

DO YOU KNOW?

By Anna Vivienne

SAGO is a pure starch foodstuff extracted from the sago palm or other palms which develop starchy pith.

The sago palm flowers when it is quite tall and this is when it is felled, as it will have build up large reserve of starch in the pith.

The pith scooped out and ground. The starch is washed with water, allowed to settle and the water poured away from the top. If the remaining starch is dried at this stage it becomes sago flour.

In the olden days the sago processing is a communal affair. la whole village will turn out to fell the sago palm and split the trunk which has been divided into two or three lengths,

The trunk is then split and the pith smashed with hoes until the starch surfaces. It is then sluiced into a sieve and excess pith thrown out. The starch is then allowed to settle and the water scooped out from the surface.

The sago starch is then divided among the people. A whole palm has been known to provide a whole village of maybe 50 residents inclusive children, a month supply of sago.

There are various ways to cook sago starch. You can bake it over a slow fire which results in a food product like pancake. You can eat this with sugar and grated coconut.

You can also fry it over a slow fire which makes it floury. You can eat this with grated coconut or with bananas. The coconut is sprinkled on top of the flour and you can spoon it into your mouth. Or you can mash sweet ripe bananas on it.

The most well known way of cooking sago is of course by pouring it in boiling water. It forms a gummy substance that you eat with condiments, like sambal belacan.

Sago starch is available in the traditional market, tamu, in Sabah. They come in plastic bags nowadays, as oppose to the olden days when it came wrapped in leaves.

They cost RM1 a packet.



Sago

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

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

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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