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## Senarai Barang Menu Malas / Lazy Menu Grocery List

Sayur & Buah/Vegetables & Fruits		Rempah & Bahan Tumis/ Spices & Aromatics	
Taugeh/Beansprouts		Halia/Ginger	
Kuca/Chives		Halba/Mixed Fenugreek Spices	
Tomato/Tomatoes		Daun Kari/Curry Leaves	
Daun Bawang/Spring Onions		Bawang Besar/Onions	
Daun Ketumbar/Coriander		Bawang Putih/Garlic	
Cili Hijau/Green Chillies		Bawang Merah/Shallots	
Cili Merah/ Red Chillies		Jintan Putih/Cumin	
Kentang/Potatoes		Serai/Lemongrass	
Kobis/Cabbage		Bunga Lawang/Staranise	
Lobak Merah/Carrots		Buah Pelaga/Cardamom	
Daun Saderi/Celery		Bunga Cengkih/Clove	
Asparagus		Buah Keras/Candlenut	
Limau Purut/Keffir Lime		Kayu Manis/Cinnamon Stick	
Petai/Stink Beans		Lengkuas/Galangal	
Tauhu/Tofu		Daun Limau Purut/Keffir Leaves	
Ubi Keladi/Yam			
Sawi/Mustard Leaves			
Pisang/Bananas			
Ubi Keledek/Sweet Potatoes			
Kacang Tanah/Groundnuts			
Cili Padi/Bird's Eye Chilli			
Kondimen/Condiments		Barangan Lain/Misc. Ingredients	
Kicap Cair/Light Soy Sauce		Santan/Coconut Milk	
Karamel Masakan/Cooking Caramel		Serbuk Kari Ikan/Fish Curry Powder	
Cuka/Vinegar		Serbuk Kari Daging/Meat Curry Powder	
Lada Putih/White Pepper		Kelapa Parut/Coconut Shavings	
Cili Boh/Chilli Paste		Yogurt	
Asam Jawa/Tamarind Paste		Kway Teow/Flat Noodles	
Lada Hitam/Black Pepper		Mee/Yellow Noodles	
Kicap Manis/Sweet Soy Sauce		Serbuk Kunyit/Turmeric Powder	
Minyak Bijan/Sesame Oil		Belacan/Shrimp Paste	
		Gula Melaka/Palm Sugar	
Produk Tenusu & Barangan Siap/ Dairy & Packaged Products		Bahan Kek/Baking Ingredients	
Mentega/Butter		Tepung Jagung/ Corn Flour	
Pati Ikan Bilis/Anchovies Granules		Tepung Serbaguna/ All-Purpose Flour	



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Stok Ayam/Chicken Stock		Ekstrak Vanila/Vanilla Extract	
Stok Daging/Beef Stock		Serbuk Penaik/Baking Powder	
Susu/Milk		Tepung Gandum/Wheat Flour	
Telur/Eggs		Tepung Naik Sendiri/Self-Raising Flour	
		Tepung Atta/Atta Flour	
<b>Daging &amp; Makanan Laut/ Meats &amp; Seafood</b>		<b>Makanan Beku/Frozen Food</b>	
Daging Lembu/ Beef		Bebola Ikan	
Ayam/Chicken (Whole)		Kek Ikan	
Kerang/Cockles		Udang Kering	
Udang/Prawns		Ikan Bilis	
Ekor Lembu/Oxtail			