

# Cuisines of South-East Asia | Part 2

[< All episodes](#)

## We Are What We Eat: Pay The Farmer Not The Pharmacy

- October 6, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 33

1. [Cuisines of South-East Asia | Part 2](#)

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The bustling hawker centers, food carts and street stalls are a major source of the wafting aromas of South east Asian cuisine across the region. Deeply influenced by Chinese, Indian and Islamic culinary traditions, Malaysian food is both a melting pot and a distinctive mosaic with a cornucopia of colors, tastes and flavors.

In turn, Malaysia has lent its influence to the uniquely Peranakan cuisine of Singapore. Also known as Nyonya, it is a blend of Chinese, Malay and Javanese cuisine that is gravy rich, spicy and colorful.

Further east the rich tropical fruits, vegetables and coconuts blend effortlessly with the Malayo-Polynesian-Hispanic influence that comes together like the United Nations that best describes the Filipino cuisine.

All these areas represent ancient cultures and wisdom that effortlessly correlated food with wellness

Find out more at <https://umaglobalfoods.com/blog/>