. Clean the fish thoroughly, rub with salt, and grill on a non-stick pan.
2. Once grilled, separate the fish meat from the bones and pound the meat coarsely.
3. Meanwhile, pound the onions and lemongrass finely using a mortar and pestle or dry blender.
4. In a pan, dry-fry the grated coconut without oil. Keep stirring to avoid burning.
5. Add the pounded onions, lemongrass, and fish meat into the pan with the coconut.
6. Season with salt and sugar. Mix well until the coconut is cooked.



Solok Lada

Portion: 4

Time: 50 min



qty	metric	ingredients
5-6	pieces	Large Green Chili (Lada Solok)
2	pieces	Mackerel / Yellowtail / Sardines
4	tbsp	Grated Coconut
1	cup	Coconut Milk
2	bulbs	Large Onion
2	cloves	Garlic
½	inch	Ginger
1	tsp	Tamarind Water
1	tsp	Black Pepper
To taste		Salt
To taste		Sugar

Procedure

1. Cut along the side of the chili and remove the seeds.
 2. Pound the coconut, fish meat, onions, garlic, ginger, salt, sugar, and black pepper together.
 3. Mix in the coconut milk and tamarind water until well combined.
 4. Stuff the chili with the mixture and arrange in a steamer.
 5. Steam until cooked.
- Alternatively, cook in thick coconut milk over low heat for 10-15 minutes.



Air Lada

Portion: 4
Time: 50 min



qty	metric	ingredients
10	pieces	Bird's Eye Chili (Red & Green)
4	tbsp	Vinegar
2	cloves	Garlic
1	tbsp	Sugar

Procedure

- 1.Put all the ingredients into a blender and blend until coarsely ground.
- 2.Adjust the taste according to your preference.



Ulam-Ulaman & Pelengkap Lain

Portion: 4
Time: 50 min



qty	metric	ingredients
1	piece	Cucumber
1	stalk	Torch Ginger (Bunga Kantan)
3	pieces	Salted Eggs
To taste		Fish Crackers (Keropok Ikan)
To taste		Fermented Anchovy Sauce (Budu)
To taste		Long Beans
To taste		Cabbage
To taste		Selom / Vietnamese Mint Leaves
To taste		Bean Sprouts
To taste		Calamansi Lime (Lima Kasturi)
To taste		Bird's Eye Chili

Procedure

1. Thinly slice the cucumber, torch ginger, long beans, cabbage, selom leaves, and mint leaves.
2. Clean the bean sprouts and remove the tails.
3. Mix all the vegetables together to prepare the ulam.
4. For the salted eggs, boil them for 10-15 minutes.
5. Deep fry the fish crackers and store in an airtight container.
6. Prepare the fermented anchovy sauce (budu) by slicing the bird's eye chili and squeezing lime into the sauce.



Ayam Percik Kelantan

Portion: 4

Time: 50 min



qty metric ingredients A

1	whole	Chicken
1	inch	Ginger
3	cloves	Garlic
1	tsp	Coriander Seeds
1	tbsp	Ground Dried Chili
150	ml	Thick Coconut Milk

qty metric ingredients B

4	pieces	Shallots
1	stalk	Lemongrass (bruised)
1	inch	Ginger
100	ml	Water
2	cups	Thick Coconut Milk
2	tbsp	Sugar
1	tbsp	Salt
1	piece	Tamarind Slice
1	tsp	Chicken Stock Powder

Procedure

Procedure (Bahan A):

1. Cut the chicken into 12 pieces, make small slits, and clean thoroughly.
2. Parboil the chicken for 10-15 minutes. Drain and set aside.
3. Blend the marinating ingredients from Bahan A and apply to the chicken.
4. Marinate the chicken for about 30 minutes.

Procedure (Bahan B):

1. Blend the shallots and ginger until smooth.
2. Add the blended mixture to a pot with bruised lemongrass.
3. Stir in the thick coconut milk, sugar, salt, tamarind slice, and chicken stock powder.
4. Cook over medium heat and stir until thickened.
5. Grill the chicken, basting it with the coconut sauce during grilling. Repeat 3-4 times for a perfect coating.



Daging Bakar / Ayam Bakar

Portion: 4
Time: 50 min



qty	metric	ingredients
1	kg	Beef / Chicken
2	tbsp	Turmeric Powder
1	tsp	Fennel Seeds
1	tbsp	Cumin
2	tbsp	Ground Dried Chili
1	piece	Large Onion
1	inch	Ginger
3	stalks	Lemongrass
To taste		Salt
To taste		Sugar

Procedure

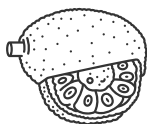
1. Clean and cut the beef/chicken into 16 pieces.
2. Blend all the ingredients until smooth and rub onto the beef/chicken.
3. Marinate for a few hours.
4. Grill the beef/chicken over charcoal or on a grilling pan, or roast in an oven.
5. Once cooked, slice the beef against the grain before serving.



Butir Nangka

Portion: 4

Time: 50 min



qty	ingredients A	metric
1	Glutinous Rice Flour	cup
To taste	Pandan Leaf Extract Water	-
2-3	Green Food Coloring	drops
½	Limewater (Air Kapur)	tsp
A pinch	Salt	
qty	ingredients B	metric
2	Thick Coconut Milk	cups
1	Water	cup
2	Pandan Leaves (tied in knots)	pieces
3-4	Sugar	tbsp
A pinch	Salt	-
½	Fenugreek Seed	tsp

Procedure

Procedure (Dough):

1. Blend pandan leaves and strain to obtain pandan water.
2. Heat water in a pot.
3. Mix glutinous rice flour, limewater, and salt in a bowl. Gradually add pandan water and green coloring until a non-sticky dough forms.
4. Shape the dough into small "jackfruit seed" shapes (about 3cm x 1cm).
5. Boil the shaped dough in a pot of boiling water until they float. Remove and set aside.

Procedure (Sauce):

1. Combine all the sauce ingredients in a pot and cook over medium heat.
2. Stir constantly to avoid curdling and add the excess pandan water.
3. Add salt and sugar, then bring to a boil. Once thickened, remove from heat.
4. Serve with the boiled dough pieces.





Borneo

Hinava Recipe



Portion: 4

Time: 50 min

qty metric ingredients A

300 g Mackerel fillet

3-4 tbsp Lime juice

3 pcs Shallots

5 pcs Bird's eye chilies

To taste Sugar

To taste Salt

additional ingredients

1 pcs Bitter melon (peria katak)

1 inch Ginger

3 pcs Belimbing buluh

1 tbsp Bambangan fruit

1 tbsp Green mango

- Hinava is a traditional dish popular among the Kadazan-Dusun ethnic group, often served during celebrations like the Harvest Festival or weddings.
- The raw fish is "cooked" by the lime juice, so ensure the fish is clean to avoid cross-contamination.
- Alternatively, you can briefly blanch the fish slices in hot water before mixing with the other ingredients.
- Hinava can also be made with shrimp or squid.

Procedure

- Filet the mackerel. Slice it thinly, clean, and drain.
- Thinly slice the shallots and bird's eye chilies.
- If using additional ingredients, slice them thinly as well.
- Once all ingredients are prepared, combine them in a bowl and mix well.
- Serve on banana leaves.



White Fish Soup/Chicken Soup

Portion: 6

Time: 50 min



qty metric ingredients

500 gram Ikan Putih / Ayam

50 gram Halia

60 gram Bawang Putih

100 gram Tomato

30 gram Serai (diketuk)

50 gram Bawang Merah

5 gram Daun Sup

Garam

5 gram coriander

2 gram spring onion

Procedure

- Prepare the broth:
- In a large pot, add water (enough to cover your protein) and bring it to a boil.
- Add the sliced ginger, minced garlic, quartered tomatoes, smashed lemongrass, and sliced shallots.
- Simmer for about 10-15 minutes to allow the flavors to infuse.
- Cook the protein:
- For Chicken: Add the chicken to the pot and cook for about 20-30 minutes until fully cooked. Remove the chicken, let it cool, then shred it.
- For Fish: Add the fish to the pot and simmer for 8-10 minutes until cooked. Remove the fish and set aside.
- Finish the soup:
- Return the shredded chicken or fish back to the pot.
- Add salt to taste, and adjust seasoning as needed.
- Simmer for another 5 minutes to heat through.
- Serve:
- Ladle the soup into bowls and garnish with chopped coriander or spring onions.



Laksa Sarawak

Portion: 6
Time: 50 min



Procedure

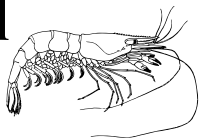
- Boil the chicken until cooked. Strain the water for stock and separate the chicken. Let it cool and shred.
- Clean the shrimp, boil in water for a minute, then strain and set aside.
- Blend the ingredients marked with into a paste. Heat oil in a pot and fry this paste with lemongrass until fragrant.
- Add chicken stock and shrimp stock to the pot.
- Stir in the Sarawak Laksa paste. Wait until boiling, then add coconut milk. Reduce the heat to avoid curdling the coconut milk. Season with chicken stock powder and salt.
- Beat the eggs and season with salt. Heat oil and fry the egg batter thinly, roll it up, and slice.
- Slice coriander, blanch bean sprouts, and cut lime for garnish.
- Soak the rice vermicelli in cold water.
- In a bowl, place the rice vermicelli, pour the Laksa broth over it, and add the shrimp, chicken, and garnishes, along with dried shrimp sambal on top.

qty	metric	ingredients A
200	g	Sarawak Laksa paste
1	tbsp	Chili paste
1	pcs	Onion
3	pcs	Garlic
2	pcs	Hard fruit
3	pcs	Coriander roots
1	inch / 2.5 cm	Galangal
2	pcs	Lemongrass (smashed)
		Cooking oil
500	ml	Coconut milk
To taste		Chicken stock
To taste		Salt
2	pcs	Chicken breasts
8-10	pcs	Shrimp
1	packet	Rice vermicelli
6	pcs	Eggs
		Coriander
		Bean sprouts
		Lime



Dried Shrimp Sambal Procedure

Portion: 6
Time: 50 min



qty metric ingredients A

2	pcs	Onion
3-4	cloves	Garlic
1	cup	Dried chili paste
3	tbsp	Dried shrimp
1-2	pcs	Tamarind (asam keping)
To taste		Sugar
To taste		Salt
		Cooking oil

- Blend the onion, garlic, and dried shrimp together.
- In a hot oil pan, pour in the blended mixture and chili paste. Sauté until fragrant.
- Add salt, sugar, and tamarind. Adjust to taste.
- Cook until the sambal thickens, ensuring it's not too watery.



Bamban Jagung / Pais Jagung

Portion: 6
Time: 50 min



qty metric ingredients A

4-5	pcs	Corn
2-3	tbsp	Sugar
½	cup	Wheat flour
1	tbsp	Rice flour
½	cup	Grated coconut
6-7	pcs	Corn husks
A pinch		Salt

Note:

Bamban is a traditional dessert from Sabah, popular among the Bajau ethnic group, especially in the eastern coastal areas.

It is commonly served during celebrations such as weddings and festivals.

This dessert is best enjoyed while still warm.

Procedure

- Prepare corn husks for wrapping the mixture. Choose medium-hard husks that are not too soft.
- Thinly slice or grate the corn.
- Mix all the ingredients together until well combined. Set aside.
- Take a corn husk, place 1-2 tablespoons of the mixture, and fold it carefully to prevent spillage.
- Steam the wrapped mixture for approximately 20-30 minutes until cooked.
- Serve warm.



QUIZ

Quiz 1: Malaysian Cuisine and Regions

1. Which region of Malaysia is known for its sweet flavors and heavy use of coconut milk?
2. What is the famous, blue-colored rice dish from Kelantan?
3. Penang Laksa, also called Asam Laksa, uses which key ingredient to create its sour broth?
4. In Sabah, which dish is similar to ceviche and made with raw fish, lime juice, and wild mango?
5. What type of cooking method is traditional in Sabah and Sarawak, where meats are placed inside bamboo tubes and cooked over an open fire?

Quiz 2: Regional Ingredients and Dishes

1. Which state is famous for Rendang Tok, a slow-cooked beef dish?
2. What is the traditional fish-based noodle dish from Kelantan called?
3. Sarawak Laksa is known for its unique base. What ingredient is mixed with coconut milk to create this dish?
4. Which Southern Malaysian dish features spaghetti instead of rice noodles?
5. Which local fern from Sarawak is often stir-fried with garlic or belacan?



Quiz 3: Culinary Traditions and Ingredients

1. What is the traditional Malay rice dish from Perak that is infused with leaves of the lemuni plant?
2. Which East Coast dish consists of rice served with fish curry and is a staple of Kelantan and Terengganu?
3. Which key ingredient is often used in Malaysian cooking to add a deep umami flavor?
4. In Johor cuisine, which dish uses tamarind and a blend of spices to create a tangy, spicy fish or chicken preparation?
5. What fermented durian-based dish is unique to Negeri Sembilan?

Quiz 4: Malaysian Street Food and Specialties

1. Which state is known for its famous street food dish Char Kway Teow, a stir-fried flat noodle dish with prawns?
2. What is the name of the spiced dried beef dish in Perak, originating from the Minangkabau community?
3. What type of noodle is used in Kolok Mee, a popular dry noodle dish in Sarawak?
4. What is the main ingredient in Keropok Lekor, a traditional snack from Terengganu?
5. In which state would you find the famous dish Mee Bandung, which features egg noodles in a thick gravy of meat and shrimp?



Quiz 5: Unique Dishes and Cooking

1. Techniques What dish from the Iban people in Sarawak is prepared by cooking chicken inside bamboo with lemongrass and ginger?
2. What is the name of the pickled wild ginger side dish commonly found in Sabah?
3. Which fish-based noodle dish is a staple in Penang and differs from Laksa Johor by using a sour tamarind broth?
4. What sour aubergine-like ingredient is native to Sarawak and often used in local dishes?
5. Which Southern Malaysian state is famous for Peranakan cuisine, including Ayam Pongteh and Laksa Nyonya?



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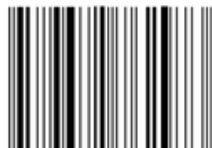


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