

KING OF THE HILL

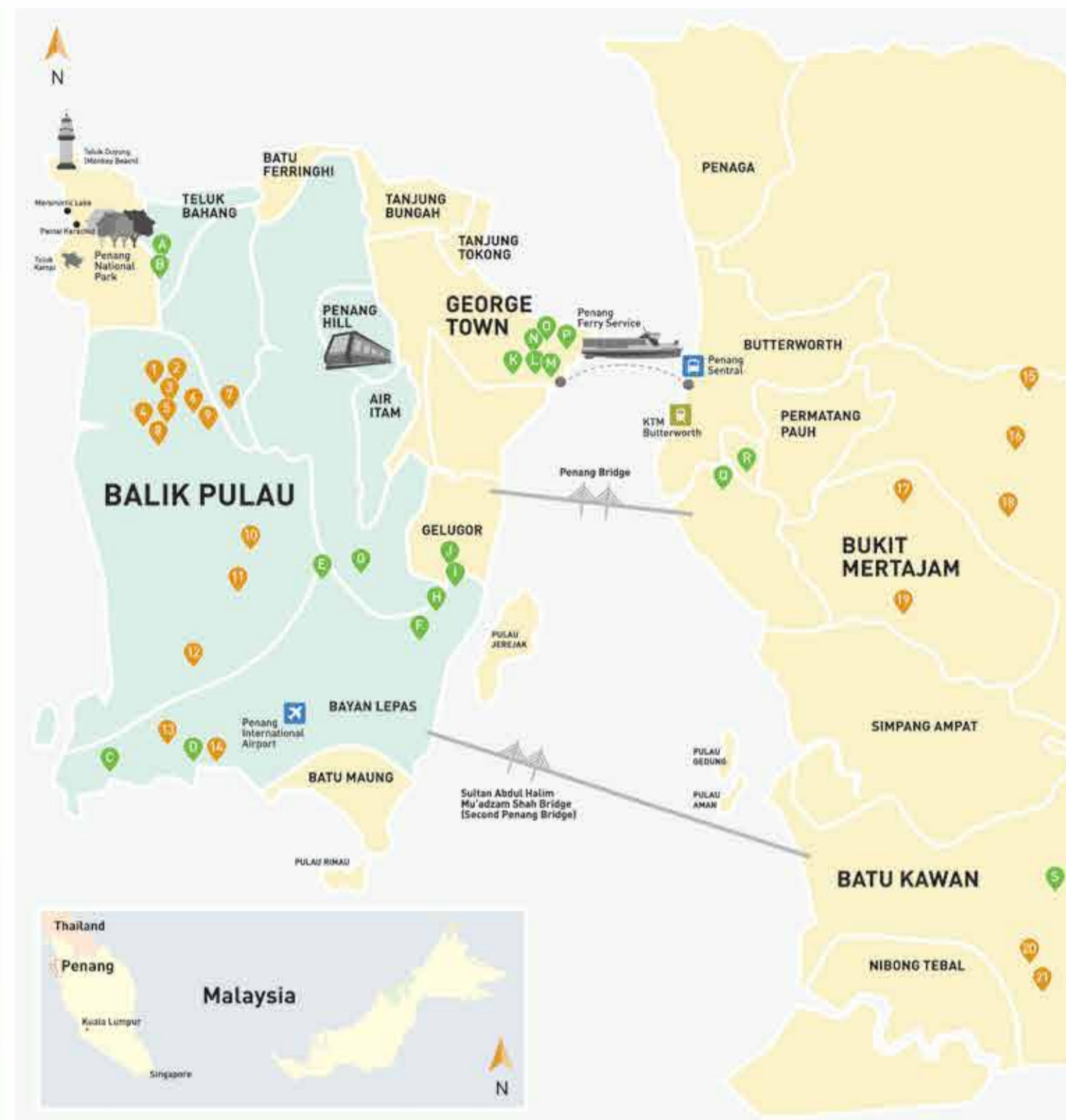
Despite being a Southeast Asian favourite for centuries, the durian remains as one of the most beguiling and intriguing fruits due to its interesting taste and smell. Durian, the 'King of Fruits', is known for its size and thorns. The word 'durian' comes from the Malay word 'duri', which means 'thorn'.

It is the "King of Fruits" for many reasons, one being the obvious ring of spikes encircling its stem, mimicking a crown. Another reason is that the king of the jungle, the tiger is said to be a durian lover. Though rare, Sumatran durian farmers still see tigers wandering into durian orchards during the harvest season.

10 FUN FACTS ABOUT DURIAN

YOU PROBABLY HAVEN'T HEARD OF BEFORE

- The fruit contains monosaturated fats which help fight bad levels of cholesterol.
- In Malaysia, the durian flesh is often used in traditional soups, sauces and curries.
- It raises the levels of serotonin in the brain, creating a feeling of euphoria.
- In West Malaysia, Penang is one of the oldest provinces to develop durian plantations, beginning as early as the 1950s.
- Penang has the perfect sweltering weather for durians to come to fruition.
- In Malaysia, durian season is between May to September while in Penang, peak durian season is from June to July.
- On average, durians weigh about as much as a new born baby (1-3kg/2-7lb).
- There are more than 100,000 hectares of durian orchards in Malaysia.
- Durians are banned in most hotels, public transportation and on planes.
- Durian trees can grow up to 50 metres in height, which is half of the size of Big Ben in London!



DURIAN LEGEND: SAVORING PENANG'S KING OF FRUITS

Prepared by: Department of Agriculture Penang

AUTHENTIC DURIAN DISHES TO SAVOUR

- LEMPOK DURIAN**
Local toffee made from glutinous rice flour, coconut milk and palm sugar.
- TEMPOYAK**
Fermented durian, commonly added in curries or stir-fried dishes.
- PULUT DURIAN / DURIAN STICKY RICE**
This sticky dessert is a mixture of glutinous rice drenched in coconut milk.
- DURIAN PENGAT**
A dessert made from sweet potatoes mixed with palm sugar, coconut milk and durian flesh.
- WAJIK**
A diamond-shaped snack made using glutinous rice and durian flesh, then flavoured with palm sugar, coconut milk and pandan leaves.
- DURIAN FLOWERS IN SAMBAL BELACAN**
The bleached stamens and yellow petals of the durian flower are added into sambal belacan for a flavourful aroma.
- DURIAN CHICKEN SOUP**
2-3 durians slow-cooked in a pot with chicken and slices of ginger.
- DURIAN CHIPS**
Thinly sliced unripe durian deep fried in vegetable oil.
- CHARGRILLED DURIAN**
Barbecuing the entire fruit until blackened then opening it to find crispy yet creamy flesh.

UNCONVENTIONAL DURIAN DELICACIES

Be sure to try out these amazing fusion treats made from durian flesh!

- FRIED DURIAN FRITTERS**
Prefrozen durians rolled into flour, dipped in batter and fried in hot oil.
- DURIAN MOONCAKE**
A rich thick filling of durian paste surrounded by a thin mooncake crust.
- DURIAN CAKE**
A super fluffy and moist cake or a cheesecake base with a creamy durian filling.
- DURIAN PUFF**
Similar to a custard puff, but filled with durian cream instead.
- DURIAN ICE CREAM**
Frozen durian flesh, milk and non-dairy whipping cream.
- DURIAN SHAVED ICE**
Durian flavoured shaved ice topped with nuts, syrup, panna cotta or ice cream.
- FRIED DURIAN PANCAKE**
Durian pulp encased in a crispy pillow-shaped coconut pancake.
- DURIAN CRÈME BRÛLÉE**
A smooth mixture of evaporated milk, sugar and durian flesh simmered over medium-heat then stirred with egg yolks before chilling in the fridge.
- DURIAN MACARONS**
Luscious durian flesh sandwiched between two delicate macaron shells.
- DURIAN PIZZA**
A combination of cheese and durian pizza toppings.

DURIAN STALLS & FARMS

- ### DURIAN STALLS
- A 818 DURIAN STALL**
7, Jalan Teluk Bahang, 11050 Teluk Bahang, Pulau Pinang.
☎ +6017-416 9606 (Ah Wei)
🕒 10am to 6pm daily
 - B 8321 DURIAN PLANTATION**
Jalan Teluk Bahang, 11050 Teluk Bahang, Pulau Pinang.
☎ +6016-434 4263 (Mr Eric)
🕒 10am to 7pm daily (during durian season only)
 - C WY CHONG DURIAN SPECIALIST**
337 MK, 8, Jalan Gertak Sanggul, Gertak Sanggul, 11910 Bayan Lepas, Pulau Pinang.
☎ +6017-4405 409
(Chong Ming Kiang)
🕒 12pm to 6pm daily
 - D BUNGA RAYA DURIAN STALL**
28, Jalan Teluk Kumbang, 11920 Bayan Lepas, Pulau Pinang.
☎ +6019-471 7931 (Max)
🕒 9am to 10pm daily (during durian season only)
 - E AGROBOTIX DURIAN**
P14 Jalan Tun Sardon Balik Pulau, Pulau Pinang.
☎ +6017-539 8689 (Mr Kie)
🕒 11am to 7pm daily
 - F POH BENG DURIAN STALL**
17, Medan Mahsuri 1, Bandar Sunway Tunas, 11900 Bayan Lepas, Pulau Pinang.
☎ +6017-575 5591 (Mr Chang) / +6018-395 1886 (Kok Chin)
🕒 11am to 7pm daily (during durian season only)
 - G DURIAN KAKI**
Jalan Paya Terubong, 11900 Bayan Lepas, Pulau Pinang.
☎ +6012-423 5520 (Ms Selina)
🕒 11am to 7pm daily (during durian season only)
 - H PENANG OH DURIAN**
No.50, Jalan Mahsuri 10, Bayan Baru, 11950 Bayan Lepas, Pulau Pinang.
☎ +6016-407 9465 (Mr Oh)
🕒 11am to 6pm daily
 - I 528 DURIAN TERKENAL BALIK PULAU**
1, Lorong Bukit Kecil, Taman Sri Nibong, 11900 Bayan Lepas, Pulau Pinang.
☎ +6012-411 0020 (Chan Seong Thai)
🕒 10am to 5pm daily
 - J SONG HAI DURIAN**
26 Lintang Merak Sungai Dua 11700 Gelugor, Pulau Pinang.
☎ +6019-412 1616 (Mr Ang)
🕒 11am to 9pm daily (opens daily during durian season, during off durian season kindly call before visit as durians are limited)
 - K LENG DURIAN STALL**
121 Jalan Anson, 10400 George Town, Pulau Pinang.
☎ +6019-412 1616 (Mr Ang)
🕒 11am to 9pm daily
 - L PENANG AH TEIK DURIAN STALL**
1 Lorong Susu, 10400 George Town, Pulau Pinang.
☎ +6012-438 3881 (Mr Teik)
☎ +6016-415 8579 (Mr Aun)
🕒 10am to 10.30pm daily
 - M DURIAN CENTRAL @ MACALISTER ROAD DURIAN STALL**
63 Jalan Macalister, 10400 George Town, Pulau Pinang.
☎ +6010-900 1288 (Mr Tan) / +6019-573 3783
🕒 11am to 10pm daily
 - N 81 DURIAN**
Opposite New World Park, Jalan Burma, 10050 George Town, Pulau Pinang.
☎ +6012-551 7381 (Mr Wong) / +6012-588 7381 (Mrs Wong)
🕒 11am to 7pm daily (during durian season only)

- ### DURIAN FARMS, ESTATES & RESORTS
- 0 AH TEIK ZAI DURIAN STALL**
100 A/B, 100 Jalan Burma, 10050 George Town, Pulau Pinang.
☎ +6012-424 5993 (Mr Teik)
🕒 10am to 10pm daily
 - 1 KARUNA HILL**
849, Bukit Kechil Mukim 2, 11010 Balik Pulau, Pulau Pinang.
☎ +6016-441 4488
☎ +6016-441 0808
 - 2 DURIAN RUMAH BATU (STONE HOUSE PLANTATION)**
127 Mk 2, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang.
☎ +6012-538 5128
 - 3 GREENDALE ORCHARD**
Lot 897, Mk 2, Sg. Pinang 11010 Balik Pulau, Pulau Pinang.
☎ +6012-430 6732
☎ +6017-453 0453
☎ +6012-555 5750
 - 4 WONG DURIAN HOUSE**
401 Mk A, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang.
☎ +6010-667 6755
 - 5 KHUN POH 1818 DURIAN HILL**
125 Mk 2, Sg. Pinang, 11010 Balik Pulau, Pulau Pinang.
☎ +6019-223 4326
 - 6 BAO SHENG DURIAN FARM**
150 Mk 2, Sungai Pinang, 11010 Balik Pulau, Pulau Pinang.
☎ +6012-411 0600
 - 7 GREEN ACRES ORCHARD AND ECOLOGDE**
Batu Itam, Balik Pulau, Pulau Pinang.
✉ greenacrespenang@gmail.com
 - 8 POH BENG ESTATE**
71-E, Desa Pinang, Sg. Pinang 11010 Balik Pulau, Pulau Pinang.
☎ +6017-575 5591
☎ +6018-395 1886
 - 9 DURIAN TREE HOUSE**
300 Titi Kerawang Mk 2, 11010 Balik Pulau, Pulau Pinang.
☎ +6012-621 8861
 - 10 LIM BROTHERS ORCHARD**
51, Mk 5, Titi Serong, 11000 Balik Pulau, Pulau Pinang.
☎ +604-866 8551
 - 11 CHANG HUAT CHOON DURIAN NURSERY**
207, Mk 6, Jalan Tun Sardon, 11000 Balik Pulau, Pulau Pinang.
☎ +6017-970 1125
☎ +6012-492 1125
 - 12 NATURE FRUIT FARM RESORT**
311, Mk 7, Kampung Genting, 11000 Balik Pulau, Pulau Pinang.
☎ +6011-5675 9128
 - 13 SONG HAI DURIAN FARM**
1172 MK9 Bukit Germuruh 11920 Teluk Kumbang, Pulau Pinang.
☎ +6019-412 2488 (Tang)
 - 14 CHONG WOOL HER DURIAN FARM**
700 Mk 8, Gertak Sanggul, Teluk Kumbang 11910 Pulau Pinang.
☎ +6019-511 3749
 - 15 NENEK DURIAN FARM**
Jalan Suling, 14000 Bukit Mertajam, Pulau Pinang.
☎ +6012-418 0840
 - 16 ONG CHIN CHYE**
Suling Hill, Kubang Semang, 14400 Bukit Mertajam, Pulau Pinang.
☎ +6019-566 7477
 - 17 ONG ONG ORCHARD**
Lot 1398, Bukit Berapit, Taman Pearl, 14000 Bukit Mertajam, Pulau Pinang.
☎ +6012-699 1290 (Ong Yee Yul) / +6019-427 7303
 - 18 GREEN VIEW DURIAN ORCHARD**
Lot 705, 706 and 707 MK 17 SPT Kampung Cherok Tokun, Pulau Pinang.
☎ +6012-671 7729 (Kathy Chong)
 - 19 INNOECO DURIAN FARM**
Lot 2287, Mukim 17, Cherok Tokun, Bukit Mertajam, Pulau Pinang.
☎ +6012-423 3900 (Chang Chi Chern)
 - 20 DURIAN FARM WONG**
1421 Lorong Kesumba 6, Taman Kesumba, 14200 Sungai Bakap, Pulau Pinang.
☎ +6012-571 5719
 - 21 LEE KEAN LIANG**
Lot 854, Mukim 4, Sg. Baong, SPS, Pulau Pinang.
☎ +6012-493 2785

NUTRITIONAL BENEFITS

The nutritional benefits of durian that might surprise you

- WATER**
64.99g = 1/2 cup of water
- ENERGY**
147 kcal = 2 1/2 oranges
- CARBOHYDRATES**
27.09g = 3 1/2 slices of watermelon
- PROTEIN**
1.47g = 1 cup of chopped onions
- TOTAL FAT**
5.33g = 1 medium chicken drumstick
- DIETARY FIBRE**
3.8g = 1 cup of sliced bananas
- VITAMIN A**
44IU = 14 guavas
- VITAMIN B-6**
0.316mg = 3 large eggs
- VITAMIN C**
19.7mg = 3 kiwis

Cholesterol	0mg	Phosphorus	39mg = 1/2 cup of white rice
Vitamin B-12	0.00µg	Zinc	0.28mg = 3 ounces of cooked sole (a type of fish)
Sodium	2mg = 100g of grapes	Manganese	0.325mg = 1/2 slice of whole wheat bread
Potassium	436mg = 6 cups of sweet potato	Retinol	0µg
Calcium	8mg = 2 almonds	Carotene-a	6µg = 0.16g of avocado
Copper	0.207mg = 1 cup of chickoo	Carotene-B	23µg = 1 teaspoon of dried paprika
Iron	0.43mg = 1/4 cup of stewed tomatoes		
Magnesium	30mg = 100g of tofu		

DURIAN VARIETIES AND TASTE

If you think there's only one type of durian, think again. There are more than 30 species of durians and this fruit is often considered controversial because its aroma has a very divisive effect on people. The shape, taste and colour of durian flesh may differ according to its environment, tree age, condition after falling and other known and unknown variables.

<p>LIPAN BARA Yah Kang Ang Bak</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Big • Flesh Colour: Orange Yellow • Texture: Creamy, Sticky • Taste: Sweet 	<p>DATO NINA (D2)</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Small • Flesh Colour: Orange Yellow/Reddish • Texture: Fiberless, Creamy • Taste: Sweet, Slightly Bitter 	<p>GOLD FISH Kim Hu, Ikan Emas</p> <ul style="list-style-type: none"> • Shape: Round • Seed Size: Medium • Flesh Colour: Yellow • Texture: Dry, Sticky • Taste: Sweet, Slightly Bitter 	<p>YI DIAN HONG</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Big • Flesh Colour: Orange Yellow • Texture: Sticky • Taste: Sweet 	<p>LIN FENG JIAO Jackie Chan's Wife</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Yellow • Texture: Sticky • Taste: Sweet, Slightly Bitter 	<p>MUSANG KING (D197) Raja Kunyit, Mao Shan Wang, Cat Mountain King</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Small • Flesh Colour: Orange Yellow • Texture: Creamy • Taste: Sweet, Slightly Bitter 	<p>GREEN SKIN 15 (D165) Chaer Phoy, Cheh Chee, Kulit Hijau</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Yellow • Texture: Dry, Sticky • Taste: Sweet, Slightly Bitter 	<p>KUNYIT</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Yellow • Texture: Creamy, Sticky • Taste: Sweet 	<p>TEKKA (D160) Buluh Bawah, Tikar</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Orange Yellow • Texture: Fiberless, Creamy • Taste: Sweet, Slightly Bitter 	<p>HOR LOR (D163) Water Gourd, Labu, Hulu</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Yellow • Texture: Creamy, Sticky • Taste: Sweet, Slightly Bitter 	<p>KHOON POH (D164) Durian Tembaga, Ang Bak Kun Poh, Isi Merah</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Orange Yellow • Texture: Fiberless, Creamy • Taste: Sweet, Slightly Bitter
<p>Lipán Bara</p> 	<p>Dato Nina</p> 	<p>Gold Fish</p> 	<p>Lin Feng Jiao</p> 	<p>Musang King</p> 	<p>Green Skin</p> 	<p>Kunyit</p> 	<p>Tekka</p> 	<p>Khoon Poh</p> 	<p>D600 (D198)</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Yellow/Orange Yellow • Texture: Creamy, Sticky • Taste: Sweet 	<p>Hor Lor</p> 
<p>Capri</p> 	<p>Orchee</p> 	<p>Bak Eu</p> <ul style="list-style-type: none"> • Shape: Round • Seed Size: Medium • Flesh Colour: Pale Yellow • Texture: Creamy, Sticky • Taste: Sweet, Slightly Bitter, Alcoholic 	<p>Ice Cream</p> 	<p>Little Red</p> 						
<p>Susu</p> 	<p>D11</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Big • Flesh Colour: Pale Yellow • Texture: Very Sticky, Soft • Taste: Sweet 	<p>Lipán (D101) Yah Kang</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Small • Flesh Colour: Pale Yellow • Texture: Creamy, Sticky • Taste: Sweet, Slightly Bitter 	<p>Ang Bak Kia</p> <ul style="list-style-type: none"> • Shape: Round • Seed Size: Medium • Flesh Colour: Orange Yellow/Reddish • Texture: Creamy, Sticky • Taste: Sweet, Slightly Bitter 	<p>Muntri (D14)</p> <ul style="list-style-type: none"> • Shape: Round • Seed Size: Big • Flesh Colour: Orange Yellow • Texture: Sticky • Taste: Sweet 	<p>Ganja</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Pale Yellow • Texture: Creamy, Sticky • Taste: Sweet 	<p>Red Prawn (D175) Ang Hae, Hong Xia, Udang Merah</p> <ul style="list-style-type: none"> • Shape: Round/Oblong • Seed Size: Small • Flesh Colour: Orange Yellow/Reddish • Texture: Sticky, Creamy, Soft • Taste: Sweet, Slightly Bitter 				
<p>SUSU</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Pale Yellow • Texture: Creamy, Sticky • Taste: Sweet, Slightly Bitter 	<p>CAPRI Kapri</p> <ul style="list-style-type: none"> • Shape: Round • Seed Size: Medium • Flesh Colour: Pale Yellow • Texture: Very Sticky, Firm • Taste: Sweet, Slightly Bitter, Alcoholic 	<p>D11</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Big • Flesh Colour: Pale Yellow • Texture: Very Sticky, Soft • Taste: Sweet 	<p>LIPAN (D101) Yah Kang</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Small • Flesh Colour: Pale Yellow • Texture: Creamy, Sticky • Taste: Sweet, Slightly Bitter 	<p>ORCHEE (D200) Black Thorn, Duri Hitam, Hei Ci</p> <ul style="list-style-type: none"> • Shape: Round • Seed Size: Medium • Flesh Colour: Orange Yellow • Texture: Sticky, Creamy, Soft • Taste: Sweet, Slightly Bitter, Alcoholic 	<p>ANG BAK KIA</p> <ul style="list-style-type: none"> • Shape: Round • Seed Size: Medium • Flesh Colour: Orange Yellow/Reddish • Texture: Creamy, Sticky • Taste: Sweet, Slightly Bitter 	<p>MUNTRI (D14)</p> <ul style="list-style-type: none"> • Shape: Round • Seed Size: Big • Flesh Colour: Orange Yellow • Texture: Sticky • Taste: Sweet 	<p>ICE CREAM Ais Krim</p> <ul style="list-style-type: none"> • Shape: Oblong • Seed Size: Medium • Flesh Colour: Pale Yellow • Texture: Creamy, Sticky • Taste: Sweet 	<p>GANJA Tangkai Panjang, Kan Yao, Ganjau</p> <ul style="list-style-type: none"> • Shape: Round • Seed Size: Big • Flesh Colour: Yellow • Texture: Dry, Sticky • Taste: Sweet 	<p>LITTLE RED Xiao Hong</p> <ul style="list-style-type: none"> • Shape: Oval • Seed Size: Big • Flesh Colour: Orange Yellow/Reddish • Taste: Sweet, Slightly Bitter 	<p>RED PRAWN (D175) Ang Hae, Hong Xia, Udang Merah</p> <ul style="list-style-type: none"> • Shape: Round/Oblong • Seed Size: Small • Flesh Colour: Orange Yellow/Reddish • Texture: Sticky, Creamy, Soft • Taste: Sweet, Slightly Bitter

* The shape, taste and colour of durian flesh may differ according to its environment, tree age, condition after falling and other known and unknown variables.

CHOOSING THE RIGHT DURIAN

Do You Know How to Pick a Durian?



Hold the durian carefully, with gloves if needed.



Look for any signs of holes, no holes means there are no bugs burrowing inside.



Wiggle the stem, if it feels loose, then it's almost ripe, if it breaks off easily, it's ripe and ready!



You should get a faint sweet smell. A strong aroma means it's overripe and if there's no smell, it's unripe. Be careful not to prick your nose when smelling it!



DURIAN'S CULTURAL INFLUENCES

Whether you believe it or not, here are the top 8 myths - and facts - about the King of Fruits.

1 Back in the day, durian sellers would open as many durians as needed until customers were fully satisfied in order to seal the deal.

2 According to Chinese beliefs, durians are "heaty". You can balance your Chi by eating mangosteens, which are cooling or drink water out of an empty durian shell.

3 Did you know? The fruit has killed people in the past and still does every year! So, mind your head when venturing into a durian orchard on your own.

4 According to traditional Malay medicine, durian leaves and its roots can be used to bring down a fever.

5 Locals believe that if a durian falls and lands on any part of your body, it means you're a wicked person or just really unlucky.

6 Be mindful of what you say when you're roaming durian farms, folklore has it that because the fruit has eyes it can see where it's falling.

7 Eating durians during a pregnancy may cause your infant to develop acne.

8 A popular urban myth is to wash your hands under running water with a durian husk to remove any lingering odour.

