

DO YOU KNOW

By ANNA VIVIENNE

# LANGKUAS

GALANGAL is native to Malaysia and is known locally as langkuas. It is scientifically known as *Alpinia galangal*. It belongs to the Zingiberaceae family and related to ginger or zingiber officinale.

This item is used in food ingredient, and is found in the local market. It is not widely utilised by the Kadazandusun community, but they are planted for commercial purposes.

The rhizome of galangal resembles ginger in appearance, but its flavour is different, with an aroma evocative of camphor. The fresh root is much denser than ginger and if at all mature; cutting it requires a sharp cleaver and considerable effort.

Purchasing and storing: Galangal may be purchased sliced and bottled in brine. This is tenderer and less fibrous than any fresh galangal.

Galangal is used in Indonesian and Malaysian cooking.

If using galangal slices in salt water, simply chop it roughly before pounding or blending into paste. If tender fresh galangal is available, wash the rhizomes and scrape away any woody parts before chopping.

I have been informed that fresh rhizomes are used in the treatment of diarrhoea, vomiting, flatulence and intestinal worms. In the Kadazandusun community it is used to treat ringworm.



WHERE TO STAY

Winner Hotel  
Phone: 60 088 243222  
Fax: 60 088 217345

Hotel Deleton  
Phone: 60 088 252222  
Fax: 60 088 267999

Kinabalu Daya Hotel  
Phone: 60 088 240000  
Fax: 60 088 263909

Berjaya Palace Hotel  
Phone: 60 088 211911  
Fax: 60 088 211600

Hotel Shangri-La  
Phone: 60 088 212800  
Fax: 60 088 212078

Likas Square Business Suites  
Phone: 60 088 252233  
Fax: 60 088 251122

Tang Dynasty Hotel  
Phone: 60 088 263389 / 251155  
Fax: 60 088 263989 / 265566

Beverly Hotel  
Phone: 60 088 258998  
Fax: 60 088 258778

Promenade Hotel  
Phone: 60 088 265555  
Fax: 60 088 246666 / 253980

Hyatt Regency Kinabalu  
Phone: 60 088 221234  
Fax: 60 088 225972

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  
Phone: 60 088 225800 / 41800 / 293306 (Reserv)  
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: 6 088 318888  
Fax: 6 088 317777

Langkah Syabas Beach Resort  
Phone: 6 088 752000  
Email: lsr@po.jaring.my

Megah D'Aru Hotel  
Phone: 6 088 239666  
Email: mdaru2@streamyx.com

Radius International Waterfront Kota Kinabalu  
Phone: 6 088 525969 / 447200  
Fax: 6 088 525967  
Email: www.radius-waterfrontkk.com

Imperial International Hotel Kota Kinabalu  
Phone: 6 088 522888 / 447200  
Fax: 6 088 522999 / 442300  
Email: www.imperialkk.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**  
Tandek

**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

sabahtravelguide.com

The Ultimate Travel Guide to Sabah, Borneo's Paradise

Sabah Travel Guide.com (STG) is a comprehensive online free travel guide for visitors to Sabah, Malaysia. It is also presently the most accepted and complete information hub for tourism industry of Sabah. Main focus of STG is to create more awareness of visiting Sabah to the global tourism market and to provide an online automated market place for tourist and tour operators.

To subscribe to STG newsletter, please sign up as a member and enjoy special offers