

DO YOU KNOW

By ANNA VIVIENNE



BAMBANGAN, 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 hand 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 fish 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 'nosom 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.

WHERE TO STAY

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

Hotel Deleeton
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

BAMBANGAN

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, Mesapoh, Kanibangan

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

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