

DO YOU KNOW?

By Anna Vivienne

Satay is a dish that is believed to have originated from Sumatra or Java, Indonesia. However, it is popular in many Southeast Asian countries including Malaysia and Sabah. Satay in Sabah is a very popular dish especially during celebrations and it can be found throughout the State. Although recipes and ingredients vary from country to country, satay generally consists of chunks or slices of meat on bamboo or coconut leaf spine skewers, which are grilled over a wood or charcoal fire. Turmeric is often used to marinate satay and gives it a characteristic yellow colour.

Meats used include beef, venison, fish, shrimp and chicken. Some have also used more exotic meats, such as rabbit. It is usually served with a spicy peanut sauce dip, or peanut gravy, slivers of onions and cucumbers, and ketupat.

Personally, I have heard of a variants of satay. There is the Satay Madura, originating in the island of Madura, certainly the most famous variant known among Indonesians. Most often made from mutton or chicken, the distinctive characteristic of the recipe is the black sauce made from soy sauce mixed with palm sugar, garlic, shallots, peanut paste, fermented shrimp paste, pecans, and salt. It is mainly eaten with rice and venison curry.

The other version of Indonesian satay is the Satay Lilit. It is from Bali.

It is actually made of minced meat, mixed with grated coconut, lemon juice, shallots and pepper. It is wound on lemon grass stalks and roasted.

Satay Makassar, is from a region in Southern Sulawesi. It is made from beef and cow offal marinated in sour carombole sauce. It has a unique sour and spicy taste. Unlike most satays, it is served without sauce.

Satay Kajang is of course the most popular satay dish in Malaysia. The satay from this region, with a secret recipe, is succulent with a very delicious peanut dip. Actually Satay Kajang is available in Kuala Lumpur but not in our State.

Satay is of course available everywhere in the city. In fact you can see satay vendors selling their wares on five foot walkways in Kota Kinabalu after six pm. So if you want to give a taste of 'sidewalk' satay to your guests, you just have to walk around Kota Kinabalu. You may even be spoiled for choice.



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 / 241800 / 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: 60 088 318888
Fax: 60 088 317777

JUNE EVENTS

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

Traditional Food and Drink Exhibition
Date : June 2006
Organiser : Monsopiad Cultural Village
Venue : Monsopiad Cultural Village, Penampang
Further Info : Agil Bajera
Tel : 088 761336
Fax : 088 761336
Email : info@monsopiad.com

COMIC AND CARTOON EXHIBITION

Date : 08 June - 03 July 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

3RD REEF BALL CORAL CONSERVATION PROJECT

Date : 08 - 10 June 2006
Organiser : The Reef Dive Resort, Matakang Island
Further Info : Carol Teh & Yoshiko Suzuki
Tel : 60 89 770022

Email : sales@mataking.com
Website : http://www.mataking.com

21ST SABAH DRAGON BOAT RACE 2006

Date : 18 June 2006
Organiser : Sabah Tourism Board / Sri Pelancongan Sabah Sdn Bhd / Sabah Chinese Culture Association
Venue : Likas Bay, Likas
Further Info : Balwant Singh Kler
Tel : 088 232121
Fax : 088 265540
Email : balwant@sabahtourism.com
Website : http://www.sabahtourism.com/dragonboat06/index.html

3RD SANDAKAN MOUNTAIN BIKE RACE

Date : 18 June 2006
Organiser : Sandakan Mountain Bikers
Venue : Thsun Ngen Tropical Rainforest
Further Info : James Cho
Tel : 60 89 211084
Fax : 60 89 211084
Email : sdkbiker@yahoo.com, kedajjam-timehouse@hotmail.com

THE SABAH CULTURAL FESTIVAL 2006

Date : 20 - 21 June 2006
Organiser : Sandakan Municipal Council
Venue : (Not Stated)
Further Info : Yeo Boon Hai (President)
Tel : 089-275400 / 272460
Fax : 089-272112

Email : Yeo.BoonHai@sabah.gov.my

SABAH AMATEUR GOLF CLASSIC

Date : 24 June - 01 July 2006
Organiser : Moray Travel Company Pty Ltd (Australia)
Venue: Sutera Harbour Golf & Country Club
Further Info : Anthony Hunt
Tel : TOLL FREE 1800 818 002E (Australia)
Fax : 02 9221 4408 (Australia)
Email : anthony@moraytravel.com.au
Website : http://www.moraytravel.com.au

PIANO DUO & SOLO CONCERT BY AHN SOHYUN & DAVID HENRY

Date : 24 June 2006
Organiser : Kota Kinabalu Music Society
Venue : Yayasan Sabah Mini Theatre, Kota Kinabalu
Further Info : Helen Tseu
Tel : 60 88 437322
Fax : (Not Stated)
Email : (Not Stated)
Website : http://www.geocities.com/kkmusicociety.com

NUNUK RAGANG CEREMONY

Date : 30 June - 01 July 2006
Organiser : Kadazandusun Cultural Association
Venue : Kg. Tompions, Ranau
Further Info : Benedict Topin
Tel : 088 713695 / 715478
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
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

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