



LAUREN LUM-WEBB

RECIPES FROM SABAH



A collection of traditional Kadazan recipes
and customs



ABOUT THIS COOKBOOK

During my internship, I was lucky to be a part of the Lasimbang family, who are Indigenous to Sabah. They belong to the Kadazan Indigenous group and have devoted their entire lives to preserving their culture. Part of this preservation, has been through the creation of Hinompuka Cafe at PACOS Trust, which cooks and sells traditional Kadazan food. This cookbook will feature traditional recipes, as well as a history of the cafe, and traditional customs related to food.



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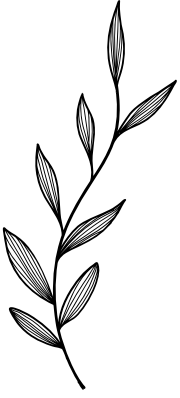
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The History of Hinompuka Cafe

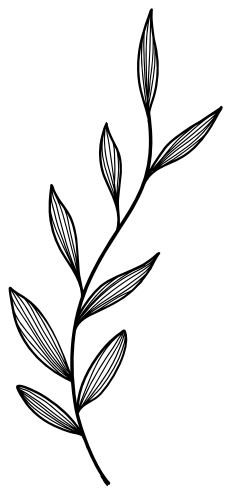


Growing up the Lasimbang children learned how to make traditional food by helping their elders. Their mother would make hinompuka (banana cake) and sell it in their village. As adults, two of the children (Maria and Yoggie) opened a store in 1997 in the centre of town to help promote Kadazan delicacies. All ingredients were (and still are) locally sourced, from getting vegetables and fruits from the village to sourcing flour from a local miller. In 2009 the store relocated to PACOS Trust, becoming a cafe called Hinompuka (named after their mother's cakes). It started serving schools and friends, to ensure their traditional food and culture was continued through generations.

It is important to note that Hinompuka Cafe tries to limit the amount of preservatives in food and uses little to no MSG, as MSG is a common ingredient in restaurants. The opening of Hinompuka has helped promote traditional Kadazan food and Kadazan culture.



Traditional Customs



Everyone has a responsibility to carry forward their culture and traditions. There is a responsibility to respect the land and our ancestors. Everything is interconnected. This is why there is a section of traditional customs and practices in my cookbook. I feel the responsibility to help carry forward Kadazan culture.

1. Often times declining food or alcohol is seen as impolite. **Tumudu'** is the action of politely declining food. For example, if you are at someone's house and are offered food but you are not wanting to eat, it is custom to touch the plate/container of food or take one grain of rice. This is a symbol of partaking. If this action is not done, something bad will happen to you such as stepping in buffalo poop or getting in an accident.

2. Rice is the most scared of all food. Rice is life. **Huminodun** is the belief that rice has a spirit and is embodied by the greatest daughter, who sacrificed herself to save the human race during famine. All food comes from her. For example, rice is her blood, coconuts comes from her head, and ginger comes from her fingers. If rice is dropped on the floor, you aren't allowed to sweep it up but must clean it up with your fingers out of respect. Cooked rice can never be mixed with rice paddy as one is dead and one is alive.

3. **Sago** - when food is offered and not eaten, people will go to the jungle and get lost.

4. There are certain foods that cannot be eaten during engagements, weddings and funerals.

Engagements: Pickled fish cannot be served at the bride's house. If it is served the couple's children will develop a rash.

Weddings: Rice must be served in a leaf from the Delia tree. This type of leaf is not to be used for rice served at funerals.

Funerals: Green vegetables are not allowed to be eaten during the 7 day mourning period. Can use other vegetables such as potatoes. On the 7th day the first vegetable to cooked is a jackfruit. It must be served with buffalo that is slaughtered for the funeral.

Recipes





HINAVA

Hlnava is a traditional Kadazan salad that is made with raw fish. The fish is prepared using lime juice, which helps to kill any bacteria. Hinava is a local delicacy and is served during special events and gatherings.

Ingredients

- Raw Fish
- Lime
- Bitter Gourd
- Shallots
- Chili
- Ginger
- Dried wild mango seeds
- Salt



Instructions

1. First fillet your fish and cover it with lime juice (the amount of lime varies depending on the type of fish). Allow it to sit for 10-15 minutes until the fish is transparent. Covering with lime juice allows it to cook and kill any bacteria.
2. While waiting for the fish, prepare the bitter gourd, shallots, chili, wild mango seeds, and ginger.



3. Once fish is transparent add your wild mango seeds, ginger, shallots, chili, bitter gourd, and give it a good mix. Then add salt and mix again. Once mixed, add calamansi (a type of sweeter lime) to take away any bitterness. Mix once again and add more salt if needed.

4. Enjoy with your friends and family!

Rice



Rice is an extremely important part of Malaysian and Kadazan culture. Rice is life. It is often harvested in villages and provides food for the community as well as income. During special occasions, rice is wrapped in loun Doingin (Dillenia leaf), as shown in the photos.

1. Harvest your rice from the field.
2. Rinse your rice (one time for every cup of rice).
3. Cook in your rice cooker and enjoy once cooked!



JACKFRUIT SOUP

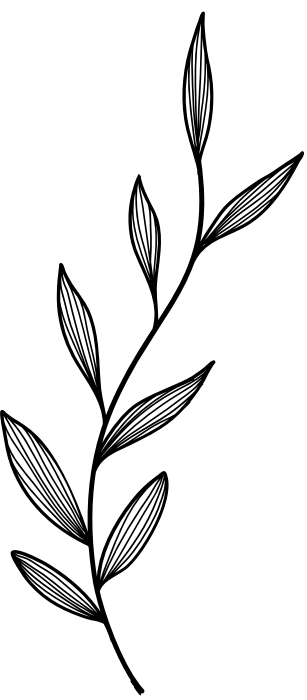
Ingredients:

- Jackfruit (taken from tree)-nangka
- Bitter gourd
- Tomatoes
- 5 stalks of lemon lemon grass
- Chilis
- Salted fish
- 2 tablespoons turmeric
- Salt
- 1 can of evaporated creamer

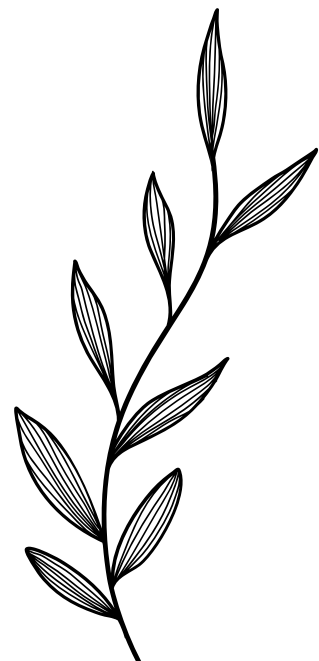


Instructions:

1. Harvest jackfruit from tree, peel, and cut.
2. Boil jackfruit in water until soft and then drain.
3. Wash lemongrass, tomatoes, and bitter gourd. Cut into chunks.
4. Take salted fish and cut into chunks as well.
5. In a pot add oil (palm oil typically used). Then add salted fish, cook for five minutes, add garlic and stir. Once fish has been cooked add in boiled jackfruit.
6. Allow to cook for two minutes then add lemon grass. Allow to simmer.
7. While simmering, add turmeric and a can of evaporated creamer. Stir and allow to simmer for five to ten minutes. After simmering, enjoy with rice.



Desserts



HINOMPUKA



Ingredients:

4 cup - HC hinompuka
flour
1 cup - Sugar
1 cup - fresh grated
coconut
Banana Leaves

Instructions:

1. Mix all ingredients together
2. Clean the banana leaves
3. Put the hinopuka mixture in the leaf and wrap it so it forms a rectangle.
4. Steam the hinopuka for 30 minutes.

*To note: HC hinompuka flour was created by the Lasimbang family in 1997. Glutinous rice and black rice are combined before being milled into flour. This flour is milled locally in Sabah.

Boiled Pumpkin with Coconut Milk



Photo Credit to Rita Lasimbang

Ingredients

- Pumpkin
- Coconut milk (on the thicker side)
- Sugar
- Water
- Pandan leaves
- Salt (just a pinch)

Instructions

1. Cut up your pumpkin into chunks.
2. .Combine pumpkin, coconut milk, sugar, pandan leaves, water, and salt in a saucepan and bring to a boil.
3. Allow to simmer until pumpkin is soft. Add more sugar to your liking.



A special thank you to the Lasimbang family who took me in. And to Rita and Momma Moi who helped me put this project together.