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## UMS students learn how to make bambangan pickle

FIVE final-year Food Technology Course students of Universiti Malaysia Sabah (UMS) are carrying out a project for the final paper on 'The Preparation of Fermented Bambangan Pickle'.

Chang Sook Poh from Kuala Lumpur, Josy Anak Jangar from Sarawak and Ng Jia Qin, and Lee Poh Yoke and Cheng Yueh Fang from Perak chose a homestay in Penampang for the project after finding out that it provides culinary demonstration, including how to make bambangan pickle via the Internet.

Ilid Homestay in Kampun Suok, Penampang provides such services to promote local delicacies, especially to youngsters.

According to the Cheng, the leader cum the spokesperson for the group, they find it very interesting to learn that indigenous people not only in Sabah but also other places ferment all types of food to be consumed later.

They want to find out how this good bacteria is able to help keep food in an edible state for a long time.

During their field trip to see the demonstration of bambangan pickle making, they managed to gather a few tips on making the fermented food last longer.

Amalia Kasun, the promoter for the programme, informed the participants that there are many more delicacies they can learn from and it is very beneficial, especially for those young people who have interest in food-related issues, be it traditional or others.

Amalia said many young people nowadays have forgotten or do not know at all the preparation of many dishes which were originated from the generation before



Amalia Kasun briefing the UMS students on bambangan pickle.



The bambangan pickle making demonstration for the UMS students.



Josy trying out her skills in grating bambangan seeds.

them.

The participants were amazed after knowing the bambangan trees are huge and tall.

According to Josy, she has seen a 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 fruit, but we don't consume them as much as the Kadazan people here in Sabah as it is not that popular in my place," she said.



Participants from UMS at the Ilid Homestay for the project.



Participants in the blood donation drive.

## 76 pints of blood collected for Tawau Hospital

SEVENTY-SIX pints of blood were collected during the Malaysia Taiwan Buddhist Tzu-Chi Foundation Tawau Liaison Office 30th blood donation drive held at its office here recently.

Eighty-two people registered themselves for the blood donation drive but only 76 of them including 13 bumiputeras were entitled to donate blood.

The organiser also invited several experienced members to conduct blood pressure checks and glucose tests for the public.

The foundation always carries out blood donation drive to help replenish blood bank stock of Tawau Hospital.

About 60 to 70 pints of blood were collected each time a blood donation campaign was held.