EXPLORE TRAVELER
Informational Blog

PENANG FOOD PASSPORT

Ingredient questions, tasting notes & food-day planning

EXPLORETRAVELER PRINTABLE GUIDE

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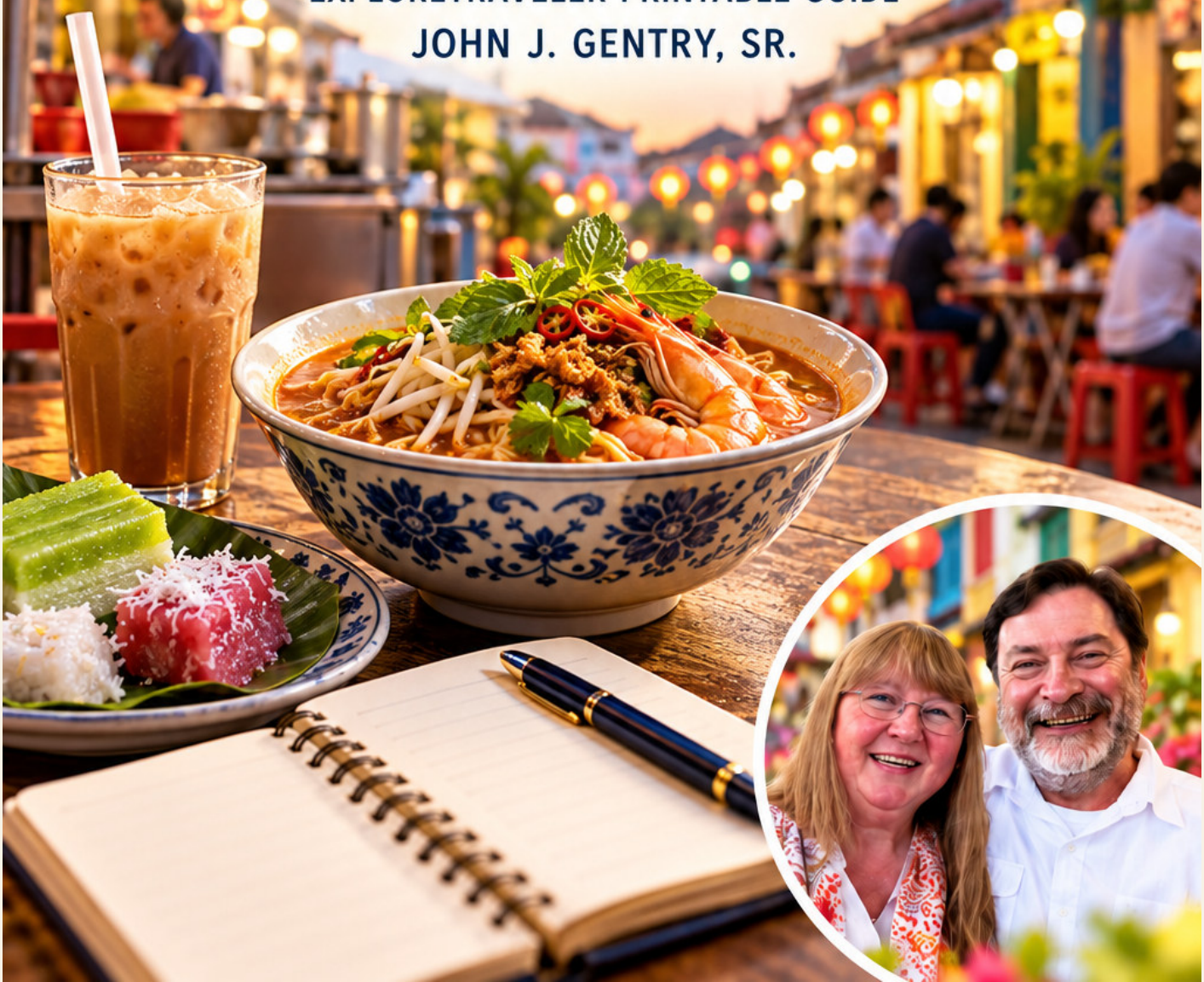

Let your appetite shape the outing

Ideas from our travel archive, with a practical prompt beside each scene. Use the original worksheets and chapters to turn inspiration into a plan.

PENANG, MALAYSIA

Laksa at a bus stop

Use this food stop from our archive to start a shortlist. Note what you want to taste, questions about ingredients and a food budget.

PENANG, MALAYSIA

Fruit-farm flavours

Choose a second flavour or setting to research. Group nearby stops only after checking your own route and available time.

1. **Choose one priority**
2. **Check the details**
3. **Save an offline note**

MY NEXT STEP

ExploreTraveler photo and video archive. Scenes document past visits.

Penang Food Passport

ExploreTraveler video companion and personal tasting journal. Seven food experiences from John and Karen Gentry’s published Malaysia material, plus questions, notes and an offline day planner.

What makes this useful?

This is not another ranked restaurant list. Follow an original ExploreTraveler story, decide what appeals to you, verify current details, then record your own experience. Our sources are previously published article descriptions and linked official ExploreTraveler videos; we have not re-visited these locations for this edition.

Start with these four steps

☐ Choose three dishes or experiences that interest you.

☐ Open the article and watch the official ExploreTraveler video.

☐ Verify current location, opening hours, price and ingredients directly.

☐ Record your own reaction, cost and next question.

Start watching: exploretraveler.com/penang-watch-and-explore/

This is general travel planning information. Stall locations, recipes, allergens, prices and opening times can change.

1 / Wok noodles and roadside laksa

Char kway teow in George Town

ExploreTraveler’s short article describes a smoky, savory plate of char kway teow in George Town. The dish often includes rice noodles, egg, soy, sprouts and seafood; ask about the actual stall’s ingredients, cooking fats and cross-contact.

Read the original article and watch the video.

☐ Ingredients I need to check: _____

☐ Current price / date verified: _____

☐ My notes: _____

Laksa by a bus stop

An ExploreTraveler clip describes a roadside laksa spot near a George Town bus stop. It is a reminder to look beyond formal restaurants. Ask about fish, shrimp paste, heat level and preparation; do not assume the same vendor is operating today.

Read the laksa story and watch the video.

☐ Location and hours confirmed: _____

☐ Ingredients and spice level: _____

☐ My notes: _____

2 / Durian, seafood and Indian food

First-time durian

ExploreTraveler documented a first reaction to durian in Penang. Start with a small portion if curious. Ask the seller about variety and price, and respect local rules on bringing durian indoors.

Durian video companion.

Choose fresh seafood

ExploreTraveler filmed selecting seafood for dinner in George Town and grilled seafood by the beach in Batu Ferringhi. Ask whether pricing is by weight, dish or portion, and how sauces and preparation affect the total.

Georgetown seafood | Batu Ferringhi seafood

Little India meal

ExploreTraveler’s Little India article describes a meal with curries, naan and spices. Consider sharing a few dishes, and ask about dairy, nuts, wheat, meat stocks or other ingredients relevant to your party.

Little India food video companion.

☐ My favorite flavor so far: _____

☐ A question for the cook or vendor: _____

3 / Farm fruit and your tasting log

ExploreTraveler filmed a tropical fruit plate at a Penang fruit farm. Food travel also connects to agriculture, growing seasons and local ingredients. Ask what is in season rather than assuming availability.

Fruit farm article and video.

Experience	Date / price / your notes
Char kway teow	_____
Roadside laksa	_____
Durian	_____
George Town seafood	_____
Batu Ferringhi seafood	_____
Little India meal	_____
Fruit farm	_____

Before ordering

☐ Ask about ingredients, allergens, sauces and cooking fat.

☐ Confirm the total price before committing.

☐ Consider your own comfort with food handling and preparation.

4 / Build your own food day

This is deliberately not a fixed walking route. Check where places operate today, then group stops by area, travel time and weather.

Morning: one food or market story

Place / address: _____

Opening hours checked on: _____

Afternoon: add culture, rest or a fruit stop

Area and transport: _____

Weather backup: _____

Evening: one different food experience

Estimated cost: _____

Food and allergy notes: _____

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