

SAJI TRADISI MELAYU

ALL ABOUT MALAY CUISINE

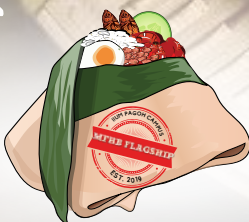
MAIN STORY:
ICON

DELICIOUS
RECIPE OF
NASI
LEMAK

NASI
LEMAK -
HISTORY
AND TALES

NUTRITION &
PORTION
GUIDE ON
NASI LEMAK

NASI
LEMAK
EDITION



*S***AJI TRADISI MELAYU**

ALL ABOUT MALAY CUISINE

*N***ASI LEMAK EDITION**

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©KSTCL Press 2024

Published by:

KSTCL Press

KM1, Jalan Panchor

Universiti Islam Antarabangssa Malaysia

Kulliyyah of Sustainable Tourism and Contemporary Languages

84600 Pagoh, Muar, Johor

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e ISBN 978-967-2771-20-3



KSTCL Press

(online)



Preface



Welcome to the tantalizing world of Nasi Lemak, where a symphony of flavours takes center stage in this beloved Malaysian dish. This edition of our magazine is a celebration of the cultural icon that has captured the hearts of locals as well as palates across the globe.

The efforts behind this project is under the tutelage of IIUM's Kulliyah of Sustainable Tourism and Contemporary Languages flagship known as the Malay Food Heritage Branding (MFHB) based in Pagoh, Johor Darul Takzim. This is also a collaboration with the Culture & Arts division of the Kulliyah's Student Society (KLMSS). This is a collaborative effort by the students, lecturers, and staff. We are also featuring the local community which includes Dapor Dinda, Puan Mazlina Binti Bahari (teacher), Liyana Love's Kitchen and Miss Faten Kama (Nutritionist).

In this edition, we embark on a flavourful exploration of Nasi Lemak, delving into its history, recipe, nutritional value, featured icon as well as games related to our beloved Nasi Lemak. We invite you to savour the stories behind the dish, from its humble origins as a breakfast staple to its status as a national dish of Malaysia.

Join us as we journey through the cultural tapestry woven into each grain of rice and every spicy bite, celebrating the essence of Nasi Lemak—a dish that transcends boundaries, uniting food enthusiasts worldwide in its delicious embrace. Indulge in the flavors, immerse yourself in the tales, and join the feast of Nasi Lemak that awaits within these pages. Jemput Makan!

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Highlights

The multi-faceted features and stories of Nasi Lemak are truly unique, representing cultural values, health values and more!



ORIGIN OF NASI LEMAK



RECIPE OF NASI LEMAK



NUTRITIONAL VALUE OF NASI LEMAK

The Origin of Nasi Lemak



Introduction

By Hanif Anas

In Malaysia, this dish is always featured on promotional websites and leaflets as our national dish. In 2012, an article in Malaysia Airlines' insight magazine listed nasi lemak as one of the "dishes that Malaysians should be most proud of", and promoted as one of its meal menus.

In 2017, Miss Universe Malaysian wore a nasi lemak-inspired evening gown at the international competition, which had been designed by a famous Malaysian Chinese fashion designer.

To this extent, this dish is also popular on TV. For instance, Fried Chillies Food Network hosted a special episode on nasi lemak on their show, "Malaysians Eat: That's What We Do" and launched an annual one-day event called "I Eat Nasi Lemak" in 2014.



JUST HOW DID THE DISH BECOME SO ICONIC? LET'S TAKE A LOOK AT THE HISTORIES BEHIND THIS BELOVED BREAKFAST!

History

By Hanif Anas

It is widely accepted that nasi lemak has Malay roots and has been a part of Malaysian cuisine for centuries. As how the geographical factor of this dish can be found in the neighboring countries within South East Asia, there is no proof of Nasi Lemak being rooted in Indonesia or Singapore. Truly, it was born here in Malaysia.

Nasi lemak's name itself reflects its Malay origins. "Nasi" means rice, and "lemak" refers to the rich, creamy quality of the dish, which comes from the use of coconut milk. In traditional Malay cuisine, coconut milk was and still is a fundamental ingredient of many recipes.

Historically, nasi lemak was a simple and humble dish consumed by the Malay community. It was a convenient way to utilize available ingredients, especially in rural areas where coconut trees were abundant. The dish often served as a hearty and energy-packed breakfast for farmers and villagers.

Over time, nasi lemak evolved to include various components, making it a more diverse and complex dish. The basic elements of nasi lemak include fragrant coconut rice, sambal (a spicy chili paste), hard-boiled or fried egg, cucumber slices, peanuts, and dried anchovies. Sometimes, additional items like fried chicken, rendang (spicy chicken or beef stew), or squid sambal are added as well.

The Straits Times

MAINTAINING THE STANDARD OF THE
SINGAPORE, THURSDAY, SEPTEMBER 21, 1945

PRICE 10 CENTS

Japanese In Malaysia Surrender At Singapore

ITAGAKI HISSED BY
THE PEOPLE

Britain, Australia, India And The
Allies Represented At
Historic Event

UNION JACK HOISTED AGAIN AFTER
THREE AND A HALF YEARS
— THE SURRENDER OF HALF A MILLION

EMPIRE AND ALLIED SALUTE TO THE UNION JACK



Nasi Lemak was also featured in the newspaper, "The Straits Time" in its 21st July 1935 issue, which described how Nasi Lemak could be found in Kampung Baru, Kuala Lumpur.

As early as 1400 AD, during the Sultanate of Malacca, the ingredients for Nasi Lemak were easily accessed and afforded by locals. At the time, Nasi Lemak was eaten with fried fish, specifically fried Selar fish, anchovies, and water spinach (kangkung) because these additions were easy to find. During the 15th century, trading hit its peak season in Malaya and many traders came to expand their businesses, bringing their products with them. From here, new kinds of Malay cuisine staples were created, enhancing the Nasi Lemak recipe with the introduction of chilies made into *sambal*, a new core component of the dish.



Folklore behind Nasi Lemak

By Hanif Anas

Seri and Mak Kuntum

It is said that Nasi Lemak was born in a small village, in the home of a widow, Mak Kuntum, and her daughter, Seri. This story takes place way back, around 1400 - 1511. Mak Kuntum worked as a masseur to provide for the family and her daughter would be left alone at home to attend to chores.

From here, there are two variations to the story of how Nasi Lemak came about - one was that Seri accidentally spilled coconut milk in a boiling pot of rice, while the other was that she had mixed in pandan leaves and coconut milk out of boredom.

The story continues with Mak Kuntum coming home from work and upon smelling the fragrant rice, she asked her daughter what it was, to which Seri replied "Nasi le, mak!" (rice, mom!), and that was how it got its name - Nasi Lemak.

Nasi Le...Mak!



N
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The Farmers' Hearty Meal

Another possible history of the dish comes from farmers, where they made a cheap, filling and complete dish full of carbs and utilizing the country's seafood and coconuts. The dish gave them the energy and sufficient fats to be able to work the fields all day.



Sir Richard Olaf Winstedt

Sir Richard Olaf Winstedt, an English orientalist published a book called, "The circumstances of Malay Life" in 1909. The book explained the components of Nasi Lemak, consisting of rice cooked in coconut milk (santan), along with an array of spices, namely: caraway seeds (jintan), mace (kapulaga), cloves (cengkih), nutmeg (buah pala), garlic, and ginger. It is also accompanied by sides such as kangkung (water spinach) and sambal.

"Farmers needed a hearty meal in the morning so eating nasi lemak kept them full because you have all the food groups covered – carbohydrates from the rice, oils from the sambal and protein from the anchovies"

Sir Richard Olaf Winstedt

PAPERS ON MALAY SUBJECTS.

(Published by direction of the Government of the Federated Malay States.)

R. J. WILKINSON, F.R.S. (late Secretary,
General Editor.)

LIFE AND CUSTOMS.

PART II.

THE CIRCUMSTANCES OF MALAY LIFE.

THE KAMPONG. THE HOUSE. FURNITURE.
DRESS. FOOD.



cloves (cengkih)



mace (kapulaga)



caraway seeds (jintan)



nutmeg (buah pala)

PLATING

Scoop a portion of nasi lemak onto a plate, followed by a spoonful of sambal, fried anchovies, peanuts, half of a hard boiled egg and a few slices of cucumber. Now your nasi lemak is done and ready to be eaten. Selamat menjamu selera!

Health & Wellness

By Nur Liyanna

Nutritional Value of Nasi Lemak:

Calories	396.03
Carbohydrate	19.53
Fat	18.18
Protein	7.46

The Making Of... *N*asi lemak

By Alya Humaira

The preparation of this delicious breakfast meal is rather simple as we only need to cook the rice and sambal. The ingredients are ones that we can easily get at local stores. Here is a list of ingredients to make a typical Nasi Lemak. This section will also features recipe from Dapur Dinda and a local teacher. Let's get cooking!



INGREDIENTS FOR THE NASI



- 01 Plain rice
- 02 Ginger
- 03 Pandan leaves
- 04 Coconut milk
- 05 Salt
- 06 Cooking oil

CONDIMENTS

- 01 Hard boiled egg
- 02 Cucumber slices
- 03 Peanuts

INGREDIENTS FOR SAMBAL

- 01 Dried anchovies
- 02 Cooking oil
- 03 Garlic
- 04 Dried chillies
- 05 Prawn paste
- 06 Salt
- 07 Sugar
- 08 Shallots



How to cook it

NASI LEMAK HALBA

Nasi Lemak Halba is famous in the northern region of the Peninsula. It is said that many Malaysians have either made or eaten it at least once.

Fenugreek (halba) adds a delightful fragrance to coconut rice, but it's crucial to use it sparingly to avoid overpowering the dish, as adding too much fenugreek can make the rice bitter. To ensure that its flavour blooms properly, incorporate fenugreek at the start of the cooking process. If forgotten until later, bloom fenugreek in boiling water in a separate pot, then add both the fenugreek and its infused water gently into the rice pot to maintain the dish's deliciousness.

For tastier Nasi Lemak, fresh coconut milk is key. For Basmati rice, soak it for 30 minutes before cooking. Aim for a ratio of 1 cup of rice to 1.5 cups of liquid (a mix of water and coconut milk) for soft, slightly loose rice, adjusting based on the rice type.

INGREDIENTS

- 2 cups of Basmati rice
- 1 large onion
- 1/2 teaspoon of fenugreek seeds
- 1/2 - 3/4 cup of thick fresh coconut milk
- 2 cups of water
- Pandan leaves
- Salt

METHODS

1. Wash and soak the rice for 30 minutes.
2. Slice the onion.
3. Put all the ingredients into the pot.
4. Taste to check the saltiness level.
5. When the rice is dry and cooked, let it sit first. After 20 minutes, fluff it up so the rice doesn't break apart.



RECIPE BROUGHT TO YOU BY:

Puan Huzana Salwa Binti Mat Hussain
The owner of Dapor Dinda



SCAN
HERE!
CHECK OUT
DAPOR
DINDA'S IG



“3-STEP” SAMBAL



- 01** Blend:
- 2 handfuls of dry chilies
 - 15 cloves of garlic
 - 15 cloves of shallots
 - 3 large onions
 - A handful of anchovies



- 02** When the oil has become fragrant, reaching the *pecah minyak* state, put in:
- Brown sugar
 - Salt
 - Seasoning (either chicken cubes or ajinomoto)
 - Half-cooked shrimp / squid / shellfish or chicken
- 03** Wait until it boils.. add in the finely diced onion.. mix for a while, then turn off the heat. Voilà, the sambal is done!

RECIPE BROUGHT
TO YOU BY:



Why must it Pecah Minyak?

Ingredients that include chilies or spices must be stir-fried, or *ditumis*, until it reaches this state in order to elevate the flavour of the chillies.



Puan Mazlina Binti Bahari
Primary school teacher from Sekolah
Kebangsaan Dato Onn' Jaafar

Secrets behind the main ingredient: Coconut milk (Santan) By Nur Liyanna

Coconut milk is rich in electrolytes such as potassium, magnesium and phosphorous. Potassium is important for maintenance of a normal heart rhythm. It is also crucial for healthy muscle functioning. Magnesium is required for a healthy immune system as well as maintenance of normal nerve and muscle function.

In a study on Malaysian santan, the results showed that Malaysian coconut milk possesses a high protein content with lower amounts of fats. Thus, Pati Santan can be considered as an excellent source of antioxidants with health and medicinal benefits, as well as a low fat content.

*Referred empirical paper:
Study of antioxidant activity and physicochemical properties of coconut milk (Pati santan) in Malaysia*



Nasi Lemak...is it healthy?

By Dr. Nonglaksana Kama

Nasi lemak is a healthy meal because it has a lower glycemic index (GI) compared to other rice dishes.

It also features a higher resistant starch from the process of cooking with coconut milk or coconut oil.

This leads to the lower amount of calories from its carbohydrates because of the resistant starch feature.

This feature alone can help the consumers to stay full for longer and aid with constipation.

Cited from Dr. Atsuo Yanagisawa, Cardiology and Orthomolecular specialist from Japan during the Longevity Conference.



Nutritionist insight

By Faten Kama (Nutritionist, UPM)

NASI LEMAK

Rice with fats may help in preventing spikes in blood sugar levels if consumed in moderate amounts.

CUCUMBER

A vegetable with high water content which supplies good hydration, and fibre that helps with preventing constipation, lowering blood sugar levels, and supporting weight loss.

BOILED EGG

A source of protein. A single boiled egg contributes 7 grams of high quality protein.

ANCHOVIES

A source of protein, consisting of omega 3 fatty acids with powerful benefits for the heart.





SAMBAL

Chilies consist of capsaicin (active component of chili pepper) which has an analgesic effect, also known as pain relief. Capsaicin may also help with managing discomfort through its anti-inflammatory properties.

PEANUT

Source of healthy fats (unsaturated fat), plant-based protein and fibre. Consuming peanuts in moderate and recommended amounts may help in reducing risk of cardiovascular diseases.

PRESENTED BY:
Faten Kama,
Registered Dietitian
Nutritionist (RDN),
Universiti Putra Malaysia.

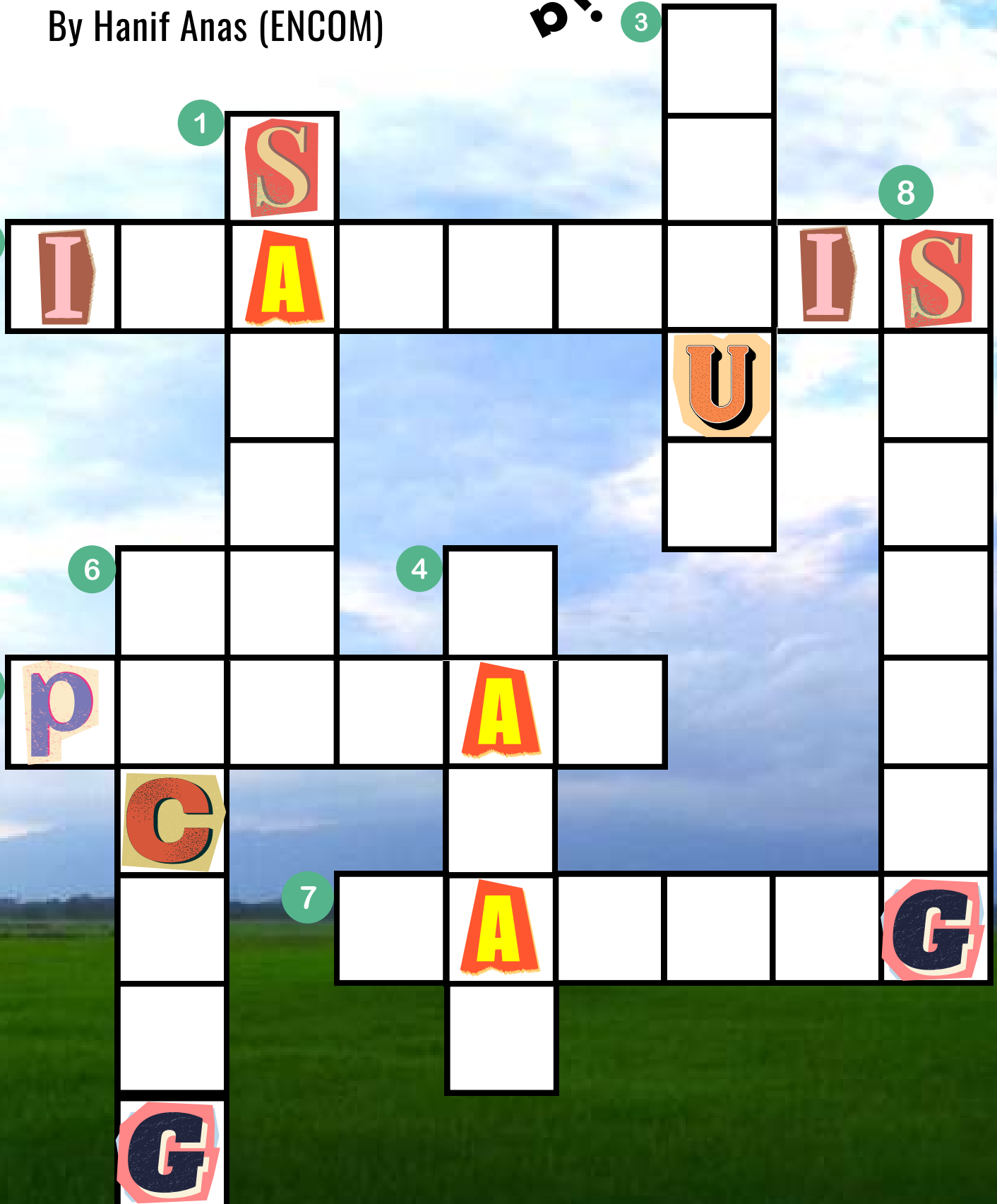


Santai Trivia

CROSSWORD GAME

Teka silang kata bahan Nasi Lemak

By Hanif Anas (ENCOM)



CROSSWORD GAME INSTRUCTIONS

Take a look at these "Pantun" and guess the ingredients!

1

Aromanya begitu harum,
Rasanya berlemak manis mahupun gurih,
Ketika muda segar diminum,
Cubalah teka warnanya putih.

2

Hidupnya berkelompok besar,
Dijual pula berguni molek dipilih,
Digoreng rangup bila segar,
Cubalah nasib andai fasih.

3

Direbus sebentar putih isinya,
Dituang minyak timbul kepingan emas,
Kecil bersayap pula ibunya,
Silalah cari sebelum menetas.

6

Dalam tanah bijinya kecil,
Gurih rasanya, membuat terpesona.
Di jalan raya atau di desa kecil,
Camilan pilihan, Kecil bentuknya.

7

Sayur putih di dalam tanah tanaman,
Rasa harumnya melebihi kata.
Memasak bersama, jadikan hidangan,
Sayur merah tiada terganti rasa.

8

Rempah pedas di atas piring,
Membakar lidah tetapi mengasyikkan.
Menyedapkan lauk jadi pengiring,
Tumisan nikmat, selera terangkat kesedapan.

4

Lain ketupat lainlah lepat,
Jadi juadah paling masyhur,
Sama dikongsi Asia setempat,
Akal diperah jawapan dihulur.

5

Batang hijau daunnya rimbun,
Harum wangi mengusik sanubari.
Di dapur, kuih-muih menjadi pun,
Daun memikat, tiada tandingi.

**Check for
answers here!**





By Hanif Anas

**PANTUN NASIHAT:
NASI LEMAK & TELADAN**

Nasi lemak dihidang kaya rasa,
Jiwa ini juga perlu dijaga sentiasa.
Seperti santan yang lembut tersisa,
Kebaikan hati, jadikanlah sebagai basa.

Nasi lemak di meja hidangan,
Bersama masyarakat, jalinlah hubungan.
Seperti pelbagai lauk di sampingnya,
Keharmonian bersama, jadi kekuatan.

Nasi lemak dihidangkan penuh cita,
Agama pun janganlah dipandang sepi.
Seperti santan meliputi nasi,
Iman dan takwa, terang hati.

**PUISI: NASI LEMAK
KEBANGGAAN TRADISI**

Di kebun raya hening, bersemi pandan,
Nasi lemak di dapur, tradisi berpanjangan.
Santannya lembut, wangi rempah menjelma,
Tradisi Melayu dihidangkan dalam semangkuk nasi lemak.

Warisan nenek moyang, di setiap biji beras,
Resep lama terus hidup, tidak pudar kias.
Sambal pedas membara, seiring adat terselit,
Tradisi berbungkus dalam nasi, tiada ternilai titik.

Jagalah tradisi, lestarikan warisan,
Nasi lemak, tidak sekadar makanan.
Ia cermin budaya, harkat dan jati diri,
Tradisi Melayu, dalam setiap sajian terkini.

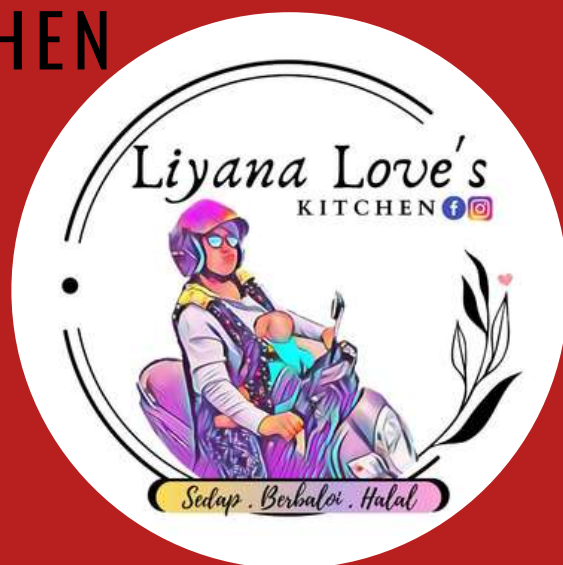


ICON FEATURING: LIYANA LOVE'S KITCHEN BY KAK YANA HANIF ANAS

A former 5 star hotel chef and now a successful caterer and restaurant owner!

"Working in a 5-star hotel was an invaluable experience. However, I yearned for creative freedom and a more direct connection with my community. The idea of curating a unique dining experience, not confined by hotel menus, spurred me to venture into restaurant ownership." **Kak Yana**

She has been serving the community of Pagoh and Muar for 5 years. Not only in the setting of her restaurant, but also by offering food delivery services and food stalls around the community.



The locals truly love her cooking and have supported her business for many years. Famously, students in the area have also shown their support, enjoying scrumptious meals with affordable prices as low as RM5.



SHOP LOCATION:
**NO 13, (GROUND FLOOR JALAN ABDULLAH PEKAN
PANCHOR, MUAR, 84600 PAGOH, JOHOR.**

Not just Nasi Lemak and business

"The joy of seeing diners relish my creations and returning for more has been the most rewarding. I've learned that success isn't just about culinary prowess; it's about fostering a community around food. Every setback taught me resilience and the importance of adapting to changing tastes." **Kak Yana**

Kak Yana is a very versatile chef, as not only Nasi Lemak become a favorite of all of her customers, she also offers other cuisine such as western dishes and desserts such as cendol. This helps her gain creativity and challenges her mastery in serving all sorts of food with high quality and good taste. Surely, her plan to gain the hearts of her customers with a variety of dishes is a success.



An advice as an inspiring member of the food community

"Never underestimate the power of passion. Love for food and the desire to create memorable dining experiences will drive you through any challenges. Secondly, learn the business side — understand finances, customer service, and marketing. Lastly, surround yourself with a dedicated team of people who share your vision." **Kak Yana**



Nasi Lemak, Grill Chicken and refreshing Cendol are the best sellers, have a try!

Kak Yana's experience and skills in managing her business is iconic and should be respected. Most of all, her appreciation for food and community is truly remarkable. Let's take a look at Liyana Love's Kitchen and have a taste of these great dishes by scanning the QR code below:

Liyana Love's
Kitchen~ order
here!



LOCAL WISDOM IN THE EVOLUTION OF NASI LEMAK

By Dr. Nonglaksana Kama,
Dr. Lilisuriani & Faten Kama

The use of local natural ingredients

Locally-grown rice, which is also a staple food for the Malay community, reflects a high sense of identity and loyalty to the produce of the Malay land. Consuming traditional herbs derived from plants, such as lemongrass, ginger, galangal, pandan leaves, and fenugreek, has long been a practice among the Malay people to maintain both internal and external health. Past generations are eager and earnest in passing down traditional medicinal knowledge to the younger generation, signified in Nasi Lemak itself, reflecting a harmonious and deep relationship between humans and the local environment.

Preparation techniques of Nasi Lemak

Cooking rice traditionally or in a modern way with coconut milk both can achieve a rich, fragrant taste with an enticing aroma. Sautéing sambal and frying anchovies and peanuts until golden brown showcases patience and a high level of attention in the frying process. Using banana leaves to wrap Nasi Lemak not only provides a natural aroma but also reduces the use of plastic. The presentation style of neatly arranging Nasi Lemak reflects the delicacy and finesse of the meticulous and courteous Malay culture.



Cultural values behind Nasi Lemak

Nasi Lemak, a heritage of the Malay folk passed down through generations, has transcended borders to other countries. To some extent, it has even been influenced by the culture of those countries. However, it still retains the core characteristics of using herbs and basic components. What's more interesting is that it preserves its original name in the Malay language, Nasi Lemak. This demonstrates the harmony of diverse cultures coming together and recognition of the Malay language. Nasi Lemak is suitable for all layers of society, regardless of religion, ethnicity, age, rank, or status.



THE EVOLUTION OF NASI LEMAK

The evolution of the Sambal



Over time, adding protein to Nasi Lemak's sambal acted as a flavor enhancement, where ingredients like shrimp, squid, or even cow's liver can significantly enhance the flavor profile of the sambal, contributing savory and umami notes. Proteins can help in thickening the sambal or providing a slightly chunky texture, adding depth and complexity to the sauce.

The evolution of the Nasi

Bright and vibrant colors adds to the visual appeal. The contrast between the various components such as the yellow-hued rice, red sambal, crispy brown anchovies, and bright green cucumber slices or pandan leaves creates an attractive presentation. Colorful food tends to be more appetizing and enticing. The vivid colors in Nasi Lemak can stimulate the appetite and make the dish more inviting. To date, we have varieties of Nasi Lemak such as pandan (green), strawberry (pink), butterfly pea (blue) and more.



THE EVOLUTION OF NASI LEMAK

The evolution under companies

Fast food companies often adapt local favorites like Nasi Lemak to cater to diverse tastes within a region or country. This adaptation introduces the dish to those who might not have easy access to traditional eateries serving Nasi Lemak. Fast food chains sometimes offer creative or fusion variations of Nasi Lemak, combining it with their own menu items. This innovation can attract a different demographic and create a new culinary experience.



The evolution of the Nasi Lemak's presentation



Logic has no bearing on creativity, resulting in a wellspring of unique ideas. Changing the presentation or form of Nasi Lemak can enhance its visual appeal, making it more attractive and appealing to a wider audience. This can create a unique and eye-catching presentation that attracts attention and interest. Thus, innovation allows chefs and cooks to express creativity in presenting traditional dishes like Nasi Lemak, encouraging experimentation with different shapes, arrangements, and plating techniques, and elevating the overall dining experience.



Local wisdom in the evolution of Nasi Lemak started with its simple preparation, using local ingredients readily available around homes in villages. The same concept from the past until now has not fundamentally changed, despite evolving to suit the passage of time, changes in the taste preferences of the current generation, economic developments, technological advancements, communication, and lifestyle changes within society. Even now, Nasi Lemak still reflects Malay heritage and maintains its position as a dish to be proud of.

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EDITORS' CREDIT

***"We are a group of students who are passionate about culture and food!
We hope that our efforts will help in spreading knowledge and sustaining
the love of our cultural food."***



Muhammad Hanif Bin Anas

- Majoring in English for International Communication (ENCOM), IIUM.
- Chairperson of Culture & Arts Division, KLMSS.
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THE EDITORS



EDITORS' CREDIT

“An invaluable treasure trove of cultural insight, may this magazine enrich our understanding and amplify educational growth through its profound embrace of diverse knowledge.”



Lilisuriani Binti Abdul Latif @ Bapoo (Dr.)

- Assistant Professor, IIUM.
- The Project Leader, Malay Food Heritage Branding (MFHB) flagship.

Nonglaksana Kama (Dr.)

- Assistant Professor, IIUM..
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THE EDITORS



AUTHORS' CREDIT

"Grateful for the opportunity to contribute to a book that celebrates food culture and fosters a deeper understanding of diverse culinary traditions, enriching cultural knowledge for all."



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- Nutritionist (RDN), Universiti Putra Malaysia.

Puan Huzana Salwa Binti Mat Hussain

- Owner of Dapor Dinda



Puan Mazlina Binti Bahari

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Kak Yana

- Owner of Liyana Love's Kitchen

