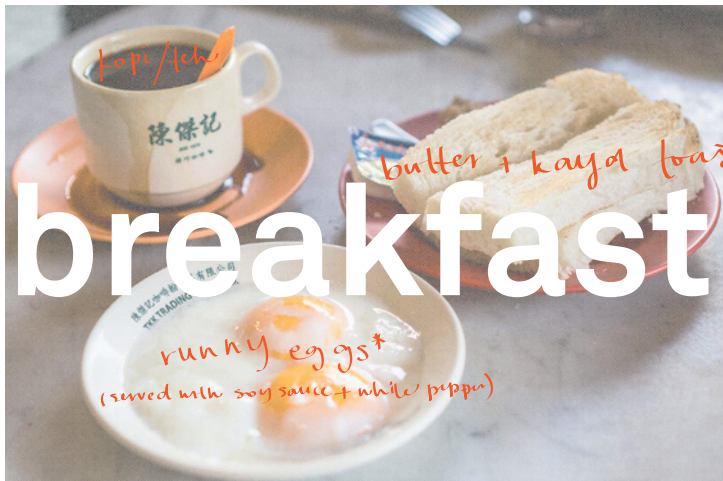


a wee guide  
to malaysian  
food

(+ personal favs)

peos.malaysian food

tip - enjoy your trip!



### eggs and toast

fluffy and light bread, toasted with butter and kaya (coconut jam) alongside coffee/tea and a serving of soft boiled eggs

this is a typical kopitiam (traditional coffeeshop) breakfast

*\*the toast filling is completely customisable and some days i just want butter on it, or even butter and sugar but no kaya*

for kopitiam bev's, i like:

coffee (kopi):

kopi c - coffee with evaporated milk

kopi o - black coffee with sugar

tea (teh)

teh c - tea with condensed milk and evaporated milk

teh tarik - pulled tea (also served with condensed milk and evaporated milk)

### nasi lemak

a popular breakfast dish, traditionally wrapped in banana leaf consisting of coconut rice, fried anchovies and peanuts, hard boiled egg, and sambal (chilli paste!!)

for a more filling breakfast, this can be accompanied by other side dishes like fried chicken (ayam goreng), rendang, squid sambal (sambal sotong), chicken curry etc.

### roti canai

crispy, flaky roti, usually served with three kinds of curries/dahls (my personal fav is the fish curry and sometimes it doesn't come with it and we would have to ask - it should be free for just the curry!)

other good options are tosai (dosa), roti tisu (thinner, sweet roti), roti telur (basically roti canai with egg; telur = egg) etc.



### breakfast







### banana leaf rice

a south indian feast (thali) served on banana leaf, with plain rice/briyani, some veg, poppadams and curry of your choice drizzled over rice

the server brings round side dishes and sauces and you get to pick, and there's additional side dishes you could order too

personal fav: fried bitter gourd\*, chicken 65, fried squid (sotong goreng)

\*included in set, the rest are additional orders



### satay

chicken and beef satay, with peanut sauce (served with raw red onions, sticky rice = ketupat, and cucumber wedges)



# snack

### snacks and sweet treats

top:  
assorted kuih - muih

left:  
pisang goreng (fried banana fritters)  
cekodok (fried banana balls)  
cendol (sweet coconuty dessert, served with gula melaka\*)

right:  
karipap (fried parcels filled with curried chicken and potato)  
lekor (fried fish snack, two types: thin crispy ones and thicker chewy ones)  
apam balik (pancake like snack with a peanuty filling)





### bak kut teh (bkt)

herbal broth dish typically served with different cuts of pork (and mushrooms and fried doughs - which soak up the broth)

*\*famous in the klang area!  
but can be found anywhere*

### chicken rice

hainanese chicken rice, with fragrant rice, ginger sauce and a garlicky-chilli sauce could pick between boiled chicken (white chicken) and roast chicken

*\*other options of roast meat = roast pork, roast duck and char siew*



### wantan mee

dried\* wonton noodles, typically served with char siew and wontons

*\*malaysians love dried noodles as opposed to soupy ones because of the warm weather*

*\*\*dried noodles are usually served with a tiny bowl of soup!*

*\*\*i personally like both and it depends on what i'm feeling on the day itself*

### curry laksa

coconut-curry broth, topped with egg noodles, fried tofu puffs, lots of beansprouts and occasionally cockles *\*(i say no to cockles)*  
*my go-to noodle choice is usually: egg noodles vermicelli*

