

DO YOU KNOW

By ANNA VIVIENNE

WHERE TO STAY



Kadazandusun Community:

DISHES



Every community has its own special type of dishes. For instance curry is to Indian what sambal belacan is to the Malays.

In most Kadazandusun communities, the speciality is the hinava. Hinava or 'rinawal' depending on which of the community's 40 ethnic groups you belong to, is a type of raw dish with the 'cooking' ingredient being lime and salt. The main ingredient can be anything from fish to prawns to squids.

Usually it is fish, however, that is used in making the hinava. The fish in question is chopped into small pieces and washed thoroughly with warm water. Salt is then added and mixed. Onions and garlic are then chopped finely and added into the fish. The amount of onion and garlic used depend on the mount of fish. Some people like to add in chopped chilli but this is according to taste.

Lime is then added in. the amount of lime used should be enough to pickle the whole ingredient. Let it stand for 15 minutes and then it is ready for consumption.

The other dish famed among the kadazandusun community is pickled fish. Fish used in the pickled called "nonsom sada" or 'bosou' is usually small freshwater fish fries.

The fishes are cleaned thoroughly and then salt is added. After that cool overnight rice is crumbled into the concoction. It is then mixed thoroughly.

The dried seeds of the Pangi or Pangium edule are then chopped open and the contents scrapped out. The scrapped out contents are then pounded until they are powder-like. This item is then sprinkled on the concoction and mixed thoroughly.

The mixture is then scooped into small jars which will be closed tightly. This ensures that the bosou is not 'contaminated'. If the jar is not closed too tight, chances are the mixture will soon be permeated with worms! It should be ready for consumption in one month time.

Bosou can be eaten just as it is with rice or you can steam or fry it with onions and chilli. The other food item that is widely consumed in the Kadazandusun community is the 'nonsom Bambang'.

The nonom Bambang or the pickled bambangan is relatively easy to make.

Bambangan, botanically called Mangifera pajang is derived of its skin and then cut into bite sizes. It is then sprinkled with salt and then the seeds are cut open and grated. The grated seeds, in powder form is then mixed thoroughly with the concoction.

It is then left to keep for weeks before being eaten. Some pickles are known to last for a year.

Another dish well liked by the people is the 'Pinasakan' or boiled fish. Pinasakan or 'Pinarasakan' is simple but the result can be quite tasty.

The fish is gutted and cleaned and lined up in a work. Salt is then sprinkled on it as well as other ingredients like young mango fruit cut into slices or young bambangan fruit. After that water is poured on it with a dash of cooking oil and then it is left to cook. It should be cooked until the water dry. By that time, the fish should be soft. It is then eaten with rice.

These are only some of the several traditional dish cooked and consumed by the people of Sabah.

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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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