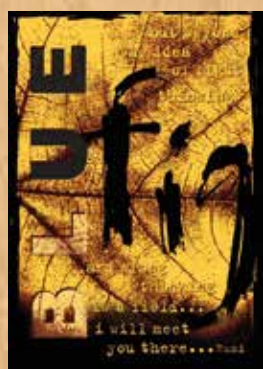


a tribute to all the cultures of the world...  
... a FIG tribute to

# MALAYSIA

“In a world that has essentially turned away from racism, it is shocking to me that the color of the skin of the bakery owners should still matter to anyone.” Brian Yap



NOVEMBER 2021

## BLUE FIG

A culture within all cultures



## COFFEE CORNER

Malaysian coffee, called "kopi," is for some an acquired taste. Made by pouring boiling water through grounds held in a cloth "sock" filter, it's thick, strong and bitter, and is drunk hot or iced, usually mellowed with sweetened condensed milk.

It's uncertain how coffee became so popular in a land colonized by tea drinkers.

Liberica, a coffee variety native to Africa that's considered inferior in taste to arabica and robusta, is thought to have been introduced to the Malaysian peninsula in the 1800s.

Malaysian kopi's distinctive burnt flavor comes from the butter (today, often margarine) and sugar that the beans are roasted with.

Yeh Chin Chung, a Malaysian coffee shop owner and amateur coffee historian, thinks that process was developed to mask the harshness of the liberica bean. "It was a poor man's drink made with cheap local beans," he speculates. "Adding butter and sugar helped disguise the taste."

A kopitiam is a traditional breakfast and coffee shop found in Southeast Asia. The word kopi is Malay for coffee and tiam is the Hokkien word for shop.

In Malaysia kopitiams are found almost everywhere. Recently a new breed of "modern" kopitiams have sprung up. The popularity of the old-fashioned outlets along with society's obsession with nostalgia and increasing affluence has led to the revival of these pseudo-kopitiams.

The kopitiams offer a viable alternative to western coffee chains wherein the coffee culture could be experienced with local flavours and for a more affordable price.



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Kopitiams in Ipoh oldtown district serve Ipoh white coffee. The coffee beans are roasted with palm-oil margarine and with less sugar. Resulting in a brew that is lighter in color than normal coffee beans that uses sugar. Hence the name 'white coffee'.

Robyn Eckhardt. "Asia's Best Coffee - Malaysia." wsj.com Wall Street Journal, 6 Nov. 2009. Web.

"Ko i tiam." wiki edia.or . Web.



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**Nutrition Facts**  
Serving Size (301g)  
Servings Per Container

Amount Per Serving

Calories 380    Calories from Fat 150

% Daily Value\*

Total Fat 18g    25%

Saturated Fat 7g    35%

Trans Fat 0g

Cholesterol 400mg    133%

Sodium 300mg    13%

Total Carbohydrate 36g    12%

Dietary Fiber 1g    4%

Sugars 13g

Protein 22g

Vitamin A 15%    •    Vitamin C 4%

Calcium 30%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

Healthy Lunch/Dinner  
Roasted White Fish  
Female Portion



**Nutrition Facts**  
Serving Size (255g)  
Servings Per Container

Amount Per Serving

Calories 280    Calories from Fat 60

% Daily Value\*

Total Fat 6g    9%

Saturated Fat 2g    10%

Trans Fat 0g

Cholesterol 50mg    17%

Sodium 120mg    5%

Total Carbohydrate 33g    11%

Dietary Fiber 5g    20%

Sugars 5g

Protein 22g

Vitamin A 100%    •    Vitamin C 120%

Calcium 2%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.


Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

Mexican Salad  
Male Portion



**Nutrition Facts**  
Serving Size (250g)  
Servings Per Container

Amount Per Serving

Calories 240    Calories from Fat 180

% Daily Value\*

Total Fat 20g    31%

Saturated Fat 3g    15%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 570mg    24%

Total Carbohydrate 9g    3%

Dietary Fiber 2g    8%

Sugars 4g

Protein 2g

Vitamin A 40%    •    Vitamin C 150%

Calcium 2%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

Jerash Salad  
Male Portion



**Nutrition Facts**  
Serving Size (250g)  
Servings Per Container

Amount Per Serving

Calories 250    Calories from Fat 180

% Daily Value\*

Total Fat 20g    31%

Saturated Fat 3g    15%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 810mg    25%

Total Carbohydrate 10g    3%

Dietary Fiber 3g    12%

Sugars 5g

Protein 3g

Vitamin A 130%    •    Vitamin C 40%

Calcium 6%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
-----------	-------	-------

Total Fat	Less than 65g	80g
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A culture within all cultures

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