



the taste of  
**ANGKOR**



# ANGKOR WAT TEMPLE

Angkor World Heritage Site  
Siem Reap, Cambodia



# FOREWORD

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For many people, foreigners and Cambodians alike, thoughts of Cambodia evoke images of the splendid temples of Angkor. Some would fantasize about the refined meals, symbolic or real, carefully prepared either for worshipping Shiva, Vishnu or Lord Buddha, or to serve royalties and dignitaries at the court of the Khmer Empire. Along with candles, incense, fruits, flowers, water, honey and spirits, food was often offered as part of a sacred religious ritual.

In our earthly world, Cambodia is blessed with the natural ingredients, easily extracted from our fertile soil and abundant water, favored by our balmy monsoon climate. The richness of our natural resources offers endless opportunities to make an unlimited variety of delicious dishes. Num Banh Chok, a quintessential Khmer dish spoils our palate with its lemongrass fragrance, liberating a pleasant and subtle essence that chases away mosquitoes and keeps malaria at bay. Abundant fresh water fish from the Tonlé Sap and the Mekong River, mixed with salt and rice, combine to make a unique fermented prahok - a fish paste type used to enrich the savory taste of daily broth or cooked meats. Over the centuries, this coveted umami condiment travelled to China and Japan to become the basis for the latter's fermented sushi, known as Narezushi.

This cookbook beautifully reflects a journey of quintessential flavors emanating from the Khmer culinary art. It was inspired by the passion for food and cooking refined over a thousand years of civilization where a good meal stood at the interface between the people, their myths and their roots. It is time for food lovers around the world to get better acquainted with the freshness and unique flavors that are considered as basic staples in Khmer dishes.

The collection of recipes in this cookbook turns the thousand-year-old Khmer tradition into practical recipes to demystify our most favorite dishes. It also reveals the wealth of Cambodian culinary heritage that which is worth sharing with friends all over the world. Please join us on this pleasant journey of history, myth and taste from Angkor, the Wonders of the Ancient World. Bon Appétit!

**PRAK Sokhonn**  
Deputy Prime Minister  
Minister of Foreign Affairs  
and International Cooperation

## Kroeung Khmer

Khmer Lemongrass Paste

ក្រូឡុង

### Ingredients:

- 100 g lemongrass stalk, finely sliced
- 10 g turmeric, chopped or dried ground
- 20 g galangal, chopped
- 2 cloves garlic
- 10 leaves kaffir lime leaf
- 10 g lesser ginger, chopped
- ½ tsp salt

*Kroeung is traditionally made using a mortar and pestle, however a food processor can be used. Fresh turmeric may be substituted with dried saffron.*

### Instructions:

Thinly slice the lemongrass, turmeric, galangal, kaffir lime leaves, lesser ginger and garlic. Finely pound or grind all the ingredients, except lemongrass and salt. Add the lemongrass slices and pinch of salt, to taste, into the paste.

### Storage:

In small bags or sealed containers. Can be kept in the freezer for up to three months.



Lemongrass



Kaffir Lime Leaves



Lesser Ginger





## Num Banh Chok Khmer

*Cambodian Rice Noodles*

**សំបុត្រសម្លខ្មែរ**

*For 4-6 servings*

### Ingredients:

- 1½ kg num banh chok  
(cooked Khmer rice noodles)
- 500-700 g freshwater fish
- 3 tbsp kroeung (see pg 8)
- ¼ cup coconut milk
- 50 g prahok (fermented fish) or anchovy
- 1½ tbsp palm sugar
- 2 tbsp white sugar
- 3 tbsp fish sauce
- 3 tbsp salt

### Vegetables:

Banana blossom, sesbania, cucumber, long green bean, bean sprouts, water lily and cabbage are most commonly used.

### Condiments:

Salt, bird's eye chilli, dried chilli flakes or powder and lime.

### Instructions:

Bring 2-2.5 l water to a boil, lower heat and add in the fish. Once the fish is cooked, remove it from the stock. Set the stock aside and debone the fish. Pound the kroeung, sugar, salt and fish flesh together.

Next, bring the fish stock to a boil, then add in the prahok, coconut milk, fish mixture, salt, fish sauce and palm sugar. Bring the broth to a boil once more. Serve hot with fresh vegetables, cooked Khmer noodles "Num Banh Chok" and condiments.



# Num Ple Ay

Palm Sugar Rice Cake

នំផ្លែកាយ  
For 4 servings

## Ingredients:

for dough:

- 105 g glutinous rice flour
- 45 g rice flour
- 130 ml warm water

for filling:

- 80 g hardened palm sugar, cut in small pieces

for topping:

- 2½ tbsp roasted white sesame seed
- 50 g grated coconut

## Instructions:

Mix the glutinous rice flour and rice flour together with warm water and stir until well mixed. Cover the dough with foil or a towel for 5 minutes. Cut and roll the dough into thumb-sized balls and squeeze them flat. Wrap them around palm sugar pines and gently roll them into small balls.

Boil a small quantity (so as to not overcrowd) in water. Stir gently continuously and boil until the balls float. Place the cakes on banana leaf or in a bowl. Garnish with the grated coconut and sesame. Serve cold.



Hardened Palm Sugar

