

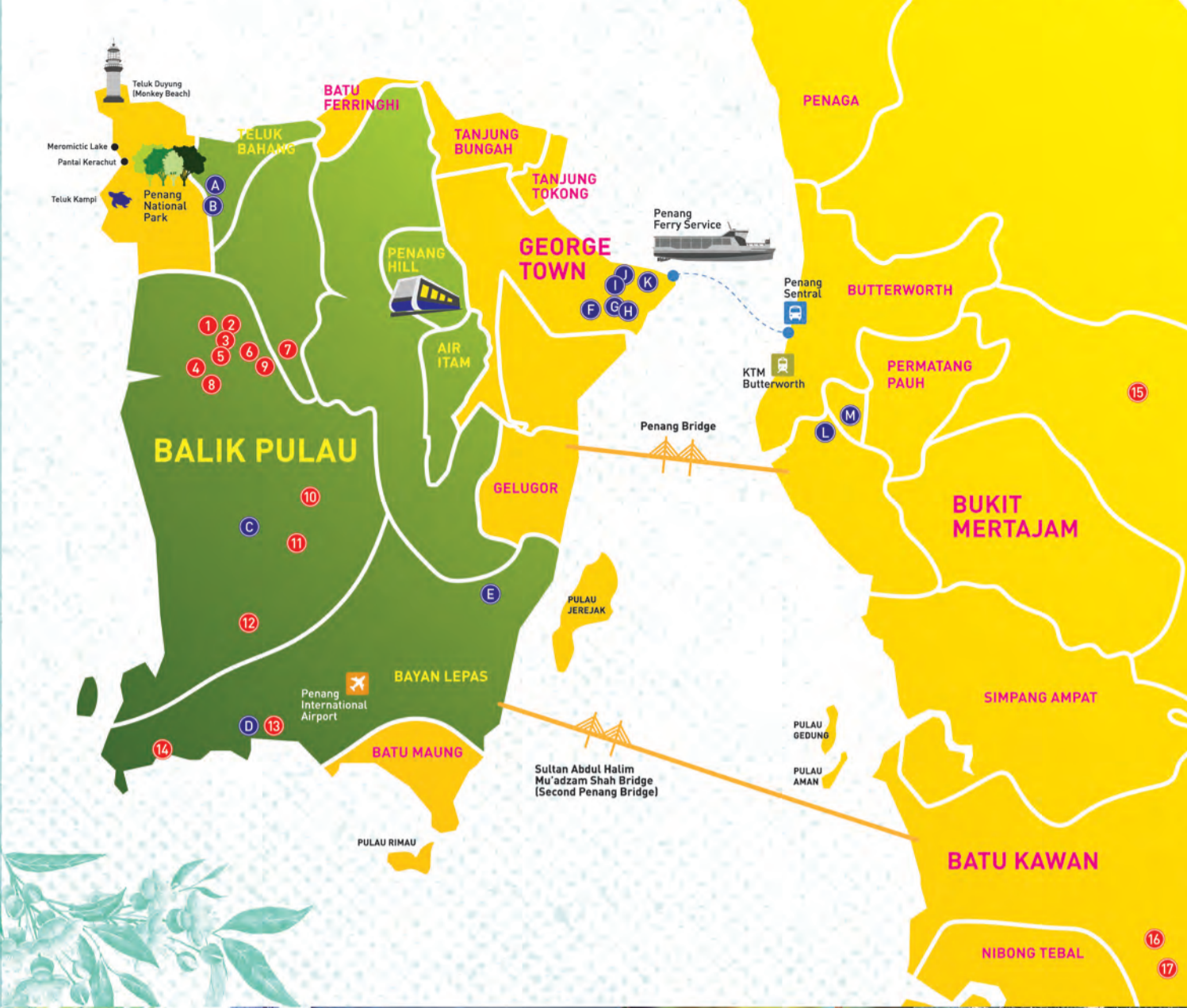
King of the Hill

Despite being a Southeast Asian favourite for centuries, the durian remains as one of the most beguiling and intriguing fruits due to its interesting taste and smell. Durians are known for its size and thorns which is why it's called "durian", which means "thorny" in Malay. It is the "King of Fruits" for many reasons, one being the obvious ring of spikes encircling its stem, mimicking a crown. Another reason is that the king of the jungle, the tiger is said to be a durian lover. Though rare, Sumatran durian farmers still see tigers wandering into durian orchards during the harvest season.

10 FUN FACTS ABOUT DURIAN

you probably haven't heard of before

- The fruit contains monosaturated fats which help fight bad levels of cholesterol.
- In Malaysia, the durian flesh is often used in traditional soups, sauces and curries.
- It raises the levels of serotonin in the brain, creating a feeling of euphoria.
- In West Malaysia, Penang is one of the oldest provinces to develop durian plantations, beginning as early as the 1950s.
- Penang has the perfect sweltering weather for durians to come to fruition.
- Durian trees can grow up to 50 metres in height, which is half of the size of Big Ben in London!
- Durians are banned in most hotels, public transportation and on planes.
- There are more than 100,000 hectares of durian orchards in Malaysia.
- On average, durians weigh about as much as a new born baby (1-3kg/2-7lb).
- In Malaysia, durian season is between May to September while in Penang, peak durian season is from June to July.



ALL HAIL THE KING OF FRUITS PENANG



Authentic Durian Dishes to Savour

Let your taste buds be tantalised by these kampung classics!

- LEMPOK DURIAN**
Local toffee made from glutinous rice flour, coconut milk and palm sugar.
- TEMPOYAK**
Fermented durian, commonly added in curries or stir-fried dishes.
- DURIAN PENGAT**
A dessert made from sweet potatoes mixed with palm sugar, coconut milk and durian flesh.
- PULUT DURIAN/DURIAN STICKY RICE**
This sticky dessert is a mixture of glutinous rice drenched in coconut milk.

Unconventional Durian Delicacies

Be sure to try out these amazing fusion treats made from durian flesh!

- FRIED DURIAN FRITTERS**
Prefrozen durians rolled into flour, dipped in butter and fried in hot oil.
- DURIAN SWEETS**
Small pieces of confectionary made with sugar and durian flavouring.
- DURIAN PANCAKE**
Durian pulp encased in a crispy pillow-shaped coconut pancake.
- DURIAN CRÈME BRÛLÉE**
A smooth mixture of evaporated milk, sugar and durian flesh simmered over medium-heat then stirred with egg yolks before chilling in the fridge.
- DURIAN MACARONS**
Luscious durian flesh sandwiched between two delicate macaron shells.
- DURIAN PIZZA**
A combination of cheese and durian pizza toppings.
- DURIAN ICE CREAM**
Frozen durian flesh, milk and non-dairy whipping cream.
- DURIAN SHAVED ICE**
Durian flavoured shaved ice topped with nuts, syrup, panna cotta or ice cream.

Durian Stalls & Farms

- | DURIAN STALLS | DURIAN FARMS, ESTATES & RESORTS |
|---|--|
| A 818 DURIAN STALL
7, Jalan Teluk Bahang, 11050 Teluk Bahang, Pulau Pinang.
☎ +6017-416 9606 (Ah Wei)
🕒 10am to 6pm daily | 1 KARUNA HILL
849, Bukit Kechil Mukim 2, 11010 Balik Pulau, Pulau Pinang.
☎ +6016-441 4488
☎ +6016-441 0808 |
| B 8321 DURIAN PLANTATION
Jalan Teluk Bahang, 11050 Teluk Bahang, Pulau Pinang.
☎ +6016-434 4263 (Mr Eric)
🕒 10am to 6pm daily | 2 DURIAN RUMAH BATU (STONE HOUSE PLANTATION)
127 Mk 2, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang.
☎ +6012-538 5128 |
| C PAK HAJI DURIAN STALL
Jalan Titi Teras, 11000 Balik Pulau, Pulau Pinang.
☎ +6011-1322 3595 (other fruits are available during off durian season) | 3 GREENDALE ORCHARD
Lot 897, Mk 2, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang.
☎ +6012-430 8732
☎ +6017-453 0453 |
| D GOH BROTHERS DURIAN STALL
28, Jalan Teluk Kumbang, 11920 Bayan Lepas, Pulau Pinang.
☎ +6019-471 7931 (Max)
🕒 9am to 10pm daily (during durian season only) | 4 WONG DURIAN HOUSE
401 Mk A, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang.
☎ +6012-424 5993 (Mr Chang)
🕒 11am to 5pm daily (during durian season only) |
| E POH BENG DURIAN STALL
17, Medan Mahsuri 1, Bandar Sunway Tunas, 11900 Bayan Lepas, Pulau Pinang.
☎ +6017-575 5591 (Mr Chang)
☎ +6018-395 1886 (Kok Chin)
🕒 11am to 7pm daily (during durian season only) | 5 KHUN POH 1818 DURIAN HILL
125 Mk 2, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang.
☎ +6019-223 4326 |
| F LENG DURIAN STALL
121 Jalan Anson, 10400 Penang.
☎ +6019-412 1616 (Mr Ang)
🕒 11am to 9pm daily | 6 BAO SHENG DURIAN FARM
150 MK 2, Sungai Pinang, 11000 Balik Pulau, Pulau Pinang.
☎ +6012-411 0600
☎ +6012-401 0800 |
| G PENANG AH TEIK DURIAN STALL
Lorong Susu, 10450 George Town, Pulau Pinang.
☎ +6012-438 3881 (Mr. Teik)
☎ +6016-415 8579 (Mr. Aun)
🕒 9.00am to 10.30pm daily | 7 GREEN ACRES ORCHARD AND ECOLOGES
Batu Itam, Balik Pulau, Pulau Pinang.
✉ greenacrespenang@gmail.com |
| | 8 POH BENG ESTATE
71-E, Desa Pinang, Sg. Pinang, 11010 Balik Pulau.
☎ +6017-575 5591
☎ +6016-430 9113 |
| | 9 DURIAN TREE HOUSE
300 Titi Kerawang Mk 2, 11010 Balik Pulau, Pulau Pinang.
☎ +6012-621 8861 |
| | 10 LIM BROTHERS ORCHARD
51, Mk 5, Titi Serong, 11000 Balik Pulau, Pulau Pinang.
☎ +604-866 8551 |
| | 11 CHANG HUAT CHOON DURIAN NURSERY
207, Mk 6, Jalan Tun Sardon, 11000 Pulau Pinang.
☎ +6012-577 1029
☎ +6012-492 1125
☎ +6016-438 8029 |
| | 12 NATURE FRUIT FARM RESORT
311, Mk 7, Kampung Genting, 11000 Balik Pulau, Pulau Pinang.
☎ +6011-5675 9128 |
| | 13 CHONG WOOL HER DURIAN FARM
700 Mk 8, Gertak Sanggul, Teluk Kumbang 11910 Pulau Pinang.
☎ +6019-425 7631 |
| | 14 FRIENDLY HOME DURIAN FARM
Gertak Sanggul, 11910 Teluk Kumbang, Pulau Pinang.
☎ +6012-421 7346 |
| | 15 ONG CHIN CHYE
Suling Hill, Kubang Semang, 14400 Bukit Mertajam, Pulau Pinang.
☎ +6019-566 7477 |
| | 16 DURIAN FARM WONG
8 Taman Kesumba, 14200 Sungai Jawi, Pulau Pinang.
☎ +6012-571 5719 |
| | 17 LEE KEAN LIANG(SG.BAONG)
Lot 854, Mukim 4, Sg. Baong, SPS, Pulau Pinang.
☎ +6012-493 2785 |

Nutritional Benefits

The nutritional benefits of durian that might surprise you

- WATER**
64.9g = 1/2 cup of water
- ENERGY**
147 kcal = 2 1/2 oranges
- CARBOHYDRATES**
27.09g = 3 1/2 slices of watermelon
- PROTEIN**
1.47g = 1 cup of chopped onions
- TOTAL FAT**
5.33g = 1 medium chicken drumstick
- DIETARY FIBRE**
3.8g = 1 cup of sliced bananas
- VITAMIN A**
44IU = 14 guavas
- VITAMIN B-6**
0.316mg = 3 large eggs
- VITAMIN C**
19.7mg = 3 kiwis

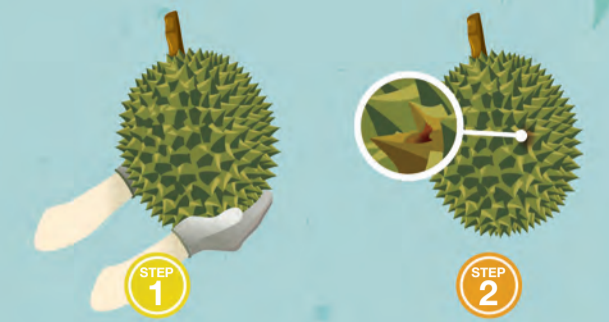
Cholesterol	0mg	Phosphorus	39mg = 1/2 cup of white rice
Vitamin B-12	0.00µg	Zinc	0.28mg = 3 ounces of cooked sole (a type of fish)
Sodium	2mg = 100g of grapes	Manganese	0.325mg = 1/2 slice of whole wheat bread
Potassium	436mg = 6 cups of sweet potato	Retinol	0µg
Calcium	6mg = 2 almonds	Carotene-α	6µg = 0.16g of avocado
Copper	0.207mg = 1 cup of chickoo	Carotene-β	23µg = 1 teaspoon of dried paprika
Iron	0.43mg = 1/4 cup of stewed tomatoes		
Magnesium	30mg = 100g of tofu		

Durian Varieties and Taste

If you think there's only one type of durian, think again. There are more than 30 species of durian and this fruit is often considered controversial because its aroma has a very divisive effect on people. The shape, taste and colour of durian flesh may differ according to its environment, tree age, condition after falling and other known and unknown variables.

Choosing the Right Durian

Do You Know How to Pick a Durian?



STEP 1
Hold the durian carefully, with gloves if needed.

STEP 2
Look for any signs of holes, no holes means there are no bugs burrowing inside.



STEP 3
Wiggle the stem, if it feels loose, then it's almost ripe, if it breaks off easily, it's ripe and ready!

STEP 4
You should get a faint sweet smell. A strong aroma means it's overripe and if there's no smell, it's unripe. Be careful not to prick your nose when smelling it!



Durian's Cultural Influences

Whether you believe it or not, here are the top 8 myths – and facts – about the King of Fruits.



1 Back in the day, durian sellers would open as many durians as needed until customers were fully satisfied in order to seal the deal.

2 According to Chinese beliefs, durians are "heavy". You can balance your Chi by eating mangosteens, which are cooling or drink water out of an empty durian shell.

3 Did you know? The fruit has killed people in the past and still does every year! So, mind your head when venturing into a durian orchard on your own.

4 According to traditional Malay medicine, durian leaves and its roots can be used to bring down a fever.

5 Locals believe that if a durian falls and lands on any part of your body, it means you're a wicked person or just really unlucky.

6 Be mindful of what you say when you're roaming durian farms, folklore has it that because the fruit has eyes it can see where it's falling.

7 Eating durians during a pregnancy may cause your infant to develop acne.

8 A popular urban myth is to wash your hands under running water with a durian husk to remove any lingering odour.

DATO NINA (D2)

- Shape: Oblong
- Seed Size: Small
- Flesh Colour: Orangey Yellow/Reddish
- Texture: Fiberless, Creamy
- Taste: Sweet, Slightly Bitter

LIPAN BARA

Yah Kang Ang Bak

- Shape: Oblong
- Seed Size: Big
- Flesh Colour: Orangey Yellow
- Texture: Creamy, Sticky
- Taste: Sweet

GOLD FISH

Kim Hu, Ikan Emas

- Shape: Round
- Seed Size: Medium
- Flesh Colour: Yellow
- Texture: Dry, Sticky
- Taste: Sweet, Slightly Bitter

GANJA

Tangkal Panjang, Kan Yao, Ganjau

- Shape: Round
- Seed Size: Big
- Flesh Colour: Yellow
- Texture: Dry, Sticky
- Taste: Sweet

LITTLE RED

Xiao Hong

- Shape: Oval
- Seed Size: Big
- Flesh Colour: Orangey Yellow/Reddish
- Taste: Sweet, Slightly Bitter

HOR LOR (D163)

Water Gourd, Labu, Hulu

- Shape: Oblong
- Seed Size: Medium
- Flesh Colour: Yellow
- Texture: Creamy, Sticky
- Taste: Sweet, Slightly Bitter

GREEN SKIN 15 (D165)

Chaer Phoy, Cheh Chee, Kulit Hijau

- Shape: Oblong
- Seed Size: Medium
- Flesh Colour: Yellow
- Texture: Dry, Sticky
- Taste: Sweet, Slightly Bitter

KHOON POH (D164)

Durian Tembaga, Ang Bak, Kun Poh, Isi Merah

- Shape: Oblong
- Seed Size: Medium
- Flesh Colour: Orangey Yellow
- Texture: Fiberless, Creamy
- Taste: Sweet, Slightly Bitter

RED PRAWN (D175)

Ang Hae, Hong Xia, Udang Merah

- Shape: Round/Oblong
- Seed Size: Small
- Flesh Colour: Orangey Yellow/Reddish
- Texture: Sticky, Creamy, Soft
- Taste: Sweet, Slightly Bitter

MUSANG KING (D197)

Raja Kunyit, Mao Shan Wang, Cat Mountain King

- Shape: Oblong
- Seed Size: Small
- Flesh Colour: Orangey Yellow
- Texture: Creamy
- Taste: Sweet, Slightly Bitter

ORCHEE (D200)

Black Thorn, Duri Hitam, Hei Ci

- Shape: Round
- Seed Size: Medium
- Flesh Colour: Orangey Yellow
- Texture: Sticky, Creamy, Soft
- Taste: Sweet, Slightly Bitter, Alcoholic

LIPAN (D101)

Yah Kang

- Shape: Oblong
- Seed Size: Small
- Flesh Colour: Pale Yellow
- Texture: Creamy, Sticky
- Taste: Sweet, Slightly Bitter

CAPRI

Kapri

- Shape: Round
- Seed Size: Medium
- Flesh Colour: Pale Yellow
- Texture: Sticky, Firm
- Taste: Sweet, Slightly Bitter, Alcoholic

LIN FENG JIAO

Jackie Chan's Wife

- Shape: Oblong
- Seed Size: Medium
- Flesh Colour: Yellow
- Texture: Sticky
- Taste: Sweet, Slightly Bitter

D600 (D198)

- Shape: Oblong
- Seed Size: Medium
- Flesh Colour: Yellow/Orangey Yellow
- Texture: Creamy, Sticky
- Taste: Sweet

ANG BAK KIA

- Shape: Round
- Seed Size: Medium
- Flesh Colour: Orangey Yellow/Reddish
- Texture: Creamy, Sticky
- Taste: Sweet, Slightly Bitter

SUSU

- Shape: Oblong
- Seed Size: Medium
- Flesh Colour: Pale Yellow
- Texture: Creamy, Sticky
- Taste: Sweet, Slightly Bitter

MUNTRI (D14)

- Shape: Round
- Seed Size: Big
- Flesh Colour: Orangey Yellow
- Texture: Sticky
- Taste: Sweet

YI DIAN HONG

- Shape: Oblong
- Seed Size: Big
- Flesh Colour: Orangey Yellow
- Texture: Sticky
- Taste: Sweet

ICE CREAM

Ais Krim

- Shape: Oblong
- Seed Size: Medium
- Flesh Colour: Pale Yellow
- Texture: Creamy, Sticky
- Taste: Sweet



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