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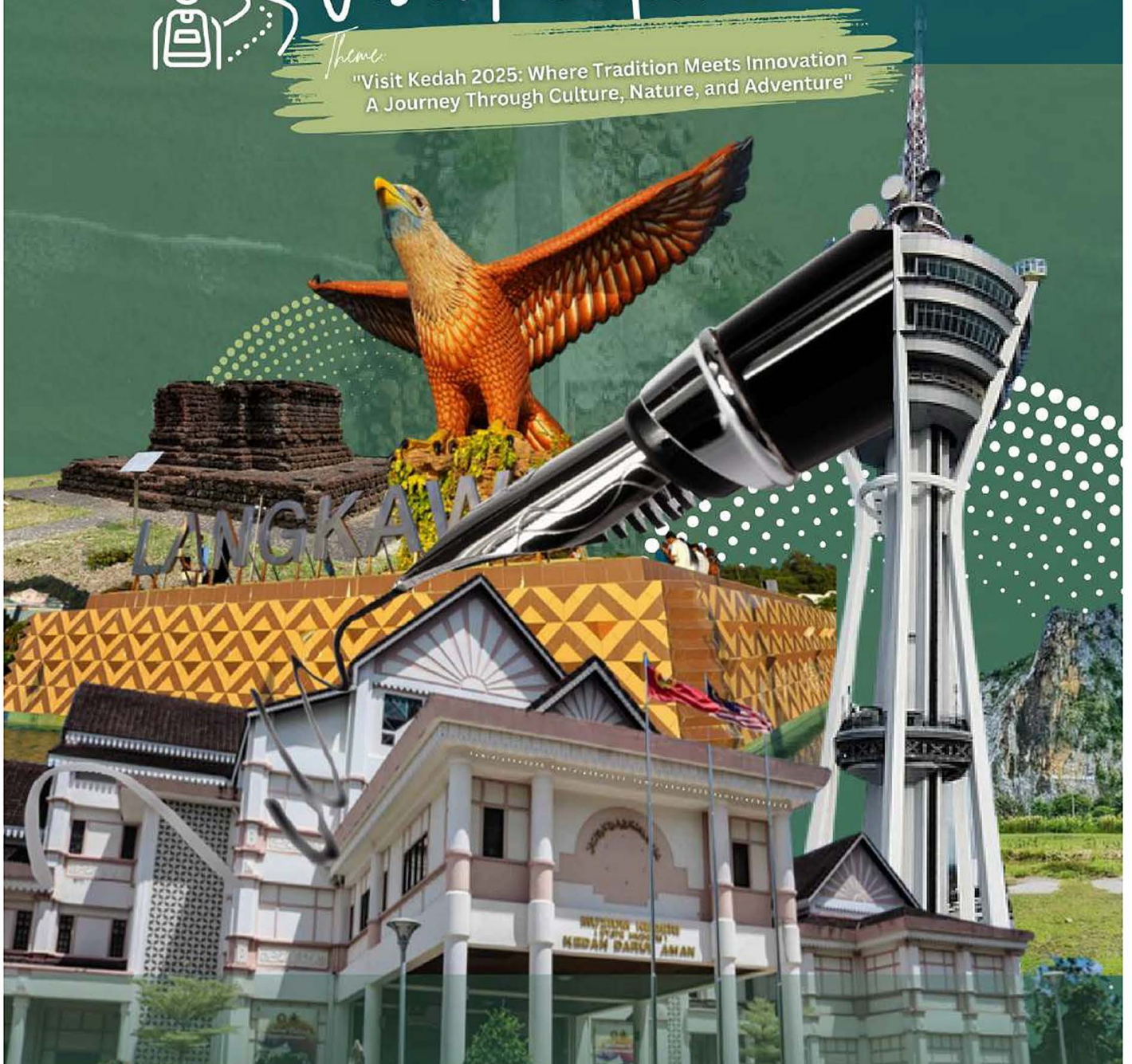


APB Kedah (e-magazine)

SPECIAL ISSUE EPITOME

Visit Kedah 2025

Theme:
"Visit Kedah 2025: Where Tradition Meets Innovation –
A Journey Through Culture, Nature, and Adventure"





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eISSN 3009 – 0075

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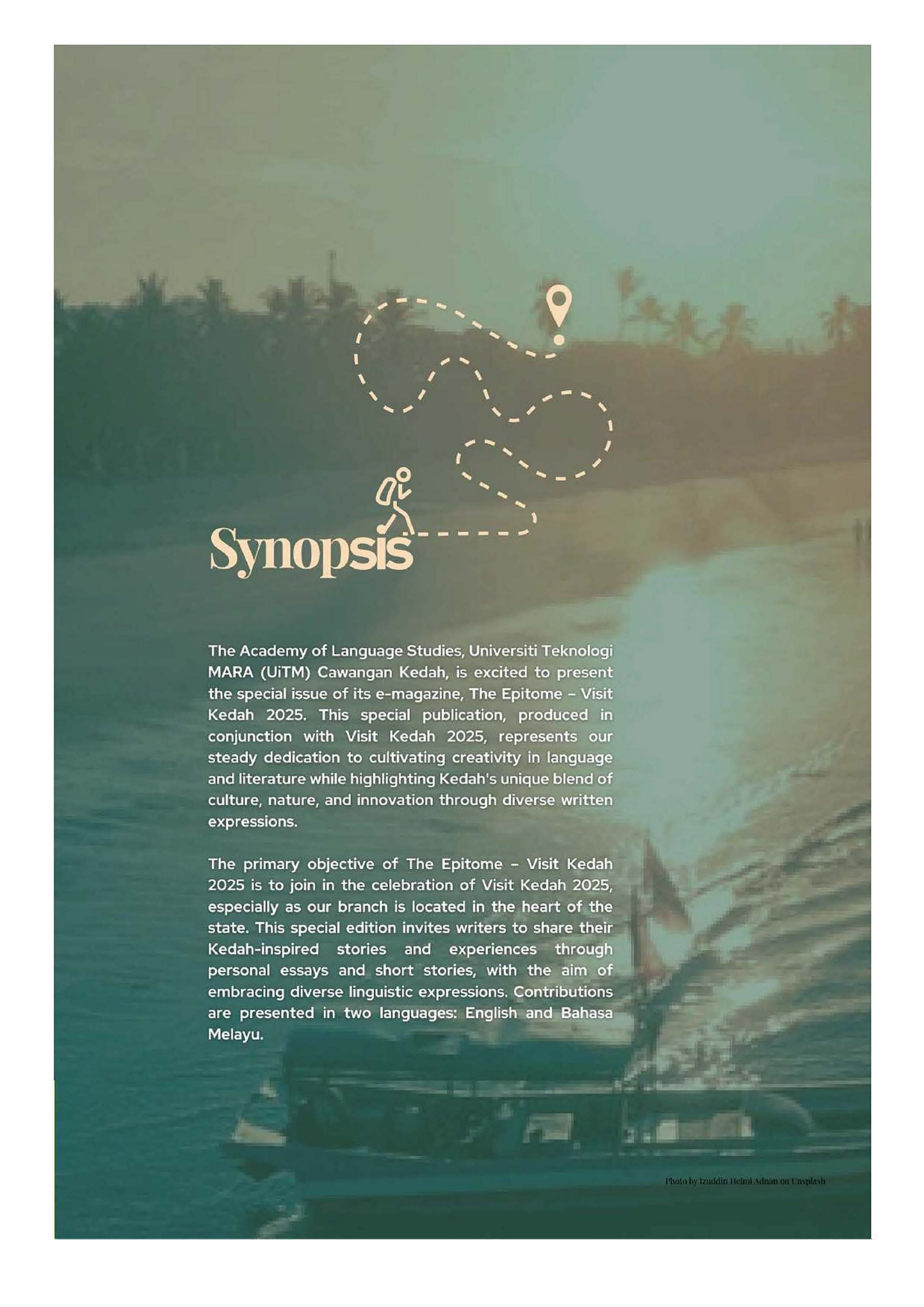


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Synopsis

The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah, is excited to present the special issue of its e-magazine, The Epitome – Visit Kedah 2025. This special publication, produced in conjunction with Visit Kedah 2025, represents our steady dedication to cultivating creativity in language and literature while highlighting Kedah's unique blend of culture, nature, and innovation through diverse written expressions.

The primary objective of The Epitome – Visit Kedah 2025 is to join in the celebration of Visit Kedah 2025, especially as our branch is located in the heart of the state. This special edition invites writers to share their Kedah-inspired stories and experiences through personal essays and short stories, with the aim of embracing diverse linguistic expressions. Contributions are presented in two languages: English and Bahasa Melayu.

face of Kedah

Mr. Azlan Abdul Rahman
Head of Faculty
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UiTM Kedah Branch

Welcome to this special edition of Epitome, where we embark on an exciting journey through the rich heritage, stunning landscapes, and vibrant culture of Kedah – one of Malaysia's most beloved and fascinating states.

As we look ahead to Visit Kedah 2025, this issue invites you to explore the treasures that await in this beautiful destination. From the serene beauty of Langkawi's beaches to the historical charm of Alor Setar, Kedah offers something for every traveller. Whether you are an adventure seeker, a history enthusiast, or someone simply in search of tranquillity, Kedah has it all.

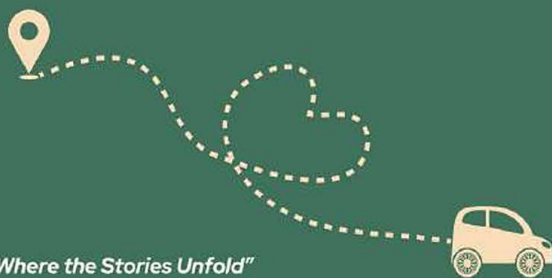
In the pages ahead, we delve into the many faces of Kedah, capturing the essence of its natural wonders, cultural landmarks, and unique experiences that define the state. Our stories, articles, and photographs will transport you to places where the past and present come together in perfect harmony – where lush green paddy fields stretch as far as the eye can see, and the rich flavours of local cuisine tantalize the senses.

Visit Kedah 2025 isn't just a campaign; it's an invitation to connect with the heart of Malaysia. It's an invitation to discover the unforgettable experiences that make Kedah a must-visit destination for travellers from around the world. In this edition, we hope to inspire you to plan your own journey to Kedah, whether it's to explore its breath-taking landscapes, immerse in its cultural heritage, or simply take in the warm hospitality of its people.

As you turn these pages, may you feel the spirit of Kedah calling to you – the call to discover, explore, and experience all that this incredible state has to offer.

Thank you for joining us on this exciting adventure. We hope to see you in Kedah in 2025!





Kedah, Where the Stories Unfold"

As the Chief Editor of Epitome, it gives me great pleasure to present this special edition in celebration of Visit Kedah Year 2025—an ode to a land where history, heritage, and heart live in every corner.

Nestled in the warm embrace of the northern Peninsula, Kedah is more than just Malaysia's rice bowl. It is a living canvas where time whispers through the ancient stones of Bujang Valley, dances across the rippling paddy fields, and echoes through the melodic drawl of the Kedahan dialect. Each tale we share in this issue draws its breath from Kedah's unique rhythm—where old meets new, tradition hugs the modern, and culture is not just remembered but lived.

From the misty peaks of Gunung Jerai, which once guided ancient mariners, to the shimmering flow of Sungai Merbok, where history quietly flows, Kedah's ecological richness is a story waiting to be told. Its mountains are guardians of myths; its rivers, keepers of memory. The lush rainforests, secret waterfalls, and wild orchids—all are pieces of a vibrant narrative woven by nature itself.

Yet, it is Kedah's people who breathe soul into this land. The warmth of pasar malam banter, the flavours of authentic laksa Kedah, the grace of traditional dance, and the way elders tell stories in that soft, endearing dialect—it all becomes poetry in motion. And in this special issue, we invite you to read, feel, and immerse yourself in the charm, wit, and wonder of Old Kedah and New Kedah alike.

Through creative fiction, heartfelt essays, and evocative poetry, Epitome brings together voices that sing of Kedah's mountains, rivers, food, language, and legacy. We hope this edition will not only inspire a visit but stir something deeper—a connection to the essence of a land that has long cradled Malaysia's earliest civilizations and continues to nurture its cultural heart.

Let the pages transport you to Kedah Darul Aman—a realm of peace, a sanctuary of stories.

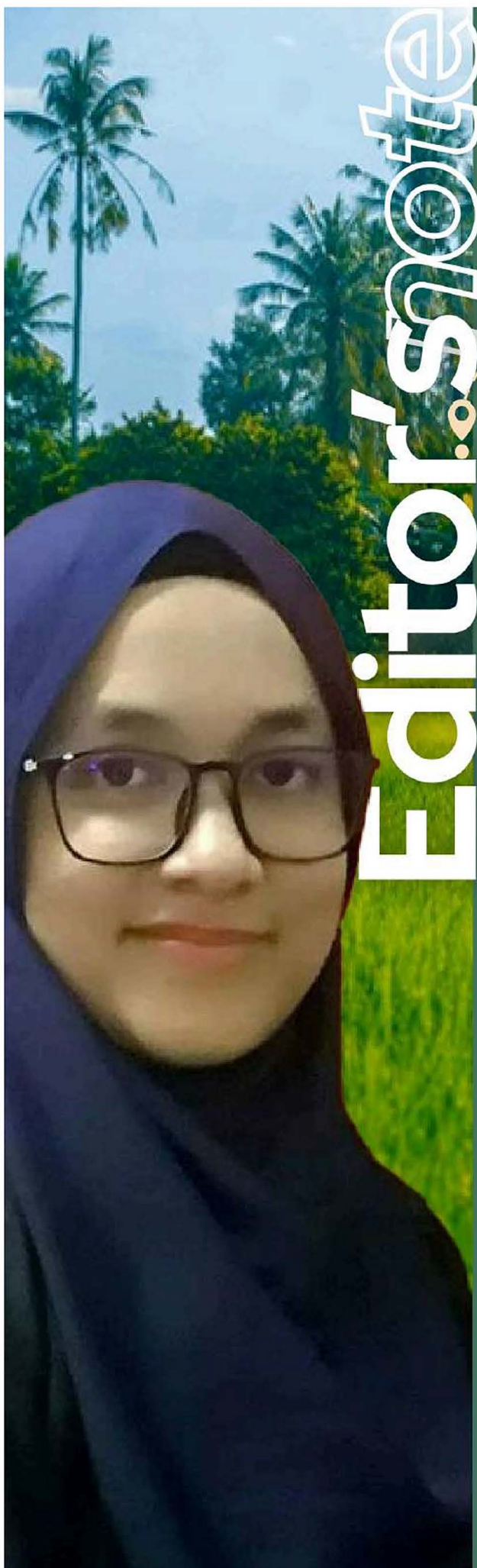
Warmly,

Razanawati Nordin

Chief Editor

THE EPITOME 2025





Editor's Note



It is with great pleasure that I present to you this special issue of The Epitome in conjunction with Visit Kedah 2025. I would like to extend my heartfelt thanks to the Head of Department for initiating this wonderful idea. As a proud Kedahan working in Kedah, I instantly agreed to be part of this project, knowing how close it is to my heart.

Reading the personal essays and short stories submitted by our contributors has been a truly enjoyable experience. I found myself smiling, reminiscing, and even imagining familiar places through their words. What makes this issue even more exciting is that some contributors are not originally from Kedah, yet they have beautifully shared their own reflections and experiences related to this charming state. Their fresh perspectives reminded me of the beauty I sometimes take for granted, having been born and bred in Kedah.

To all our contributors: thank you for your creativity, your voice, and for allowing us to travel through your narratives. Your stories have added soul and colour to this edition, and I hope our readers enjoy the journey through Kedah just as much as I did.

With appreciation,

Dr. Nur Syazwanie Mansor

Chief Editor, The Epitome
A Proud Kedahan

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CULINARY & EXPLORATION





Figure 1 Yong Taufu Garden's stall

Yong Taufu Garden



Noor Khairun Nisa Noor Azmi & Raisa Rastom

Sekolah Kebangsaan Tunku Raudzah, Alor Setar, Kedah &
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Do you know when some people would claim having KFC meals to be their family celebratory tradition? Well, we do not think we share the same sentiment, as our family has different food to celebrate every special occasion. We would always cheer when our parents announced that we were going to have Yong Taufu Garden. The food is not that fancy, and it is not even a chain restaurant meal, yet it is very significant in our childhood memories.



Yong Taufu Garden is located at Medan Selera Merdeka which is next to Stadium Darul Aman. It is one of the stalls that has remained in operation since the 1990s until today. We feel like the stall has been there forever. The decoration changes from time to time but the layout of the stall and even the arrangements of the assortments have never changed. It is unbelievable that Yong Tau Fu Garden has still stood strong for the past 25 years while most of the stalls around it never last. We learn the name of the stall is Kak Na from the food delivery applications. Yong Tau Fu Garden is the name that we have been using since we were children. Whenever we meet friends and tell them about the place, they have no idea about it. Eventually, we realise that it is a special term used and understood by our family members. Makcik Na is still working at the stall despite her old age, although now she has her children to help. Unknowingly, the places that we frequently visit and the people that we have met for past years also age as we do. We still remember the owner, Makcik Na had her apron on, welcoming us with her constantly warm smile and would always open the plastic cover for us to pick our favourite assortments.

We know what's in your mind. Some of you might be imagining yong tau fu as "tau fu fah" the soybean curd with syrup in a round clear container, right? Well, unfortunately, you may have it mixed up. Yong tau fu is a pretty simple dish where a wide range of processed frozen seafood assortments are blanched in boiling water, then they are cut into bite-sized pieces and plated nicely on an oval-shaped plate. But it does not end there. Shortly after, a ladleful or often more of savoury, thick and dark gravy is poured generously over the bite-sized seafood assortments of your choice, and a sprinkle of finely ground peanuts is added at the very top to pull off the final look. Wallah! There, you have it, a simple but scrumptious meal enjoyed by us since we were young.

Having thought about it, this dish not only symbolises a celebratory dish since we were in our primary school ages, but it also represents a sort of power of freedom to choose. It improves our decision-making skills as we need to carefully choose the assortment of our choice, but at the same time, we need to ensure it is the right amount for our family members to eat. Of course, we also do not want to overspend since the assortments are priced individually. Hence, we believe that foods do not only represent a culture of a society but they also play a part in one's upbringing and identity.



Noor Khairun Nisa holds a degree in TESOL from Victoria University of Wellington (2013) and a Master's in Applied Linguistics from Universiti Utara Malaysia (2020). She began her teaching career in 2014 and has since dedicated herself to nurturing young learners. Currently in her 11th year of teaching, she is also an active committee member of the Darul Aman English Language Learning & Teaching Association (DELTA) Kedah. Passionate about education, she continually seeks to improve her teaching practices and strives to make a meaningful impact on her pupils' lives.



Raisa holds a degree in English Language and Literature from Garden of Knowledge, International Islamic University Malaysia (2017) and a Master's in Applied Linguistics from Universiti Utara Malaysia (2020). She recently joined the Academy of Language Studies in UiTM Arau and is actively trying new things she has never done before. Raisa is interested in language use in social media, specifically internet slang.



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eISSN 3009-0075



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