



Some of the UMS students having hands-on trial on making Bambanggan pickle.

UMS students' project on how to prepare Bambanggan pickle

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KOTA KINABALU: Five Universiti Malaysia Sabah (UMS) students – all non-Sabahans on their final year of their Food Technology Course – are undertaking a project for their final paper on “The Preparation of Fermented Bambanggan pickle”.

They are Chang Sook Poh from Kuala Lumpur, Sarawakian Josy Anak Jangar, and Ng Jia Qin, Lee Poh Yoke and Cheng Yueh Fang from Perak.

The main aim of their research is to identify the microorganisms involved in the fermentation of Bambanggan and the involvement of good bacteria for the same purpose.

For that purpose, they have chosen a homestay in Penampang for their project paper after finding out that the homestay provides culinary demonstration including the preparation of making bambangan pickle.

Cheng Yueh Fang, the leader cum the spokesperson for the group, said they find

it very interesting to know indigenous people not only in Sabah, but also other places ferment all type of food for their consumption later.

They want to find out how these good bacteria are able to help food to be still in an edible stage.

During their field trip to see the demonstration of processing the bambangan pickle at one of the homestays in Kg. Suok, Penampang, they managed to gather a few tips on how to make the fermented food last longer without being contaminated.

They were also amazed after knowing the bambangan trees are huge and tall.

According to Josy, she has seen bambangan fruit in her hometown in Sarikei but only a handful of people know how to eat it.

“I have seen the trees with plenty of the bambangan fruits, but we don't consume them as much as the Kadazan people here in Sabah as it is not that popular in my place,” said Josy.