



A TASTE OF HOME:  
AN ILLUSTRATED GUIDE TO  
**SARAWAK DELICACIES**

ARCHITECTURE PROGRAMME UITM SARAWAK

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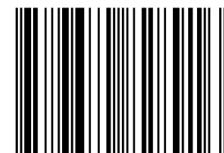
**CHIEF EDITOR**

Nur Izzati Sebri

**CONTRIBUTORS**

Ar. Hanisah Aimi binti Hamzah  
Ts. Afiqah binti Ahmad  
Nur Atiqah Husaini  
Mohd. Iqbal bin Hashim  
Nurul Shafinaz binti Jameel  
Megat Faridrullah Zolkefli  
Students of AAA550 Design III

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*For more info on Architecture Programme UiTM Sarawak, do visit:  
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Tiktok: archiuitmks*

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# CHIEF EDITOR FOREWORD



NUR IZZATI SEBRI

Chief Editor

*An Illustrated Guide to Sarawak Delicacies*

Sarawak is more than just a place in Borneo. It is a landscape of rivers, forests, and flavours that tell stories of home. Here, food is never just eaten; it is shared, remembered, and cherished.

An *Illustrated Guide to Sarawak Delicacies* is a gift from food lover to food lovers. It was created to honour the spirit, capturing the taste of our land and the soul behind every meal. Each dish carries a whisper of heritage. The smoky aroma of *Manok Pansoh* recalls the warmth of longhouse fires. The fresh tang of *Umai* speaks of the sea and the fishermen who rise with the dawn. The beloved *Sarawak Laksa*, rich and fragrant, gathers all who taste it around the same table.

Within these pages, every illustration honours the traditions, memories, and connections that bring Sarawak's food to life. Sarawak's cuisine reflects its people: diversity, generosity, and a warming spirit.

I would like to extend my heartfelt thanks to the lecturers of Department of Architecture and students of class AAA550 Design III for their creativity, dedication, and artistry in bringing these illustrations to life. Your passion has added colour, depth, and vibrancy to this work.

May this e-magazine remind us that every flavour has a story, and every story begins with a place we called home.

So, dear readers, sit back and enjoy these mouth-watering illustrations that bring Sarawak's culinary treasures to life!



# INTRODUCTION THE APPETIZER

## ***A Taste of Home : An Illustrated Guide to Sarawak Delicacies***

Every place has a story, but in Sarawak, our stories are often told through food. Flavours become memories; recipes become traditions; and a single bite can remind us of home. This book began from that simple realisation, that our delicacies are not just dishes, but pieces of our identity.

The project began when we looked for ways to help our students experience culture beyond the classroom. We wanted them to see how food, like architecture, reflects identity and community.

So, we brought our students to Mukah..  
To the coastline..  
To the heart of Melanau culture..  
To the vibrant celebration of Pesta Kaul..

Pesta Kaul welcomed us with its lively mix of culture, rituals, and local flavours. Students explored the festival with sketchbooks in hand, discovering local foods they were tasting for the first time, while enjoying the vibes near the beach, playing the traditional swing game named 'tibou'.

These illustrations, simple yet heartfelt, has became the foundation of this book.

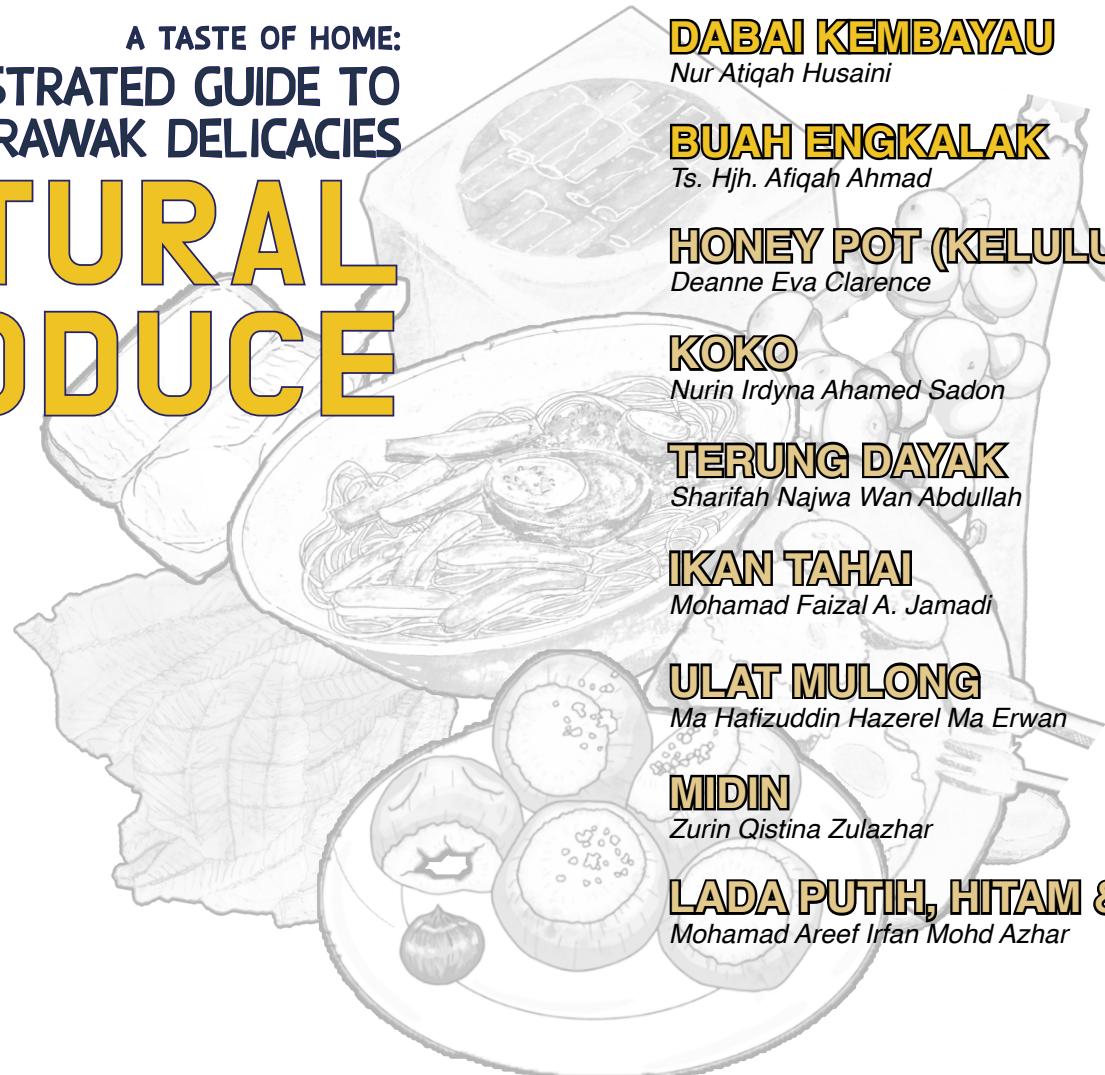
***A Taste of Home*** is a small memento of that journey: the salty Mukah breeze, the energy of Pesta Kaul, and the warmth of discovering food that connects us to our roots. May these illustrations bring you closer to the flavours that shape Sarawak and to the feeling of home they carry.

Welcome to the taste of home.



A TASTE OF HOME:  
AN ILLUSTRATED GUIDE TO  
SARAWAK DELICACIES

# NATURAL PRODUCE



## DABAI KEMBAYAU

*Nur Atiqah Husaini*

## BUAH ENGKALAK

*Ts. Hjh. Afiqah Ahmad*

## HONEY POT (KELULUT)

*Deanne Eva Clarence*

## KOKO

*Nurin Irdyna Ahamed Sadon*

## TERUNG DAYAK

*Sharifah Najwa Wan Abdullah*

## IKAN TAHAI

*Mohamad Faizal A. Jamadi*

## ULAT MULONG

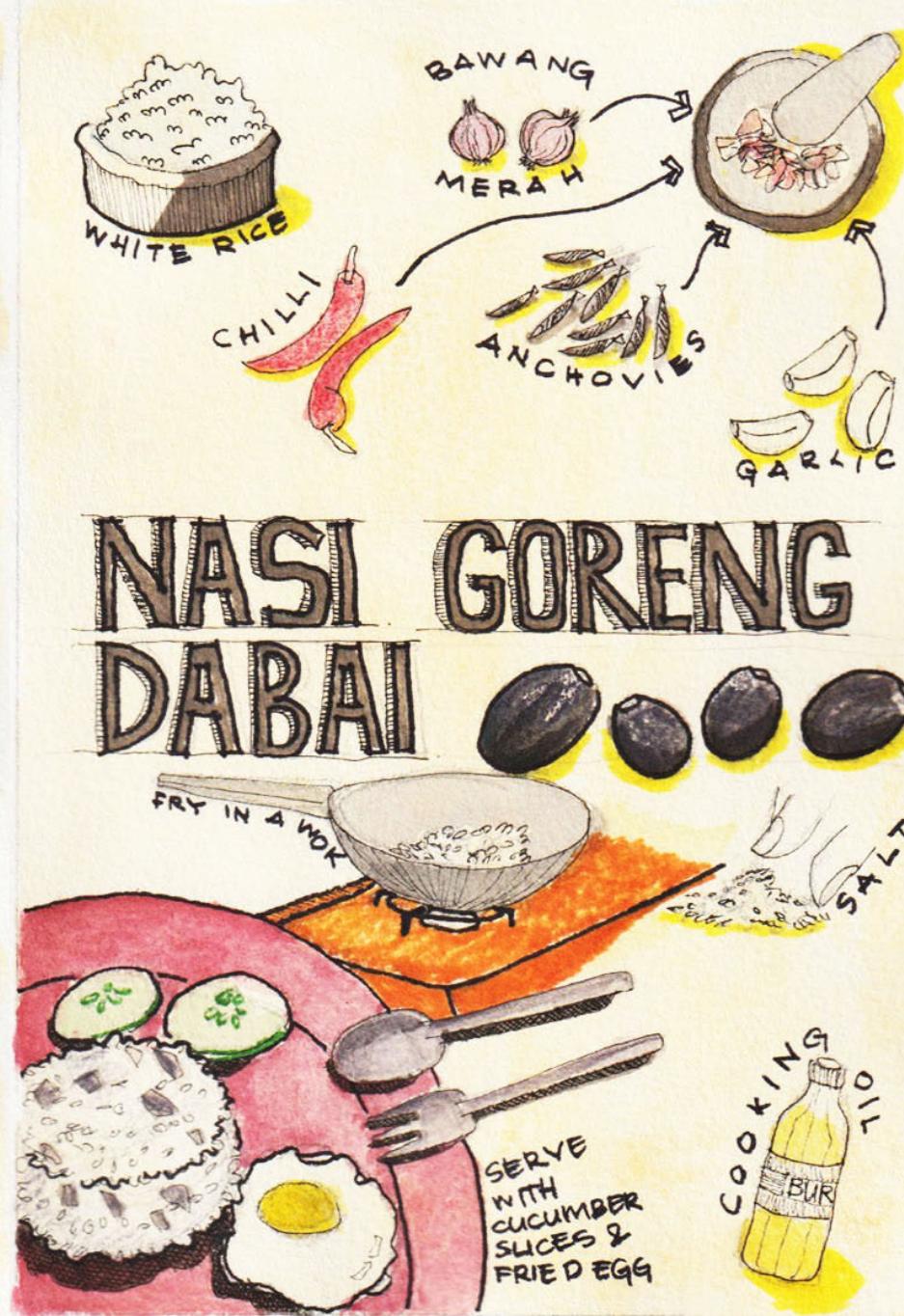
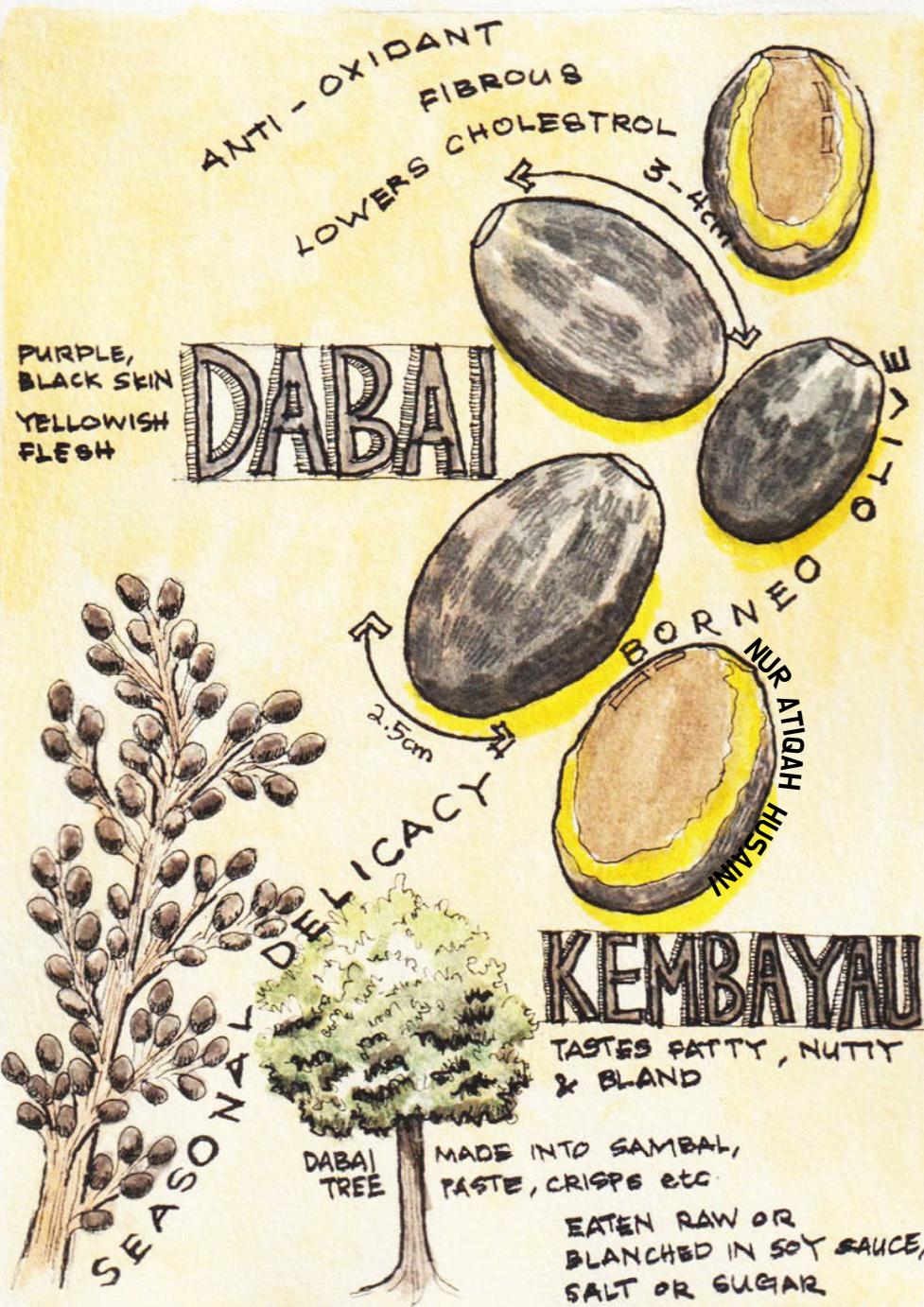
*Ma Hafizuddin Hazerel Ma Erwan*

## MIDIN

*Zurin Qistina Zulazhar*

## LADA PUTIH, HITAM & HIJAU

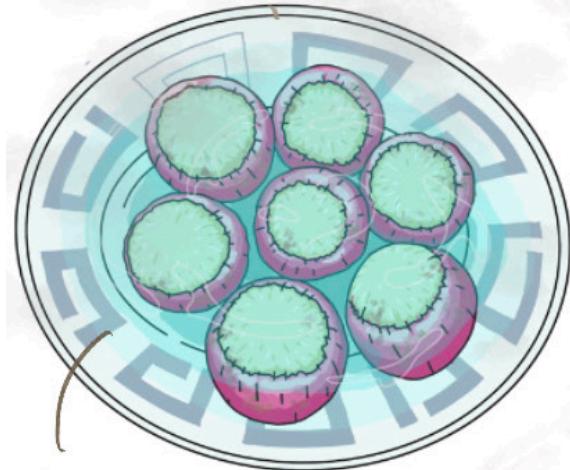
*Mohamad Areef Irfan Mohd Azhar*



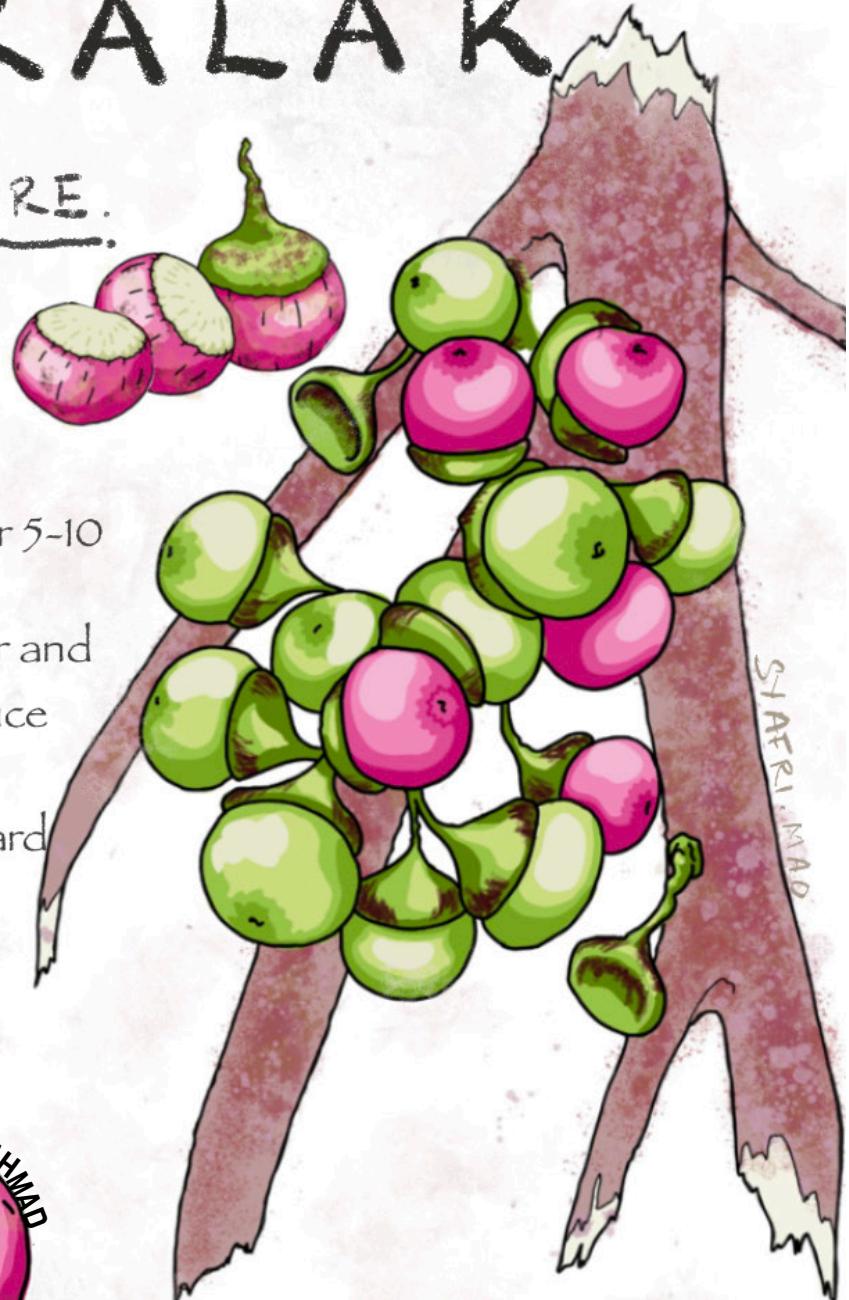
# BUAH ENGKALAK

## HOW TO PREPARE.

1. Wash the engkalak.
2. Remove the stems.
3. Hit the engkalak gently with the back of the spoon
4. Soak the engkalak in hot water for 5-10 minutes.
5. When softened, remove from water and serve it sprinkled with salt or soy sauce and chilli.
6. To eat, squeeze the flesh and discard the skin and seed.



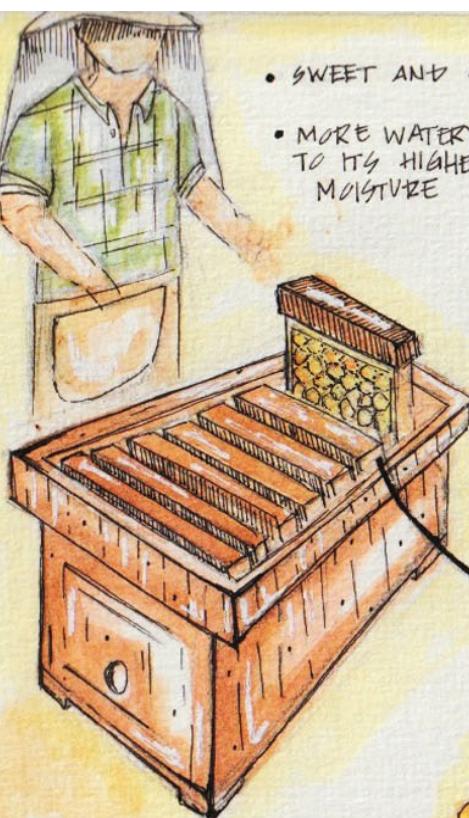
Hot water



# Honey pot (keulut)

- SWEET AND SOUR

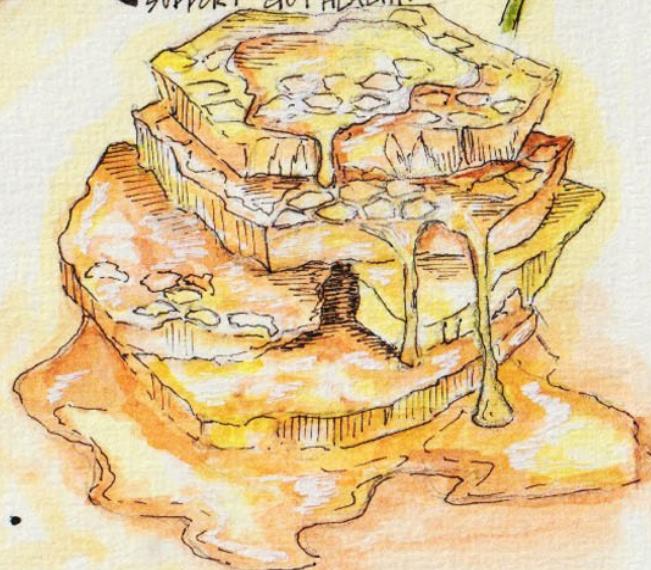
- MORE WATERY - DUE TO ITS HIGHER MOISTURE



- STINGLESS BEE HONEY



- NATURAL SUGAR, LOW GLYCEMIC INDEX
- SUITABLE FOR BLOOD SUGAR CONTROL
- ANTI-OXIDANTS, AMINO ACIDS, VITAMINS, PROBIOTICS. SUPPORT GUT HEALTH.



DEANNE EVA CLARENCE

DEANNE EVA CLARENCE

- 1 TABLESPOON HONEY POT
- JUICE OF 1 LIME
- 200ML WARM WATER
- TEA (OPTIONAL)

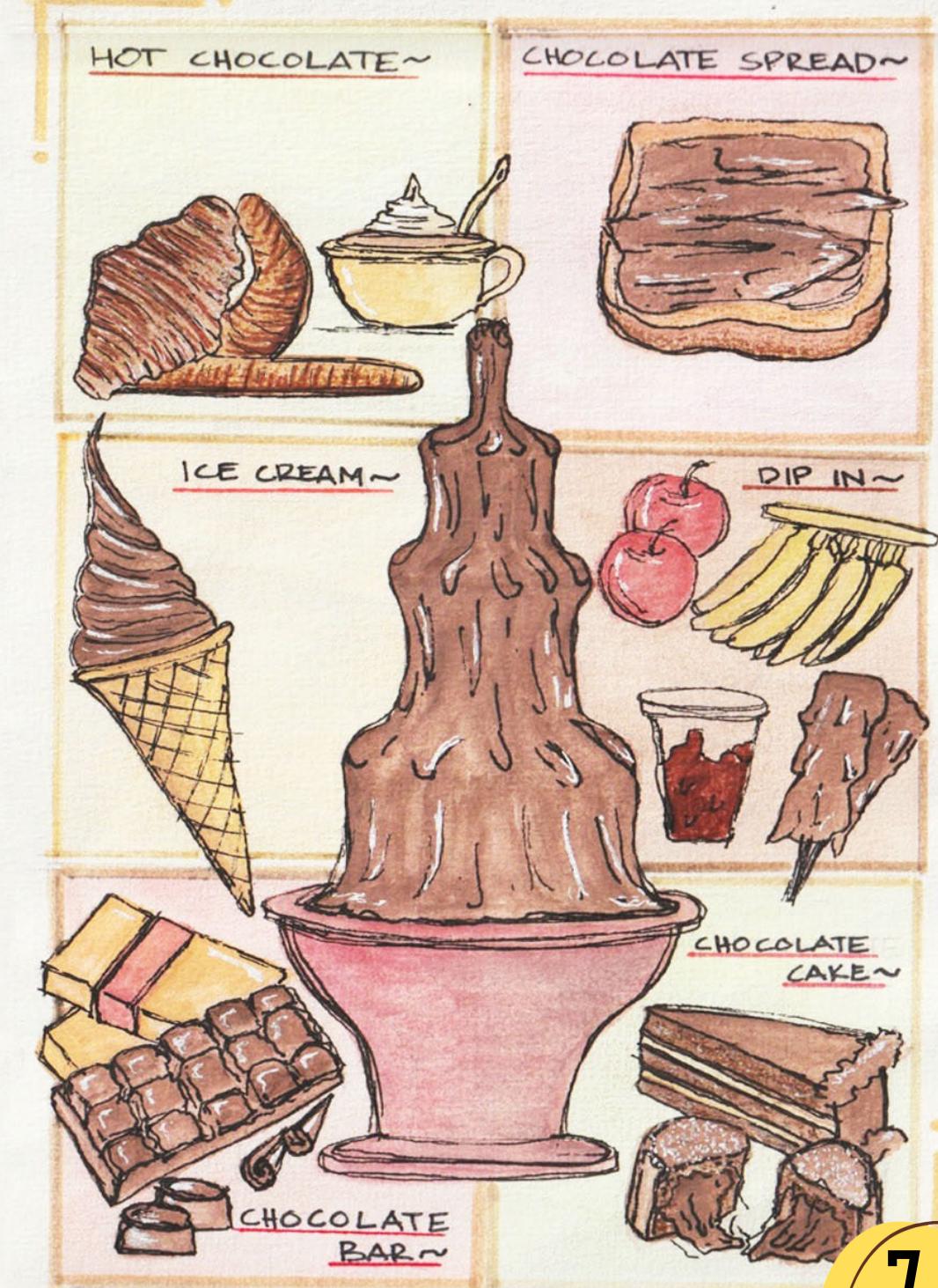
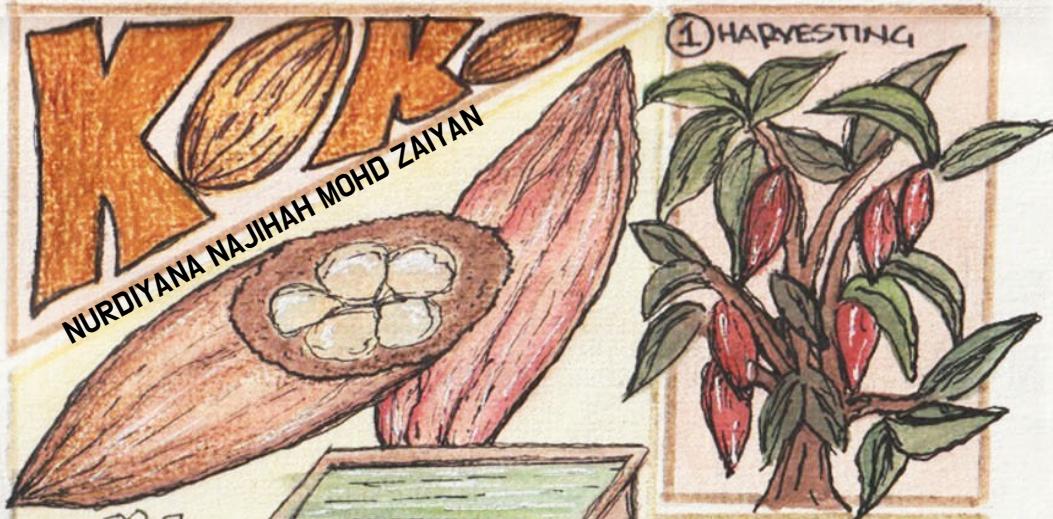
STIR HONEY AND LIME JUICE INTO WARM WATER / TEA

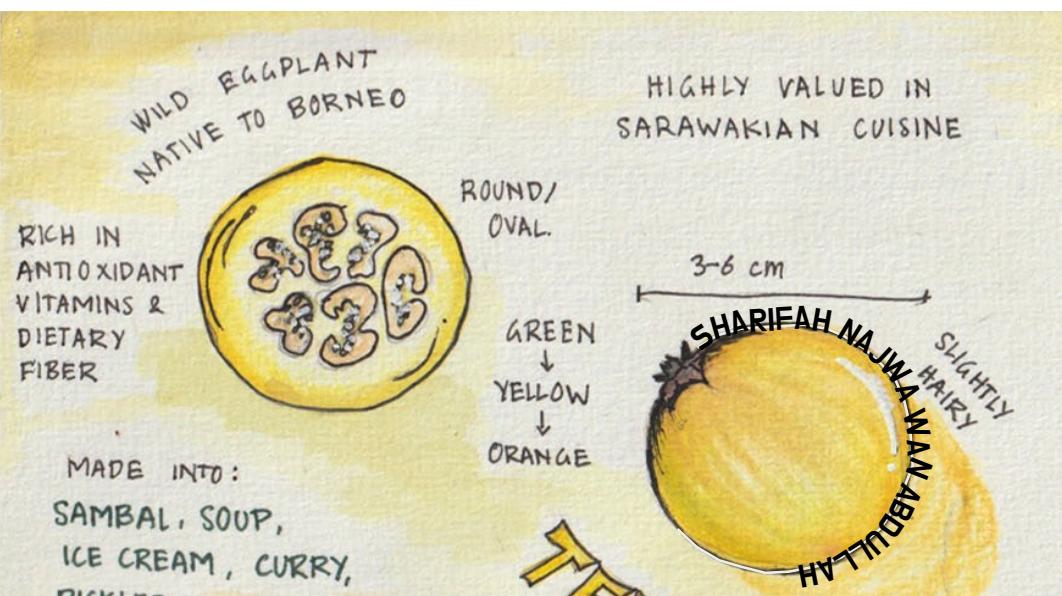
Honey lime drink.



DRINK ON AN EMPTY STOMACH FOR A DETOXIFYING BOOST.







## TERUNG DAYAK

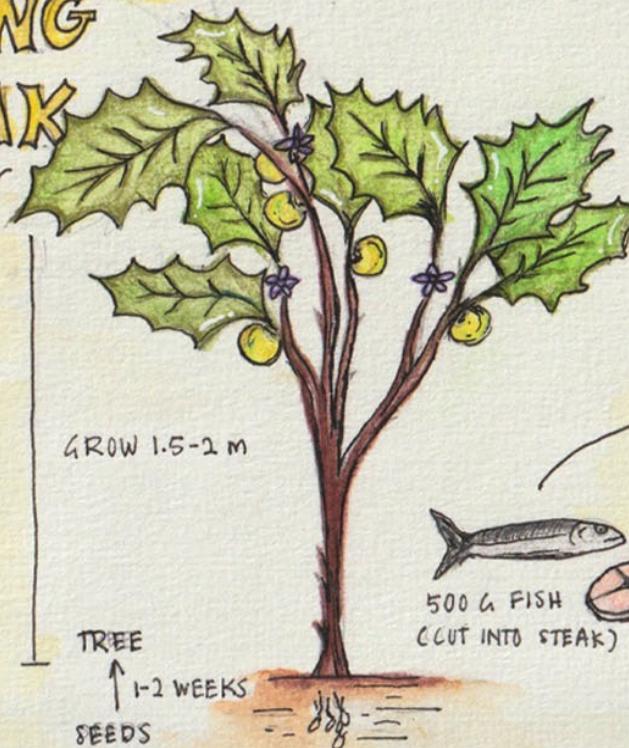
SOUR & TANGY

IBAN DAYAK TRADITIONAL ART

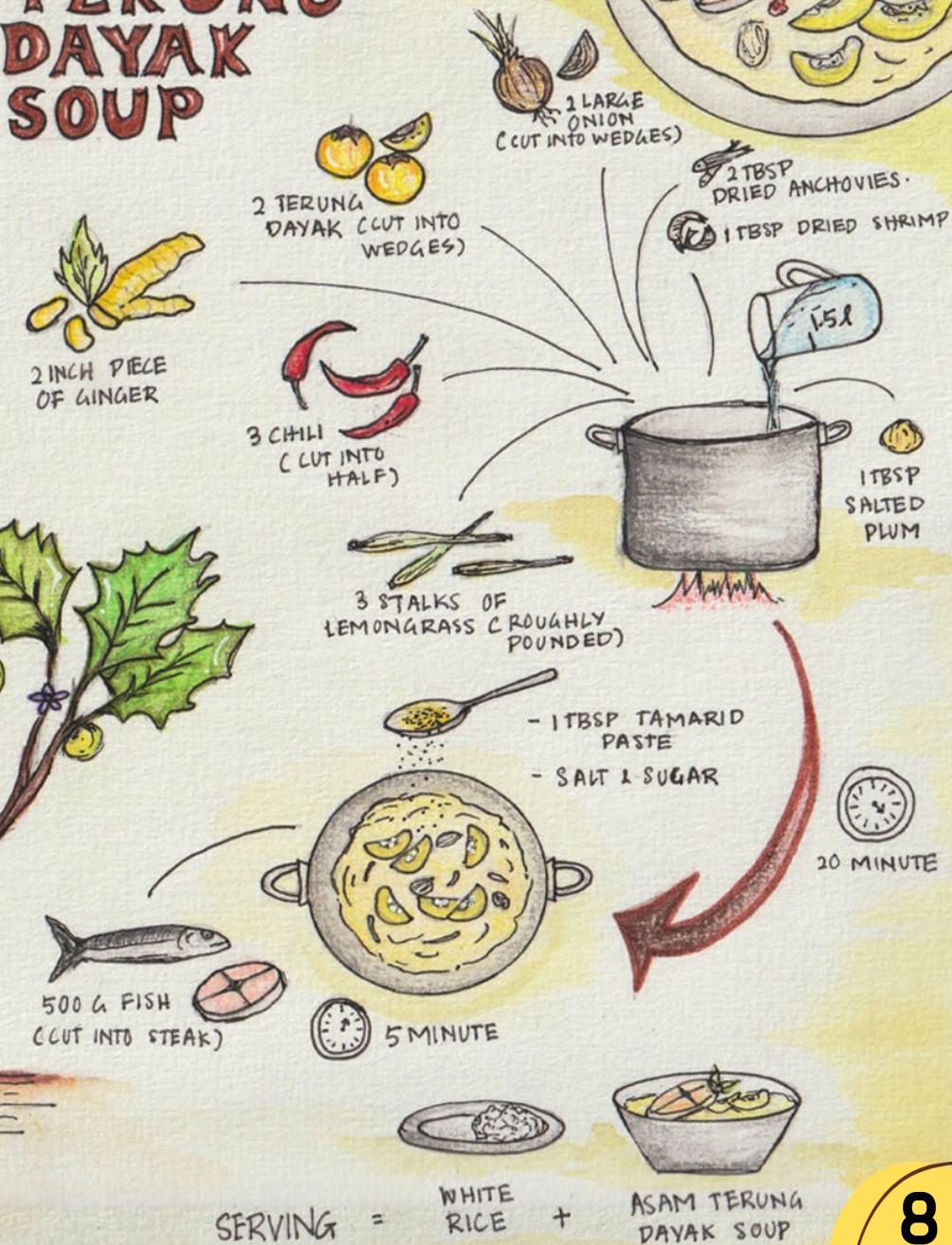


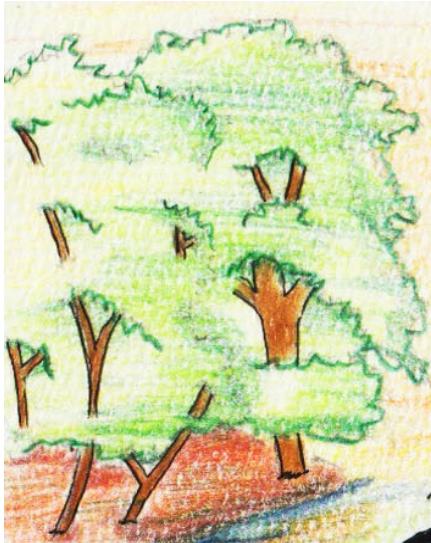
THE BUNGA TERUNG

- SYMBOLIZE THE BEGINNING OF A NEW LIFE



## ASAM TERUNG DAYAK SOUP





IKAN TAHAI IS A TRADITIONAL SMOKED FISH DELICACY MADE PREDOMINANTLY FROM IKAN TAMBAN.

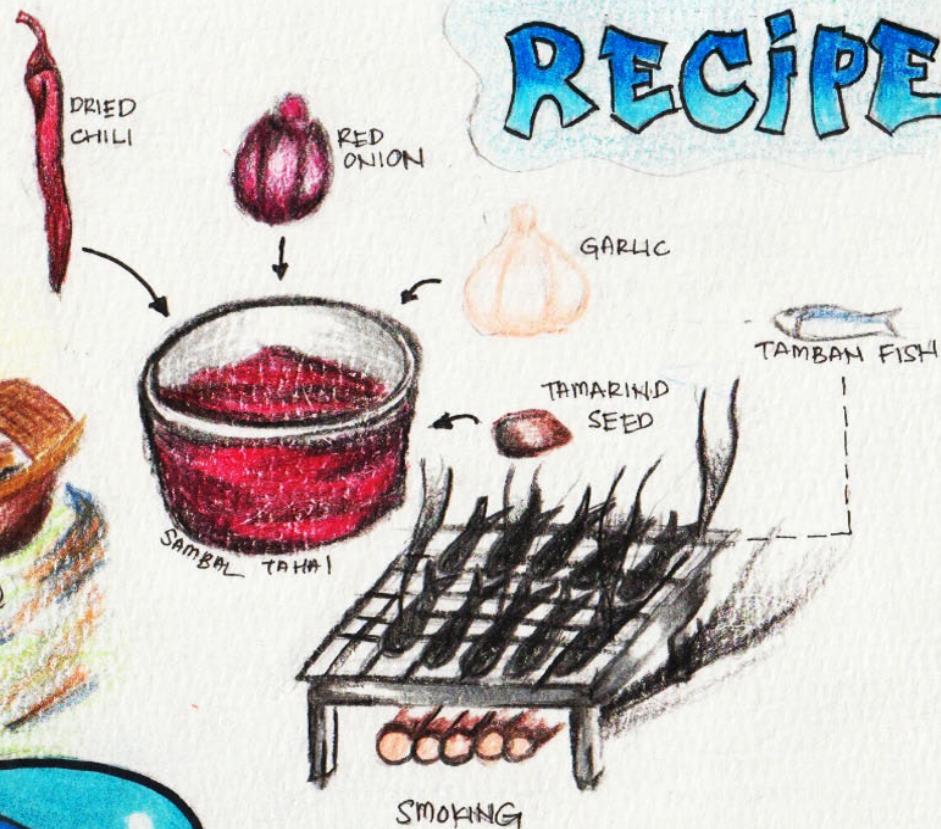
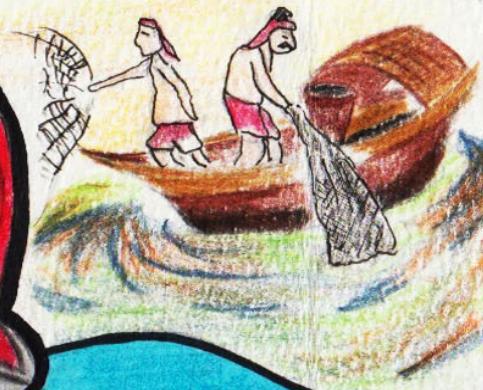
IT IS A SPECIALTY OF THE LIMBANG AND LAWAS AREAS IN NORTHERN SARAWAK.

IKAN TAMBAN

MOHAMAD FAIZAL A. JAMALI



# IKAN TAHAI



# RECIPE



NASI GORENG TAHAI



NASI BARIO A BORNEO



SAYUR KOPIS TAHAI

# ULAT MULONG

TRADITIONAL DELICACY OF MELANAU PEOPLE

FOUND INSIDE  
THE TRUNK OF  
ROTTING SAGO  
PALMS

CONSIDER  
AS A  
PROTEIN  
RICH FOOD

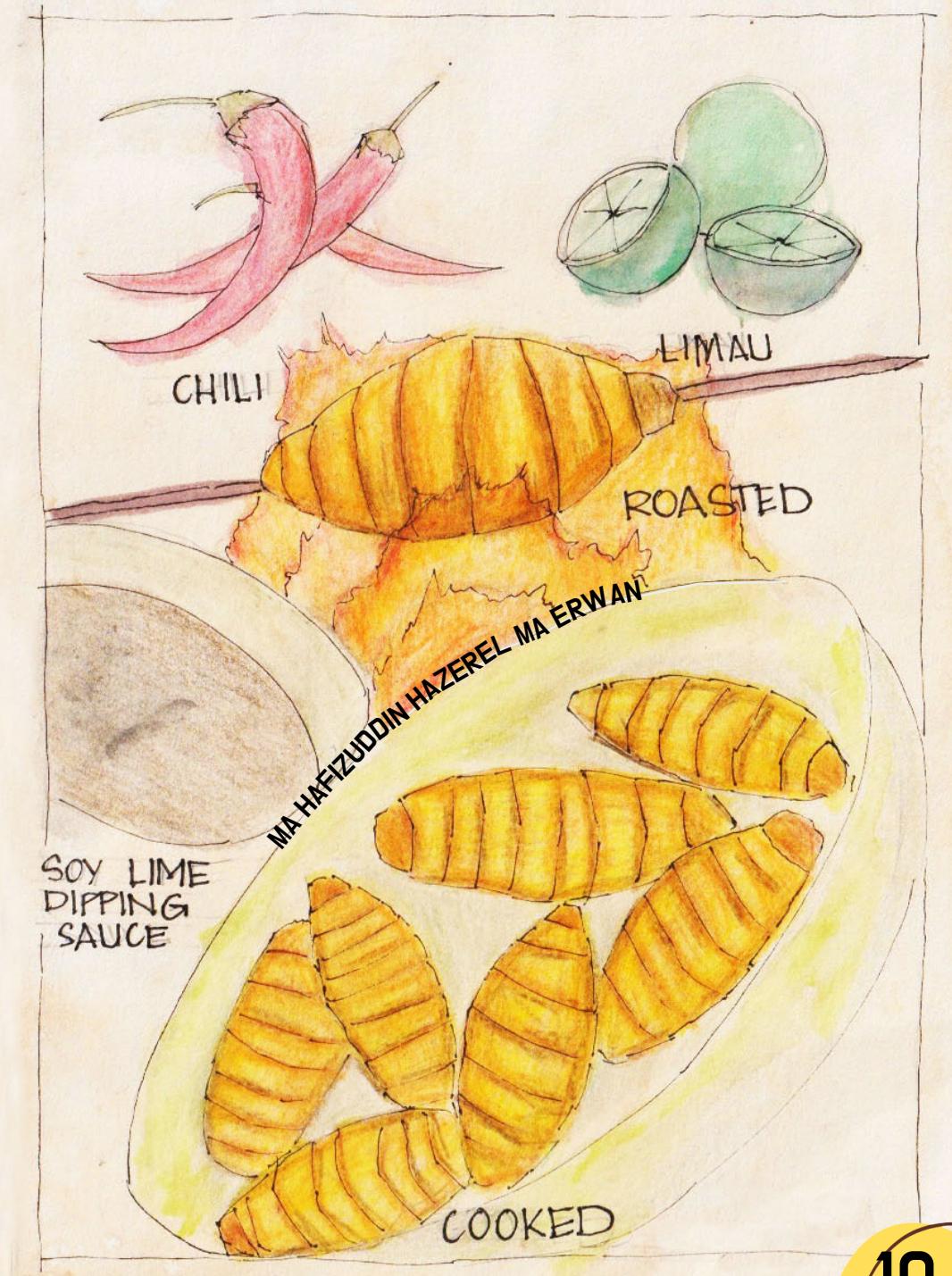
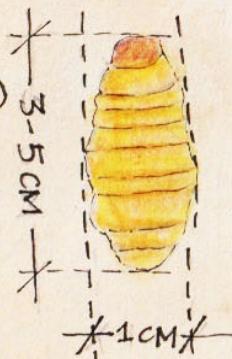
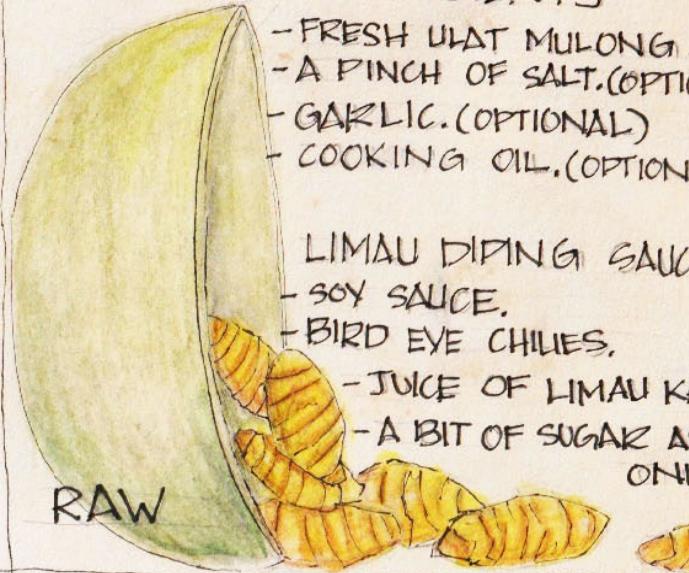
## INGREDIENTS

- FRESH ULAT MULONG.
- A PINCH OF SALT. (OPTIONAL)
- GARLIC. (OPTIONAL)
- COOKING OIL. (OPTIONAL)

## LIMAU DIPPING SAUCE

- SOY SAUCE.
- BIRD EYE CHILIES.
- JUICE OF LIMAU KASTURI.
- A BIT OF SUGAR AND CHOPPED ONION. (OPTIONAL)

RAW





Key Ingredient:

midin



Ingredient list:

two shallots

one clove of garlic

1tbs dried shrimp

one red chili pepper

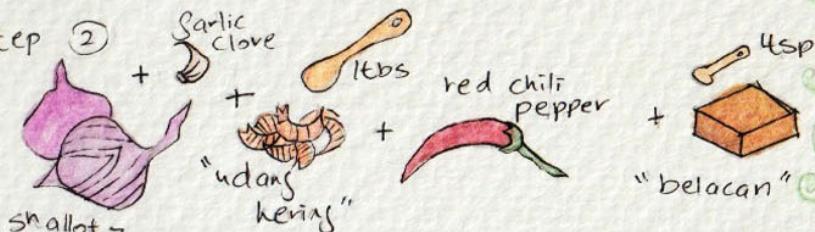
2tbs cooking oil

4tsp belacan

Step ①



Step ②



Step ③



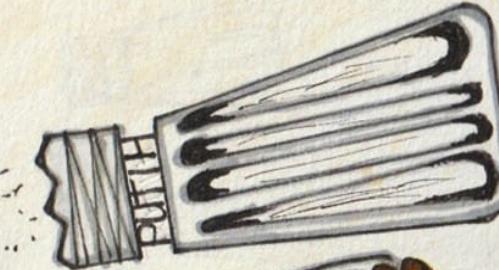
Step ④



# LADA PUTIH, HITAM & HIJAU

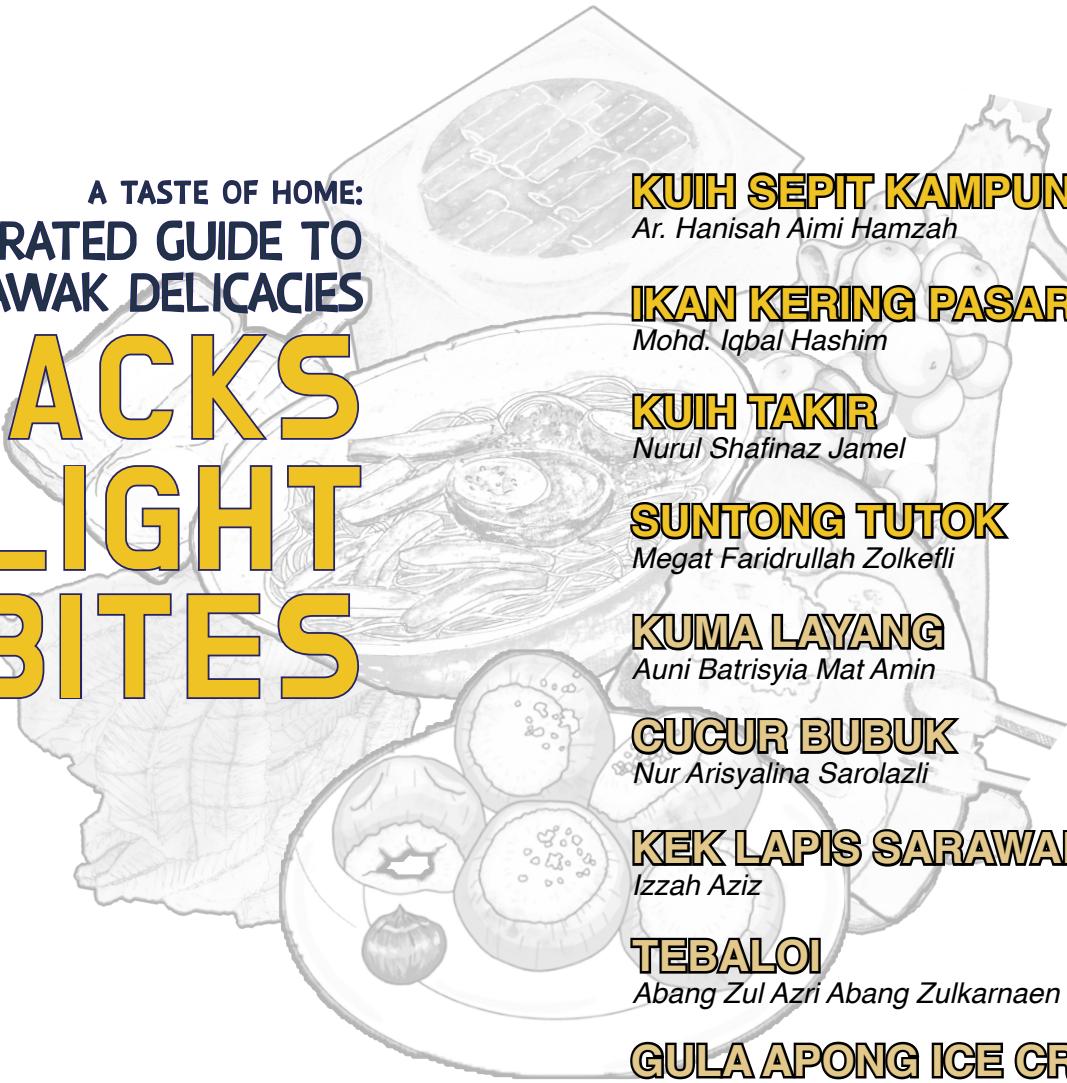
MUHAMAD AREEF IRFAN MOHD AZHAR

- BUAH DARIPADA TUMBUHAN TROPINKA JENIS MEMANJAT, "PIPER NIGRUM L"
- BERASAL DARI BARAT-DAYA INDIA.
- DI SARAWAK, LADA TELAH DITANAM SEJAK TAHUN 1856.
- PENANAMAN BANYAK DI BAHAGIAN KUCHING, SRI AMAN, BETONG & SARIKEI.
- POKOK LADA HIDUP SUBUR DI KAWASAN BERIKLIM TROPINKA YANG PANAS DAN LEMBAP.



A TASTE OF HOME:  
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# SNACKS & LIGHT BITES



## **KUIH SEPIT KAMPUNG JUDAN**

*Ar. Hanisah Aimi Hamzah*

## **IKAN KERING PASAR OYA**

*Mohd. Iqbal Hashim*

## **KUIH TAKIR**

*Nurul Shafinaz Jameel*

## **SUNTONG TUTOH**

*Megat Faridrullah Zolkefli*

## **KUMA LAYANG**

*Auni Batrisyia Mat Amin*

## **CUCUR BUBUK**

*Nur Arisyalina Sarolazli*

## **KEK LAPIS SARAWAK**

*Izzah Aziz*

## **TEBALOI**

*Abang Zul Azri Abang Zulkarnaen*

## **GULA APONG ICE CREAM**

*Marielle Fay Welket*

# KUIH SEPIT

## KAMPUNG JUDAN





# pasar oya

MOHD IQBAL HASHIM

1. SIANG, BELAH, DAN BILAS.
2. TOSKAN DAN LUMURKAN GARAM.
3. SUSUN LAPISAN GARAM-IKAN.
4. BIARKAN SEMALAMAN.
5. BASUH DAN BUANG LEBIHAN GARAM.
6. SUSUN DI ATAS PARA
7. JEMUR DI BAWAH MATAHARI HINGGA KERING.

ikan  
kering  
goreng  
garing

## INGREDIENTS

- 500 gm rice flour
- 1.5 litre coconut milk
- 1 tea spoon salt
- Palm sugar (gula apong)
- Pandan leaf
- Tooth pick + palm tree (nipah) leaves

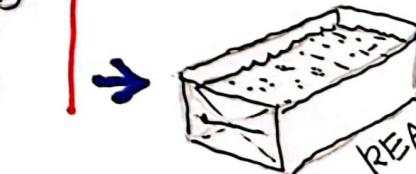
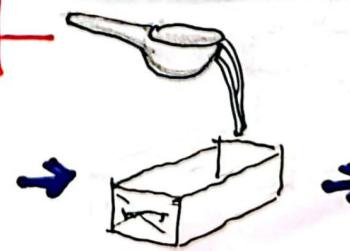
### GULA APONG

Origin: Nipah palm  
It's either in syrup  
form or solid sugar.  
Has unique flavor  
(a subtle salted caramel  
taste)

# Kuih Takir @ PERAHU

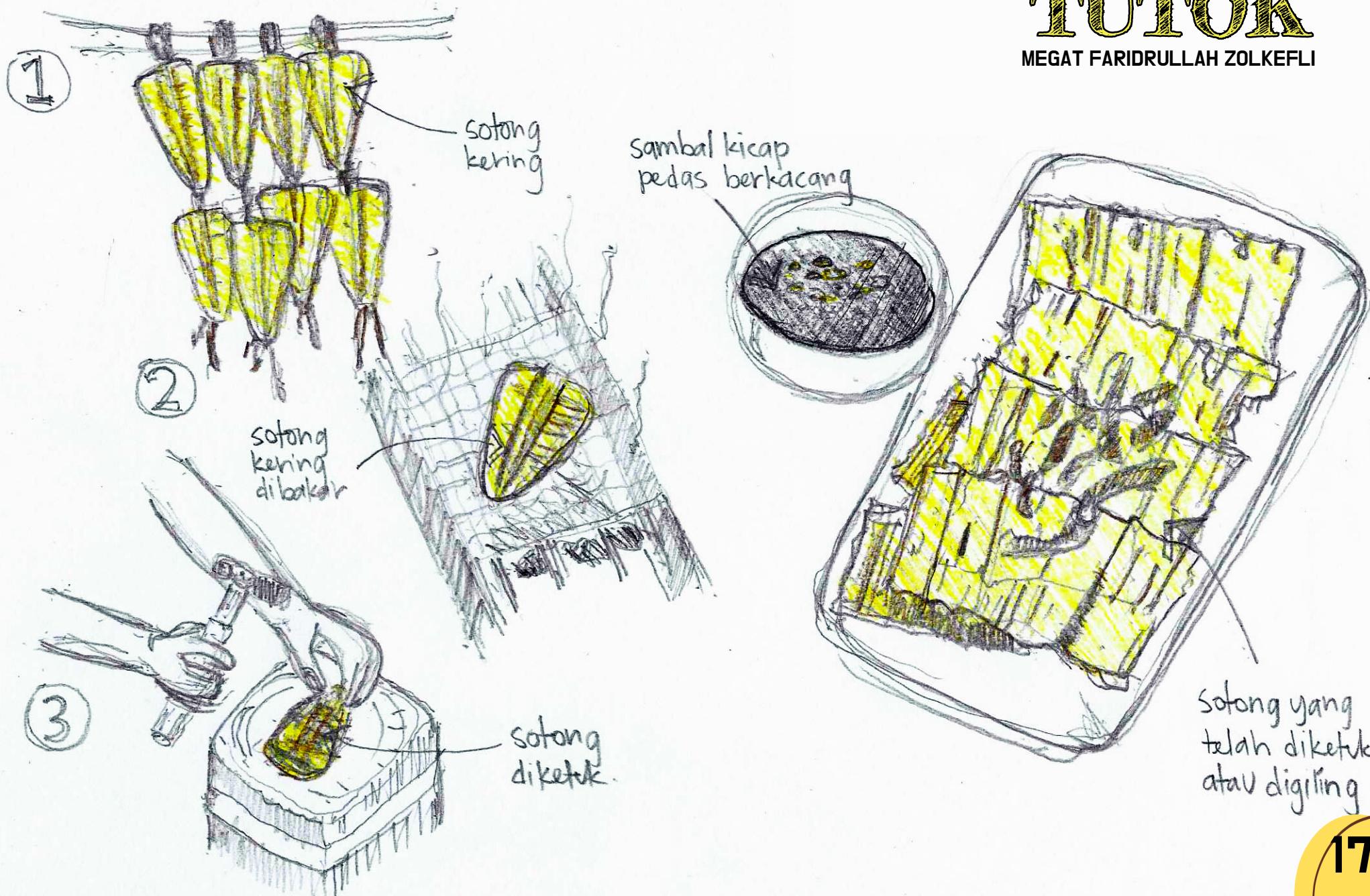
## HOW TO PREPARE

- Shape the palm tree leaves to a rectangular shape (use toothpick to join them)
- Melt the palm sugar. Put a side.
- Mix coconut milk, salt and rice flour together.
- Stir the mixture on low heat, add pandan leaf. Continue to stir until it is thick.
- Put little bit of palm sugar in every casing, then pour the flour mixture.
- Steam for about 15 minutes and it's DONE!



# SUNTONG TUTOK

MEGAT FARIDRULLAH ZOLKEFLI



## Traditional Melanau Kuih

made by dipping a carved metal mould then frying it golden and crispy



Symmetrical Pattern

sil. shape flower and

star crispy with thin edges

AUNI BATRISYIA MAT AMIN

GULA Apang

MALAYA MILK

Tepung

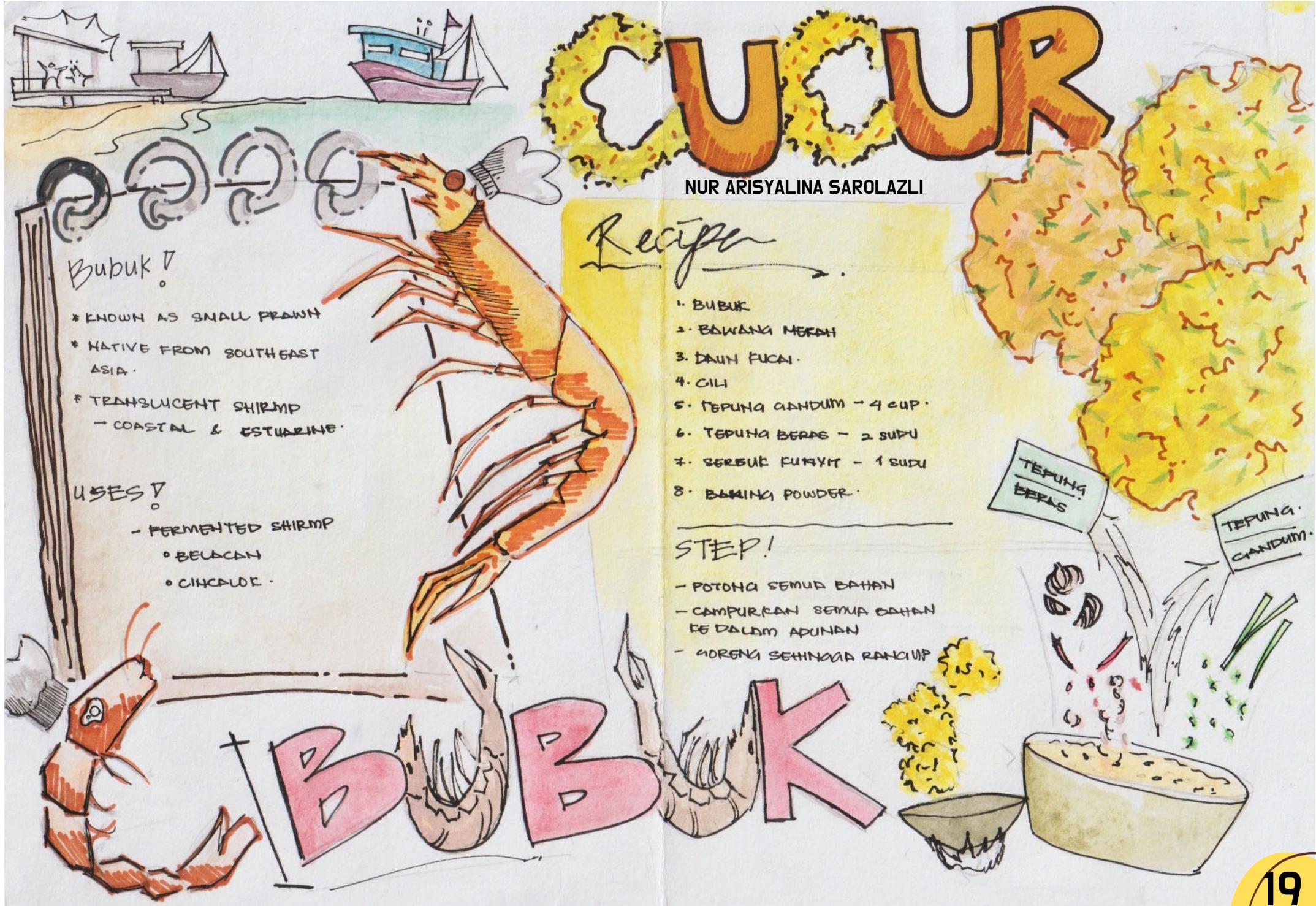


INGREDIENTS -

- i. Rice flour - 1 cup
- ii. coconut milk - 1 cup
- iii. Gula Apang -  $\frac{1}{2}$  cup
- iv. Egg - 1
- v. Salt - 1 pinch
- vi. Wattie

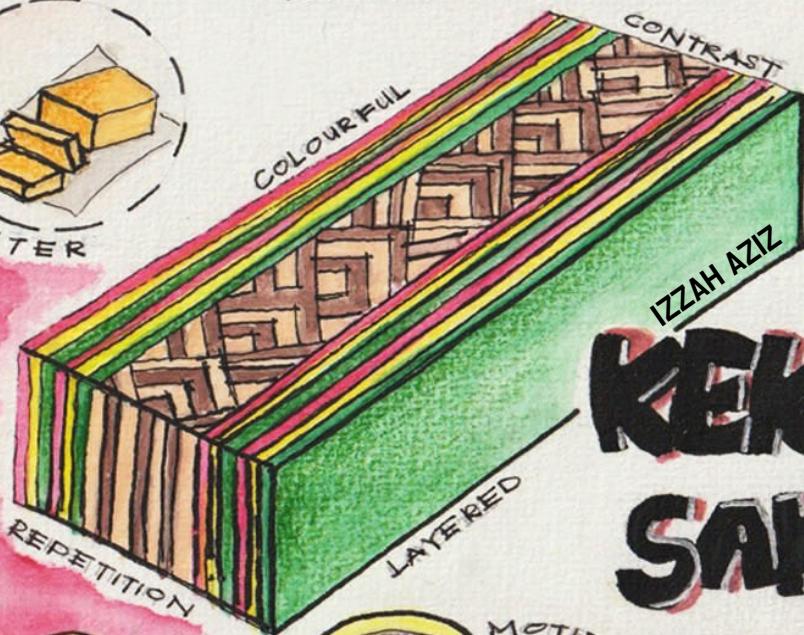
OK



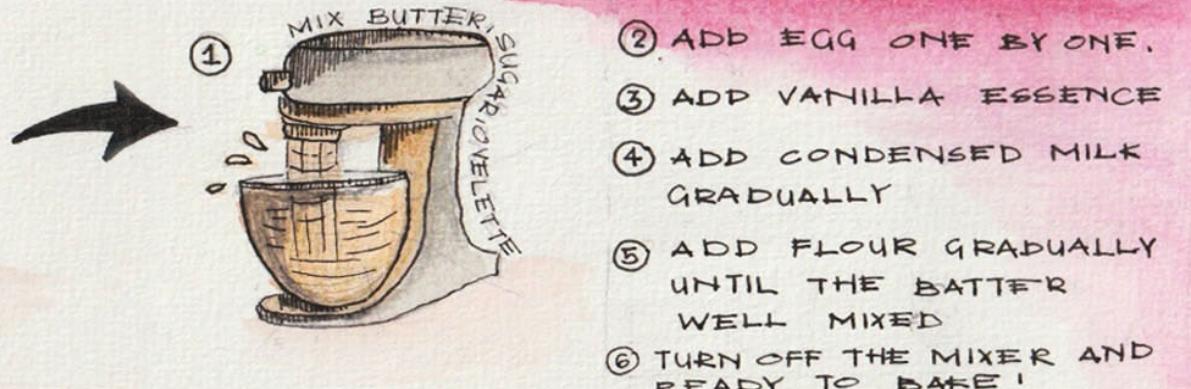




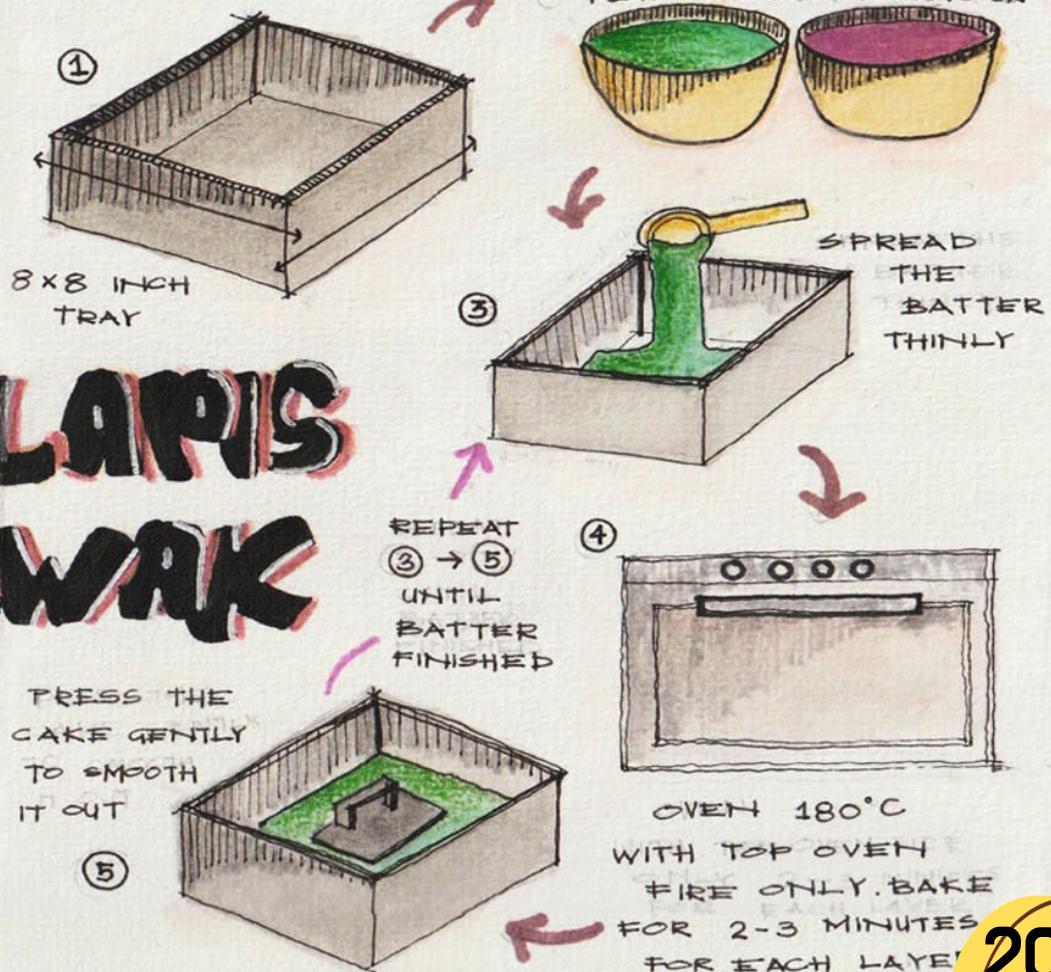
- 450 GM BUTTER  
 - 10 EGGS  
 - 180 GM SUGAR  
 - 10 GM OVELETTE  
 - 1 TS VANILLA ESSENCE  
 - 375 GM CONDENSED MILK  
 - 160 GM FLOUR



# KEK LAPIS SARAWAK



## BAKING METHOD





MELANAU  
SAGO BISCUIT



TEBALOI

ABANG ZUL AZRI ABANG ZULKARNAEN

### INGREDIENT

- ① SAGO FLOUR
- ② CHICKEN EGG
- ③ SUGAR
- ④ TURMERIC FLOUR
- ⑤ GRATED COCONUT

# GULA APONG ICE CREAM

MARIELLE FAY WELKET

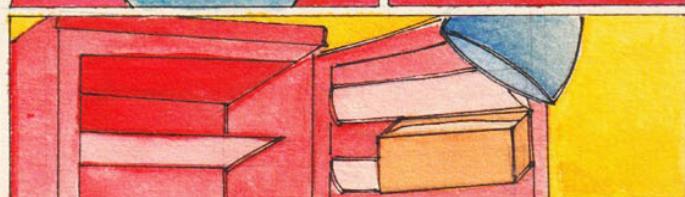


## INGREDIENTS

1. WHIPPING CREAM
2. EVAPORATED MILK
3. GULA APONG
4. OVELETTE
5. ICE CREAM CONE

---

1. WHIPPING CREAM (2 CUPS)
2. EVAPORATED MILK (WHOLE CAN)
3. GULA APONG ?  
OVELETTE (PREFERANE)

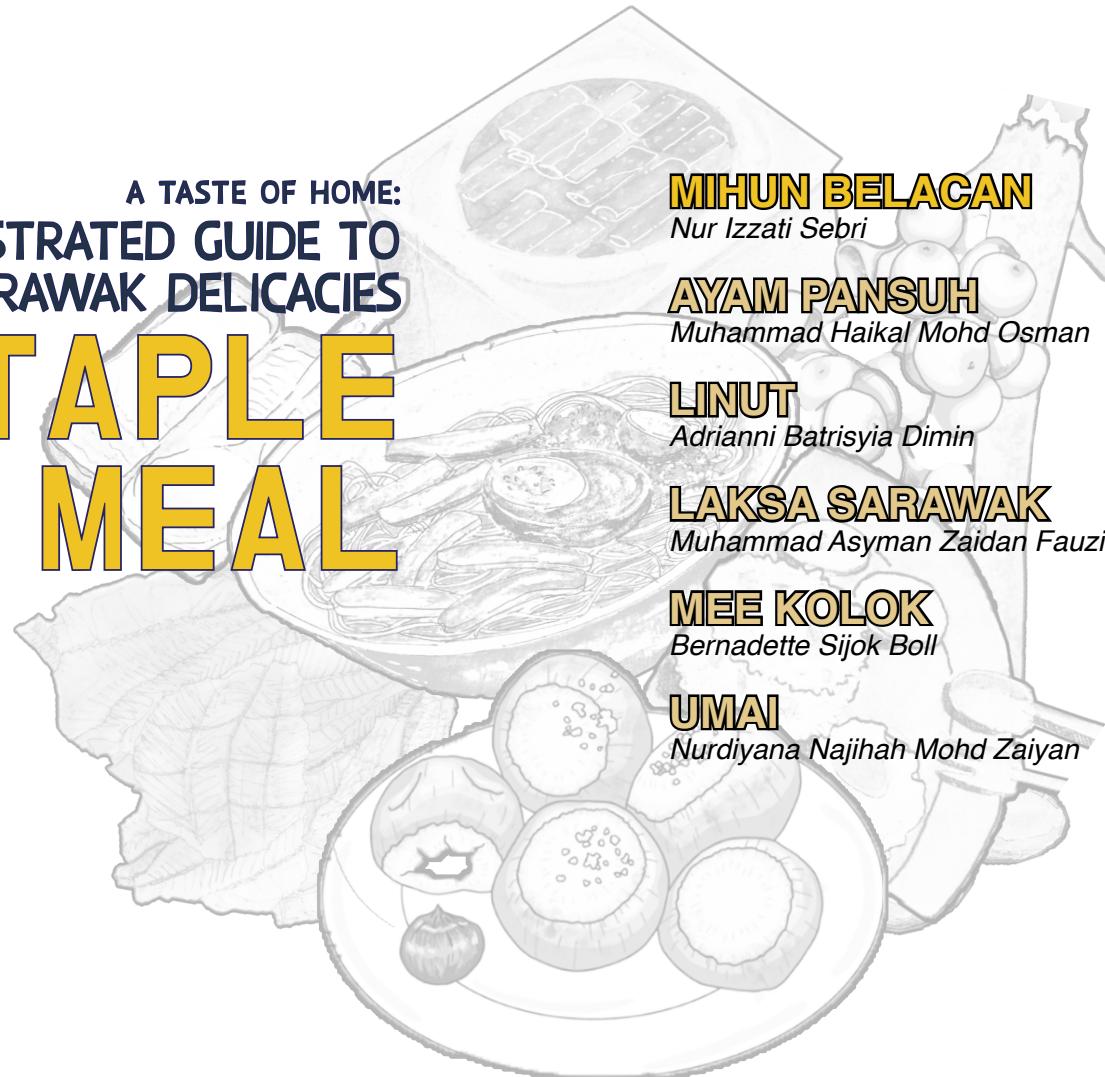


*“Food is everything we are. It's an extension of nationalist feeling, ethnic feeling, your personal history, your province, your region, your tribe, your grandma. It's inseparable from those from the get-go.”*

*Anthony Bourdain*

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# STAPLE MEAL



## MIHUN BELACAN

*Nur Izzati Sebri*

## AYAM PANSUH

*Muhammad Haikal Mohd Osman*

## LINUT

*Adrianni Batrisyia Dimin*

## LAKSA SARAWAK

*Muhammad Asyman Zaidan Fauzi*

## MEE KOLOK

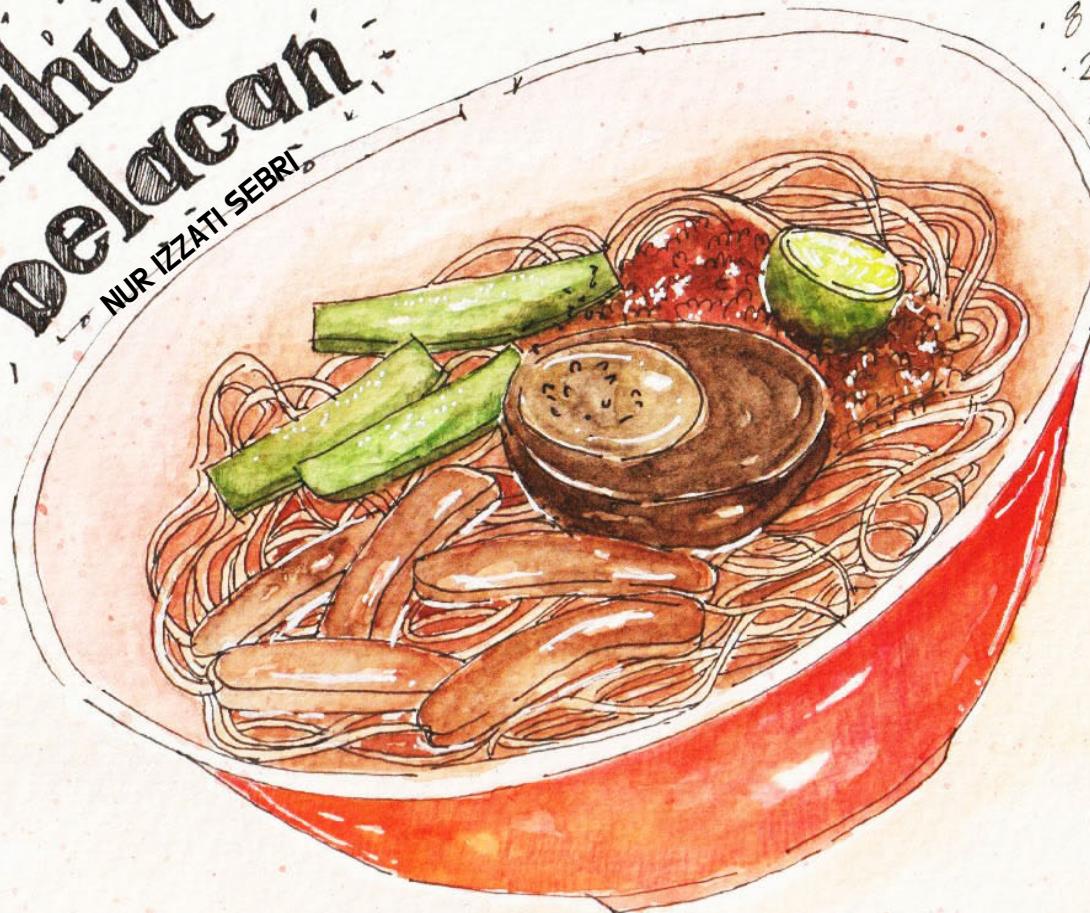
*Bernadette Sijok Boll*

## UMAI

*Nurdiyana Najihah Mohd Zaiyan*

# mihun belacan

NUR IZZATI SEBRI



## the ingredients.

- 200 gms of dried prawns.
- 150 gms of shrimp paste (belacan).
- 10 shallots
- 8 chilli padi
- 2 tbs. of gula apung
- 3 tbs. of tamarind paste.
- pinches of salt
- 2 litres of plain water
- 200 gms. of rice vermicelli
- 1 cured cuttlefish, cut
- 2 century eggs
- 1 cup of beansprouts
- 1 cup of cucumber.

## how to prepare.

1. Fry the belacan.
2. Blend the chilli & dried prawns.
3. Pour the water in a pot, add the blended chilli & prawn, shrimp paste, tamarind paste and brown sugar. Let it boiled and simmer.
4. Add gula apung & salt as desired.
5. To assemble, place rice vermicelli in a bowl, garnish with century eggs, cucumber, cuttlefish and beansprouts.
6. Pour gravy on top until all of the garnish is covered.

# AYAM PANSOH

MUHAMMAD HAikal MOHD OSMAN  
CHICKEN  
AND HERBS  
SEALED IN  
BAMBOO, FIRE  
- ROASTED TO  
SMOKY,  
TENDER  
P  
E  
R  
F  
E  
C  
T  
I  
O  
N

A TRADITIONAL IBAN  
DELICACY FROM SARAWAK  
AYAM PANSOH  
IS CHICKEN COOKED IN  
BAMBOO WITH AROMATIC  
HERBS.

INFUSED  
WITH SMOKY  
FLAVOUR FROM  
THE FIRE, THE TRUE  
TASTE OF BORNEO'S  
JUNGLE CUISINE

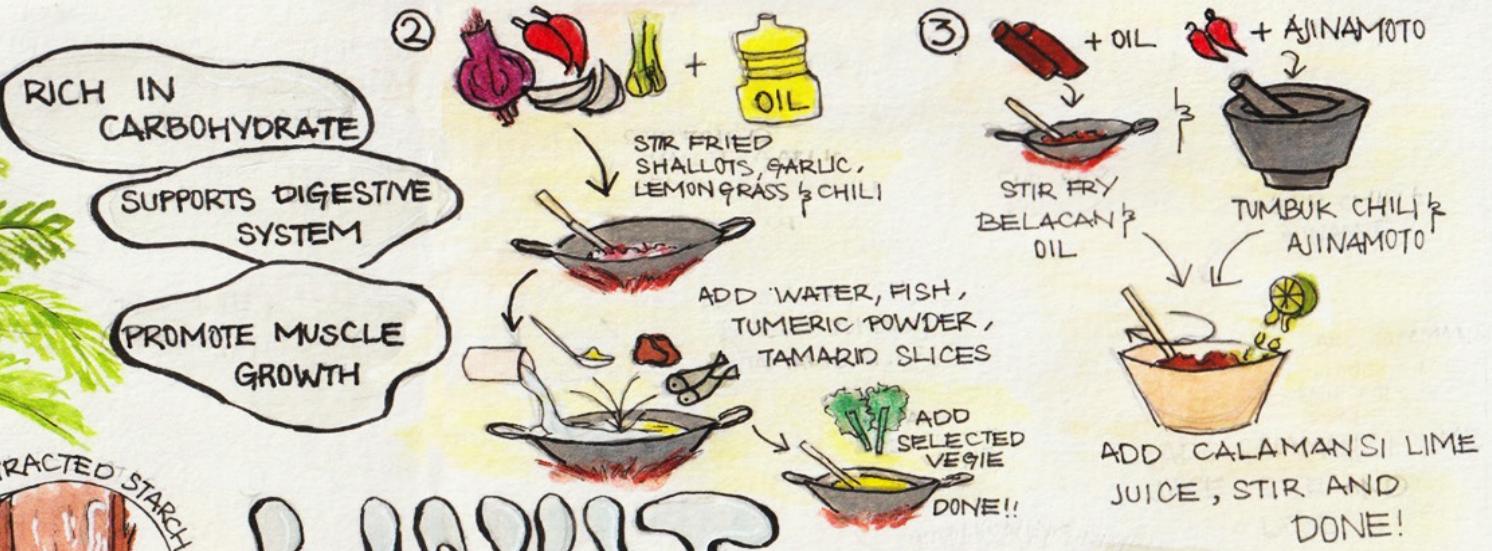
BROTH  
DAUN BULUH  
BIG ONION  
GARLIC  
CHICKEN  
GINGER  
CHILI  
SERAI

INGREDIENTS



# LINUT

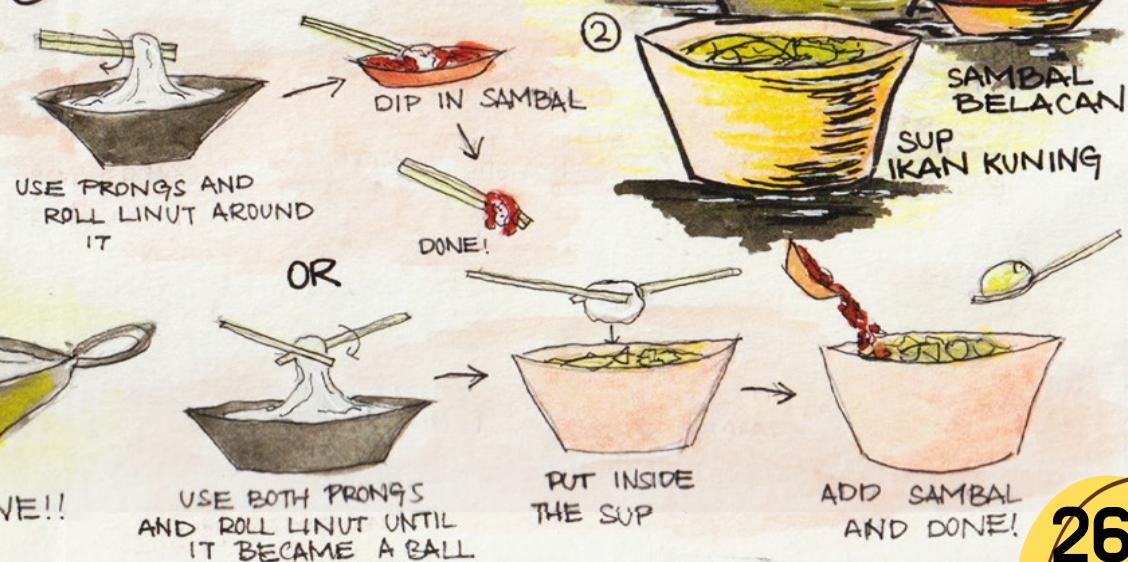
ADRIANNI BATRISYIA DIMIN



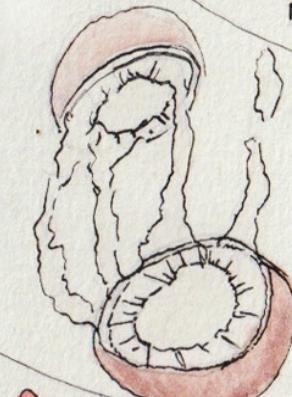
## LINUT WITH IKAN KUNING SAMBAL BELACAN

BY ADRIANNI BATRISYIA

### ① HOW TO EAT?



# GRavy



## ADD ON



LAKSA SARAWAK IS A POPULAR NOODLE SOUP DISH ORIGINATING FROM KUCHING, SARAWAK. IT'S KNOWN FOR ITS CREAMY SPICY, AND TANGY BROTH. THE DISH BLEND OF CHINESE AND MALAY.



BIJAN

JINTAH MAMIS



JINTAH PUTIH

KACANG



KETUMBAR

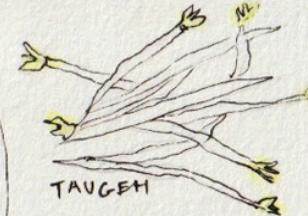


CILI



SANTAN

# CONTENT



TAUGEH



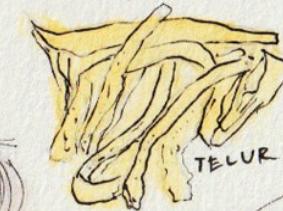
UDANG



AYAM



BEE HOON



TELUR

## RECIPE

### CONTENT

KUAH LAKSA

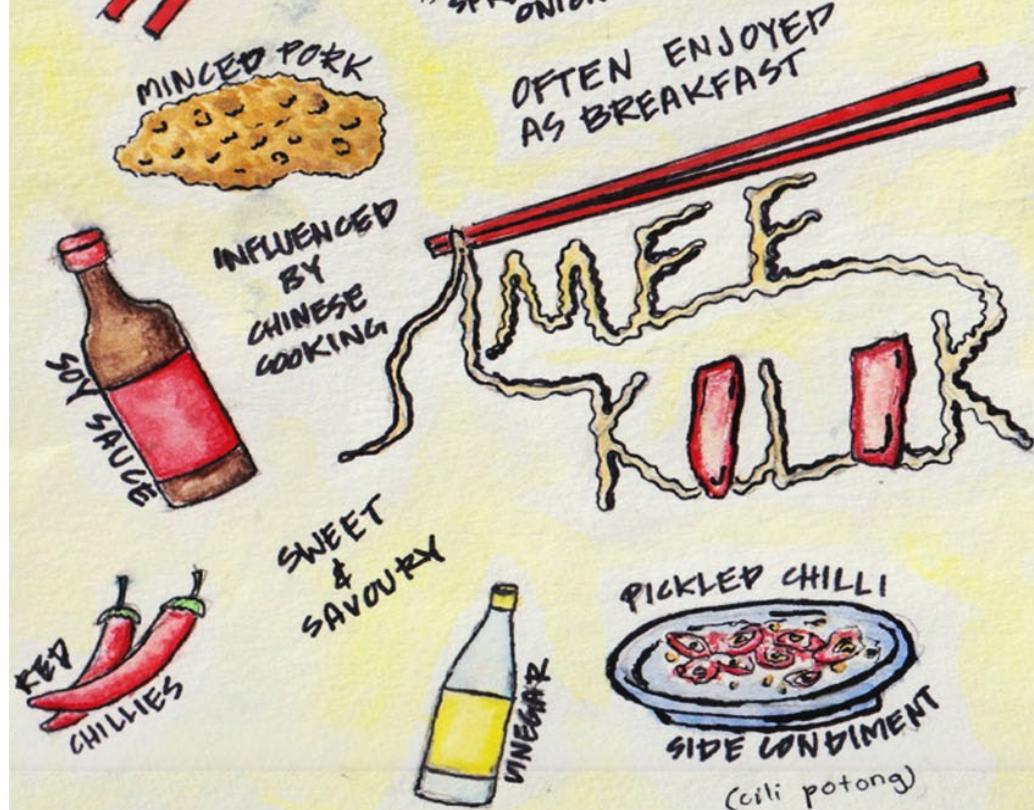
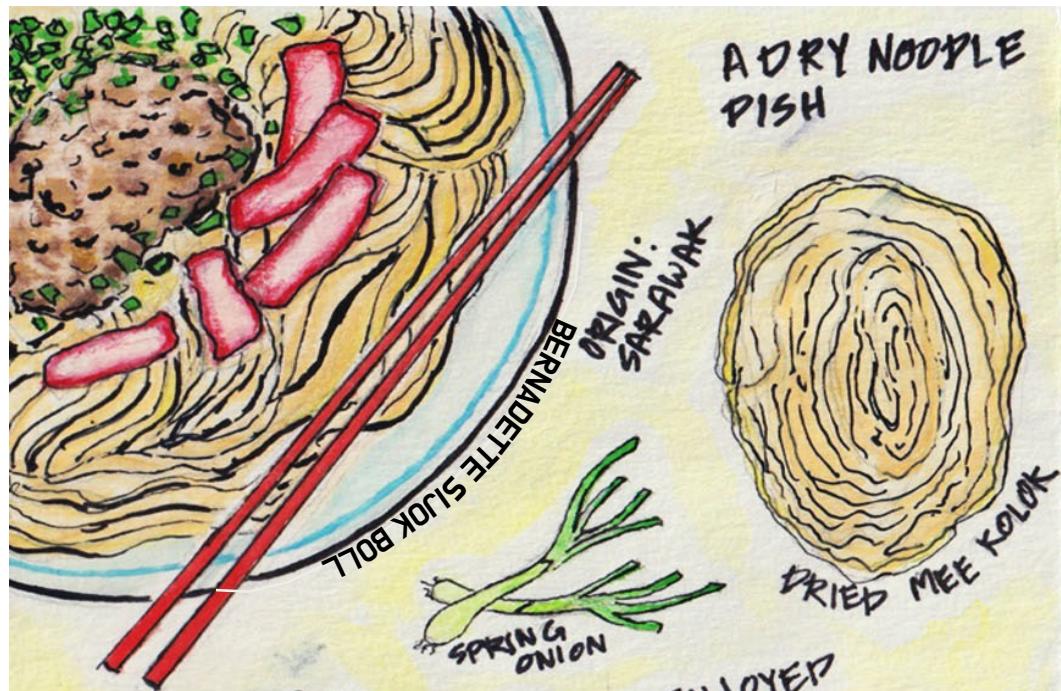
- BEE HOON
- TAUGEH
- PES LAKSA
- DADA AYAM
- SUSU SANTAM
- UDANG
- TELUR
- DAUN KETUMBAR

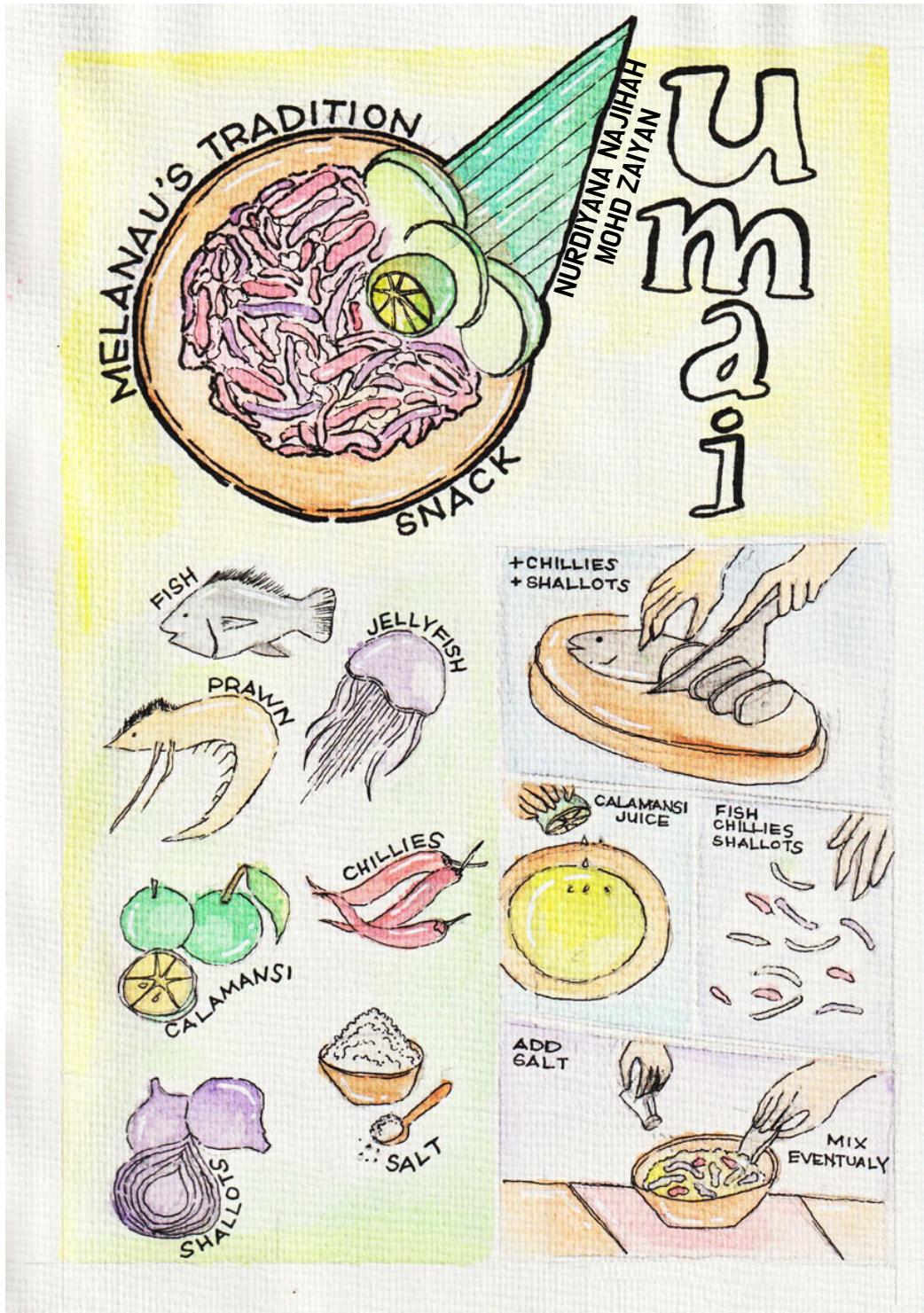
- BELACAN
- LIMAU

## PREPARATION

1. REBUS AYAM
2. LETAK SERAI DAN LENGUAS
3. LETAK PES LAKSA
4. BIAR MENDIDIH
5. LETAK SANTAN
6. RENDAM MEE
7. GORENG TELUR
8. CARIK AYAM
9. LETAK DAUN SUP
10. TAVHU DAN TAUGEH
11. LIMAU
12. LADA

# LAKSA SARAWAK





*"I believe that food is one way to make people happy. I also believe that food can unite people from all walks of life and cultures. When we sit together and eat, we promote better understanding and harmony. Food brings love, peace and compassion to the table."*

**Chef Wan**



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