

# DO YOU KNOW

By ANNA VIVIENNE

## WHERE TO STAY



**B**ambangan, botanically called *Mangifera pajang* is an interesting fruit tree that thrives in the rural area in Sabah. The Bambangan tree grows up to more fifty feet high. Old trees can have a trunk circumference of about three adult arm spans. That means three people will hold hands while standing around the tree.

The Bambangan is of the mango family. When young the fruit is green to light brown. When it matures the brownish colour grows deeper and there is a tinge of grey on its skin.

The fruit hangs on the branches from slender stalks until it ripens. When it does, it will fall off by itself. When you eat the bambangan fruit you do not slice off the skin like mangoes. You cut the skin from the stalk end downwards and peel it off. Then you can cut the flesh like mangoes.

The flesh of bambangan varies from the very sweet to extremely sour. The sweet fruit usually comes from old trees and may look small. The sour ones come from younger trees and they are quite big.

The fruit of this tree range in size, from being as large as an adult's fist to as large as a ball.

Actually, bambangan are not only eaten ripe but also as young fruits too. Bambangan dish is unique to Sabah. The young fruit is usually cooked with fish. The skin of the fruit is shaved off and the fruit cut into pieces. It is then added into the fish dish. Since the fruit is sour, it will nullify the 'fishy' smell of fish.

The young fruit is also served as a side dish, mixed with chilli and anchovies. The most famous dish out of this fruit, made by the Kadazandusun people of Sabah is the 'non-som bambangan'. This means pickled Bambangan. The fruit is cut and mixed with its grated seeds. It is then left to keep for weeks before being eaten. Some pickles are known to last for a year. You can get your Bambangan at the local markets called Tamu most areas in Sabah, when it is in season.

**Winner Hotel**  
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**Hotel Capital Sdn Bhd**  
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P.O Box 11223, 88813  
Kota Kinabalu  
Phone: 6 088 231 999 (10 lines)  
Fax: 6 088 237 222  
E mail: capitalh@streamyx.com

**Beringgis Beach Resort, Papar**  
Phone: 6 088 752 999  
E mail: bbrpapar@tm.net.my

**Impiana Mutiara Hotel**  
Ground Floor, No 3, Block BC  
Lot 15, Lorong Ikan Juara 3  
88100 Sadong, Kota Kinabalu  
Phone: 6 088 268 823 / 268 824  
Fax: 6 088 258826

# BAMBANGAN

## JANUARY EVENTS

### OPENING OF THE LEGAL YEAR 2007

Date: January 2007  
Organiser: Mahkamah-Mahkamah Sabah (Kota Kinabalu) / Sabah Law Association  
Contact Person: Ummu Kalthom Bte Ahmad Samad (Deputy Registrar)  
Telephone: +60 88 523700  
Fax: +60 88 210055  
Email Contact: sabahlaw@tm.net.my

Date: February 2007  
Organiser: Kota Kinabalu City Hall  
Contact Person: Joannes Solidau  
Telephone: +6088-521800  
Fax: +6088-316137  
Email Contact: joannes@dbkk.sabah.gov.my

faradillah@dbkk.sabah.gov.my

### CITY DAY REGATTA 2007

Date: 03 - 04 February 2007  
The city Day Regatta is held over two days, comprising of several races to determine the champions in various classes of boats. The event is held as part of the KK City Day celebrations.  
Organiser: Kinabalu Yacht Club  
Contact Person: Johnny Tan (Vice Commodore)  
Telephone: +6088240070/243070  
Fax: +60 88 243007  
Email : kyctaru1@streamyx.com

### CITY DAY CELEBRATION

Date: 02 February 2007  
Organiser: Kota Kinabalu City Hall  
Contact Person: Faradillah Abdul Rani  
Telephone: +6088-521800  
Fax: +6088-233815  
Email Contact:

### KOTA KINABALU CITY IDOL

## Weekly TAMU (Open Market) in Sabah

■ Tamus are held in almost every town/district in Sabah. Most local traders gather to buy, sell or barter their farm produce, handicrafts, traditional ware, musical instruments, etc.

**SUNDAY 6am - 2pm**  
Kota Belud, Tuaran, Putatan, Papar, Babagon, Tambunan, Tenom, Membakut, Kota Marudu, Sikuati, Gaya Street Fair (Kota Kinabalu)

**MONDAY 6am - 2pm**  
Tandek

**TUESDAY 6am - 2pm**  
Kiulu

**WEDNESDAY 6am - 2pm**  
Pinggang-pinggang, Tamparuli & Kudat

**THURSDAY 6am - 2pm**  
Donggongan, Telipok, Tenghilan, Pekan Nabal, Sipitang, Tambunan, Keningau

**FRIDAY 6am - 2pm**  
Donggongan, Sunsuron, Weston, Mesapoh, Kanibangan

**SATURDAY 6am - 2pm**  
Kinarut, Beaufort, Sindumin, Matunggong, Pekan Pitas

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