PALATE

TASTE THE VISUAL



MAY 2019 : ISSUE 1

EDITOR'S NOTE

PALATE is a food magazine which focuses on the human sense of taste. Palate is define as an ability to differentiate and appreciate different flavors of food.

This magazine become to fruition due to my love for food in general. The privilage to taste various types of cuisine in my country of Malaysia is the major reason why i started this project.

From my friends, online platforms and my working experience in the food and beverage industry has made this into a reality. I am able to look at both side, as a customer and a person who works behind the counter

My main goal is to introduce everyone to a variety of food that each country has to offer from traditional to mordern dishes. This makes people come to this place to have a good meal on any day or occasion and of course to have the readers to

"TASTE THE VISUAL"

as if the food is right in front their eyes and able to taste it.



BY
AYFRZ

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ASIAN

Asian cuisine is one of the most popular cuisine around the world. Asian countries are known for their variety of flavours from sweet to savoury food which is many people would pay a good amount of money to eat it.

Asian countries such as China and Malaysia are one of the countries where their cuisine is widely received by customers in the UK, especially Malaysian cuisine because there are so many influences from different cultures in their dishes that makes it so unique.

Roti King and Wox Noodle Bar are some of the good representation from both countries from how the food is being served to the flavours of each food presented.





Taste of Authenthic Malaysian Food at Roti King



If you ever think of about coming to Malaysia, the most talked about by locals or tourists would its food. With citizens consist of many races, Malaysia is known for its food, influences from every culture.

In the UK especially in London, finding good Malaysian food is quite easy and Roti King is known for serving the mamak style food. It is one of the most popular Malaysian restaurants in the UK.

Mee Goreng Mamak (£7)
(Stir fried egg noodle with chicken, prawns, tofu, eggs and peanuts

Located near Euston Station, this place will definitely hit your taste buds especially for Malaysians who miss Malaysian food. They will feel right at home



Serving malaysia's famous Roti Canai and Nasi Lemak as well as its drink, Teh Tarik which is a malaysian signature drink can be served hot or cold.

There is no other place that serves a variety of food in any part of the world except neighbouring country Singapore. Malaysia will be forever known as "Food Heaven" for locals and tourists a like. Streets food will always be the best.



Teh Tarik (Cold) £3.20

THE TRUTH?

Roti King certainly lives up to its name for being one of the best malaysian restaurant in the UK for serving delicious and authentic mamak style food which all Malaysians come to love and know whether it is for breakfast, lunch, or dinner.

Surprisingly when I was there, most of their customers are locals and other tourists who comes from another courty such as the US. Their favourite dishes that I noticed were Roti Canai, Mee Goreng Mamak and Char Kuey Teow. The Mee Goreng Mamak especially was probably the best Mee Goreng Mamak I have ever tasted.

The menus that I tried were definitely spot on even though the price was rather expensive as in Malaysia, the price would be a lot cheaper but its definitely worth the money if you come with a group of people.

If you are planning to come, my advice would be to come as early as possible especially during lunch time because most people would dine in the restaurant and even line up just to eat there. With a small space and limited seats, patience is definitely needed

THE FOOD METER

PRICE	■ ■ ■ ■
PRESENTATTION	■ ■ ■ ■
SIZE	■ ■ ■ ■
WORTHINESS	■ ■ ■ ■ ■





Walk Your Way To Wox Noodle bar in London

Chinese cuisine is one of the most famous food around the world including the UK. Finding a "Halal" food is definitely tricky for muslim people like me because most of the chinese dishes have pork in the, which we are not allowed to consume.

After a few stations away, I found Wox Noodle Bar which serves halal chinese food located in Paddington, London. Here I am with my friend standing in front of it, located between a convinient store and a kebab shop.



This shop gives the hawker style vibe that usually can be found in Malaysia and it certainly does with the big sign and the red front door with some chinese writing on the mirror.

Customer can dine or takeaway which is what this noodle bar known for.



You can choose to order from what they offer on the counter which are ready to eat or take away, or order from their selection of menus whether you want soup, stir fry or mix dishes at a reasonable price.



THE TRUTH?

I did not have any high expectations on this noodle bar considering the last noodle bar that I went in Cardiff did not live up to my expectation. The taste of the toppings were too sweet for my liking as i prefer sweet and savoury.

Moving on to the food part, the selection food choices really interested me as there were so many to choose from. So my friend and I decided to choose from the counter and one from the menu provided. We sat and tasted both dishes while its hot

The food that I order from the counter which was a fried egg noodle with sweet & sour chicken and black bean soy sauce chicken definitely hit the spot. It was especially sweet and savoury and the sauce was the right consistency. For £6.. A choice of noodle or rice with two toppings... WORTH THE

As for the other item, which was the spicy sour udon noodle, the taste was a bit salty but adding their homemade chilli paste definitely balanced it out, which priced at £6. Serve in a big portion was definitely worth it

Wox Noodle is definitely a noodle bar worth visiting as the price range is not that expensive which everyone can afford and its 'HALAL' so muslims can also enjoy chinese food without any worries.

THE FOOD METER

PRICE	■ ■ ■ ■
PRESENTATTION	■ ■
SIZE	■ ■ ■ ■
WORTHINESS	■ ■ ■



BRITISH

In the United Kingdom, the country is known for some of their iconic places such as The Buckingham Palace, Big Ben Clock Tower and Stonehenge.

The country is also known for its food and drink like Fish & Chips and Tea which makes it "Typically British" because how easy it is to find fish & chip shops and tea shops around the UK.

Finding a good place that serves it can be difficult because a lot of people have different opinion in determining which one is the best.

Morgan's Traditional Chippy in Wales to Twinings: Coffee and Tea Merchants in London will determine whether it can live up to its potential or not.
Smack Lobster Roll, on the other hand satisfy people craving for lobster in which real lobster meat is served for customers to enjoy.

The Traditional Food of UK

"FISH & CHIPS"



Fish & chips is a traditional delicacy consisted of a fried battered fish and chips (for most people, they called it fries) which was founded in the 1860's. Now it is mainly for take away or dining a restaurant.

In the country where Stonehenge exist and the famous Big Ben, fish & chips is a must try when you are in the United Kingdom.

As I am currently residing in Carmarthen, Wales, a friend of mine who was here before me suggested to visit "Morgans Traditional Chippy" located in the town of Camarmathen.

This place serve the best fish and chips in Carmarthen which makes me believe it is the best in town that is until i visited and tasted the food myself because everyone have different taste on how the food should taste.



Upon my arrival, the place does give a classic fish and chips dining from the front counter, to the setting of the dining table and its decoration. In terms of menu, its very straight foward and if you want to save time...

JUST ORDER THE SET!!


3 slices of bread
Milk
Tea
Choose the size of your fish and it will come with mushy peas, tea and 3 slices of buttered bread.


TAKE-AWAY
Chips sml £2.05
Chips lge £2.75
Cod £4.05
Jaws £6.00
Codbite £1.95
Scampi £3.90
Plaice £4.10
Fishcake £1.55
Sausage £0.80
Batd Sausage £0.90
Rissole £1.20
Faggot £1.65
S+K Pie £2.40
C+M Pie £2.40
MB+O Pie £2.40
Pasties £1.85
Lasagne £3.95
King Rib £1.50
Chicken £3.25
Chic'curry £3.35
Chic'nuggets £3.50
Fish Fingers £1.95
Turkey Dino £0.80
King Rib Roll £1.95
Burger (4oz) £2.40
Burger (8oz) £2.80
Chse'burger (4oz) £3.00
Chse'burger (8oz) £3.40
Chic' burger £2.85
Veggie burger £2.60
Chip Roll £1.95
Bread+Butter £0.25
Buttered Roll £0.45
Curry Sauce £0.95
Gravy £0.95
Mushy Peas £0.95
Beans £0.95
Pickled Egg £0.50
Pickled Gerkin £0.50
Pickled Onion £0.45
Tea £0
Coffee £0
Hot Choc £1.20
Milkshake £0.90
Cans £1.00
500ml Bottles £1.45
Water £0.75
Capri Sun £0.90






TAKE-AWAY



THE FOOD METER

PRICE	■ ■
PRESENTATTION	■ ■ ■
SIZE	■ ■ ■
WORTHINESS	■

THE TRUTH?

Morgans Traditional Chippy is one of the oldest fish & chips restaurant in Carmathen which is why many reccomended this place if you ever wanted to try fish & chips. It was fulfilling I give that because the size of the fish is huge and it took me quite a while to finish it.

The fish & chips was a hit and a few misses but most of the customers here do not seem to have a problem so i am one of the few who does not like how it taste. It does not live up to the hype as I expected.

To those who fancy for fish & chips, you can try and check this place out and give it a go. Probably you would like it or you may not.

Experience The Tea Heaven with Twinings : Tea & Coffee



England is well known for their tea culture which has been associated mostly with "Tea Time" where a group of people would gather and have tea and cakes or biscuits. This usually happened during evening or on a week-

Having spent some time in London, my friend and I decided to visit Twinings: Tea & Coffee Merchants instead of going to a cafe for tea, why not just buy a tea at Twinings. It was the perfect choice.

Twinings is not your regular tea shop. It is one of the oldest tea shops in the world and their flagship store in London, which was their first store and still exists today. Entering the store puts a smile on my face. The smells of tea coming from inside the store definitely would lift up anyone's mood

Twining offers a variety types of tea from everyday tea to premium which definitely is going to excite your taste buds. It is a tea heaven for tea lovers like myself. The crowd in this shop definitely shows how popular the brand is around the world.

TWININGS


SINCE 1706
TWININGS
OF LONDON
Orangery of
LADY GREY
LARGE LEAF
15
TEA BAGS
SINCE 1706
TWININGS
OF LONDON
Golden Caramel
ROOIBOS
LARGE LEAF
15
TEA BAGS
SINCE 1706
TWININGS
London Strand
EARL GREY
LARGE LEAF
15
TEA BAGS


TWININGS


TWININGS


TWININGS
Cold Infuse
FOR WATER BOTTLES




TWININGS
COFFEE
Coffee


TEA TASTING
& MUSEUM
TWININGS




TWININGS





Tea Tasting Session at Twinings





BRITISH

THE TRUTH?

Twinings is one of the most famous tea brands in the world. Being able to visit their flagship store which is more than 300 years old established in 1706. All of my expectation about this store definitely blew my mind away.

They still keep it as it is and you can immediately see different types of tea being stacked in boxes on the shelves which is certainly an eye pleaser for anyone upon entering the store.

Staff were friendly and very helpful especially if you cannot decide which tea you should buy since there are so many. If you have the time, you can even taste their premium tea at the tea bar.

Certainly a new experience for me as one of the staff was explaining the types of tea and how they come up with it to create a great tasting tea. I ended up tasting all the tea that were prepared because it was so good.

THE FOOD METER

PRICE	
PRESENTATTION	
SIZE	
WORTHINESS	

Twinings was founded in 1706 by Thomas Twining. In an era when coffee was popular, he decided to share his love for tea and soon it became a passion and tea becomes one of England's iconic hot beverage. In 1803, Twining was given its first royal warrant for tea to supply tea for the royal household of England till to today.

ROLL YOURSELF TO:



Fish and chips is one of British delicacy and is what the country famous for. You can purchased it every where you go in the UK.

A lobster however is one of the seafood items that most people want to eat but it so hard to find a place that serve real lobster meat at a reasonable price even though some of the seafood

FEAR NOT!!

Smack Lobster Roll got you covered. They serve only real lobster meat, so rest assured that you are getting the real deal and not a fake a lobster.



The lobsters are cut into huge chuncks mix with japanese or avocado mayo and put it in your fried but-

When you put it in mouth, all the flavours from the lobster and japanese or avocado mayoinaise combined will definitely hit your palate.

If you want it bigger, just go for the"Samurai". It is twice the size from the normal roll and I mean it.



Lobster Roll
(SevenSamurai)
£14



The menus are very straight foward so you can have a lobster roll, lobster and shrimp roll or shrimp roll if you are not a fan of lobster. You can order their super food salad or lobster soup which has lobster pieces in it.


SMACK
Lobster Soup
£5

BRITISH

THE TRUTH?

Smack Lobster Roll definitely lives up to the expectation in terms of the taste of food, how the food was presented looks nice enough to take a good picture.

The portion of the roll was statisfying and definitely will fill you up, unless you have a big appetite like me which I ended up ordering a lobster soup even though I want another lobster **roll.**

The price however is a different story. If you want it as a guilty pleasure or as a meal, it is definitely worth to buy, but if you want to eat as a daily lunch, you might wanna check your wallet first. The price range for a lobster roll is around £8 to £14 depending what type of roll you order since they have three

Overall, the rolls that I ordered was definitely spot on and you get real lobster meet serve in a good amount. The place looks nice and well maintained from the decor to the wall painting where a huge lobster art can be seen from the window. Not to many things going on which i really like in a restarant

Unfortunately, you have to come to London to taste this. So do drop by this place and see what you think about it.

THE FOOD METER

PRICE	■ ■ ■
PRESENTATTION	■ ■ ■ ■
SIZE	■ ■ ■ ■
WORTHINESS	■ ■ ■ ■ ■

RECIPE

Readers can try to get their hands on the recipe provided once they "taste the visual" in the magazine and start making food of their own with the help of the recipe provided.

A simple Malaysian local snack known as "Cucur Udang" or Prawn Fritters which is served usually during tea time. Dip it in chili sauce, it is simply delicious.

Finish your meal with a Welsh Traditional Bread "Bara Brith". A rich fruit loaf made with tea, dried fruit and mix spices. Serve it in slice, spread with butter and enjoyed with tea.





A WELSH TRADIONAL BREAD "BARA BRITH"

Ingredients:
450g/1lb dried mixed fruit
250g/9oz brown sugar
300ml/½ pint warm black tea
2 tsp mixed spice
450g/1lb self-raising flour
1 free-range egg, beaten

by
Cieran Edwards

METHODS

1. In a large bowl soak the fruit and sugar in strained tea and leave overnight.
2. Next day preheat the oven to 170C/325F/Gas 3.
3. Line a 900g/2lb loaf tin with baking parchment.
4. Mix the remaining ingredients into the fruit mixture and beat well.
5. Pour the mixture into the loaf tin, put in the oven and bake for 1½ hours or until a skewer inserted into the middle comes out clean.
6. Leave to stand for 10 minutes before turning out the cake onto a cooling rack.

RECIPE

MALAYSIAN LOCAL SNACK "CUCUR UDANG"

INGREDIENTS

Flour (200grams)
Prawns (300grams)
Chili paste (2tbspn)
Salt (1/2 tspn)
Red Onion (one)
Water (1 cup)
Egg (one)
Oil

by
Trisyia Halim

METHODS

1. Cut 1 Red Onion into small pieces and pour it into the mixing bowl.
2. Pour the flour, salt, chilli paste, egg and water into the mixing bowl.
3. Mix all the ingredients until the mixture is smooth. It should be thick and not watery.
4. Pour in the prawns and mix until the mixture covered all the prawns.
5. Heat a large wok and pour in the oil enough for dip frying. Once the oil is heated, you can pour in the mixture.
6. Scoop a spoonful of the cucur udang mixture and drop it slowly into the oil. Fry 5 pieces at a time for 3 to 5 minutes until it is golden brown. Repeat until the mixture is finished
7. Put the Cucur Udang onto a plate and serve it with chilli sauce for dipping.



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MAY 2019: ISSUE 1

GET IN TOUCH

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SPECIAL THANKS TO:

DR BRETT AGGERSBERG

DR MATTHEW JONES

DAN BAILEY

NIK NUR HIDAYAH

HAJAR RAHMAN

MAS SHAHIRA

NUR ARISYA ANIS

CHIN KOY YI

NURDINI BATRISYIA

CIERAN EDWARDS

GRUFF OWENS

MY FAMILY & FRIENDS

FCAM LECTURERS



" JUST LIVING IS NOT ENOUGH. ONE MUST HAVE SUNSHINE, FREEDOM AND A LITTLE DESSERT"

- SHUGATORI CAFE-

PALATE

