



All festival events are free of charge unless otherwise stated.  
Events are correct at time of print. For the latest & most up-to-date programme details, see the links below:

除特别注明外,所有活动一律免费。此为印刷时确定的资讯,惟部分活动可能临时调整,最新资讯及活动详情请浏览:



Information | 详情请联系:

W | 网站: [www.heritagecelebrations.info](http://www.heritagecelebrations.info)

FB | 面子书: [www.facebook.com/GeorgeTownCelebrations](https://www.facebook.com/GeorgeTownCelebrations)

E | 电邮: [heritagecelebrations@gmail.com](mailto:heritagecelebrations@gmail.com)

T | 热线: +6016-490 2780



EAT RITE | 食庆  
Ritual Foods of George Town 乔治市节庆食物

4-7.7 2015

Celebrate George Town's festive heritage with the celebratory foods of our multi-cultural community and get hands-on into our traditions with festive food and craft workshops, cooking classes, walking trails, home visits and more!

# Heritage Celebrations

入遺庆典

透过多元文化社群的节庆食物  
品味乔治市丰美的节庆文化遗产  
参与节庆食物与手工艺工作坊  
以及烹饪班、步行导览、住家参访等活动  
实际体验乔治市缤纷的文化传统

7th Anniversary | George Town  
Celebration UNESCO World Heritage Site  
乔治市入遗七周年庆典







7th Anniversary Celebration George Town  
UNESCO World Heritage Site  
乔治市入遗七周年庆典





## “The best way to experience a culture is to eat the food.”

The city of George Town, Penang, Malaysia is the place to be from 4 to 7 July 2015 as food and culture lovers arrive from all over for Heritage Celebrations 2015, the annual event marking the seventh anniversary of George Town's inscription as a UNESCO World Heritage Site.

With the theme of EAT RITE: Ritual Foods of George Town, this year's Heritage Celebrations puts the spotlight on our city's unique festive heritage with a focus on the special foods made to celebrate our festivals and traditional ceremonies. More than just a source of nutrients, these foods are rich with significance and symbols that express the beliefs and hopes shared by the local communities.

Heritage Celebrations is organised by George Town World Heritage Incorporated (GTWHI), the Penang State Agency for Heritage tasked to protect, promote and preserve George Town's cultural heritage; in collaboration with local associations, groups and cultural practitioners.



## “品尝当地食物 是体验地方文化 的最佳途径。”

马来西亚槟城每年7月都会举行入遗庆典，庆祝乔治市登录联合国教科文组织世界文化遗产名录。2015年度乔治市入遗七周年庆典将于7月4至7日举行，各地文化与饮食爱好者届时势必涌入乔治市，共同参与其盛。

今年的入遗庆典以“食庆：乔治市节庆食物”为主题，聚焦于乔治市独特的节庆文化遗产，重点介绍那些为特定节庆与传统仪式而制作的食物。这些食物除了是人们的营养来源，还富含文化象征意涵，反映民间社群的信仰习俗与共同愿望。

入遗庆典由槟州政府属下负责乔治市文化遗产保护与推广工作的乔治市世界遗产机构主办，并由本地社团、组织及文化工作者共襄盛举。



## A word from the curators

Ho Sheau Fung  
Liew Kung Yu  
Prof Tan Sooi Beng

Heritage Celebrations is the annual event which marks the anniversary of George Town's inscription as a UNESCO World Heritage Site. Each year, we strive to increase public awareness about the different aspects of our cultural heritage.

As any Penangite will tell you, food is something very close to our heart and so this year, we wanted to highlight the amazing diversity of George Town's festive food heritage which unites us all in the grand celebration of life.

When planning our programme, we prioritised activities that will help you appreciate the unique blend of faith, beliefs and cultural diversity that makes George Town truly special. At the end of the day, we hope that you too will be able to understand and value our cultural heritage, and join us in our mission to help save it for the benefit of future generations.

Last but not least, we'd also like to thank all our partners and collaborators for your kindness and support (and especially for the many delicious foods you have shared with us 😊). We also want to thank the members of our hardworking team, and the many volunteers who have stepped forward to contribute your time to make Heritage Celebrations 2015 a reality.



## 策划人 的话

何小芬  
刘庚煜  
陈瑞明教授



乔治市入遗庆典是为庆祝乔治市登录联合国教科文组织世界文化遗产名录而举办的年度盛事。每一年，我们重点介绍乔治市文化遗产的某个面向，以逐步提升公众对乔治市文化遗产多元面向的认识与醒觉。

如果你问什么东西最贴近槟城人的心，答案十不离九会是食物。因此，今年我们决定以乔治市节庆食物为焦点，透过介绍多种具有凝聚社群作用的节庆食物，让大家进一步认识让人惊叹不已丰富多样的乔治市文化遗产。

在活动策划上，我们优先考虑的是那些足以彰显乔治市独特文化面貌，并展现不同信仰与文化之交融的活动。我们希望透过这些活动，让公众更加了解及重视我们的文化遗产，进而加入保护的行列，使未来世代长远受惠。

最后，我们要感谢所有联办单位与合作伙伴的鼎力支持与协助（包括分享各种各样美味的食物 😊）。我们也非常感谢任劳任怨的工作团队，以及贡献宝贵时间义工——因为你们的参与，2015年乔治市入遗庆典才能圆满落幕。



Sat (六)	Sun (日)	Mon (一)	Tue (二)
 <b>Cooking Classes</b> 节庆食物烹饪班 10 AM-12 PM <i>Rice Kheer &amp; Atte Ke Puroh</i>	 <b>Cooking Classes</b> 节庆食物烹饪班 • 9.30-10.30 AM <i>Beef Rendang, Pulut Kuning</i> • 10 AM-2 PM <i>Yoke Tang</i> • 11 AM-12 PM <i>Nasi Ulam</i>	 <b>Cooking Classes</b> 节庆食物烹饪班 • 9 AM-12.30 PM <i>Sambar &amp; Ponggal</i> • 9.30 AM-11.30 AM <i>Nasi Kuning &amp; Kari Kay</i> • 1.30 PM-5 PM <i>Sambar &amp; Pradhaman</i>	 9.30 AM (English) 10 AM (Mandarin) <b>Walking Trails</b> 步行导览 <i>The Spice Trail</i>
 <b>Public Talks</b> 公开讲座 • 10-11 AM <i>-Dr. Wazir Jahan Karim</i> • 11 AM-12 PM <i>-Dr. K. Ramanathan</i> • 12-1 PM <i>-Lim Gaik Siang</i>	 <b>Public Talks</b> 公开讲座 • 2-3 PM <i>-Dr. Ong Jin Teong</i> • 3-4 PM <i>-Dr. Hanafi Hussin</i>	 <b>Walking Trails</b> 步行导览 <i>Pasar Ramadhan</i> <i>*for the latest schedule, please visit  <a href="http://www.facebook.com/GeorgeTownCelebrations">www.facebook.com/GeorgeTownCelebrations</a></i>	 <b>Cooking Classes</b> 节庆食物烹饪班 • 9.30AM-12.30 PM <i>Ang Koo Kuih</i> • 9.30-11 AM <i>Bengkang Suji</i> • 2-5 PM <i>Nyonya Lam Mee</i> • 2-5 PM <i>Ik Buwa</i>
 4-9.30PM <b>Festive Food Workshops</b> 节庆食物工作坊	 8PM <b>Kaki Lima Short Film Screening</b> 五脚基短片竞赛作品放映会		 3-5 PM <b>Festive Food Display</b> 节庆食品展览
 4-9.30PM <b>Community Showcases</b> 社群节庆美食展			 6-10PM <b>Festive Food Workshops</b> 节庆食物工作坊
 6-9.30PM <b>Crafts for Festivals</b> 节庆手工艺品			 6-10PM <b>Community Showcases</b> 社群节庆美食展
 6-9.30PM <b>Interactive Games</b> 互动游戏			
 5-9.30PM <b>Food Market</b> 文化美食摊位			
 5-9.30PM <b>Craft Market</b> 艺术及手工艺品展售会			
4	5	6	7

Tips for a Great Experience!  
温馨提示:



**Dress Comfortably:** Wear light clothes and shoes you can walk for hours in.  
轻便衣着: 穿上轻便舒适的衣服和鞋子, 让自己可以轻松连逛数小时。



**Beat the Heat:** Don't forget to pack your sunblock, hats or umbrella and stay hydrated.  
遮阳防晒: 记得携带防晒油、帽子或雨伞, 也别忘了给身体补充水分。



**To Drive or Not To Drive:** There's not much space for cars in the inner city. Consider carpooling or public transport.  
开车不开车: 市区交通拥挤, 停车位有限, 可考虑共车或搭乘公共交通工具。



**The Earlier the Better:** Room for certain activities is limited. Sign up early to avoid disappointment.  
早到不吃亏: 部分活动有人数限制, 请提早报名, 以免向隅。



**Don't Be Shy to Try:** There's lots to do so make sure to have fun and TRY EVERYTHING!  
尽情玩乐: 活动丰富, 样样精彩, 请不要客气, 尽情玩乐吧!



- 1 Nombe Apom
- 2 Murukku
- 3 Adde Paniyaram
- 4 Kuhi Kapit
- 5 Nyee
- 6 Suan Pan Tsu
- 7 Bak Chang
- 8 Ang Thoe Kuih
- 9 Hooi Lye Nyee
- 10 Karupatti Paniyaram
- 11 Vellai Paniyaram
- 12 Ketupat Pulut
- 13 Art Bwa
- 14 Tnah Kat Lau
- 15 Guek Pneath
- 16 Mi Koo

- 1 Asam Daging
- 2 Barmeah
- 3 Nombu Kanji
- 4 Chee Paniyaram
- 5 Kolukattai
- 6 Gajrela
- 7 Arselu
- 8 Ugadi Pachadi
- 9 Pradhaman
- 10 Aadi Koozh
- 11 Ponggal
- 12 Bubur Asyura
- 13 Nong Yoke
- 14 Ark O
- 15 Bak Chang
- 16 Murukku

- 1 Yoke Tang
- 1 Ik Bwa
- 2 Bengkang Suji
- 2 Nasi Ulam
- 2 Beef Rendang & Pulut Kuning
- 3 Sambar & Ponggal
- 3 Sambar & Pradhanan
- 4 Rice Kheer & Atte Ke Pureh
- 4 Ang Koo Kuih
- 4 Nyonya Lam Mee
- 5 Nasi Kunyit & Kari Kay

- 1 Star Lantern
- 2 Flower Garland
- 3 Red Packet Lantern
- 4 Thoranam
- 5 Kolam
- 6 Ketupat

- 1 Food Market
- 2 Craft Market

1 The Spice Trail (meeting point)

**1 Kaki Lima Short Film Screening**

1 HK, Street Tow Boh Keong

- 1 Secret Herbs & Spices Challenge
- 2 Festive Fun Rubs
- 3 Spice of Life Postcards







# Flavours of Festivals

Festive Food Workshops

## 节庆的传统滋味

节庆食物工作坊

Get into the holiday spirit by learning the traditions and special techniques to make some of the best known festive treats of George Town's multicultural communities.

带着度假的心情，认识乔治市多元文化社群的节庆食物，并学习与掌握制作这些美食的传统与技巧。



Organised by GTWHI  
乔治市世遗机构主办



Various Times  
(See individual listings)  
多个时段 (参阅个别活动说明)



Various location  
多个地点



4.7 & 7.7 Sun & Tue  
(六) 及 (二)



Free Event  
免费活动



nombe  
apom



Masjid Kapitan Keling Qaryah Committee &  
Indian Muslim Community Organisation Malaysia (iMCOM)  
吉宁甲必丹回教堂委员会 & 马来西亚印裔穆斯林社群组织



4.7 (Sat | 六) 4-9pm



Jln Masjid Kapitan Keling  
椰脚街

Made from rice flour and coconut milk enriched with turmeric, nombe apom is a savoury pancake with light, crisp edges and a flavourful creamy centre. Owing to the beneficial medicinal properties of turmeric, nombe apom is customarily served only during the month of Ramadhan when Muslims observe a month of religious fasting, to aid in digestion after a long day without food.

Nombe apom 是以糯米粉和椰浆为主要食材，并以黄姜调味制成的一种香脆薄煎饼。它的外缘薄而香脆，中间部分则软嫩而椰香浓郁。穆斯林通常只在斋戒月期间禁食一整天之后食用 nombe apom，以借助黄姜的药效帮助肠胃消化。



adde  
paniyaram



Masjid Kapitan Keling Qaryah Committee &  
Indian Muslim Community Organisation Malaysia (iMCOM)  
吉宁甲必丹回教堂委员会 & 马来西亚印裔穆斯林社群组织



4.7 (Sat | 六) 4-9pm



Jln Masjid Kapitan Keling  
椰脚街

Deliciously chewy, crispy and sweet, adde paniyaram is made from a blend of bananas, eggs, wheat flour, sugar, salt and cow's milk. It symbolises the commencement of a long-lasting union and is traditionally made by the women of a newlywed bride's family as a gift for her new husband's family.

Adde paniyaram 是一种外层酥脆、内里软黏的甜味小吃，其制作材料包括香蕉、鸡蛋、小麦粉、糖、盐和牛奶。它象征长长久久的婚姻关系之始，传统上由女方家庭妇女制作后作为礼物赠送给男方家庭。



nyee [ee]  
汤圆



Seh Tek Tong Cheah Kongsu 世德堂谢公司



4.7 (Sat | 六) 6-9.30pm



Lebuh Pantai  
(Seh Tek Tong Cheah Kongsu)  
中街世德堂谢公司

Nyee are multi-coloured, chewy spheres made from glutinous rice flour served in a sweet soup or syrup. The round shapes of the nyee served together in a bowl are believed to symbolise reunions, which is why it is customarily served by Chinese communities all over the world on the night of the Winter Solstice when loved ones and families are meant to reunite after a long time apart.

汤圆是以糯米粉染色搓成圆球煮熟后配以甜汤食用的小吃。圆球状的汤圆通常盛在碗里享用，寓意团团圆圆，是至亲家人在冬至夜团圆时不可或缺的节日甜品。



murukku



Masjid Kapitan Keling Qaryah Committee &  
Indian Muslim Community Organisation Malaysia (iMCOM)  
吉宁甲必丹回教堂委员会 & 马来西亚印裔穆斯林社群组织



4.7 (Sat | 六) 4-9pm



Jln Masjid Kapitan Keling  
椰脚街

Murukku are deep-fried snacks of Indian origin which has become a popular festive food throughout Malaysia. Making the distinct spiral or coil of the murukku is not an easy skill to master as it requires a deft hand and technique to form neat shapes.

螺旋状油炸小吃 murukku 源自印度，是一种广受马来西亚各族人民喜爱的节庆食物。这种小吃的制作并不简单，需要灵巧的手艺才能做出合乎标准的螺旋状。





ang thoe  
kuih 红桃粿

Penang Teochew Association  
檳榔嶼潮州會館

4-7 (Sat | 六) 6-9:30pm Lebu Chulia (Penang Teochew Association)  
吉宁街檳榔嶼潮州會館

Peaches and longevity have long been intertwined in Chinese beliefs. In the months when peach trees do not bear fruit, the Teochew people would make their own peaches to symbolise longevity, the ang thoe kuih — small cakes of rice dough wrapped snugly around a savoury filling of yams and crunchy groundnuts, as offerings to ancestors and deities.

在华人文化与信仰中，桃向来有长寿的寓意。在桃果欠收的时节，潮州人会以象征长寿的红桃粿取而代。红桃粿是以粘米粉制成因糯米皮裹上含有芋头和花生碎的馅料，然后用糯米印压出桃果形状，再上蒸笼蒸熟。它是潮州人祭祖敬神的主要祭品之一。



karuppatti  
paniyaram

Nattukottai Nagarathar Heritage Society  
Nattukottai Nagarathar 文化遗产学会

4-7 (Sat | 六) 6-9:30pm Lebu Penang  
唐人街

Karuppatti Paniyaram are round sweets traditionally served at Pillayar Nombu, a day that remembers how Lord Pillayar (another name for Ganesha) proved the innocence of a girl who had been accused of stealing her stepmother's diamond ring.

Karuppatti Paniyaram 是 Pillayar Nombu 节期间用来招待客人的传统应节食品。根据传说，曾有一名少女被指偷窃其继母的金钻戒指，于是她向象头神祷告，结果获得象头神的回应而证明了她的清白。Pillayar Nombu 就是兴都教徒为纪念此事而祭拜象头神的日子。



kuih kapit  
果加必

GTWHI | 乔治市世遗机构

4-7 (Sat | 六) 6-9:30pm Lebu Pantai (Seh Tek Tong Cheah Kongsil)  
中街世德堂谢公司

Kuih Kapit are sweet wafer biscuits so delicate that it just melts in the mouth. A favourite treat at major festivals, this perfect combination of rice flour, eggs, sugar and coconut milk is traditionally baked till golden over a hot charcoal fire, in iron moulds decorated with geometric designs or intricately drawn animals.

果加必是一种精致又酥脆爽口而薄酥饼，为逢年过节必备的待客美食。制饼时以粘米粉、鸡蛋、糖和椰浆搅拌均匀成液状淋在烧热的圆形铁模上夹住，然后拿到炭火上烤成金黄色薄片，再趁热折下对折两次成三角状。制饼的铁模上面刻有精致的图案，传统上多半是鸟兽或几何图。



ketupat  
pulut  
马来糯米粽

Muslim League Penang  
檳城穆斯林联盟

4-7 (Sat | 六) 6-9:30pm Lebu Queen  
皇后街

Served at Hari Raya Aidilfitri and Hari Raya Haji, these glutinous rice dumplings are cooked in coconut milk in lightly woven triangle pouches made from daun palas (fan palm leaf), immersed in boiling water for an hour.

马来糯米粽的做法是以扇形棕榈叶编织的三角形粽囊将调匀椰浆炒过的糯米包起来，然后下锅一小时煮熟。它是马来人庆祝开斋节和哈芝节时不可或缺的节日食物。



hooi lye  
nyee  
惠来汤圆

Penang Teochew Association  
檳榔嶼潮州會館

4-7 (Sat | 六) 6-9:30pm Lebu Chulia (Penang Teochew Association)  
吉宁街檳榔嶼潮州會館

During the Winter Solstice reunion, the Hooi Lye Teochew families would celebrate with these square-shaped glutinous rice cakes (nyee) in brown sugar syrup which would be ritually offered to ancestors and deities before being eaten by the family together. Differing from its usual round shape, the square was believed to symbolise the fulfillment of all ambitions.

祖籍广东惠来的潮州人家庭在冬至合家团圆时，会做方块状的汤圆祭祖敬神，然后全家一起享用。惠来汤圆以糯米粉制成，并配以红糖水，有别于一般圆球状的汤圆。方块状的惠来汤圆代表男儿志在四方。



art bwa  
押粿

Penang Hainan Association  
檳城海南會館

4-7 (Sat | 六) 6-9:30pm Lebu Muntri (Penang Hainan Association)  
南华医院街檳城海南會館

Art bwa is a Hainanese dessert made with young coconut, peanuts, sesame and brown sugar. Originally associated with Hainanese festivals, art bwa's popularity as a treat has made it available all-year round.

以嫩椰丝、花生碎、芝麻和红糖为材料的押粿原是海南人过春节食用传统糕点，但因为广受喜爱，如今已是任何时候都可吃到的海南人特色美食。



tnah kat  
lau 三角饅

Penang Hainan Association  
檳城海南會館

4-7 (Sat | 六) 6-9:30pm Lebu Muntri (Penang Hainan Association)  
南华医院街檳城海南會館

These triangular dumplings known as tnah kat lau are a special Hainanese treat made to celebrate the importance of family. The three corners of the dumpling symbolises the threefold blessings of happiness, wealth and longevity. Around the 10th month of the Chinese lunar calendar, it is customary for married daughters of Hainanese families to make tnah kat lau to give to their parents to wish them happiness, long-life and prosperity.

三角饅是海南人借以彰显家庭之重要性的特色糕点，它的三个角分别代表福禄寿。按照传统习俗，每年农历十月，海南人因女儿都要制作三角饅孝敬父母，祝愿父母幸福、吉祥和长寿。



suan  
pan tsu  
算盘子

GTWHI  
乔治市世遗机构

4-7 (Sat | 六) 6-9:30pm Lebu Ah Quee  
亚贵街

Made from a kneaded mixture of yam and tapioca flour, the dish is one of the most iconic Hakka foods served at Chinese New Year. The round shape of the yam is meant to resemble the beads of an abacus, and therefore said to signify prosperity.

算盘子是客家人庆祝农历新年期间不可或缺的美食。它用芋头和薯粉搅拌均匀制成，状似算盘上一颗颗圆珠玉润的算子，因此有精打细算、财源滚滚的寓意。





vellai  
paniyaram

Nattukottai Nagarathar Heritage Society  
Nattukottai Nagarathar 文化遗产学会

4.7 (Sat | 六) 6-9.30pm Lebuah Ah Quee  
唐人街

These soft 'cakes' are made from a mixture of ground rice and dhall that's fried to a light crisp while still retaining its delicate softness. Among the best-known dishes in Chettinad cuisine, vellai paniyaram is served at any special occasion together with a deliciously spicy vara milagai chutney.

Vellai paniyaram 是糯米粉和黄豆粉混合成糊状后下锅油炸而成的糕饼。它表面酥脆而内里软嫩。配以辛辣可口的 vara milagai 沾酱食用。它是泰米尔纳德邦普纳德地区最知名的传统美食之一，任何节庆都少不了它的踪影。



guek  
pneah

[guek-pe-ah] 月饼

Penang Chinese Clan Council  
由檳州各姓氏宗祠联委会呈献

7.7 (Tue | 二) 6-10pm Jalan Pintal Tali  
义福街

These sweet cakes were made to celebrate the Mid-Autumn Festival when the full moon is at its brightest and most beautiful, when families come together to enjoy each other's company and celebrate the beauty of the moon with songs, poetry, tea and delicious mooncakes.

月饼，是一种应节的甜饼。中秋月圆之夜，全家人在月下唱歌、吟诗、喝茶与赏月，月饼是不可或缺糕点。



bak chang  
肉粽

GTWHI  
乔治市世遗机构

4.7 (Sat | 六) 6-9.30pm Lebuah Ah Quee  
亚贵街

Bak chang are savoury sticky rice dumplings which are made to celebrate the Dragon Boat Festival. These dumplings are traditionally wrapped in bamboo leaves to help preserve their freshness. In the past, the making of these dumplings was a hereditary practice, where parents would pass down the techniques they learned from their own parents, to wrap and cook the bak chang.

肉粽是端午节必备的食物。传统肉粽皆以竹叶包裹，以保持糯米和馅料的新鲜度。从前，包裹和烹煮肉粽的技巧均由父母传授给子女，是家中世代相传的传统手艺。



mi koo  
面龟

Penang Chinese Clan Council  
由檳州各姓氏宗祠联委会呈献

7.7 (Tue | 二) 6-10pm Jalan Pintal Tali  
义福街

Mi koo are soft sweet steamed buns with an outer layer of skin that has been dyed red which are usually made as offerings for one's ancestors.

面龟是类似馒头的松软糕点，外层以染成红色的面团皮包裹，通常用以祭祖敬神。



## Street of Festive Harmony

Community Showcase of  
Celebratory Foods

## 节庆食物 街头大荟萃

社群节庆美食展

Experience a whole year of George Town's festive heritage in just one day as George Town's multi-cultural community gather to present a showcase of sacred recipes that have been lovingly passed down through generations!

乔治市的多元文化社群齐聚街头，以世代相传的厨艺，在一天里将全年重要宗教或民俗节庆的应节食物及其做法向公众展示，让公众一次过认识及饱尝各族群的节庆美食。

Organised by GTWHI  
乔治市世遗机构主办

Various Times  
(See individual listings)  
多个时段 (参阅个别活动说明)

Various location  
多个地点

4.7 & 7.7 Sat & Tue  
(六) 及 (二)

Free Event  
免费活动







## arselu

Telugu Association of Malaysia, Penang Branch  
马来西亚泰卢固协会槟城分会

4-7 (Sat | 六) 6:30pm, 7:30pm, 8:30pm, 9:15pm

Junction of Lebu Chulia & Lorong Pitt  
吉宁街与吉宁街巷仔交叉口

Arselu are crunchy deep-fried sweets made from a mixture of rice flour, ghee and jaggery. Most commonly served at weddings where it is customary to serve sweets to bless the union of newlyweds, arselu may also be served at other festivals, or to celebrate important occasions in a household such as the occasion of a woman's seventh month of pregnancy (simmanthi) or the onset of womanhood in young girls.

Arselu 是一种香酥油炸的甜点，以粘米粉、酥油和棕榈糖制成。它是婚礼上为表示祝福新人幸福美满而准备的甜点之一。在其他节庆上，或家里庆祝妇女怀孕满七个月，少女初来月经等重要日子时，它也是常见的应景食物。



## ugadi pachadi

Telugu Association of Malaysia, Penang Branch  
马来西亚泰卢固协会槟城分会

4-7 (Sat | 六) 6pm, 7pm, 8pm, 9pm

Junction of Lebu Chulia & Lorong Pitt  
吉宁街与吉宁街巷仔交叉口

Comprising six distinct tastes or "shadruchulu", ugadi pachadi is a chutney that is ritually consumed as the first food to welcome Ugadi, the New Year. The six ingredients of ugadi pachadi symbolise the various experiences of life which humans must face each year: raw mango (surprise), jaggery (happiness), salt (fear), tamarind juice (disgust), green chilli (anger) and Neem blossom (sadness).

Ugadi pachadi 是泰卢固人迎接新年时吃的第一道食物。它以六种食材混合而成，构成六种滋味，分别象征人们在一年里必然经历的六种人生滋味：生芒果（惊喜）、棕榈糖（快乐）、盐（恐惧）、罗望子汁（厌恶）、青辣椒（愤怒）和印楝花（悲伤）。



## nambu kanji

Masjid Kapitan Keling Qaryah Committee & Indian Muslim Community Organisation Malaysia (iMCOM)  
吉宁甲必丹回教堂委员会 & 马来西亚印裔穆斯林社群组织

4-7 (Sat | 六) Jln Masjid Kapitan Keling  
椰脚街

4:30pm, 5pm, 5:30pm, 6pm, 6:30pm, 7pm

Also known as bubur lambuk, this savoury rice porridge seasoned with aromatic spices is served during the month of Ramadhan when Muslims observe a period of ritual fasting. The dish is usually prepared in large amounts to share with the community at the breaking of fast at sundown.

Nambu kanji 又名 bubur lambuk，是一种以多种香料调味白米粥。回教斋戒月期间，人们通常一次煮一大锅，然后在日落后来斋时与社区民众分享。



## chee paniyaram

Masjid Kapitan Keling Qaryah Committee & Indian Muslim Community Organisation Malaysia (iMCOM)  
吉宁甲必丹回教堂委员会 & 马来西亚印裔穆斯林社群组织

4-7 (Sat | 六) Jln Masjid Kapitan Keling  
椰脚街

4pm, 4:30pm, 5pm, 5:30pm, 6pm, 6:30pm, 7pm

A deep-fried and delicious sweet infused with sesame, chee paniyaram is customarily given as gifts at engagements, weddings and ceremonial events.

Chee paniyaram 是一种含芝麻酥油炸美味甜食，通常在订婚、结婚或庆典活动上作为小礼物赠送给宾客。



## koly-kattai

Masjid Kapitan Keling Qaryah Committee & Indian Muslim Community Organisation Malaysia (iMCOM)  
吉宁甲必丹回教堂委员会 & 马来西亚印裔穆斯林社群组织

4-7 (Sat | 六) Jln Masjid Kapitan Keling  
椰脚街

4:15pm, 4:45pm, 5:15pm, 5:45pm, 6:15pm, 6:45pm, 7:15pm

Kolukattai are Indian rice dumplings which are among the dishes traditionally made to celebrate Hari Asyura. The dumplings are filled with a mixture of grated coconut, jaggery, dried fruits and other sweets which may then be steamed or deep-fried.

Kolukattai 是印裔穆斯林庆祝斋戒月第十日时必备的傳統小吃之一。它是以米团裹上椰丝、棕榈糖、水果干及其他糖果混合的馅料制成，可蒸熟或油炸。



## asam daging

亚参牛肉

Badan Warisan Masjid Melayu Lebu Acheh Pulau Pinang  
打石街回教堂文化遗产机构

4-7 (Sat | 六) 4pm Lebu Acheh (Masjid Melayu Lebu Acheh)  
打石街 (打石街回教堂)

A rich, creamy gravy with zesty overtones, asam daging is made by boiling tender buffalo innards in a fragrant mix of herbs and coconut milk with a hint of chilli and fresh lime juice. In the past asam daging was served only to nobility during Hari Raya, but has since become a dish enjoyed by everyone.

水牛肉连同内脏在混合香料和椰浆里熬煮，加入少许辣椒和新鲜柠檬汁，便是这道辛辣浓郁的亚参牛肉 asam daging。这道菜原本只限皇家贵族在开斋节期间享用，后来才变成人人都可享用的佳肴。



## gajrela

Wadda Gurdwara Sahib Penang  
檳城大錫克廟

4-7 (Sat | 六) Lebu Chulia  
吉宁街

6pm, 6:30pm, 7pm, 7:30pm, 8pm, 8:30pm, 9:00pm

Gajrela, also known as gajar ka halwa, is a sweet pudding made from grated carrots, milk and sugar garnished with almonds and pistachios and sautéed in ghee. One of the most famous desserts across Northern India and Pakistan, it is traditionally eaten during major festivals like Vasakhi.

Gajrela 又叫做 gajar ka halwa，是一种甜布丁，基本做法是以酥油将萝卜丝、牛奶和糖炒至水分收干，然后撒上杏仁片和腰果。这是北印度和巴基斯坦一带最著名甜品之一，传统上是锡克教光明节等重要节庆的必备食物。



## barmeah

Badan Warisan Masjid Melayu Lebu Acheh Pulau Pinang  
打石街回教堂文化遗产机构

4-7 (Sat | 六) 5pm Lebu Acheh (Masjid Melayu Lebu Acheh)  
打石街 (打石街回教堂)

Barmeah is a fragrant stew of lamb or beef, fortified with tomatoes, barmeah (Arabic for okra or ladies' fingers) and a hint of mint. A favourite comfort dish of Penang's Arab-Malay community, barmeah is prepared communally to celebrate important events like weddings and Hari Raya.

Barmeah 是以羊角豆和炖羊肉或牛肉为主角，以番茄和薄荷提味的一道香浓咖喱美食。在檳城，它广受阿拉伯血统的马来社群欢迎，每逢社群里有婚宴或庆祝开斋节等重要节庆，全社群会一起准备这道佳肴。





pradhaman

North Malaysia Malayali Samajam  
北马马拉雅兰协会

4-7 (Sat | 六) Lebu Chulia  
吉宁仔街

6pm, 6:30pm, 7pm, 7:30pm, 8pm, 8:30pm, 9pm

Pradhaman is a dessert made from rice or green peas and flavoured with brown sugar, sweet spices and nuts. The dish is traditionally served at the Malayali Festival of Onam, during a special lunch known as Sadhya to celebrate Harvest Festival. The vegetarian meal is served with rice on a banana leaf with pradhaman served at the very end of the meal as dessert.

Pradhaman 是一种甜品，主料是米或青豆，以红糖和甜香料调味，并配以坚果。马拉雅兰人在庆祝政南节，即丰收节第一个月的时候，会在特别午餐宴会上享用一种称为Sadhya的素食大餐，而 Pradhaman 就是这种将白饭和各种蔬菜盛在香蕉叶上享用的素食大餐结束时送上的甜品。



nong yoke  
海南焖肉

Penang Hainan Association  
檳城海南会馆

4-7 (Sat | 六) Lebu Muntiri (Penang Hainan Association)  
南华医院街檳城海南会馆

6:30pm, 7:30pm, 8:30pm

A favourite dish at Chinese New Year, nong yoke is a rich and savoury stew of pork belly that's been left to slowly simmer in gravy to the point of tenderness.

海南焖肉是将卤过五花肉以慢火焖煮而成，味道香浓又十分软嫩。它是海南人过年期间最受欢迎的应景年菜之一。



bubur asyura

Muslim League Penang  
檳城穆斯林联盟

4-7 (Sat | 六) 4, 5pm Lebu Queen (Muslim League Penang)  
皇后街檳城穆斯林联盟

Bubur Asyura is a savoury porridge made with ten different types of beans or grains. The dish is served on the Day of Asyura, which falls on the tenth day of Muharram (the first month of the Muslim calendar), which is celebrated with assemblies, ceramahs and prayer. Traditionally, the ingredients for the dish are contributed by all members of the community and cooked in large quantities to be shared with everyone.

Bubur Asyura 是一种以十种豆类及谷类煮成的粥。每逢伊斯兰教历一月十日即阿舒拉节，伊斯兰教徒除了举行聚会、宗教讲座和祈祷，还会煮食阿舒拉粥。传统上，煮粥材料由全体社区居民联合贡献，一大锅阿舒拉粥煮好后再分与全体居民共享。



aadi koozh

Nattukottai Nagarathar Heritage Society  
Nattukottai Nagarathar 文化遗学会

4-7 (Sat | 六) Junction of Lebu Chulia & Lebu Penang  
吉宁仔街与唐人街交叉口

6pm, 7pm, 7:45pm, 8:45pm

Aadi Koozh is a sweet dish made from rice and dhall enriched with jaggery and ghee (clarified butter), often served as the last dish at weddings and other special functions to signal the end of the celebration.

Aadi Koozh 是一种甜品，以大米和小黄豆为主料，并以棕榈糖和酥油调味，结婚及其他庆典宴会通常以这道甜品作结尾。



bak chang 肉粽

Penang Chinese Clan Council  
由檳州各姓氏宗祠联委会呈献

7-7 (Tue | 二) 6-10pm Jalan Pintal Tali  
义福街

These sticky rice dumplings contain a variety of fillings and wrapped with bamboo leaves to impart a distinctive perfume. According to one legend, these dumplings were made to commemorate the death of a great man who threw himself into a river in grief over his nation's defeat. Such was the love and respect he commanded though, that his followers rushed in boats to the site of his death and threw rice packets into the river to keep the fish from eating his body — a practice which subsequently became the basis of the Dragon Boat Festival.

肉粽是以竹叶包裹糯米和各种馅料而成，传说粽子是为纪念投江自尽的爱国诗人屈原而发明的。热爱及尊敬屈原的人听闻噩耗之后，竞相划船到他投水之处将粽子投入江中，以免江里的鱼啃食他的尸体。这也是端午节龙舟竞赛的由来。



ponggal

Penang Hindu Association  
檳城印度人协会

4-7 (Sat | 六) Lebu Chulia  
吉宁仔街

6pm, 7pm, 7:45pm, 8:30pm

This traditional Indian dish to celebrate the harvest is made by heating rice and milk with jaggery, cardamom, raisins, cashews and other sweet spices in an earthenware pot until the mixture froths and boils over. The word "ponggal" literally means 'overflowing', and the overflowing of the milk is welcomed as a sign of abundance.

这道传统菜肴是庆祝丰收节必备的食粮，传统的做法是将米和牛奶连同棕榈糖、小豆蔻、葡萄干、腰果等甜香料在陶罐里加热，直到牛奶冒泡溢出陶罐为止。Ponggal按字面意思是“溢出”，牛奶溢出就是丰盛富足之意。



ark o  
[ark-ow] 鸭芽

Penang Hainan Association  
檳城海南会馆

4-7 (Sat | 六) Lebu Muntiri (Penang Hainan Association)  
南华医院街檳城海南会馆

6pm, 8pm

Ark O is a classical Hainanese dish of braised yam and duck that's always popular around the table at reunion dinners and Chinese New Year feasts. Boasting an incredible depth of flavour from the richness of the yam, duck and fragrant spices, the dish is allowed to braise slowly in gravy until the ingredients literally just melt in the mouth.

以鸭肉和芽头为主料的鸭芽是一道经典海南菜。海南人过年团圆或聚餐时，鸭芽永远是备受喜爱的道菜。在各种香料调成的酱汁里慢火焖煮而成的鸭肉和芽头不仅味道香浓，而且入口即化。



murukku

Penang Chinese Clan Council  
由檳州各姓氏宗祠联委会呈献

7-7 (Tue | 二) 6-10pm Jalan Pintal Tali  
义福街

Murukku is a savoury, crunchy deep-fried snack made from a mixture of rice and dhall flour mixed with spices. Although the snack is acknowledged to have originated in India, murukku has been widely accepted by local communities for their own celebrations and to present as gifts during house visits.

Murukku 是一种酥脆可口的零食，以糯米粉和小黄豆粉混合多种香料油炸而成，它源自印度，却广受本地所有族群欢迎，既是各族人士爱吃的节庆零食，也可作为拜访亲友时的送礼佳品。





# Cooking from the Heart

Celebratory Food  
Cooking Classes

## 传统美食· 诚意料理

节庆食物烹饪班

Learn the techniques, ingredients,  
traditions, and beliefs in every dish.

掌握传统节庆食物的材料和烹饪技巧,  
认识及了解与之相关的传统习俗和信仰。



Organised by GTWHI  
乔治市世遗机构主办



Various Dates (see individual listing)  
多个日期 (请参阅个别活动说明)

RM50 per participant, registration required  
需预先报名, 报名费每名RM50



For registration | 报名:

Call | 请致电: +6016 490 2780  
or Email | 或电邮至: rsvp.heritagecelebrations@gmail.com



1



### Yoke Tang

by Tan Chiew Lan  
跟陈秋兰学做海南肉粽



5.7 (Sun | 日) 10am-2pm

Language: English  
媒介语: 英语



Lebuh Muntri (Penang Hainan Association)  
南华医院街檳城海南会馆

Auntie Tan Chiew Lan takes you for a delightful taste adventure as she teaches you how to make yoke tang (sticky rice dumplings). Infused with the essence of the island of Hainan, these pyramid shaped dumplings are made by the Hainanese to celebrate the Dragon Boat Festival and are wrapped in banana leaves to preserve their delicate flavor and texture.

学习陈秋兰女士的精湛厨艺, 包出香糯的海南肉粽。海南肉粽是以香蕉叶包裹糯米和馅料后扎成锥形, 然后下锅煮熟。这是海南人庆祝端午节时必备的应节美食。



4



### Rice Kheer & Atte Ke Purreh

by Sukhveer Kaur  
跟Sukhveer Kaur学做Rice Kheer和Atte Ke Purreh



4-7 (Sat | 六) 10am-12pm

Language: English  
媒介语: 英语



Burmah 108 (108, Burmah Rd.)  
车水路108号Burmah 108

Sukhveer Kaur shows you how to make rice kheer and atte ke purreh, two authentic Punjabi dishes that are a must-have at major celebrations. Rice kheer is a sweet rice pudding cooked with milk and sugar, flavoured with nuts and saffron, and can be served hot or cold to celebrate happy occasions like Vasakhi. Atte ke purreh is a sweet pancake that warms the heart on cold, rainy days. It's made especially to celebrate the festival of Teeyan Da Mela when women of all ages traditionally gathered together to dance and play on rope swings hanging from trees.

Sukhveer Kaur 师傅将教你制作旁遮普节庆必备的两种甜点——Rice kheer和atte ke purreh。Rice kheer是丰收节等喜庆日子必备的美食, 其做法是以米、牛奶和糖煮成甜布丁, 再加上坚果和番红花, 可冷食或热食。Atte ke purreh是一种适合在雨季冷天里暖胃的甜饼。庆祝Teeyan Da Mela节时, 妇女聚在一起跳舞和在树下荡秋千, atte ke purreh更是不可或缺的节日美食。



2



### Bengkang Suji

by Nurilkarim bin Mohd Razha  
跟Nurilkarim bin Mohd Razha学做Bengkang Suji



7.7 (Tue | 二) 9.30am-11am

Language: English  
媒介语: 英语



Nazlina Spice Station (2, Campbell St.)  
新街2号Nazlina Spice Station

Explore the wonderful world of Jawi-Peranakan cuisine as Chef Nuril teaches you his recipe to make bengkang suji, a luxurious sweet sugee (semolina) pudding made with cinnamon, cloves, raisins, almonds and cashew-nuts that's always a favourite at Muslim festivals.

让Nuril主厨带你进入土生不莱人的美食世界, 教你制作bengkang suji。这种甜布丁以粗粒麦粉为主料, 配以肉桂、丁香、葡萄干、杏仁和腰果, 是土生不莱人在伊斯兰教节庆期间爱吃的甜点。



3



### Sambar & Ponggal

by Devi Nadarajan  
跟Devi Nadarajan学做Sambar和Ponggal



6.7 (Mon | 一) 9am-12.30pm

Language: English  
媒介语: 英语



Tropical Spice Garden  
(Lot 595 Mukim 2, Jalan Teluk Bahang)  
直落巴巷热带香料园

Get ready for an unforgettable botanical cooking adventure as Devi Nadarajan takes you on a tour through Penang's beautiful Tropical Spice Garden to explain the many herbs and spices used in local cuisine before teaching you how to make sambar, a classic vegetarian stew of South Indian origin, and ponggal, a sweet milk and rice pudding sweetened with jaggery, cardamom, raisins, cashews and other sweet spices, and is made to celebrate the harvest.

Devi Nadarajan将带你走一趟令人难忘的东南亚香料园之旅, 介绍你认识本地料理常用到的各种香草和香料, 然后教你做出美味Sambar和ponggal。Sambar是源自南印度的经典素食炖汤, ponggal则是含有棕榈糖、小豆蔻、葡萄干、腰果等甜香料调的牛奶米布丁, 是庆祝丰收节时准备的甜品之一。



4



### Ang Koo Kuih

by Nyonya Su Pei  
跟娘惹淑佩学做红龟糕



7.7 (Tue | 二) 9.30am-12.30pm

Language: English  
媒介语: 英语



Burmah 108 (108, Burmah Rd.)  
车水路108号Burmah 108

Have fun in the kitchen with award-winning cook Nyonya Su Pei who'll teach you how to make these delightful Red Tortoise Cakes. A favourite treat of the Straits Chinese community, ang koo kuih are made with glutinous rice flour and sweet green bean paste. Served at auspicious occasions, the colour red signifies joy and happiness while the tortoise symbolises power, longevity and tenacity.

让获奖名厨娘惹淑佩教你如何制作喜气洋洋的红龟糕。这种当娘惹传统糕点是以糯米粉做成圆皮包入甜绿豆馅, 然后放入果印压平印出龟印。红龟糕的红色表示吉祥和喜气, 龟印代表威严、长寿和坚韧, 因此是喜事和节庆常见的糕点。





#### 4 Nyonya Lam Mee

by Nyonya Su Pei  
跟娘惹淑佩学做娘惹淋面

7.7 (Tue 二) 2-5pm Language: English  
媒介语: 英语

Burmah 108 (108, Burmah Rd.)  
车水路108号Burmah 108

Nyonya Su Pei teaches you how to make Nyonya Lam Mee. This colourful dish is made up of thick yellow noodles smothered in a rich savoury broth made from meat and prawns, topped with an appetising meat and prawns, egg strips, aromatic greens, and crispy deep fried shallots. Lam Mee, which literally translates as 'noodles with soup poured over' is served at Chinese birthdays as the noodles are believed to bring 'long life'.

娘惹淑佩传授你如何做娘惹淋面。这种面食有着缤纷的色彩，其做法是将面条煮熟，淋上肉和虾熬成的汤，再加上肉片、虾仁、鸡蛋丝、香菜和油葱。传统上它是海峡华人生日时吃的面食，据说可带来长寿，因此又称“生日面”。



#### 1 Ik Bwa

by Tan Seok Boey  
跟陈淑梅学做海南蕮粿

7.7 (Tue 二) 2-5pm Language: English  
媒介语: 英语

Lebuh Muntri (Penang Hainan Association)  
南华医院街檳城海南會館

Ik bwa are chewy filled sweets made from glutinous rice flour steamed in a casing made from banana leaves. Symbolising good things like fortune and happiness, sweetness and joy, ik bwa are customarily made to give as congratulatory gifts or to announce happy occasions like weddings.

海南人的蕮粿是一种黏稠弹牙的糕点，做法是以糯米面粉团裹入甜馅料，然后放在香蕉叶制成的托盘中蒸熟。蕮粿象征吉祥、幸福、甜蜜和欢乐，海南人通常用来送礼，或作为宣布结婚等喜庆场合上招待客人的甜点。



#### 2 Nasi Ulam

by Nazlina Hussin  
跟Nazlina Hussin学做香草野菜饭

5.7 (Sun 日) 11am-12pm Language: English  
媒介语: 英语

Nazlina Spice Station (2, Campbell St.)  
新街2号Nazlina Spice Station

Join Nazlina Hussin in the kitchen as she teaches you how to make nasi ulam, a popular dish among the local Malay and Nyonya communities who serve it during festivals and major events. Nasi ulam, which means "herbal rice" in Malay, is an aromatic rice dish bursting with an extraordinary array of herbal flavours like lemongrass, turmeric, kafir lime leaves, lorch ginger flowers, Thai basil and numerous types of mint.

在马来人及峇峇娘惹社群的重大节庆上，香草野菜饭是常见的待客饮食。Nazlina Hussin女士将告诉你如何准备这道美食所需的各种香草和野菜，例如香茅、黄姜、酸柑叶、姜花、九层塔、多种薄荷等，让你做出道地地道的香草野菜饭。



#### 5 Nasi Kuntit & Kari Kay

by Pearly Kee  
跟纪淑莹学做黄姜饭和咖喱鸡

6.7 (Mon 一) 9.30-11.30am Language: English  
媒介语: 英语

Penang HomeCooking School (85, Taman Berjaya)  
浮罗池滑成功花园85号檳城家庭烹饪学校

Join local cooking icon, Pearly Kee, as she teaches a classic dishes of Nyonya cuisine, the nasi kuntit (yellow turmeric rice) and kari kay (chicken curry). Nasi kuntit, which is also known as pulut kuning or oei keow pui, is a glutinous rice dish common to the Malay, Baba-Nyonya, and Hokkien communities of Penang. The yellow colour of the glutinous rice comes from the addition of turmeric, and is believed to symbolise spirituality, goodness, royalty and good fortune, and is thus often served at auspicious occasions.

让檳城娘惹料理名厨纪淑莹女士教你烹煮娘惹美食中的经典——黄姜饭和咖喱鸡。黄姜饭是檳城马来人、峇峇娘惹和福建人社群爱吃的糯米饭。它因黄色来自黄姜，这种黄色具有神圣、吉祥、高贵、好运的意味，因此配上咖喱鸡的黄姜饭通常用作宴客或送礼的喜庆食物。



#### 3 Sambar & Payasam

by Devi Nadarajan  
跟Devi Nadarajan学做Sambar和Payasam

6.7 (Mon 一) 1.30-5pm Language: English  
媒介语: 英语

Tropical Spice Garden  
(Lot 595 Mukim 2, Jalan Teluk Bahang)  
直落巴巷热带香料园

Enjoy a walk with Devi Nadarajan as she guides you through the verdant greenery of Penang's beautiful Tropical Spice Garden and explains the many herbs and spices used in local cuisine. After that, she'll teach you how to make sambar, a classic vegetarian stew of South Indian origin, and payasam, a sweet dessert pudding made from rice or green peas, flavoured with brown sugar, sweet spices and nuts which is customarily served to mark the end of a celebration.

Devi Nadarajan首先将带你走一趟绿意盎然的热带香料园，介绍你认识园内各种香草和香料，然后教你烹煮南印度经典素食烩sambar，以及甜布丁payasam。Payasam以米或青豆为主料，以红糖、各种甜香料和坚果调味，通常作为节庆宴会尾声时送上给客人的甜品。



#### 2 Beef Rendang & Pulut Kuning

by Nazlina Hussin  
跟Nazlina Hussin学做仁当牛肉和黄姜饭

5.7 (Sun 日) 9.30-10.30am Language: English  
媒介语: 英语

Nazlina Spice Station (2, Campbell St.)  
新街2号Nazlina Spice Station

Join Nazlina Hussin as she teaches you how to make one of the most beloved dish served at every Hari Raya celebration. Rendang is a Malay style of cooking where meat is slowly simmered in a mixture of spices and coconut milk until it achieves a luxurious dry finish that pairs perfectly with the richness and subtle spiced aroma of pulut kuning ('yellow sticky rice'). Not just limited to Malay communities, rendang has been embraced by other cultures, such as the Baba Nyonya who have their own version of the dish too.

仁当牛肉是马来穆斯林庆祝开斋节期间最爱的佳肴之一。仁当是马来料理中干肉咖喱，做法是将牛肉在多种香料和椰浆中以慢火炒至水分收干。Nazlina Hussin女士还会教你做香喷喷的黄姜饭，以糯米加黄姜煮成的黄姜饭配上仁当咖喱牛肉，便是一道令人难以抗拒的美食。干咖喱做法如今也广受马来人以外的社群欢迎，例如峇峇娘惹社群就有他们自己特制的仁当咖喱。



## Joy Around the Dining Table

Home Visits

Take a trip down memory lane as long-time local residents welcome you into their homes to experience a rare glimpse into the private lives growing up in George Town, and the special moments shared around the family dining table.

## 餐桌上的欢乐时光

老城住家参访

访问乔治市老居民的住家，一窥寻常人家因日常生活，听老居民述说他们在乔治市成长的故事和分享他们在餐桌上的欢乐时光。



Organised by GTWHI  
乔治市世遗机构主办

Various Dates  
RM30 per participant, registration required  
需预先报名，报名费每名RM30

For registration | 报名：  
Call | 请致电： or Email | 或电邮至：  
+6016 490 2780 rsvp.heritagecelebrations@gmail.com







# Made to Celebrate

Crafts for Festivals

## 巧动双手 迎佳节

节庆手工艺品

*Come and learn the handcrafts made to brighten up homes for the festivities and learn the traditions behind these crafts.*

认识与学习传统节庆手工艺品的制作技巧及其意涵, 然后在节庆期间自己动手做来装饰住家, 给家里增添节庆的喜气。



Organised by GTWHI  
乔治市世遗机构主办



6-9.30pm



Various location  
多个地点



4.7 Sat  
(六)



Free Event  
免费活动



1



star-lantern making

制作星形灯笼



Junction of Lebuhr Buckingham &  
Jalan Masjid Kapitan Keling  
新街头与椰脚街交叉口

A unique craft of George Town's Indian-Muslim community, these colourful star lanterns are lit every evening during Hari Raya to brighten up the streets and homes of Muslim neighbourhoods.

星形灯笼是乔治市印裔穆斯林社群独具一格的手工艺品。每逢开斋节, 印裔穆斯林社群都会在家里和街道上把五颜六色的星形灯笼点亮。

2



flower garland making

制作花环



Lebuh Ah Quee  
亚贵街

Garlands of multi-coloured chrysanthemums, roses and jasmine flowers are made as offerings at temples or to bring a touch of floral beauty and sweet perfume to any special occasion.

以各色菊花、玫瑰和茉莉串成的花环既可作为供奉神明的祭品, 也可在特殊场合里用作添香增色的饰品。

3



red packet lantern making

制作红包灯笼



Lebuh Pantai (Seh Tek Tong Cheah Kongsi)  
中街世德堂谢公司

During Chinese New Year, it is customary for families to give angpau or 'lucky red packets' containing money to children to bring them good luck. They also make red lanterns out of angpau to hang in their homes as decorations.

按照传统习俗, 长辈在华人新年期间会以红包封装压岁钱派发给晚辈。这些红包封可制成小灯笼挂在家里作为装饰品, 为新年增添喜气。

5



kolam decorating

印度米绘创作



Lebuh Chulia  
吉宁仔街

These elaborate decorations are traditionally drawn by Indian women outside their homes using crushed rice grains. While the beauty of the kolam served to welcome visitors, especially Lakshmi the Goddess of Prosperity, it also served to provide nourishment to small creatures as a daily act of kindness to all living things.

米绘传统上是由印裔妇女以碎米绘制于住家门口。在家门口以碎米粉绘制这些美丽的图案, 特别是代表财富女神拉克什米的图案, 不仅是欢迎客人的表示, 也是一种可带来好运的日常善举, 因为那些米粒可成为昆虫及鸟类食物。

6



ketupat weaving

编织马来粽囊



Lebuh Queen  
皇后街

Both functional and decorative, the ketupat is the iconic symbol of Hari Raya when villagers would gather together to weave coconut leaves into diamond shaped pouches which would be hung up as decorations or filled with rice grains and boiled to cook rice.

马来粽囊是开斋节必备的应节物品。每到开斋节, 村民会聚在一起, 以椰叶编织菱形的粽囊。这种粽囊除了可用米包糯米煮成马来粽, 也可作为装饰品挂起来。

4



thoranam weaving

编织 Thoranam



Lebuh Chulia  
吉宁仔街

Thoranam are traditional Indian hanging decorations placed around homes and temples to invite visitors in. Made from tender coconut fronds which are folded into wing-like shapes, the angle and number of wings signified whether the occasion was happy or sad.

Thoranam 是印度人挂在住家或庙宇四周表示欢迎客人到访的饰品。它以嫩椰叶折成像翅膀的形状, 那翅膀的角度和数目因喜事或丧事而有所差异。





## Street of Treats 传统美食大街

Cultural Food Stalls 文化美食摊档



Take a break from all the walking to enjoy a cold and fruity nutmeg drink and try some of our delicious local favourite foods like chapatti, Nyonya nasi lemak, leng ngah dumplings, rempah udang, sugee cakes, puri with potatoes and more.

逛得累了,可前往传统美食大街,点一份美味可口的本地食物,例如印度烤面饼、娘惹椰浆饭、龙岩饺子、香辣虾糯米卷、粗粒麦粉糕,伴以马铃薯的印度油炸饼等等,配上一杯冰凉提神的豆蔻汁,尽情享受一番。



Organised by GTWHI  
乔治市世遗机构主办



5-9.30pm



4-7 Sat  
(六)



Free Event  
免费活动



Kampung Kolam  
甘榜哥南



## Festival Market 节庆市集

Unique Arts & Handcrafts Market

独特艺术品及  
手工艺品展售会



Whether you're looking for a souvenir or a gift for a special someone, you'll find it all here at Festival Market with a unique selection of handmade accessories, jewellery, artworks, crafts and traditional peranakan jewellery. Also be sure not to miss out on the authentic Orang Asli weavings and handcrafts which are always a popular attraction.

琳琅满目的节庆市集有各式各样的手工艺品,包括首饰配件、美术作品、手作、传统娘惹首饰等等。不论是要买一份纪念品或是一份礼物送给特别的人,这里绝对不会让你失望。深受欢迎的原住民编织品和手作,也不容错过。



Organised by GTWHI  
乔治市世遗机构主办



5-9.30pm



4-7 Sat  
(六)



Free Event  
免费活动



Jalan Masjid  
Kapitan Keling  
椰脚街



## Walks of Life 品尝老城生活风貌

Walking Trails 步行导览



Enjoy a walking tour with our guides who will lead you through important places, hidden spaces and the many faces of George Town's historical inner city.

在导览员的带领下穿梭街巷,参观重要的地点和不为人知的秘密空间,认识乔治市古迹区内的各种生活风貌。



Organised by GTWHI  
乔治市世遗机构主办



6.7 & 7.7 Mon & Tue  
(一)及(二)

RM20 per participant, registration required  
需预先报名,报名费每名RM20



For registration | 报名:  
Call | 请致电: +6016 490 2780  
or Email | 或电邮至: rsvp.heritagecelebrations@gmail.com

Trail 1  
(6.7, Mon)



Pasar Ramadhan (1/2 Hour)  
斋戒月市集(半小时)

Open up your senses in an exotic shopping walkabout tour through the mouthwatering smells, sights and sounds of the bustling food paradise that is Pasar Ramadhan, where our guide will explain the many different foods available and help you choose the perfect meal.

打开感官之门,在导览员的带领下参观热闹的斋戒月市集,在声色味俱全的各种摊档之间穿梭,聆听导览员介绍现场售卖的各种美食,并在导览员的协助下选购一顿美味的晚餐。



Organised by Muslim  
League Penang  
槟城穆斯林联盟主办



For the latest schedule, please visit:  
获取最新时间表,请浏览:  
[www.facebook.com/GeorgeTownCelebrations](http://www.facebook.com/GeorgeTownCelebrations)

Trail 2  
(7.7, Tue)



The Spice Trail (2 Hours)  
香料之旅(2小时)

Spice up your day with this 2-hour journey of discovery through the many different varieties of spices and their application in health, food and religious practices.

透过2小时的步行导览,认识各种香料及其在健康、饮食和宗教上的应用。



Organised by GTWHI  
乔治市世遗机构主办



9.30am  
English | 英语  
10am  
Mandarin | 华语



Meeting point:  
Penang Chinese Town Hall,  
Jln Masjid Kapitan Keling  
集合点:  
椰脚街槟州华人大会堂





# Ritual Foods

Public Talks

## 说一说 那些节庆食物

公开讲座

Satisfy your hunger for knowledge with a series of public talks by experts about the cultural significance of local foods and ingredients.

在这一系列的公开讲座中,让专家告诉你各种节庆食物及其材料所蕴含的文化内涵与寓意。



Organised by GTWHI  
乔治市世遗机构主办



Town Hall  
市政局礼堂



Free Event  
免费活动



4-7 & 5-7 Sat & Sun  
(六)及(日)



1



Jawi Peranakan Culinary Heritage:  
The Special Properties of Lemuni Rice  
土生爪哇人的食物遗产: 蔓荆饭的特殊功效

Speaker | 主讲人:  
Dato' Dr Wazir Jahan Karim

1

4-7 (Sat | 六) 10-11am  
Language: English  
媒介语: 英语

Lemuni rice is a special type of herbal rice made from the Lemuni tree (*Vitex Trifolia*) that is typical to George Town, Penang and the other north-western Malaysian states, where it is traditionally served to Malay and Jawi Peranakan women as an ancient postpartum or confinement cooking preparation to replenish blood and energy. Lemuni is also recognised as a 1,000 year old Ayurvedic treatment for enhancing blood flow, asthma, joint pains and normalising digestive systems.

蔓荆饭是一种加了蔓荆叶 (*Vitex Trifolia*) 煮成的米饭。在檳城及北马其他州属,蔓荆饭是专门给马来或土生爪哇妇女在生产后或坐月子期间吃的饭食,有补血和补充精力的作用。在印度传统草药医学中,使用蔓荆来促进血液循环,减轻哮喘和关节疼痛,改善消化系统的治疗法,已有上千年的历史。



1



Chinese Traditional Festival Food  
舌尖上的节庆

Speaker | 主讲人:  
Lim Gaik Siang  
林玉襄

1

4-7 (Sat | 六) 12-1pm  
Language: Mandarin  
媒介语: 华语

The Chinese in Penang celebrate more than a dozen festivals annually and make special foods just for these celebrations. Some of these celebrations are common to all Chinese communities, while others are specific only to certain dialect communities or have become fused with other cultures. Lim Gaik Siang will talk to you through these celebrations and introduce the important foods and their significance to each celebration.

檳城华人每年庆祝数十个节庆,每个节庆有特定的祭祀食品。在这些节庆中,有些是全体华人同欢共庆,有些仅限于特定籍贯或方言群体,另有一些则融合了其他文化元素。林玉襄小姐将为你介绍檳城华人的各大节庆,并细说各节庆的重要祭品及其特殊寓意。



1



Nyonya Festival Food  
娘惹节庆食物

Speaker | 主讲人:  
Dr Ong Jin Teong  
王仁忠博士

1

5-7 (Sun | 日) 2-3pm  
Language: English  
媒介语: 英语

Dr Ong Jin Teong's talk elaborates on the Nyonya dishes served during festivals Chinese New Year, Cheng Beng, Dumpling and mid-Winter festivals, and for significant occasions like birthdays and a baby's first month. It will delve into the mainly Malay and Hokkien origins of Northern Nyonya cuisines, as well as its Indian, Thai and English influences.

王仁忠博士将在演讲中细说娘惹社群于新年、清明节、端午节、冬至、生日、满月等节庆时所准备的食物。除了重点介绍起源于马来人和福建人的北马娘惹美食,也会谈及印度、泰国及英国饮食文化对娘惹美食的影响。



1



Hindu Food Culture during Festivals  
and Rituals in Penang Hindu Festivals  
檳城印度教节庆与仪式中的饮食文化

Speaker | 主讲人:  
Dr K. Ramanathan

1

4-7 (Sat | 六) 11am-12pm  
Language: English  
媒介语: 英语

Join Dr K. Ramanathan on an exploration of the food culture of Hindu festivals. Hindu worship rituals are tied to special monthly and annual festivals, which feature a surprisingly diverse array of vegetarian foods, curries and side dishes, and various special sweets offered to the Deity in whose honour the festival is celebrated.

K. Ramanathan博士将带你探索及认识兴都教节庆中的饮食文化。兴都教每月及每年有各种节庆,每个节庆都有它特定的祭祀仪式,而在这些仪式中献给神明祭品十分多样化,包括各种素食、咖喱和小菜,每一种都有其特殊的宗教与文化寓意。



1



Rice and Food Heritage as Conduit  
of Relationship among Sama-Bajau,  
Communities of Sabah  
作为沙巴萨马-巴瑶族群关系之媒介  
的稻米与食物遗产

Speaker | 主讲人:  
Dr Hanafi Hussin

1

5-7 (Sun | 日) 3-4pm  
Language: English  
媒介语: 英语

Ritual reveals much about culture through its elements, structure, and function. Dr. Hanafi Hussin discusses the significance of rice and other food such as buwas kuring, panyam, and durul in the rituals of the Sama-Bajau communities of Sabah. He will also compare the functions of rice offerings of the Sama-Bajau with Malay rituals such as main puteri.

仪式的元素、结构与功能可反映一个民族的文化内涵。Hanafi Hussin博士在演讲中将会探讨沙巴萨马-巴瑶族仪式中的稻米及 buwas kuring, panyam, durul 等食物所代表的意义。他也将比较萨马-巴瑶族的稻米献祭仪式和马来人的 main puteri 等仪式在功能上的异同。





## Treasures of Taste

Kaki Lima Short Film Screening

## 寻味

五脚基短片  
竞赛作品放映会



Discover the tasteful treasures of Penang with the winning short films from the KAKI LIMA Short Film Competition (KLSFC) 2015.

在2015年度五脚基短片竞赛得奖作品中，寻找檳城的美食滋味。



Organised by GTWHI  
乔治市世遗机构主办



8pm



GTWHI  
116 & 118 Lebuh Acheh

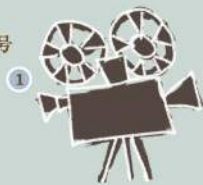
乔治市世遗机构  
打石街116及118号



5-7 Sun  
(H)



Free Event  
免费活动



## Our Living Traditions 文化

Festive Food Displays 节庆食品展览



Experience the living heritage of George Town as local communities display the ageless ceremonies and traditional practices that have been passed down through many generations.

从本地社群世代相传的各种仪式与习俗中，认识及体验乔治市的文化遗产。

1



Nine Emperor Gods Vegetarian Prayer Offerings  
九皇爷庆典素食祭品

The Tow Boh Keong Temple in Lebuh Cheong Fatt Tze is one of the oldest temple in Southeast Asia which is dedicated to the worship of the Nine Emperor Gods whose veneration takes the form of an offering of special vegetarian foods on the ceremonial altar.

香港巷的斗母宫是东南亚奉祀九皇大帝历史最悠久的斗母宫之一。九皇爷节前历时长九天，信徒在这期间茹素，祭拜九皇大帝的祭品也都是素食。



Organised by GTWHI  
乔治市世遗机构主办



3-5pm



Hong Kong Street Tow Boh Keong  
7-9 Lebuh Cheong Fatt Tze

香港巷斗母宫  
香港巷7-9号



7-7 Tue  
(二)



Free Event  
免费活动

## Our Partners & Collaborators

联办单位  
与合作伙伴

### Badan Warisan Masjid Melayu Lebuh Acheh Pulau Pinang

打石街回教堂文化遗产机构  
Established in 1993, the Badan Warisan Masjid Melayu Lebuh Acheh Pulau Pinang works to foster fellowship and mutual understanding among its members and their families, and to preserve the history, culture and heritage of Masjid Melayu.

打石街回教堂文化遗产机构成立于1993年，旨在促进社群成员及其家庭之间的关系与互助，并致力保存打石街回教堂的历史与文化遗产。

### Hong Kong Street Tow Boh Keong

香港巷斗母宫

The Tow Boh Keong is one of the oldest temple in Southeast Asia dedicated to the veneration of the Nine Emperor Gods.

香港巷的斗母宫是东南亚奉祀九皇大帝历史最悠久的斗母宫之一。

### Masjid Kapitan Keling Qaryah Committee & Indian Muslim Community Organisation Malaysia (iMCOM)

吉宁甲必丹回教堂委员会 & 马来西亚印裔穆斯林社群组织

Masjid Kapitan Keling Qaryah Committee & iMCOM are organisations that work jointly to strengthen the cultural identity of the Indian Muslim community, and maintain Masjid Kapitan Keling and its surroundings.

吉宁甲必丹回教堂委员会和马来西亚印裔穆斯林社群组织紧密合作，以加强印裔穆斯林的文化认同，并负责维护吉宁甲必丹回教堂及其周边社区。

### Muslim League Penang

檳城穆斯林联盟

The Muslim League Penang, or Liga Muslim Pulau Pinang, is an organization founded in 1949 to look after the welfare of the Muslims in the state. The founders are Indian-Muslims who sought a platform for themselves to speak of issues of interest to them.

檳城穆斯林联盟成立于1949年，由一些为社群发声及争取权益的印裔穆斯林发起，旨在照顾檳城穆斯林福利。

### Nattukottai Nagarathar Heritage Society

Nattukottai Nagarathar文化遗产协会

The Nattukottai Nagarathar Heritage Society was recently established in December 2014 with the intention to preserve and promote the cultural heritage of the Nattukottai Nagarathar people.

Nattukottai Nagarathar文化遗产协会是于2014年12月注册的组织，旨在保存与发扬雀替尔社群的文化遗产。

### North Malaysia Malayali Samajam

北马马拉雅兰协会

The North Malaysia Malayali Samajam was formed in 1951 to cater for the social and cultural needs of Malayalis in the states of Penang, Kedah and Perlis.

北马马拉雅兰协会成立于1951年，旨在维护与照顾檳城、吉打和玻璃市马拉雅兰人的社会与文化需求。

### Penang Chinese Clan Council

檳城各姓氏宗祠联委会

A coalition of the various clan committees in Penang, the Penang Chinese Clan Council aims to foster closer ties and cooperation among the various Chinese clans and communities of Penang.

檳城各姓氏宗祠联委会是檳城各姓氏华人宗祠所组成的联合委员会，旨在加强成员之间的合作与联系。

### Penang Hainan Association

檳城海南会馆

The Penang Hainan Association is the premier body for all things related to the Penang-Hainanese community which aims to promote and share information related to their culture.

檳城海南会馆是檳城海南人的组织，向来致力于推广及分享海南人的文化传统及相关讯息。

### Penang Hindu Association

檳城印度人协会

The Penang Hindu Association is a non-profit association that concentrates on providing assistance, guidance and support to needy members of the community.

檳城印度人协会是一个致力为印裔社群成员提供各种协助、指导与支持的非营利组织。

### Penang Teochew Association

檳榔嶼潮州会馆

The Penang Teochew Association is committed to revitalise the cultural and traditional practices of the Teochew Chinese community. The Association is based in the Han Jiang Ancestral Temple.

檳榔嶼潮州会馆设址于韩江家庙，长久以来致力于保存及活化潮州人的文化与传统。

### Seh Tek Tong Cheah Kongs

世德堂谢公司

Established in 1810, Cheah Kongs is one of the oldest Hokkien clan associations in George Town, Penang which serves as a custodian and repository for the ancestral records of the descendants of the Cheah lineage.

世德堂谢公司是檳城乔治市历史最悠久的福建宗亲组织。谢公司创立于1810年，是谢氏族人敦睦族之所，也是宗族记录的保管机构。

### Telugu Association of Malaysia, Penang Branch

马来西亚泰卢固协会檳城分会

The Telugu Association of Malaysia is a non-profit and non-governmental organisation to promote, preserve and safeguard the language, economic, social, cultural, spiritual, and educational guidance of the Telugu people.

马来西亚泰卢固协会是一个非营利及非政府组织，其宗旨是维护、保存及发扬泰卢固人在语言、经济、社会、文化、精神、教育等方面的权益。

### Wadda Gurdwara Sahib Penang

檳城大锡克庙

Founded in 1901, the beautiful Wadda Gurdwara Sahib is the biggest Gurdwara in South East Asia and one of the most important meeting point for Sikhs in Malaya (now Malaysia) and neighboring countries; providing food, shelter and hospitality to everyone regardless of race, creed or religion.

创建于1901年的檳城大锡克庙是东南亚规模最大的锡克庙，自建立以来便是马来（西）亚及周边国家的锡克教徒最重要的聚会地点。它也不分种族、信仰和宗教招待各方人士，并提供膳食与住宿。





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Warren Lee

We'd also like to thank all the volunteers, individuals and groups who have contributed their time and effort to help make Heritage Celebrations 2015 a success.



### programming partners 节目伙伴

Badan Warisan Masjid Melayu  
Lebuh Acheh Pulau Pinang  
Hong Kong Street Tow Boh Keong  
Masjid Kapitan Keling Qaryah Committee & Indian Muslim Community Organisation Malaysia (iMCOM)  
Muslim League Penang  
Nattukottai Nagarathar Heritage Society  
North Malaysia Malayali Semajam  
Penang Chinese Clan Council  
Penang Hainan Association  
Penang Hindu Association  
Penang Teochew Association  
Royal Thai Consulate-General  
Seh Tek Tong Cheah Kongsi  
Telugu Association of Malaysia, Penang Branch  
Wadda Gurdwara Sahib Penang



### venue partners 场地伙伴

Burmah 108  
MBPP Town Hall  
Nazlina Spice Station  
Penang Homecooking School  
Tropical Spice Garden

### photo credits 图片提供

Brandon See Toh  
Ch'ng Oon Tian  
Chew Win Chen  
Chew Win Win  
Clarity Publishing  
Dato' Dr Wazir Jahan Karim  
Dr Hanafi Hussin  
Dr. Ong Jin Teong  
Gan Pek Har  
Joie Koo  
Khor Ban Seng  
Lau Sung Kwang  
Leonard Kong  
Lim Gaik Siang  
Lim Soo Peng  
Loke Chin Hock  
Looi Toong Hong  
Micheal Chuan  
Neoh Chee Jin  
Sherwynd Rylan Kessler  
Steven Ooi  
Tan Thian Chang  
Yew Kok Hong



## Heritage Celebrations Team | 工作团队

executive producer  
Lim Chooi Ping

project manager  
Lim Chung Wei

artistic director  
Liew Kung Yu

curatorial team  
Ho Sheau Fung  
Liew Kung Yu  
Prof Tan Sooi Beng

asst project manager  
Koe Gaik Cheng

programme coordinator  
Koe Cheng Gaik  
Kuah Li Feng  
Nathan Cheng  
Peh Shu Min  
Tan Kim Keat  
Tan Zhi Ling  
Tiffany Ten



graphic designer  
Chai Chik Ying

illustrator  
Terng Kong Hwee

in house graphic designer  
Johanan Lau

public relations  
Anielle Ng  
Annie Wong  
Jack Ong  
Jolene Teh  
Leong Kit Yeng  
Momo Koay  
Mon Lim  
Rozaini Hassan

production manager  
Dub Lau

production coordinator  
Jason Ong Aik Lee  
Tham Chew Meng

technical manager  
Teo Kuang Han

assist to technical manager  
Peter Chi Eng Keat

logistic manager  
Tan Hock Kheng

assist to logistic manager  
Goh Jiung Pin



food researcher  
Alvin Ong Kouk Min  
Azminah Binti Mohd Mydin  
Azwin  
Chong Kwang Yew  
Datin Vishalakshi Ramanathan  
Dr Punithavathi Narayanan  
Ernie Goh  
Foo Wei Meng  
Heng Zhi Yee  
Irene Teoh  
Jenny Loh  
Jerry Kong  
Khaw Jessie  
Khor Muling  
Lee Su Pei  
May Yeap  
Ng Xin Yi  
Ong Ke Shin  
Ooi Lay Ai  
Preveena Balakrishnan  
Sara Loh  
Saw Siew Siew  
Sivahami Krishnappan  
Tan Chong Eng  
Wong Yoke Loon  
Yeoh Sze Ling  
Yeoh Sze May

writer  
Baelin

translator  
Dr Karthigesu Ranggasamy (Tamil)  
Tan Yau Chong (Chinese)  
Wanis Suwini (Malay)

