

DO YOU KNOW?

By Anna Vivienne

BANANA FLOWER

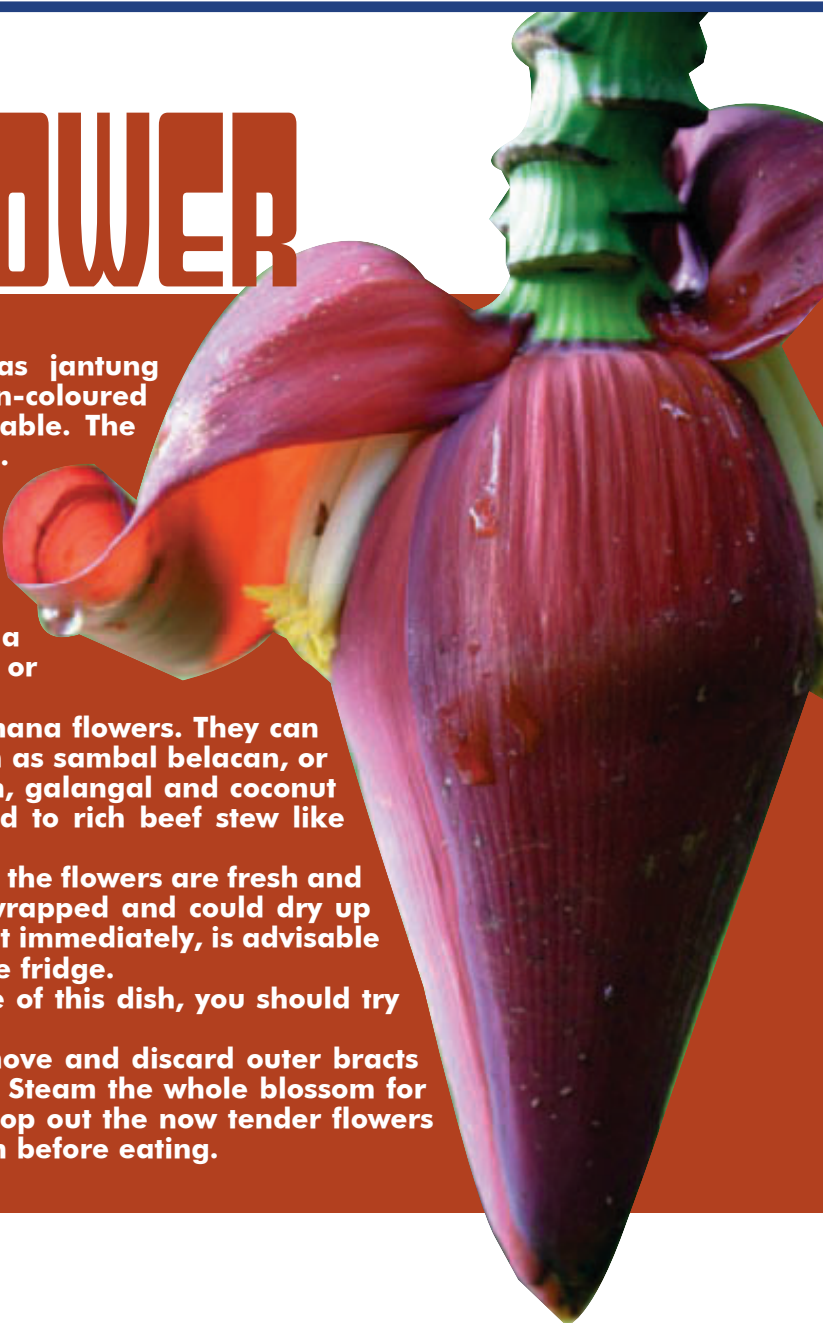
Banana Flower or locally known as jantung pisang, the deep purplish-crimson-coloured banana flower, is used as a vegetable. The flower is borne at the end of the stem. Long, slender, sterile male flowers with a faint sweet fragrance are lined up in tidy rows and protected by large reddish bracts. Higher up the stem are groups of female flowers which develop into fruit without fertilisation. Actually you have a choice of calling them 'Banana blossom' or 'banana heart'.

There are many ways to eat tender banana flowers. They can be eaten raw with the pungent dip known as sambal belacan, or simmered in a hot sour soup with chicken, galangal and coconut milk. Banana blossom can also be added to rich beef stew like Ngiu Chap.

If you need to buy them, make sure that the flowers are fresh and bright. Usually they are sold without unwrapped and could dry up too quickly. So if you don't intend to cook it immediately, is advisable to wrap it up in a paper and keep it in the fridge.

If you want to give your tourists a taste of this dish, you should try out the dip.

To prepare the flower for cooking, remove and discard outer bracts until the inner, paler portion is revealed. Steam the whole blossom for half an hour and cut it open. You can scoop out the now tender flowers with a spoon and dip it in sambal belacan before eating.



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: 6 088 318888
Fax: 6 088 317777

Hotel Capital Sdn Bhd
23, Jalan Haji Saman
P.O. Box 11223, 88813
Kota Kinabalu
Phone: 6 088 231 999 (10 lines)
Fax: 6 088 237 222

JUNE EVENTS

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

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, KK
Further Info : Helen Tseu
Tel : 60 88 437322
Fax : (Not Stated)
Email : (Not Stated)
Website : <http://www.geocities.com/kkmu-sicsociety.com>

NUNUK RAGANG CEREMONY

Date : 30 June - 01 July 2006
Organiser : Kadazandusun Cultural Association
Venue : Kg. Tompios, 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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