

Raw Food Energy

By S.M. Kang



Vegan Salad And Herbs House
22, Jalan Kubu, Melaka.
Business Hours: Monday-Sunday
10 a.m. – 4 p.m.
Closed on Thursday & public holidays
Contact: 013-6209077

Famous for its Nyonya and Portuguese food, Malacca also houses an alternative for the health conscious. You can find 40 varieties of raw food at Vegan Salad and Herbs House, which have been carefully selected for their nutritional and 'energy' benefits. Owners of the restaurant, Angeline Ong and husband Dr. Yoon Kok Weng (HMD) explain that the raw food are 'balanced' in terms of food groups, 'yin and yang' as well as the 'five' elements in Traditional Chinese Medicine.

If you look at the buffet table, you will see a wide variety of fruits, beans, vegetables, nuts, seeds, cloud mushrooms and herbs. Even raw flowers are added when available. Angeline, a nutritionist, serves the salad with a homemade dressing that has the right mix of enzymes for digestion. Herbs such as basil are included for their detoxification benefits.

You can be assured that you have a good mix of protein, carbohydrate and fat from your plate of salad. However, the balance extends to the 'energy' that the food provides. Dr. Yoon, a homoeopathy doctor, explains that certain foods like

garlic and onions are omitted as these influence the 'lower chakra'. This is to cater to some of their customers who are monks and nuns. However, 'cold' and 'hot' foods synonymous with 'yin and yang' are balanced in the raw food combination. Dr. Yoon adds that the five elements of fire, wood, earth, water and metal are reflected in the colours of the fruits and vegetables served. Indeed, I was presented with a very colourful salad spread on my first visit.

I tucked into an interesting combination of pineapple, pumpkin, guava, carrot, cucumber, chick peas, long red beans, four angled beans, herbs, tomato, bean sprouts, beetroot, turnip, cloud mushroom, nuts, lettuce and ginger flower. Angeline and husband explain that they do not claim that the food is 100% organic. However, most of the fruits and vegetables are grown in their own 5-acre farm in Tangkak, Johore. Others like carrots and beetroot are purchased.

The vegan restaurant has been operational since July 2002. Dr. Yoon reveals that they did not open the restaurant following the raw food fad in

some western countries. 'It is our way to help people get back to the right track to boost their immune system with raw food. Animals eat raw food. They die either because they are eaten up by other animals or from old age. But humans are so used to cooked food and many die because of diseases,' he elaborates.

Dr. Yoon advises the health conscious to take raw food once a day or on alternate days. This can be during breakfast or lunch (day time). Avoid taking raw food during dinner due to the 'yin' factor. The coolness of raw food together with the 'cool' temperature at night tips the natural balance.

I find the takeaway option for customers very innovative as I have never come across a place that offers takeaway salad. Customers can even call the shop and ask for the neatly packed salad to be ready for pick-up. I also enjoyed the lovely ginger drink that is recommended to 'balance' the raw food.

The small café-like restaurant is clean and bright. Décor is simple and pleasant. Prices are very reasonable (in relation to KL standards). 😊

Organic Miso Soup



Miso is basic to Japanese diet and is most commonly used in soups, combined with seaweeds and garden vegetables. Hot Miso soup warms the stomach and whets the appetite at the beginning of a meal. Also out of the fermentative process comes a wealth of enzymes that assist directly with digestion of other foods, as well as stimulate the secretion of digestive fluids in the stomach.

Ingredients

50g oyster mushroom, torn to pieces
100g organic tomato, chopped
50g Awase Miso
40g organic carrot, sliced thinly
10g Japanese seaweed sprout, soaked
50g organic taufu, cut into cubes
50g organic taufu pok, sliced thinly
1 litre water
20ml Jannie's seasoning
1 tsp Pureharvest Organic sunflower oil/
olive oil

Method

Place oil into wok, then start the fire. Stir fry chopped tomatoes, oyster mushrooms, seaweed sprouts and carrots for five minutes. Add water and leave to boil for 10 minutes. Add Jannie's seasoning, turn off the fire and then add Awase Miso. Serve while hot. 🍷

