

Easy Braised Style Cooking

THE BABA NYONYA CUISINE OF MALAYSIA



Rich in flavors, the cuisine of Malaysia's Baba-Nyonya is one of Southeast Asia's finest. Like the community from which it takes its name, the cooking style is a unique legacy of marriages between Chinese immigrants and native Malaysians in Malacca during the fifteenth and sixteenth centuries.

At that time Malacca was an important Portuguese and Dutch trading route, and the quest for fragrant spices resulted in large plantations, growing cloves, cinnamon, pepper and nutmeg. Eager to benefit from these riches, Chinese merchants and entrepreneurs flocked to Malacca and intermarried with Malay women, and so the Baba-Nyonya community was born. From a tender age, Nyonya girls learn how to cook exquisite dishes from their mothers. It becomes part of their heritage and passed on to the next willing student.



MENU...INCLUDES TEA/WINE/DESERT

Babi Pongteh - Braised Pork Spare Ribs in Cinnamon Nutmeg Sauce ..exquisite!

You will learn to creatively cook with fragrant star anise, nutmeg, Asian sauces like kicap manis and sweet shallots. Flavors to fall in love with.

Baked Potatoes in Warm Nyonya Sambal Sauce

Garlic Stir-fried Bok Choy Greens with Asian Pantry Sauces

Christina Arokiasamy - Exquisite Flavors and Specialized Cuisine

www.themalaysiankitchen.com