

Local Fruits

Carambola /Starfruit

Much better known as the Starfruit because of its shape when sliced, this fruit's yellow flesh enclosed in a crisp skin is soft and juicy. Its flavour varies from sour to sweet and is available all year around. Although it is eaten fresh, star fruit juice is very popular, as it is believed to lower blood pressure.

Cempedak

Like the Jackfruit, this is a compound fruit. Each fruit contains dozens of seeds covered with a sweet, fragrant, rich yellow flesh. When eaten raw, the seed is discarded. A popular way of eating Cempedak is to deep-fry it in batter. The cooked seed, which tastes like young potato, can be eaten too.

Ciku

Resembling the Kiwi fruit, Ciku is granulated and yellowish to pinkish in colour and has a soft and sweet flesh.

Durian

Be adventurous when trying this. The locals call it the 'King of fruits'. Controversial for its smell, this thorny football-size fruit fetches a very high price, especially the hybrid variety. Its flesh defies all description; you'll just have to taste it. The Durian is a seasonal fruit although commercial cultivation has made it available most times of the year.

Guava

The Guava is usually eaten fresh. It can also be processed into juice, jam, nectar and canned fruit slices. It is estimated to contain two to five times the Vitamin C content of fresh orange juice. If you are heading to Perak, do try the famous Guavas of Bidor.

Langsat and Duku

Covered with a thick, golden brown skin, both the Langsat and Duku are regarded as belonging to the same species. The flavour of both fruits varies from sweet to sour and the juicy flesh is white in colour. Do not bite into the bitter seeds.

Mango

Many varieties of Mango are found in Malaysia including the Apple mango, the Malgoa, Harumanis and Maha.

Mangosteen

This seasonal fruit is loved for its sweet and slightly acidic flavour. The fruit is round, about the size of a tennis ball with a firm smooth rind, which turns deep crimson when it ripens.

Rambutan

This red, furry fruit, indigenous to Malaysia, is largely consumed fresh although there are Rambutans canned in syrup. It is available seasonally at roadside stalls and in markets.

Pomelo

The Pomelo also known as Shaddock, is the largest of all citrus fruits. The size of a soccer ball, the Pomelo has a peak harvest, which coincides with the Chinese New Year, so that it makes part of the offerings to the Gods.