

Bronok

SEA CUCUMBER

Bronok is a must try seafood when visiting Langkawi. It is similar to sea cucumber and lives on muddy beaches, on Langkawi. The shape of it looks like a giant leach, coloured pink or brown.

Served raw, it is sliced before mixing with ingredients such as *Kerisik*, red onions, herbs, fried rice and powdered dried chilli to be made into *Kerabu* or local salad. Bronok when mixed with vegetables in a salad transforms into an exquisite and popular dish loved by all. The salad compliments rice and other dishes.

Bronok cannot be exposed to sunlight or intense heat because its physical shape will melt. It is slightly springy but has soft flesh and is tasty when added with warm cooked rice. For those that have already eaten it, they will definitely want to eat it again.



BRONOK

KERABU (SALAD) BRONOK



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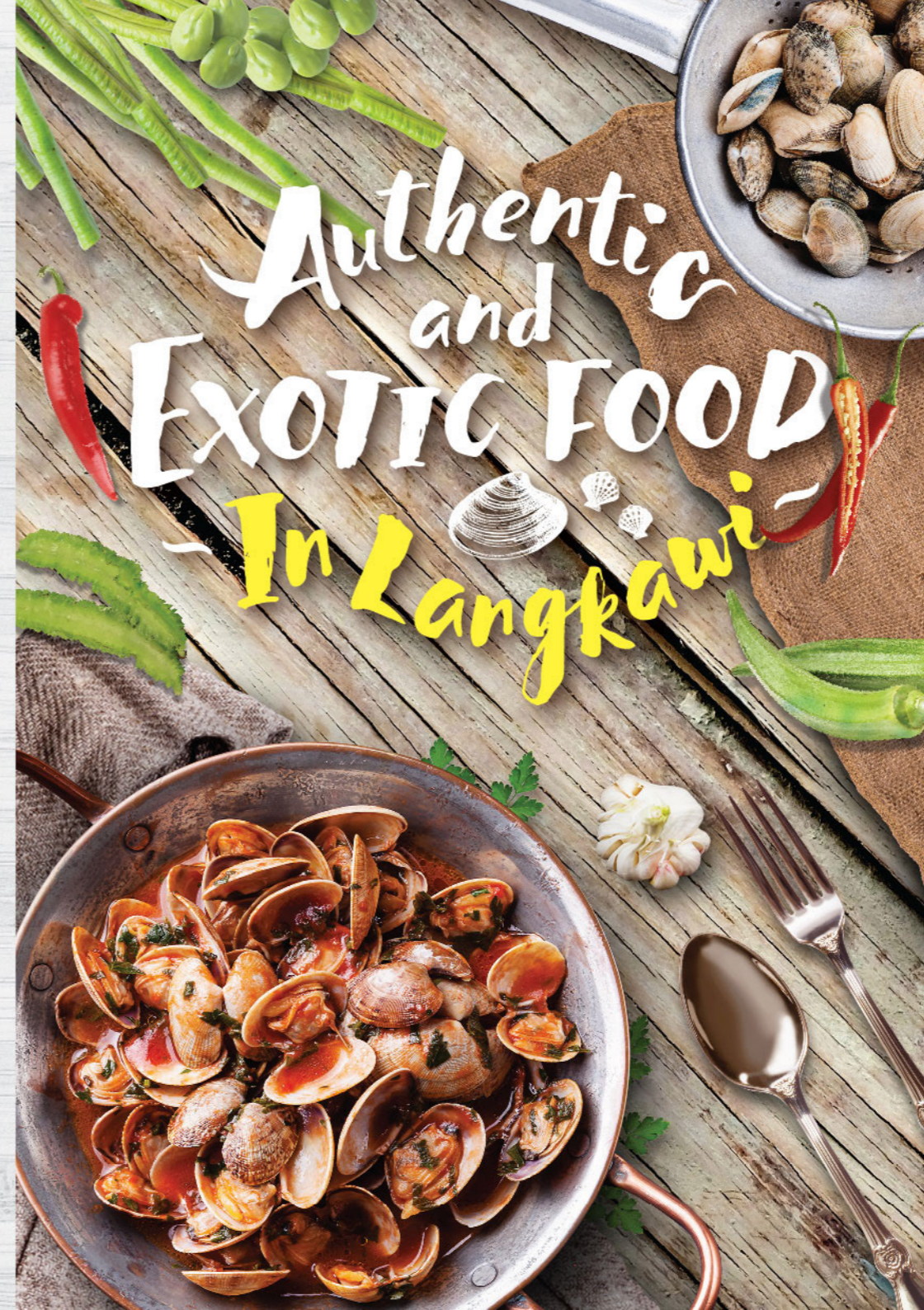
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Authentic and Exotic Food In Langkawi



Emping

PADDY FLAKES

Emping or Paddy Flakes is another traditional favourite that is popular amongst the society in Langkawi. It is said that long ago before the island became a tourist attraction, the local communities here were involved in the paddy fields and this activity of producing Paddy Flakes is popular during the early paddy season.

Paddy Flakes is produced from the younger harvested paddy that is crushed flat using wood mortar before fried under a medium flame fire. The ideal way to consume Paddy Flakes is together with *Kelapa Parut* (grated coconut) or sugar and is suitable as a side dish.



EMPING

GRATED COCONUT

Ikan Bakar

GRILLED FISH

Ikan Bakar (grilled fish) is a Langkawi speciality, grilled over smokey charcoal on an open pit. The seafood is richly marinated in local spices and herbs, mainly chili, shrimp paste and lemon. This Malay-style grilled fish has a rich smoked flavour and is accompanied by the most delicious sambal condiment for a tantalising treat.

IKAN BAKAR (GRILLED FISH)

Lattut

SEAWEED

Lattut is a type of seaweed that is made as a traditional salad amongst the local Langkawi residents. *Lattut Lada* can be found at Pulau Tuba while *Lattut Lipan* can be found at Tanjung Rhu and Kilim. There exist two prominent types of *Lattut* that are distinct in shape; *Lattut Lada*, resembling pepper seeds, and *Lattut Lipan*, resembling centipedes. These types of seaweed naturally grow in the sea that is deep and needs to be retrieved by diving into the sea bed to harvest. As dark, leafy veggies go, *Lattut* is nutrient-dense. *Lattut* is mostly soluble fiber, thus inhibiting the absorption of sugars and cholesterol.

It is not easily found throughout the year as it is seasonal only. During high tide, one would need to dive to harvest *Lattut*. The market price for it is around RM7.00 per kilogram. The tastes of *Lattut* is salty, crunchy, soft and has a unique smell much like the smell of the sea because it grows at the sea bed. It is made into the commonly known *Ulam*, a famous salad in Langkawi. *Lattut* goes well with warm rice, grilled fish and *Sambal Kerisik*.

Nasi Ulam

MIXED HERB RICE

Nasi Ulam or mixed herb rice is a much celebrated traditional recipe for many Malaysians. It is a favourite food among the local villagers in Langkawi especially during the fasting month of Ramadhan. It can be purchased from almost any night market in any district in Langkawi.

It is incredibly nutritious, healthy and unbelievably addictive. It is also a great appetiser that goes well with all meals. Although before it was famous with the locals, now it is becoming an attraction amongst all races.

Nasi Ulam has a very different style of serving. The fundamental ingredients are mostly the same; white rice, herbs, *Kerisik*, red onions, ginger, *Lengkuas*, salted fish and fried fish. The more herbs added, the more aromatic *Nasi Ulam* will be and will be tastier. It can also be eaten together with *Asam Pedas Keladi*, grilled fish and *Sambal Tumbuk Lengkuas*.

Siput

SHELLFISH

The various types of shellfish or locally called siput can be found in Langkawi; *Siput Rodong*, *Siput Gayam Batu*, *Siput Air*, *Siput Tonggek*, *Siput Retak Seribu* and many more. Shell can be used to make *Kerabu*, cook *Lemak Cili Api* and sweet vegetables. These shells have varied tastes; springy, soft, sweet, sour and importantly delicious.

Siput Rodong can be found on Kuala Teriang, Datai, Pulau Tuba, and mangrove areas around Langkawi. *Siput Gayam Batu*, *Siput Mata Kerbau*, *Siput Air* and *Siput Tonggek* can be found by rocky beaches (Datai/Pulau Tuba). *Siput Mentarang*, *Siput Lala*, and *Siput Retak Seribu* can be found on muddy beaches (Kuala Teriang).

As a result of the high demand, shell hunters are willing to risk their life to harvest these shell. The demand is especially high during Ramadhan or the fasting month, that many breeders have taken the risk to cultivate shells along the beaches of Langkawi.

Sup Gamat

SEA CUCUMBER SOUP

Sup Gamat or Sea Cucumber Soup is an exotic delicacy amongst the Malay communities in Langkawi. This special soup is made from sea cucumber that has been dried as the main ingredient and has a delicious taste. In Langkawi, *Sup Gamat* is very popular amongst the local communities because its nutritious value is useful for the recovery process and is refreshing for the body.

According to research, *Gamat* has special value in the traditional medicinal industry as it is rich in protein, amino acids, vitamins, minerals and also fatty acids that are needed by the human body. Although, it is highly nutritious, it does not contain cholesterol. It contains more than 50 types of proteins, fats, sugars, vitamin B1, B2, nicotinic acid, calcium phosphate, iron, iodine, vanadium, zinc and kalium. The content of protein in the form of amino acids is vital for the body because it is the basis for the formation of deoxyribonucleic acid (DNA).

