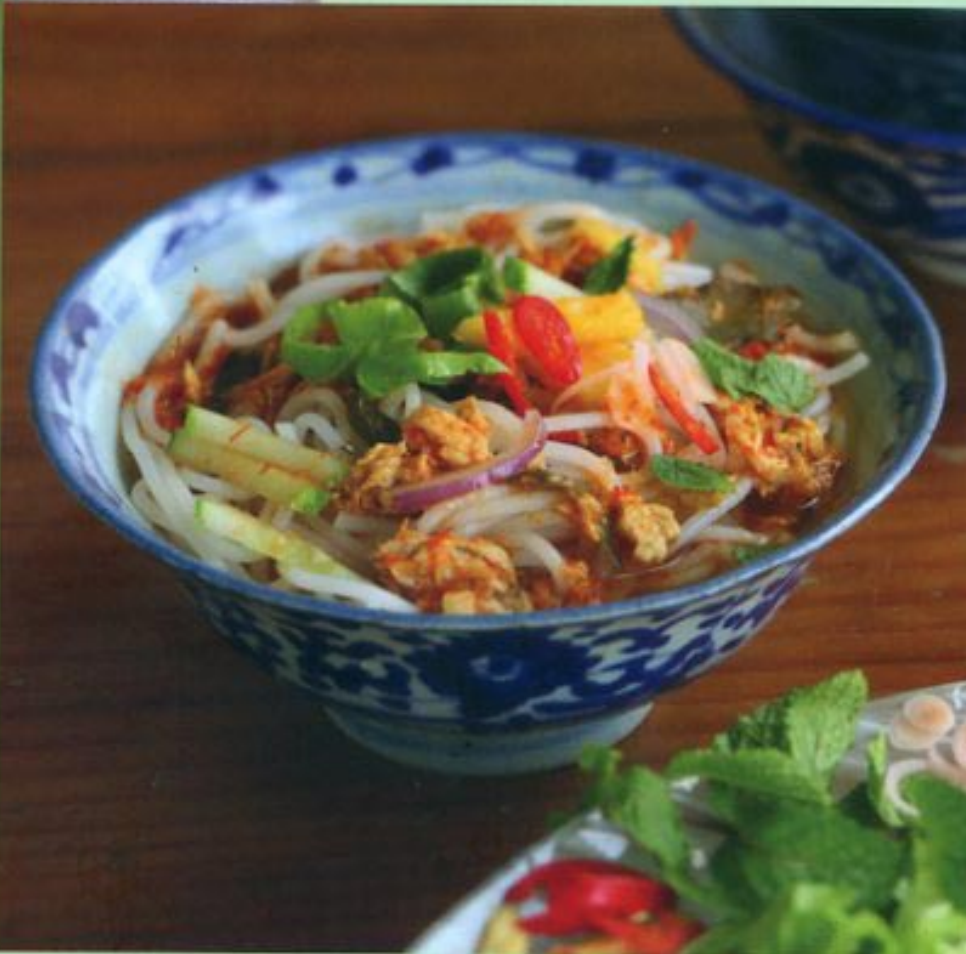




# PENANG HERITAGE FOOD

Yesterday's Recipes for Today's Cook



ONG Jin Teong

## PUBLICATION NOTICE

Penang Heritage Food  
Ong Jin Teong  
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Continuing the bestselling Heritage Food Series, *Penang Heritage Food* follows the winning formula of Sylva Tan's classic *Singapore Heritage Food*.

Over the years, many Penang heritage dishes have been modified so much that what is served today is just a pale image of the original.

With the absence of recorded recipes, modifications of family dishes are inevitable due to the preferences and dislikes of members of the household, and hence the original tastes were not faithfully reproduced from one generation to the next. Similarly, for some restaurants, the original recipes and the tastes were not faithfully passed from a retiring chef to his successor.

This book preserves the Penang heritage food from days of yore, covering home-cooked food, restaurant and café food, and hawker food. Meticulously researched, the author has recorded the recipes of his grandmothers, mother, aunts, uncles and cousins.

Every time-tested recipe is prefaced with heritage information and, together, they trace Penang heritage food to its Thai, Hokkien, Hainanese, Indian and Malay roots.

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HERITAGE FOOD



# PENANG HERITAGE FOOD

ONG Jin Teong

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In memory of my mother,  
Khoo Chiew Kin,  
who started me off on this culinary journey.



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*Facing: My mother, Khoo Chiew Kin, with my siblings in the kitchen, 1960s.*

*Frontispiece: Caricature by Prisca See of the author as a Hainanese chef.*

*Facing Foreword: An ice ball man offering cool, tasty treats on a Penang street.*



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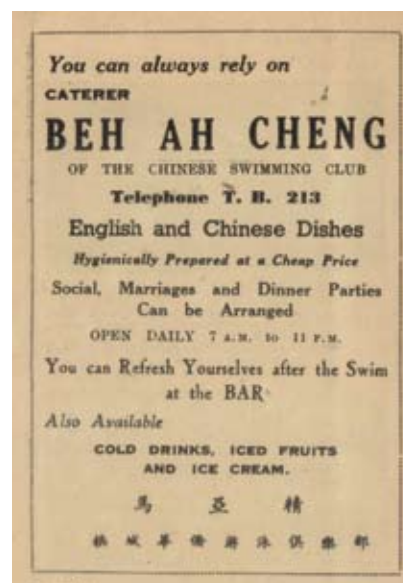
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# FOREWORD

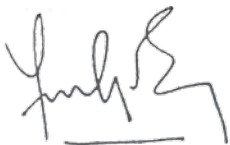
It is not often that we have a cookbook written by a retired professor in electrical and electronic engineering. Although Dr Ong Jin Teong seems like a newcomer to the food scene, his mother, Khoo Chiew Kin, was well-known in the Penang YWCA and the MGS Old Girls' Association circles. She demonstrated her recipes to the members of the YWCA and the MGS Old Girls in the Fifties, Sixties and Seventies.

*Penang Heritage Food* is not just about cooking. It is about heritage related to Penang food, giving a new dimension to Penang heritage. It is a well-researched book which gives an insight into the historical background of the dishes, and a personal perspective on how many of the dishes were prepared by Jin Teong's mother, grandmother, aunts, uncles and cousins in their younger days.

This book clearly illustrates the multi-racial and multi-cultural nature of Penang food. Ingredients from many cultures are so well-integrated into the Penang dishes that it is sometimes difficult to work out the origin of a particular dish.

*Penang Heritage Food* gives a Nonya perspective to Penang food. Hence, there are chapters on the two dominant Malay and Hokkien influences on Penang heritage food as well as Thai and South Indian influences. The latter two distinguishes Penang food from Nonya food found in Melaka and Singapore. The book also gives an insight into the Hainanese and English influences on Penang heritage food.

I wish Jin Teong the best for *Penang Heritage Food* and for his on-going research on Penang heritage food and utensils. I trust that you will enjoy reading and using this book as much as he enjoyed writing it.



LIM GUAN ENG  
Chief Minister of Penang