

## Do you know?

By ANNA VIVIANNE

## Ikan Bilis

**A**nchovies or ikan bilis are small fish that are caught, dried and salted. They are also made into other fish products. When they are freshly caught they can also be fried, although this may be quite tedious due to the considerable time used in cleaning and preparing these small fish. Each fish is about three to five inches long.

Ikan bilis figures very highly in the diet of the average Malaysian. Malaysians are fond of small ikan bilis dipped in seasoned flour and deep-fried.

The fish becomes very crispy.

One variety of tiny fish with a silvery stripe running the length of the body is sold dried in packets labelled ikan bilis or ikan leri. They make a delicious snack, deep fried with peanuts and sprinkled with a touch of chill powder and sugar.

Fried ikan bilis sambal is also eaten with 'nasi lemak' or savoury rice. This rice is usually boiled with coconut extract and served with fried ikan bilis sambal, fried egg and slices of cucumber. Nasi lemak is a typical Malaysian breakfast,

although some are not averse to having it for lunch and tea.

Ikan bilis is also fried with vegetables, added to fried rice or eaten as a snack.

Ikan bilis is easy to purchase as it is available in any grocery stores and the traditional local 'tamu' market.

When purchasing ikan bilis, make sure the fish look solid and not dusty. The smell should also be fresh and not stinky. You can purchase ikan bilis for as little as RM2 a bowl.



## Weekly TAMU (Open Market) in Sabah

■ Tamu are held in almost every town/village in Sabah. Most local traders gather to buy, sell or trade their farm produce, handicrafts, traditional items, musical instruments, etc.

**SUNDAY** 8am - 2pm  
Kota Belud, Tuaran, Venen, Pagan, Belaga, Tawitwan, Tawitwan, Senu, Mandabai, Kulu Manah, Sibau, Gaya Street Fair (Kota Kinabalu)

**MONDAY** 8am - 2pm  
Tawitwan

**TUESDAY** 8am - 2pm  
Tawitwan

**WEDNESDAY** 8am - 2pm  
Pagan, Pagan, Tampar, & Kulu

**THURSDAY** 8am - 2pm  
Gempaman, Tawitwan, Tawitwan, Pagan, Kulu Manah, Sibau, Tawitwan, Kulu Manah, Kulu Manah

**FRIDAY** 8am - 2pm  
Gempaman, Tawitwan, Widen, Mampai, Kulu Manah

**SATURDAY** 8am - 2pm  
Kulu Manah, Tawitwan, Mampai, Pagan, Pagan

## WHERE TO STAY

**Winner Hotel**  
Phone: 60 888 243232  
Fax: 60 888 217345

**Hotel Deleton**  
Phone: 60 888 252222  
Fax: 60 888 267999

**Kinabalu Daya Hotel**  
Phone: 60 888 240000  
Fax: 60 888 263900

**Berjaya Palace Hotel**  
Phone: 60 888 211911  
Fax: 60 888 211600

**Hotel Shangri-La**  
Phone: 60 888 212800  
Fax: 60 888 212678

**LiKaa Square Business Suites**  
Phone: 60 888 252233  
Fax: 60 888 251122

**Tang Dynasty Hotel**  
Phone: 60 888 263080 / 251155  
Fax: 60 888 263080 / 262566

**Beverly Hotel**  
Phone: 60 888 258996  
Fax: 60 888 258778

**Promenade Hotel**  
Phone: 60 888 265555  
Fax: 60 888 246666 / 253980

**Hyatt Regency Kinabalu**  
Phone: 60 888 221234  
Fax: 60 888 225672

**La Meridien Kota Kinabalu**  
Phone: 60 888 322222  
Fax: 60 888 322223

**Nexus Resort Karambunai**  
Phone: 6 088 411222 / 411030  
Fax: 6 088 411020 / 412028

**Shangri-La Tanjung Aru Resort**  
Phone: 60 888 225800 / 241800 / 292306 (Reserv)  
Fax: 60 888 244871 / 217155

**Sulera Harbour Resort - Mangalán Sulera**  
Phone: 6 088 218 888  
Fax: 6 088 317 777

**Sulera Harbour Resort - Pacific Sulera**  
Phone: 60 888 318888  
Fax: 60 888 317777

**Beringga Beach Resort, Papar**  
Phone: 6 088 752 333  
Fax: 6 088 752 999  
E mail: bbrppapar@tm.net.my

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