

# DO YOU KNOW ?

By Anna Vivienne



**KAFFIR LIME**, known locally as limau purut, is used to flavour many dishes in Sabah.

The tree is not large and grows to just about five metres tall. The fruit is dark green and round, with a distinct nipple on the stem end. It has a thick rind, bumpy and wrinkled, and one of its common names is 'porcupine orange'. As the fruit becomes older, the colour fades to a lighter, yellowish green.

The leaves and rind have a distinctive smell which makes it very useful to flavour soups, salads and curries. Adding it to venison curry will minimise the

gamey smell.

The leaves may be recognised by their distinctive two sections. For simmering in soups or curries, the leaves are used whole. Frozen or dried leaves may be used for simmering if fresh leaves are not available. The finely grated rind of the lumpy-skinned fruit has its own special fragrance. Fresh kaffir limes freeze well when enclosed in freezer bags, and will keep indefinitely in that state. Just grate a little rind off the frozen lime and replace lime in freezer until next required. The leaves freeze well too.

Salads or garnishes require fresh leaves

when they are young and tender. You can put them in salads or curries whole or shredded.

The fruit can be used as a remedy for head lice and dandruff. All you do is pound the fruit until it become a pulp and smear it on the head. Let it stand for an hour and wash off.

This fruit is available in the local traditional market, tamu.

## 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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