

Do you know?

By Anna Vivienne

WHERE TO STAY

durian



DURIANS or Durio zibethinus are infamous tropical fruit indigenous to Malaysia, Indonesia, Thailand and the southern Philippines. Good durians are sweet and smooth with a distinctive flavour. Some people say that they taste like bananas and mangos eaten at the same time, with a hint of vanilla.

Most people may call it the king of fruits and regard it as an indulgence, breaking hotel rules by sneaking it into their rooms. But others may dislike it intensely.

The most forbidding aspect of this fruit is its spiky skin. Roughly the size of a football, it is heavy, sturdy and dull green in colour. It yellows a bit when it ripens, but for the most part is green.

When it is ripe and ready to eat, its seam line will show a slight crack. You may have to poke in a knife and help it to split. Use the point of the knife at the end away from the stem and lever one of the segments of skin upwards. Then prise the shell open, segment by segment, with well-protected hands. A sharp thump on a hard surface can achieve the same result. Inside, the fruit is divided into sections, and within the smooth white walls of each section are three or four large, glossy, cream-beige seeds, each one enclosed in a custard-like covering which can be pale cream to bright yellow in colour. Wild durians in Sabah also sport dark yellow and red flesh.

The texture of the flesh that encases the large seeds is dense and creamy; the taste is delicious. Durian is considered 'heating' to the body but it can be nullified by eating mangosteens.

Durians should never be picked. They should instead be allowed to ripen and fall off the tree. It seems that durians fall off the trees at night, so if you are walking under a durian tree at dusk, be very careful.

Durians are available during the fruit seasons. The best places to get durian in Sabah are Sipi-tang, Ranau and Kota Belud. They are usually sold at roadside stalls.



- Winner Hotel**
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- Hotel Deleton**
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Phone: 60 088 212800
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Fax: 60 088 251122
- Tang Dynasty Hotel**
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- Promenade Hotel**
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- Le Meridien Kota Kinabalu**
Phone: 60 088 322222
Fax: 60 088 322223
- Nexus Resort Karambunai**
Phone: 6 088 411222 / 411030
Fax: 6 088 411020 / 412028
- Shangri-La Tanjung Aru Resort**
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Fax: 60 088 244871 / 217155
- Sutera Harbour Resort - Magellan Sutera**
Phone: 6 088 318 888
Fax: 6 088 317 777
- Sutera Harbour Resort - Pacific Sutera**
Phone: 60 088 318888
Fax: 60 088 317777
- Beringgis Beach Resort, Papar**
Phone: 6 088 752 333
Fax: 6 088 752 999
E mail: bbrpapar@tm.net.my

MAY EVENTS

Tabin Wildlife Photo Hut
Date : May to July 2006
Organiser : Tabin Wildlife S/B/Intra Travel Service Sdn Bhd
Venue : Tabin Wildlife Reserve, Lahad Datu
Further Info : Alixon Ho
Tel : 088 260558 / 262558, Fax : 088 267558
Email : enquiry@tabinwildlife.com.my

Crafts Exotica
Date : 02 - 27 May 2006
Organiser : Sabah Museum
Venue : Sabah Museum, Kota Kinabalu
Further Info : Datuk Joseph Pounis Gun-tavid
Tel : 088 253199, Fax : 088 240230
Email : Muzium.Sabah@sabah.gov.my

Patterns and Colours of Sabah
Date : 11 May - 05 June 2006

Organiser : Sabah Art Gallery
Venue : Sabah Art Gallery, Kota Kinabalu
Further Info : Datuk Yaman Mus
Tel : 088 268875
Fax : 088 210040
Email : gallery_9@msn.com
Tel : 088 232121
Fax : 088 265540
Email : shahira@sabahtourism.com
Website :
http://www.sabahtourism.com/event/kkso

Harvest Festival Celebration
Date : 15 - 31 May 2006
Organiser : Hyatt Regency Kinabalu
Venue : Tanjung Ria Café, Hyatt Regency Kinabalu, Kota Kinabalu
Further Info : Food & Beverage Department
Tel : 088 221234
Fax : 088 254315

Email : hyatt.kinabalu@hyattintl.com

Harvest Festival Regatta
Date : 27 - 28 May 2006
Organiser : Kinabalu Yacht Club
Venue : (Not Stated)
Further Info : Mr. Christopher Chin
Tel : 088 240070 / 243070
Fax : 088 243007

Grand Finale – Tadau Kaamatan Celebrations

Date : 30 - 31 May 2006
Organiser : Kadazandusun Cultural Association (KDCA)
Venue : KDCA Hall Penampang
Further Info : (Not Stated)
Tel : 088 713696
Fax : 088 713350
Email : bovis@asia.com

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
Kiulu

TUESDAY 6am - 2pm
Kiulu

WEDNESDAY 6am - 2pm
Pinggan-pinggan, Tamparuli & Kudat

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

FRIDAY 6am - 2pm
Donggongan, Sunsuron, Weston, Mesapol, Kanibangan

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

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