



Photo from <http://www.toptenepic.com/wp-content/uploads/Nasi-Lemak.jpg>

Meals:

- **Breakfast:** or *sarapan* is usually a small meal that consists of rice, eggs, milk, and coffee. Fresh fruits are also extremely popular for breakfast.
- **Lunch:** or *makan tengah hari* is commonly the most substantial meal of the day, where meat and vegetable dishes (on rice) are placed around the table and shared by a group of diners. Spring rolls, meat pockets, and fish are also very common during lunch.
- **Dinner:** or *makan malam* is a medium to large meal that is quite common to the lunch meal. Meat and vegetable dishes are common, as well as a variety of soups and stews.
- **Snacks:** or *makanan ringan* are usually some kind of fritter style snack, fresh fruit, or specialty drink and are common in the mid-morning and late-evening.

Frequently Used Foods:

- **Fruits and Vegetables:** durian, mango, pineapple, watermelon, pomelos, banana, jackfruit, guava, coconut, lime, papaya, pomegranate, broccoli, leek, cabbage, green onion, garlic, carrot, cucumber, peas, eggplant, bok choy, lemongrass, bean sprouts. [\[more info\]](#)
- **Protein:** chicken, egg, shrimp perch, laska, mussels, prawn, beef, lamb, peanuts

- **Spices:** cardamom, turmeric, star anise, cinnamon, cumin, cloves, pepper, coriander, chillis, ginger, curry, mint, garam masala, tamarind, soy. [\[more\]](#)
- **Oils/Misc:** Sunflower oil, vegetable oil, rice, noodles, milk, tea

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Nasi Lemak:** [\[recipe\]](#) [\[images\]](#)
- **Asam Laksa:** [\[recipe\]](#) [\[images\]](#)
- **Chicken Satay:** [\[recipe\]](#) [\[images\]](#)
- **Mee Goreng:** [\[recipe\]](#) [\[images\]](#)
- **Popiah:** [\[recipe\]](#) [\[images\]](#)
- **Pasembur:** [\[recipe\]](#) [\[images\]](#)
- **Roti John:** [\[recipe\]](#) [\[images\]](#)
- **Cekodok:** [\[recipe\]](#) [\[images\]](#)
- **Bandung:** [\[recipe\]](#) [\[images\]](#)
- **Malaysian Chicken Curry:** [\[recipe\]](#) [\[images\]](#)

Religion: Just over 61% of Malaysians identify as Muslim, 20% as Buddhist, and 10% as Christian.

National Holidays and Dietary Requirements:

- Because over 60% of the population is Muslim, pork is not a widely consumed source of protein.
- **Thaipusam** is a major Hindu festival celebrated on the full moon in the Tamil (January/February).
- **Malaysia Day** is held on September 16th every year to commemorate the beginning of the Malaysian federation in 1963. Additionally, there is an observance of Malaysia's independence every year on September 1st. This means that, in Malaysia, there are two separate independence days celebrated in September, each with unique festivals and customs. [more](#)

- **Ramadan**- The ninth month of the Islamic calendar is a month of fasting for Muslims. Iranians who observe this holiday are prohibited from eating, drinking, and smoking between dawn and sunset.
- **Deepavali** is a federal public holiday throughout the country. It is extremely common to the Indian subcontinent celebration of Diwali, also known as the Hindu festival of lights. This holiday celebrates the victory of light over darkness and is marked by goodwill between religious and ethnic groups.

Etiquette: Malaysians tend to eat with both a fork and a spoon, with the spoon in the right hand and the fork in the left (the fork is only used to scrape food onto the spoon). Chopsticks are also common in Malaysia because of China's proximity and cultural influence on Malaysian cuisine.

Food History: Malaysian is regarded as a regional melting pot, mixing the culinary influences India, China, and the Middle East. However, Malaysian food also finds diversity by region, with unique ingredient combinations and cooking methods distinguishing each small part of the country.

Additional Information and Acknowledgements:

http://malaysiakitchen.com.au/?page_id=29

<http://www.seriousseats.com/2011/08/25-malaysian-dishes-you-should-know-what-is-malaysian-cuisine.html>

http://www.safaritheglobe.com/food_malaysia.aspx