

KING OF THE HILL

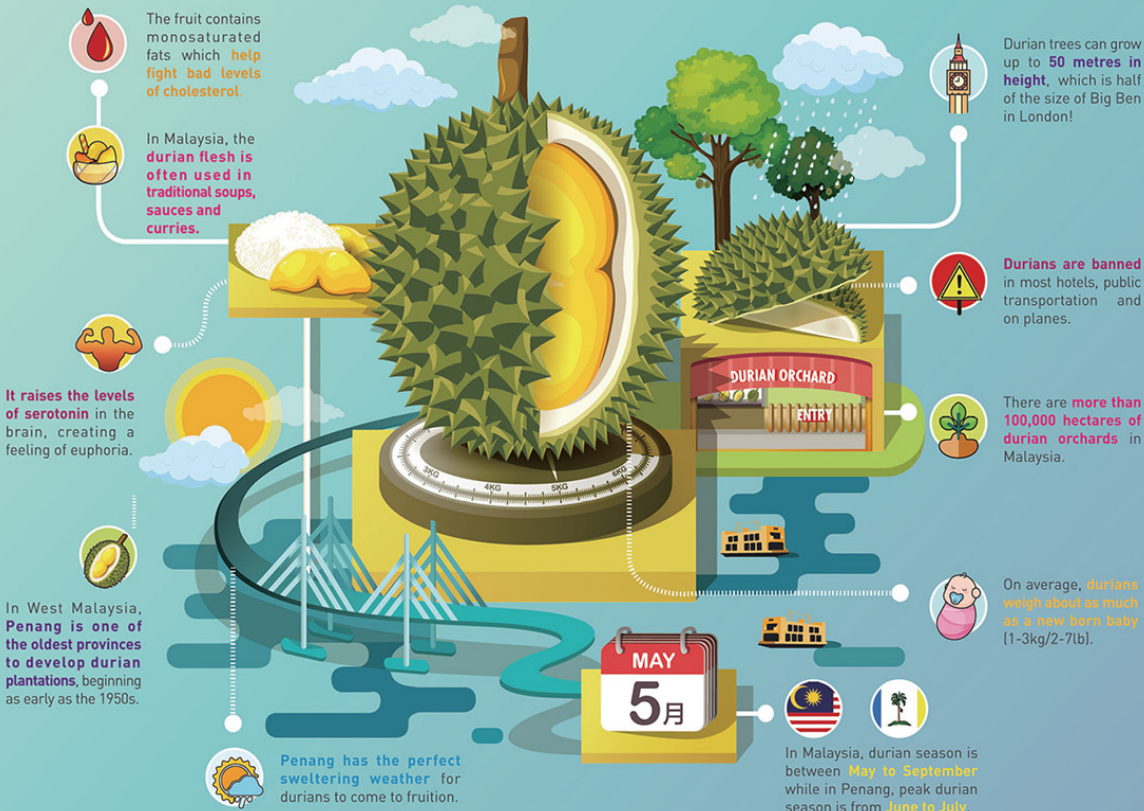
Despite being a Southeast Asian favourite for centuries, the durian remains as one of the **most beguiling and intriguing fruits** due to its interesting taste and smell. Durians are known for its size and thorns which is why it's called "**durian**", which means "**thorny**" in Malay.

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



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.



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



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



WAJIK
A diamond-shaped snack made using glutinous rice and durian flesh, 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.



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 flesh.

UNCONVENTIONAL DURIAN DELICACIES



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



DURIAN MOONCAKE
A rich thick filling of durian paste surrounded by a thin mooncake crust.



FRIED DURIAN FRITTERS
Prefrozen durians rolled into flour, dipped in batter 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 STALLS & FARMS

DURIAN STALLS

A 818 DURIAN STALL
7, Jalan Teluk Bahang, 11050 Teluk Bahang, Pulau Pinang.
☎ +6017-416 9606 (Ah Wei)
🕒 10am to 6pm daily

B 8321 DURIAN PLANTATION
Jalan Teluk Bahang, 11050 Teluk Bahang, Pulau Pinang.
☎ +6016-434 4263 (Mr Eric)
🕒 10am to 7pm daily (during durian season only)

C BUNGA RAYA DURIAN STALL
28, Jalan Teluk Kumbang, 11920 Bayan Lepas, Pulau Pinang.
☎ +6019-471 7931 (Max)
🕒 9am to 10pm daily (during durian season only)

D 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)

E DURIAN KAKI
Jalan Paya Terubong, 11900 Bayan Lepas, Pulau Pinang.
☎ +6012-423 5520 (Ms Selina)
🕒 11am to 7pm daily (during durian season only)

F LENG DURIAN STALL
121 Jalan Anson, 10400 George Town, Pulau Pinang.
☎ +6012-438 3881 (Mr. Teik)
☎ +6016-415 8579 (Mr. Aun)
🕒 10am to 10.30pm daily

G PENANG AH TEIK DURIAN STALL
1 Lorong Susu, 10400 George Town, Pulau Pinang.
☎ +6012-438 3881 (Mr. Teik)
☎ +6016-415 8579 (Mr. Aun)
🕒 10am to 10.30pm daily

H DURIAN CENTRAL @ MACALISTER ROAD DURIAN STALL
63 Jalan Macalister, 10400 George Town, Pulau Pinang.
☎ +6010-900 1288 (Mr Tan) / +6019-573 3783
🕒 11am to 10pm daily

I 81 DURIAN
Opposite New World Park, Jalan Burma, 10050 George Town, Pulau Pinang.
☎ +6012-551 7381 (Mr Wong)
☎ +6012-588 7381 (Mrs Wong)
🕒 11am to 7pm daily (during durian season only)

J AH TEIK ZAI DURIAN STALL
100 A/B, 100 Jalan Burma, 10050 George Town, Pulau Pinang.
☎ +6012-987 5200 (Mr Teik)
🕒 10am to 10pm daily

K AH HOE DURIAN STALL
353, Lebuhr Chulia, 10200 George Town, Pulau Pinang.
☎ +6012-424 5993 (Mr Chang)
🕒 11am to 5pm daily (during durian season only)

L YEOP TROPICAL FRUITS WHOLESALE
Lintang Kurau 7, Taman Chai Leng, 13700 Prai, Pulau Pinang.
☎ +6016-418 7148 / +6019-445 7805 (Mr Yeoh)
🕒 11am to 7pm daily

M AH HOCK DURIAN
Jalan Tenggori, 13700 Seberang Jaya, Pulau Pinang.
☎ +6012-446 0005
🕒 11am to 8pm daily (during durian season only)

N DURIAN PAKTAM LIMA KONGSI
Kampung Lima Kongs, Sungai Bakap, 14200 Seberang Perai Selatan, Pulau Pinang.
☎ +6011-1299 5677 (Puan Fatin)
🕒 9am - 10pm daily (during durian season only)

DURIAN FARMS, ESTATES & RESORTS

1 KARUNA HILL
849, Bukit Kechil Mukim 2, 11010 Balik Pulau, Pulau Pinang.
☎ +6016-441 4488
☎ +6016-441 0808

2 DURIAN RUMAH BATU (STONE HOUSE PLANTATION)
127 Mk 2, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang.
☎ +6012-538 5128

3 GREENDALE ORCHARD
Lot 897, Mk 2, Sg. Pinang 11010 Balik Pulau, Pulau Pinang
☎ +6012-430 4732
☎ +6012-453 0453
☎ +6012-555 5750

4 WONG DURIAN HOUSE
401 Mk A, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang
☎ +6010-667 6755

5 KHUN POH 1818 DURIAN HILL
125 Mk 2, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang
☎ +6019-223 4326

6 BAO SHENG DURIAN FARM
150 Mk 2, Sungai Pinang, 11010 Prai, Pulau Pinang.
☎ +6012-411 0600

7 GREEN ACRES ORCHARD AND ECOLOGUE
Batu Itam, Balik Pulau, Pulau Pinang.
☎ +6019-566 7477
✉ greenacrespenang@gmail.com

8 POH BENG ESTATE
71-E, Desa Pinang, Sg. Pinang 11010 Balik Pulau, Pulau Pinang.
☎ +6017-575 5591
☎ +6018-395 1886

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.
☎ +6017-970 1125
☎ +6012-492 1125

11 CHANG HUAT CHOON DURIAN NURSERY
207, Mk 6, Jalan Tun Sardon, 11000 Balik Pulau, Pulau Pinang.
☎ +6017-970 1125
☎ +6012-492 1125

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 Kumbar 11910 Pulau Pinang.
☎ +6019-511 3749

14 ONG CHIN CHYE
Suling Hill, Kubang Semang, 14400 Bukit Mertajam, Pulau Pinang.
☎ +6019-566 7477

15 DURIAN FARM WONG
1421 Lorong Kesumba 6, Taman Kesumba, 14200 Sungai Bakap, Pulau Pinang.
☎ +6012-571 5719
☎ +6012-493 2785

16 LEE KEAN LIANG
Lot 854, Mukim 4, Sg. Baong, SPS, Pulau Pinang.
☎ +6012-418 0840

17 NENEK DURIAN FARM
Jalan Suling, 14000 Bukit Mertajam, Pulau Pinang.
☎ +6012-418 0840

NUTRITIONAL BENEFITS

The nutritional benefits of durian that might surprise you

WATER
64.99g = 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	0.00ug	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	0ug
Calcium	6mg = 2 almonds	Carotene-a	4ug = 0.16g of avocado
Copper	0.207mg = 1 cup of chickoo	Carotene-b	23ug = 1 teaspoon of dried paprika
Iron	0.43mg = 1/2 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 durians 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.

LIPAN BARA Yah Kang Ang Bak <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Big• Flesh Colour: Orangey Yellow• Texture: Creamy, Sticky• Taste: Sweet	DATO NINA (D2) <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Small• Flesh Colour: Orangey Yellow/Reddish• Texture: Fiberless, Creamy• Taste: Sweet, Slightly Bitter	GOLD FISH Kim Hu, Ikan Emas <ul style="list-style-type: none">• Shape: Round• Seed Size: Medium• Flesh Colour: Yellow• Texture: Dry, Sticky• Taste: Sweet, Slightly Bitter	YI DIAN HONG <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Big• Flesh Colour: Orangey Yellow• Texture: Sticky• Taste: Sweet	LIN FENG JIAO Jackie Chan's Wife <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Medium• Flesh Colour: Yellow• Texture: Sticky• Taste: Sweet, Slightly Bitter	MUSANG KING (D197) Raja Kuniyit, Mao Shan Wang, Cat Mountain King <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Small• Flesh Colour: Orangey Yellow• Texture: Creamy• Taste: Sweet, Slightly Bitter	GREEN SKIN 18 (D165) Chaer Phoy, Cheh Chee, Kulit Hijau <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Medium• Flesh Colour: Yellow• Texture: Dry, Sticky• Taste: Sweet, Slightly Bitter	KUNYIT <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Medium• Flesh Colour: Yellow• Texture: Creamy, Sticky• Taste: Sweet	TEKKA (D160) Buluh Bawah, Tikar <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Medium• Flesh Colour: Orangey Yellow• Texture: Fiberless, Creamy• Taste: Sweet, Slightly Bitter	HOR LOR (D163) Water Gourd, Labu, Hulu <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Medium• Flesh Colour: Yellow• Texture: Creamy, Sticky• Taste: Sweet, Slightly Bitter	KHOON POH (D164) Durian Tembaga, Ang Bak Kun Poh, Isi Merah <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Medium• Flesh Colour: Orangey Yellow• Texture: Fiberless, Creamy• Taste: Sweet, Slightly Bitter	
Lip Bara 	Dato Nina 	Gold Fish 	Yi Dian Hong 	Lin Feng Jiao 	Musang King 	Green Skin 	Kunyit 	Tekka 	Hor Lor 	D600 (D198) <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Medium• Flesh Colour: Yellow/Orange Yellow• Texture: Creamy, Sticky• Taste: Sweet 	Khoo Poh 
Capri 	Susu 	Orchee 	Lipin (D101) Yah Kang <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Small• Flesh Colour: Pale Yellow• Texture: Very Sticky, Soft• Taste: Sweet 	Bak Eu Pork Fat Durian, Salju, Lemak Daging <ul style="list-style-type: none">• Shape: Round• Seed Size: Medium• Flesh Colour: Pale Yellow• Texture: Creamy, Sticky• Taste: Sweet, Slightly Bitter, Alcoholic 	Ang Bak Kia 	Ice Cream 	Muntri (D14) <ul style="list-style-type: none">• Shape: Round• Seed Size: Big• Flesh Colour: Orange Yellow• Texture: Sticky• Taste: Sweet 	Banja Tangkai Panjang, Kan Yao, Ganjau <ul style="list-style-type: none">• Shape: Round• Seed Size: Big• Flesh Colour: Yellow• Texture: Dry, Sticky• Taste: Sweet 	Little Red 	Red Prawn (D175) Ang Hae, Hong Xia, Udang Merah <ul style="list-style-type: none">• Shape: Round/Oblong• Seed Size: Small• Flesh Colour: Orange Yellow/Reddish• Texture: Sticky, Creamy, Soft• Taste: Sweet, Slightly Bitter 	
SUSU <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Medium• Flesh Colour: Pale Yellow• Texture: Creamy, Sticky• Taste: Sweet, Slightly Bitter	CAPRI Kapri <ul style="list-style-type: none">• Shape: Round• Seed Size: Medium• Flesh Colour: Pale Yellow• Texture: Sticky, Firm• Taste: Sweet, Slightly Bitter, Alcoholic	D11 <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Big• Flesh Colour: Pale Yellow• Texture: Very Sticky, Soft• Taste: Sweet	LIPAN (D101) Yah Kang <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Small• Flesh Colour: Pale Yellow• Texture: Creamy, Sticky• Taste: Sweet, Slightly Bitter	ORCHEE (D200) Black Thorn, Duri Hitam, Hei Ci <ul style="list-style-type: none">• Shape: Round• Seed Size: Medium• Flesh Colour: Orange Yellow• Texture: Sticky, Creamy, Soft• Taste: Sweet, Slightly Bitter, Alcoholic	ANG BAK KIA <ul style="list-style-type: none">• Shape: Round• Seed Size: Medium• Flesh Colour: Orange Yellow/Reddish• Texture: Creamy, Sticky• Taste: Sweet, Slightly Bitter	MUNTRI (D14) <ul style="list-style-type: none">• Shape: Round• Seed Size: Big• Flesh Colour: Orange Yellow• Texture: Sticky• Taste: Sweet	ICE CREAM Ais Krim <ul style="list-style-type: none">• Shape: Oblong• Seed Size: Medium• Flesh Colour: Pale Yellow• Texture: Creamy, Sticky• Taste: Sweet	BANJA Tangkai Panjang, Kan Yao, Ganjau <ul style="list-style-type: none">• Shape: Round• Seed Size: Big• Flesh Colour: Yellow• Texture: Dry, Sticky• Taste: Sweet	LITTLE RED Xiao Hong <ul style="list-style-type: none">• Shape: Oval• Seed Size: Big• Flesh Colour: Orange Yellow/Reddish• Taste: Sweet, Slightly Bitter	RED PRAWN (D175) Ang Hae, Hong Xia, Udang Merah <ul style="list-style-type: none">• Shape: Round/Oblong• Seed Size: Small• Flesh Colour: Orange Yellow/Reddish• Texture: Sticky, Creamy, Soft• Taste: Sweet, Slightly Bitter	

*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?



DURIAN'S CULTURAL 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 order to seal the deal.
- 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 orchard on your own.
- 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 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.

