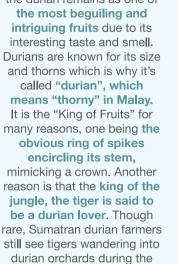
Despite being a Southeast Asian favourite for centuries, the durian remains as one of the most beguiling and intriguing fruits due to its interesting taste and smell. and thorns which is why it's called "durian", which means "thorny" in Malay. It is the "King of Fruits" for

encircling its stem,

harvest season.





you probably haven't heard of before



Durian trees can grow up to 50 metres in height, which is half the size of Big Ben!

banned in most hotels, public transportation and on planes.

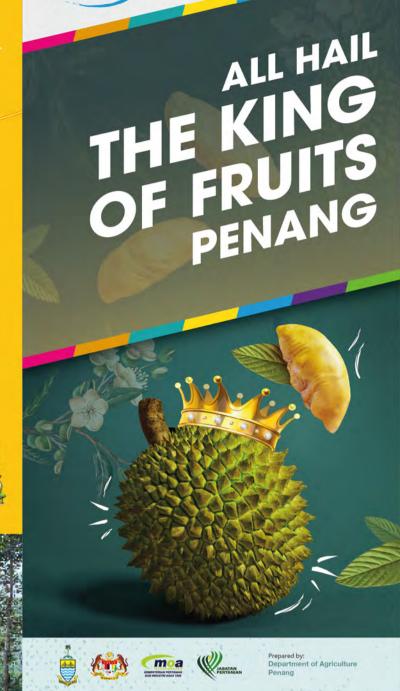
than 100,000 hectares of durian orchards in

On average, durians

weigh about as much as a new







# Authentic Durian Dishes to Savour

In West Malaysia, Penang is one of the

oldest provinces to develop durian plantations, beginning as early as the 1950s.

Let your taste buds be tantalised by these kampung classics!

**LEMPOK DURIAN** Local toffee made from glutinous rice flour, coconut milk and palm

Fermented durian, commonly added in curries or stir-fry dishes.



sweltering weather for

durians to come to fruition

**DURIAN CHICKEN SOUP** 2-3 durians slow cooked in a pot with chicken and slices of ginger.

**DURIAN CHIPS** Thinly sliced unripe durian deep fried in vegetable oil.

**CHARGRILLED DURIAN** Barbecuing the entire fruit until blackened then opening it to find crispy yet creamy



**PULUT DURIAN/DURIAN STICKY RICE** This sticky dessert is a mixture of glutinous rice drenched in

A dessert made from sweet potatoes mixed with palm sugar, coconut milk and durian flesh.

WAJIK

A diamond-shaped snack made using glutinous rice then flavoured with palm sugar, coconut milk and pandan leaves.

**DURIAN FLOWERS IN SAMBAL BELACAN** The bleached stamens and yellow petals of the durian flower are added into sambal belacan for a flavourful aroma



made from durian flesh!

between May to September

while in Penang, peak durian

season is from June to July.



A rich thick filling of durian

paste surrounded by a thin

a cheesecake base with a

Similar to a custard puff, but

A shaved ice dessert served

durian flesh, green rice flour

jelly and red kidney beans.

Frozen durian flesh, milk and

DURIAN ICE CREAM

with coconut milk, palm sugar,

filled with durian cream instead.

creamy durian filling.

A super fluffy and moist cake or

mooncake crust.

**DURIAN CAKE** 

**DURIAN PUFF** 

**DURIAN CENDOL** 

**DURIAN SWEETS** Small pieces of confectionary

pillow-shaped coconut

made with sugar and durian **DURIAN PANCAKE** Durian pulp encased in a crispy

FRIED DURIAN FRITTERS

Prefrozen durians rolled into

flour, dipped in butter and fried

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

**DURIAN MACARONS** Luscious durian flesh sandwiched between two delicate macaron shells.

DURIAN PIZZA A combination of cheese and durian pizza toppings.

non-dairy whipping cream. **DURIAN SHAVED ICE** Durian flavoured shaved ice topped with nuts, syrup. panna cotta

### DURIAN STALLS

A 8321 DURIAN PLANTATION H ANDY OOI @ JELUTONG Jalan Teluk Bahang, 11050 Teluk Bahang, Pulau Pinang. +6016-434 4263

**B** DURIAN STEVEN Jalan Teluk Bahang, 11050 Teluk Bahang, Pulau Pinang. +6016-437 6362 10am to 7pm daily.

**C** 818 DURIAN STALL ', Jalan Teluk Bahang, 11050 Teluk Bahang, Pulau Pinang. +6012-543 4018 +6012-590 3238

**D** LENG'S DURIAN STALL Jalan Anson, 10400 George Town, Pulau Pinang, +6019-412 1616

Lorona Susu, 10450 George Town, Pulau Pinang. +6012-438 3881 (Mr. Teik) +6016-415 8579 (Mr. Aun)

**IT** TNG SIANG HOCK TRADING 74, Jalan Dr Lim Chwee Leong, George Town, Pulau Pinang. 11am to 11pm

G AH HOE'S DURIAN STALL 353, Lebuh Chulia, 10200 George Town, Pulau Pinang. +6016-452 0771

(Monday – Saturday)

Durian Stalls & Farms

MORNING MARKET 51, Jalan Penaga, Jelutong, 11600 George Town, Pulau Pinang. +6016-431 5101

**III** PAK HAJI DURIAN STALL Jalan Titi Teras, 11000 Balik Pulau, Pulau Pinang. +6011-1322 3595

**J** POH BENG'S DURIAN STALL 17, Medan Mahsuri 1, Bandar Sunway Tunas, 11900 Bayan Lepas, Pulau Pinang. +6017-575 5591

K GOH BROTHERS' **DURIAN STALL** 28. Jalan Teluk Kumbar, 11920 Bayan Lepas, Pulau Pinang.

Jalan Tenggiri, 13700 Seberang Jaya, Pulau Pinang. +6012-446 0005

M UNCLE JOHN'S DURIAN 370, Lebuhraya Maktab, 10350 Pulau Pinang. +6016-441 1922

N YEOH TROPICAL FRUITS WHOLESALE Lintang Kurau 7, Taman Chai Leng, 13700 Prai, Pulau Pinang. +6016-418 7148

#### 🖢 DURIAN FARMS, ESTATES & RESORTS

1 FREEDOM ECO-FARM Teluk Bahang, 11100 Teluk Bahang, Pulau Pinang. +6019-447 7806 +6012-480 0584

**2** KARUNA HILL 849, Bukit Kechil Mk 2, 11010 Balik Pulau, Pulau Pinang. +6016-441 4488

+6016-441 0808

**3 GREEN ACRES ORCHARD** AND ECOLODGE Batu Itam, Balik Pulau, Pulau Pinang. greenacrespenang@gmail.com

4 BAO SHENG DURIAN FARM 150, Mk 2, Sungai Pinang, 11000 12 FRIENDLY HOME +6012-411 0600

5 LIM BROTHERS ORCHARD 51, Mk 5, Titi Serong, 11000 Balik Pulau, Pulau Pinang. +604-866 8551

**6 CHANG HUAT CHOON DURIAN NURSERY** 207, Mk 6, Jalan Tun Sardon, 11000 Pulau Pinang. +604-827 9710

7 PENG SIEW DURIAN FARM 51, Mk 5, Titi Serong 11000 Balik Pulau, Pulau Pinang.

+6012-577 1029

**8 KAMPUNG KU ORGANIC DURIAN FARM** Balik Pulau.

+604-866 8551

Mk 5, Bukit Balik Pulau, 11020 Pulau Pinang. +6012-483 6858

9 NATURE FRUIT FARM RESORT 311, Mk 7, Kampung Genting, 11000 Balik Pulau, Pulau Pinang. +6012-488 7773

**10** POH BENG ESTATE 71-E, Desa Pinang, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang. +6017-575 5591 +6016-430 9113

11 CHONG WOOI HER DURIAN FARM 700, Mk 8, Gertak Sanggul, Teluk Kumbar 11910 Pulau Pinang. +6019-425 7631

Gertak Sanggul, 11910 Teluk Kumbar, Pulau Pinang. +6012-421 7346

13 LEE KEAN LIANG (SG.BAONG) Lot 854, Mk 4, Sg. Baong, SPS, Pulau Pinang. +6012-493 2785

14 WONG THO WONG (SG.BAKAP) Lot 909 & 914, Mk 4, Sg. Bakap, SPS, Pulau Pinang.

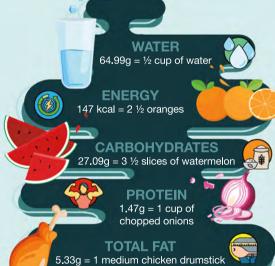
+6019-446 5429 **15 NOR ASERI BIN PUTEH** 

(TASEK) Lot 14, Mk 1, Tasek, SPS, Pulau Pinana. +6017-480 7554

16 ONG CHIN CHYE Suling Hill Kubang Ulu, Kubang Semang, Lorong Penanti, 14400 Bukit Mertajam, Pulau Pinang. +6019-566 7477



durian that might surprise you WATER



DIETARY FIBRE 3.8g = 1 cup of sliced bananas







Cholesterol 0mg Vitamin B-12 0.00µg

2mg = 100g of grapes Potassium 436mg = 6 cups of sweet potato Copper

Magnesium 30mg = 100g of tofu

Phosphorus  $39mg = \frac{1}{2}$  cup of white rice 0.28mg = 3 ounces of cooked sole (a type of fish) Manganese 0.325mg = ½ slice of whole wheat bread 0.207mg = 1 cup of chikoo Carotene-α 6μg = 0.16g of avocado 0.43mg = ¼ cup Carotene-β 23μg = 1 teaspoon

of dried paprika

## 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.

#### DATO NINA (D2 LIPAN BARA GOLD FISH LITTLE RED KHOON POH (D164) **GANJA HOR LOR (D163) GREEN SKIN 15 (D165) RED PRAWN (D175) MUSANG KING (D197)** Tangkai Panjang, Kan Yao, Shape: OblongSeed Size: MediumFlesh Colour: Yellow Shape: RoundSeed Size: MediumFlesh Colour: Yellow Shape: Oblong Seed Size: Medium Flesh Colour: Orangey Yellow Texture: Fiberless, Creamy Taste: Sweet, Slightly Bitter Shape: RoundSeed Size: BigFlesh Colour: YellowTexture: Dry, StickyTaste: Sweet Yellow/Reddish Texture: Fiberless, Creamy Taste: Sweet, Slightly Bitte Texture: Dry, Sticky Taste: Sweet, Slightly Bitter Flesh Colour: Orangey Yellow Texture: Creamy Taste: Sweet, Slightly Bitter Texture: Creamy, StickyTaste: Sweet Flesh Colour: Orangey Vellow/Reddish **KUNYIT** ANG BAK KIA ICE CREAM ORCHEE (D200) **LIPAN** (D101) **CAPRI LIN FENG JIAO** D600 (D198) SUSU MUNTRI (D14) YI DIAN HONG Shape: Oblong Seed Size: BigFlesh Colour: Orangey Yell Flesh Colour: Pale YellowTexture: Creamy, StickyTaste: Sweet, Slightly Bitte Flesh Colour: Orangey Yellow/Reddish Texture: Creamy, Sticky Taste: Sweet, Slightly Bitter Shape: RoundSeed Size: MediumFlesh Colour: Orangey Yell • Texture: Creamy, Sticky Taste: Sweet, Slightly Bitter, Alcoholic **TEKKA (D160)** Tekka **BAK EU** D11 Shape: Round Seed Size: Medium Flesh Colour: Pale Yellow Texture: Creamy, Sticky Taste: Sweet, Slightly Bitter Alcoholic





smell, it's unripe. Be careful not to prick your nose when smelling it!

### Durian's Cuttural Influences

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

Back in the day, durian sellers would open as many durians as needed until customers were fully satisfied in

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

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

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

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

or just really unlucky.

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.

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

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