



CULINARY & CUISINE CAMBODIA

THE FLAVORS
OF CAMBODIA'S

24
PROVINCES

COCKTAILS & MOCKTAILS
Adding Local Spice
TO YOUR HAPPY HOUR

Interviews with
Fusion Chef
Chef Meng Ly
& Pastry Chef
Chef Sopheak

Ice Cold Delight
Featuring Patbingsu

Contemporary Fusion Cuisine

Lunch - High Tea - Dinner - Picnic Box - Cooking Class - Sunset-Cocktail - Catering Service
Light & Sound Rental - Team Building - Events Management



7 Makara Road (High School Road) Siem Reap, Kingdom of Cambodia | Tel: (855) 63 767 797 Fax: (855) 63 767 798
Email: info@asiansquare-restaurant.com



The new Mercedes-Maybach S-Class

The perfection of S-Class with the exclusivity of Maybach.

A Mercedes-Maybach carries itself as elegantly as it carries its passengers. It's not merely stretched but artfully, and aerodynamically, sculpted to command the eye as well as the road. Brilliant new details elevate its appeal from every angle.

What makes tomorrow's classic is how captivating it is today. Subtle yet substantive refinements accentuate the Mercedes-Maybach's timelessly modern shape, from chrome detailing of its majestic fascia to an elegantly sporting array of wheels.

Industry-first Energizing Comfort Control can rejuvenate your senses and relax your body with a symphony of climate, fragrance, ambient lighting and music. Even the massaging seats are included in the range of treatments you can select.

The Mercedes-Maybach rear cabin raises first-class travel to new heights without leaving the ground. Heated, ventilated, massaging and power-reclining Executive rear seats are standard. Individual power seats with calf rests and folding tables are available.

Please visit Star Auto Cambodia on Samdech Hun Sen Blvd., in Phnom Penh or contact us through (+855) 17 231 488 or (+855) 23 231 488.

 MercedesBenzCambodia



Mercedes-Benz
The best or nothing.



CULINARY & CUISINE CAMBODIA

What is Cambodian cuisine? Moreover, what delights and gastronomic revelations await food lovers in the “Kingdom of Wonder”? Your journey to knowing these and more begins here.

Fusion Food

Laying Out Traditional Flavors in a Whole New Way	8
Fusion Chef: Chef Meng Ly <i>Chat With a Chef</i>	54

Wine & Spirit

Cocktails & Mocktails.....	62
A Wine to Dine For: Pairing Up the Perfect Wine with Your Favorite Food	66

Coffee & Tea

Golden Rivers of Coffee in Cambodia	10
Biolab: Give Me Fuel, Give Me Fire.....	50
Matcha	64

Organically Tasty

Goodness Never Tasted So Good	12
-------------------------------------	----

Khmer Food Daily

The Spices of Life <i>Herbs & Spices</i>	20
Lort Chas <i>Street Food</i>	23
The Perfect Balance of Sweet, Salt & Spice <i>Cambodian Favorites</i>	46
Kuy Teav Phnom Penh <i>Recipe of the Month</i>	70



Culinary World

Returning to Style <i>French Cuisine</i>	34
Flavors of Cambodia <i>Cover Feature</i>	56
Flavors of Mexico	74

Dessert Creations

Ice Cold Delight	14
Pastries & Bakery.....	24
Pastry Chef: Chef Sopheak <i>Chat With a Chef</i>	40

Categorically Delicious

Healthy Spicy Mexican Pepper Bowl <i>5-Minute Meals</i>	43
Alive and Kicking <i>Surf & Turf</i>	48
Vegan Eats <i>Strictly Vegetarian</i>	68

Tourist Town

French Connection Brings Quality Staff to Hotels, Ecole Paul Dubrule <i>Hospitality Schools</i>	28
--	----

A Wealth of Opportunity for Aspiring Cambodian Chefs <i>Hospitality Schools</i>	28
--	----

Health & Earth

Good Nutrition Doesn't Start with Rice	18
Bambook Straws <i>Product Reviews</i>	38
Reducing Plastic in the Restaurant	72

Kitchen & Home

8 Things You Didn't Know You Could Make with a Blender <i>Kitchen Helpers</i>	36
Top 10 Things to Cook with a Rice Cooker <i>Kitchen Helpers</i>	44
Sharing is Caring <i>Table Etiquette</i>	52

Happenings & Events

Events, Festivals and Holidays: February, March, April 2018	76
--	----

Welcome

TO THE FIRST EDITION

From the Editor

We hope you will enjoy this first edition of Culinary & Cuisine Cambodia. Formerly Cambodia Chefs, we plan to bring you even more foodie news, cooking tips and recommendations with a brand new look for the magazine.

We want to bring to you truly Cambodian cuisine and cooking, ingredients, lifestyle and great places to dine.

We continue to work in partnership with CCA (Cambodia Chef Association) to whom we thank for their collaboration and the opportunities to give us an intimate view into the world of chefs in Cambodia.

We hope you will enjoy this first edition of Culinary & Cuisine Cambodia. Formerly Cambodia Chefs, we plan to bring you even more foodie news, cooking tips and recommendations with a brand new look for the magazine. We want to bring to you truly Cambodian cuisine and cooking, ingredients, lifestyle and great places to dine and to introduce you to wonderful new restaurants or remind you of old favourites.

The evolution of cuisine in Cambodia is at an exciting juncture; with twists on the traditional and infusions of exotic flavours from around the world. We continue to work with in partnership with CCA (Cambodia Chef Association) to whom we thank for their collaboration and the opportunities provided that give an intimate view into the world of chefs in Cambodia.



Sarah Rhodes
Editor

Please enjoy your copy of Culinary & Cuisine Cambodia. We had a lot of fun preparing these stories, testing out recipes and techniques and finding great food ideas for you. We hope you're going to love reading it as much as we loved putting it together for you. In this rapidly growing industry we are also delighted to feature many places and options for environmentally friendly dining. As a passion of mine, it is a privilege to bring you healthy and plastic-free tips that will ensure your health and the beauty of Cambodia for all to enjoy.

Please enjoy your copy of Culinary & Cuisine Cambodia and we will see you again next issue! -Sarah

CULINARY & CUISINE CAMBODIA

PRODUCED BY

Gateway Communications Ltd.

PUBLISHER

Eric Lim

MANAGING EDITOR

Sarah Rhodes

GRAPHIC DESIGNER

Christie Pink

MARKETING

Thearith Ly
Leakena Chhim
Sokha Leng

CONTRIBUTORS

1. Glen Oliver
2. Michael Klinkhamer
3. Art Moon
4. Angel Bincal

WEBSITE

www.culinarycuisinecambodia.com



Hotline (011) 83 66 11

Phnom Penh Office:
No. C41, Street 8CW,
Borei Sopheak Mongkol,
Phnom Penh, Cambodia

Siem Reap Office:
Unit A4, Building A
King's Road Angkor Office & Residence
7 Makara Street, Siem Reap, Cambodia

Cambodia Chef's Association

Congratulations Culinary & Cuisine Cambodia!

“The content of this magazine, in many ways, respects the story of the changing topography of craft.”

Culinary has matured and modified with the transforming needs of the public – locals and foreigners, health concerns and also environmental issues. These all fall under the heading of CCA (Cambodia Chefs Association) and I am very pleased to launch the first publication of a Culinary Magazine.

This publication is as much a story of the shifting reality of trade in relation to the environment. You can look at one story at a time or you may just want to sit and read the whole thing at one go.

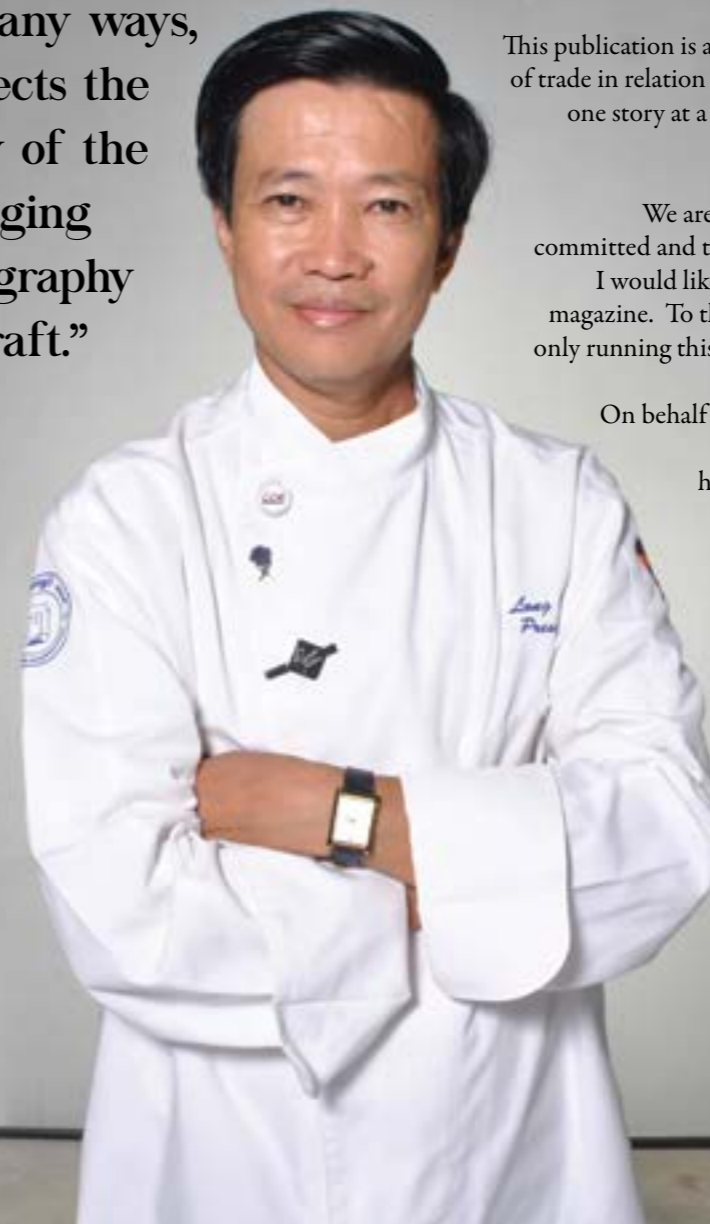
We are honored to share the work of many committed and thoughtful people. Having said that, I would like to thank all the people behind this magazine. To the team who made this possible, not only running this magazine but being successful at it.

On behalf of the Cambodia Chefs Association (CCA), I would like to express my heartiest appreciation to the team for spreading Cambodia's foods and culture around the globe, and you have all worked so hard for it.

Surround yourselves with the happiness you deserve and thank you for making this possible. More power!

My Best Culinary Regards,

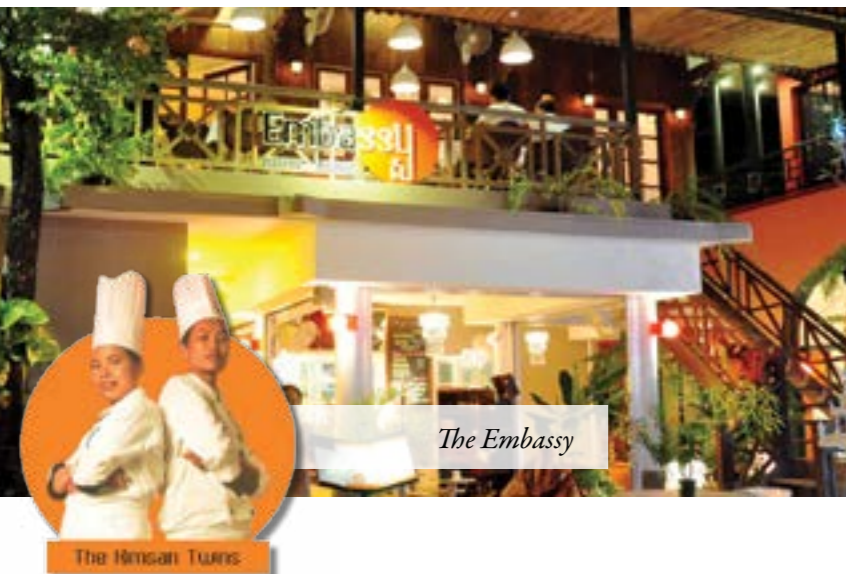
Long Bora
CCA-President



“Cooking is an art, but all art requires knowing something about the techniques and materials.”

~ Nathan Myhrvold, Author of Modernist Cuisine

LAYING OUT TRADITIONAL FLAVORS In a Whole New Way



The Embassy



Malis Restaurant

We all love traditional Khmer food, however there is increasing interest in fusion Khmer cuisine with chefs from experienced veterans to the young and experimental, applying modern techniques and flavors to some of their age-old favorites.

Getting the best flavors using old and new techniques makes for an interesting meal and with sophisticated tastes of visitors, expats and the emerging middle class of Cambodia, people are relishing these new dishes.

Ombok, a flattened rice grain usually available around the time of Water Festival (November) is one traditional food that is used in a modern way. Malis Restaurant creates beautifully creamy Kampot Pepper brulee and Jasmine-infused ice cream and Borbor Ombok (similar to a light custard) for their three segment desserts, with a sprinkling of ombok for crunch and texture. The presentation is simple and elegant and is a stunning encore to the more traditionally focused main meals.

Whether a legacy or a drive to create amazing flavors, many of Cambodia's top chefs have traveled or worked overseas and it seems like this experience is influencing the flavors and styles of the food they make.

With a growing number of apprentice options in Siem Reap, the opportunities for young chefs are bountiful. These young chefs are relishing it and the annual Asian Street Food Festival — Cambodia, held in Siem Reap, is a chance for them to showcase their best dishes, their most innovative food and be recognized for their efforts. The categories for judging evolve and this only helps to inspire growth and innovation amongst this community of local chefs.

As tourism grows in Siem Reap, so does the desire to experience some of the luxuries in this world, and the most discerning of travellers and those with a longing for exquisite food will not be disappointed. Five-star hotels bring a melting pot of flavours to the table and specialty restaurants stand out from the crowd.

For the foodies out there, a chance to experience the best seasonal local flavors in an ever changing menu is available at The Embassy. Tucked quietly away in the King's Road Angkor complex, this unassuming restaurant serves up a degustation of seasonal creations. Since it opened in 2015, Pol and Sok also known as the "Kimsan Twins" have led the team at Embassy restaurant through their passion and creativity in the kitchen. Even though they're not actually twins, they do have the same first name and they have spent a lot of time together and take great pride in The Embassy. Previously they even studied under Michelin Star chef at Les Enfants Perdus restaurant in Paris. The interesting flavors and impeccable style of the food make it a very memorable meal.

As creativity spreads, more and more restaurants are developing variations on traditional Khmer cuisine, some famous, some unsung and many new restaurants are appearing in Siem Reap all the time. Scratch the surface, ask around and find a foodie haven that will add memorable flavors to your time in Siem Reap.



RESTAURANT BAR & CAFE ■ CUISINE ■ BAKERY ■ CAKE ■ PIZZA

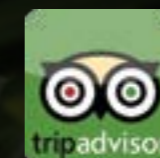


Sips
& Bites
Discover Your Taste



CHEF SOUR VONG AND HIS CULINARY TEAM
CREATE A RICH TRADITIONAL KHMER CUISINE
IN A SPECTACULAR FINE DINING AREA, BUFFET AND CAFE

OPEN MONDAY TO SUNDAY FROM 6:00 TO 23:00



+855 61 688 988 / 93 688 988
sales@coconutpalm.co
Preah Sankreach Tep Vong St., Stung Thmei
Svay Dangkum, Siem Reap, Cambodia
www.coconutpalm.co

Golden Rivers of Coffee

in Cambodia

Sipping a good cup of coffee is a 'lifestyle' and multimillion-dollar business in Cambodia these days.

Local Cambodians in Phnom Penh used to be sitting in dark cool alleys near the busy markets having their daily shot of caffeine, sweet milk and when it's hot their *café toek doh koh toek gok* (ice coffee).

Over the last eight years things have changed dramatically in the Cambodian coffee landscape; brand new coffee 'palaces' or rather places are popping up everywhere. Catering to the young more prosperous Cambodian generation to meet socially and study at Browns or at Café Amazon or Starbucks. There is also Gloria Jeans, True Coffee, and The Coffee Bean & Tea Leaf and Costa Coffee. Still the market seems not to have been saturated yet. More and more mobile coffee outlets are seen on the streets as well these days.

Starbucks, with 20,891 stores in 62 countries, arrived in Cambodia in 2015 and now operates three locations, including the Phnom Penh International Airport

and the Siem Reap International Airport. Café Amazon has 34 shops all over Cambodia. Inside Phnom Penh, they have 26 and the remaining 8 are in the provinces. They expect to achieve an expansion to 200 shops within 10 years.

Also from Thailand, Café Cha Payom has ambitiously entered the Cambodian market with 25 outlets and plans to operate 100 by 2019.

Established in 2010, Brown Coffee is one of Cambodia's most recognizable brands and has grown to 14 outlets, a baking facility and a training center.

On an average weekday morning most coffee places are packed with patrons as they study in the comfort of lounge chairs with free WiFi while drinking long tall orders of Caramel Macchiato, Americano, Flat White or Cappuccino. Ranging between \$2.40 to \$3.85 per serving, customers can choose from a range of i c e d

teas and coffees, frappes and smoothies, as well as a glorious array of sandwiches and fine pastries.

Most of its clientel are young Cambodians and businessmen on a mission. The aim is not to communicate with each other, but look at your screen on your smartphone or Macbook Pro.

With most in A-grade locations, the demand for coffee houses is apparently huge. So is the competition as they battle for the young middle class students and business people that make their coffee houses into on-location work places. No need for office rental anymore.

At the Orussey market you will find old local coffee places right in alleys or on the busy market streets in the shade, where it's cool and the coffee hot and strong. Here, the coffee is beautifully and dynamically prepared on a wood stove, as it has been for generations, and filtered through cotton filters. The coffee beans used are from Cambodia, Laos or Vietnam. The clientele are local office and market



Cambodian Coffee

Cambodian coffee beans are mostly cultivated in the northeastern highlands of Ratanakiri and Monduliri, and in some parts of Pailin province. With its rich red soil, these highlands have historically been suitable for Arabica coffee growth that requires higher altitudes and a more hospitable climate.

You can enjoy great Cambodian grounded coffee on a small scale, in select places or buy it to make at home. Be attentive where you buy your coffee locally that you get what you pay for, Monduliri coffee is some of the best available locally and has a reputation to match. Not only for locals, some foreign visitors to Cambodia will offer bribes and barter to get their hands on some of this black gold... to cast their memory back to times spent in alleyways sipping rich dark coffee laced with sweet condensed milk.



workers, having a cup of coffee and washing it down with complimentary Chinese tea. A good freshly brewed cup of coffee sets you back \$1, at most.

Most of the new coffeehouse chains use imported coffee and blend the various coffee beans into a trademark consistent quality that is identical from location to location and are mainly catered to the western international taste.



Goodness Never Tasted *So Good*

Want to eat well? Eating is more than just satisfying our hunger. More and more people are thinking about the kind of food we eat and whether it is nutritional. Does it have chemicals? And what exactly is healthy food?

Slowly, but surely, the amount of organic produce is increasing in The Kingdom. Perhaps not visible at first glance, once you dig into the details, there is an abundance of fantastic organic produce available. We've done that digging for you to help you easily find organic produce near you.

Ask sellers at the market where fruit or vegetables come from and they'll answer honestly, many vegetables come from Thailand or Vietnam and some fruit from China, Australia or New Zealand. They will proudly point out the Cambodian produce and proclaim its superior quality, especially if it is also organically produced, that is to say without adding chemical pesticide. The use of chemical pesticide is common in Cambodia, with products coming from Vietnam or China the farmers either don't know the safe quantities to use, or cannot read the instructions, which is cause for concern. However, they're wising-up and the use of chemical pesticides and fertilisers is in decline.



Growers

Some farmers are growing vegetables during the alternate season to rice farming, however, it's a steep learning curve because the knowledge is vastly different to that required for growing rice.

Organisations like CEDAC (Cambodian Centre for Study and Development in Agriculture) provide training to farmers to help them diversify. They also have a network of small shops to connect farmers to buyers.

Heifer also supports sustainable agricultural teaching through their program that aims to link communities to agriculture and commerce. Through organizations, businesses and professional groups, Agrisud shares knowledge and gives the necessary skills to those groups to transfer the skills for organic farming. Happy and Co Farm have one of the biggest chemical-free farms in Siem Reap. Their goal is to produce locally grown, chemical-free fruit and vegetables, whilst providing local jobs to support the community. They involve their local community, as the farm has no fences, and they invite neighboring farmers to learn their techniques.

Eggcellent produces high quality, chemical-free chickens and eggs to the hotel and restaurant industry in Siem Reap. They pride themselves on quality, fair jobs and happy chickens.

Happy + Co Farm



Distributors

So, how can you get your hands on this great produce?

Throughout Phnom Penh there is an abundance of small stores managed by organizations such as CEDAC and Natural Garden and, on certain dates, a produce market at Farm to Table restaurant. In Siem Reap, small producers sell their produce at the local farmers market (held on Sunday mornings at Asana, Old Wooden House cocktail lounge near Pub Street) and the Siem Reap Food Co-op (opposite ISSR school, open daily with pre-order available). Happy and Co also have a small shop on Street 26, just past Sam Veasna Center.

*Home Delivery
is available from
Natural Garden and
Happy and Co Farm.*

*Just order online and receive
fresh organic produce to
your door!*

One Eleven Kitchen



Sister Srey Cafe



Restaurants

A growing number of restaurants also see the importance of having the best quality local produce on their menu. It would be difficult to list them all however, there is organic produce appearing on the menus of restaurants from small family-run establishments to high end fine dining venues.

In Siem Reap, look out for Moloppor Wat Damnak, The Team, Sister Srey Cafe, The Hive, Vibe Cafe, Haven Restaurant, Artillery and Malis.

In Phnom Penh, make your way to Eleven One Kitchen, Farm to Table, Backyard Cafe, Vibe and Malis.



FAIR FOOD FORAGER

There's even an app to help you find your way. The Fair Food Forager app has just began adding cafes and restaurants in Cambodia.



Ice Cold Delight



A uniquely Asian treat for a hot day, shaved ice with toppings is natural and refreshing. Recently, modern techniques and ingredients have developed this invigorating street snack into a truly gourmet *bonne bouche*, from simple to simply amazing!

Patbingsu is a mound of flavored, crushed ice topped by a mantle of sweet red beans, drizzled with syrup and milk, and brimming with fresh fruit like mango and pineapple, then decorated with various sweets and nuts. Chewy, crunchy, sweet and creamy – it’s the perfect snack for a hot summer’s day. Uniquely Asian and very popular, patbingsu is also known as kakigori in Japan, baobing in China, tsu hua bing in Taiwan, ais kacang in Malaysia and Singapore, halo halo in the Philippines, and just “shave ice” in pidgin Hawaii. Patbingsu is the Korean loan word for this shaved ice treat.

But now, patbingsu is going mainstream in Cambodia. Versions range from traditional all-natural treats on the corner to an elevated cuisine form of this tasty, Asian dessert. The variety of toppings are mind-boggling, from exotic tropical fruits like longan berries or dragon fruit to chunks of ttok (sticky glutinous rice) to Gummibear-like jellies, colored marshmallows and even Oreo cookies. Served in an ornate glass bowl, after a few minutes, colors and flavors run down the bowl, creating an icy, slurry mélange of flavors at the bottom. One bite into a chewy, oddly-sweet morsel of fruit and you’re hooked.

Gourmet Delight

Be.K Dessert & Coffee in BKK1 (with two outlets on St. 306 and St. 63) serves you in fine style with an elevated form of this super cool treat.

Genuine Häagen-Dazs ice cream crowns their green tea-flavored snow puffs, festooned with strawberries and cantaloupe. Glazed with a coulis-like fruit sauce and dusted with fine, confectioners sugar, you really can’t find a finer, more refreshing treat for a hot summer’s day. Well worth the \$5-\$7 indulgence.

Just to be cool, Be.K has 4 snow makers from Korea that super cool water spray droplets into delicately flavored snow. Snowball flavors include milk, coconut, chocolate, or green tea. Their high-tech snow makers are constantly churning out delectable snow clouds that melt in your mouth yet satisfy your sweet tooth.

Modern flavors include yoghurt, green tea, chocolate, and ice cream. And now Nutella, Oreo, and Milo have made the list. Some add nuts like almond slices, walnuts, and cashews for a more robust *bonne bouche*.

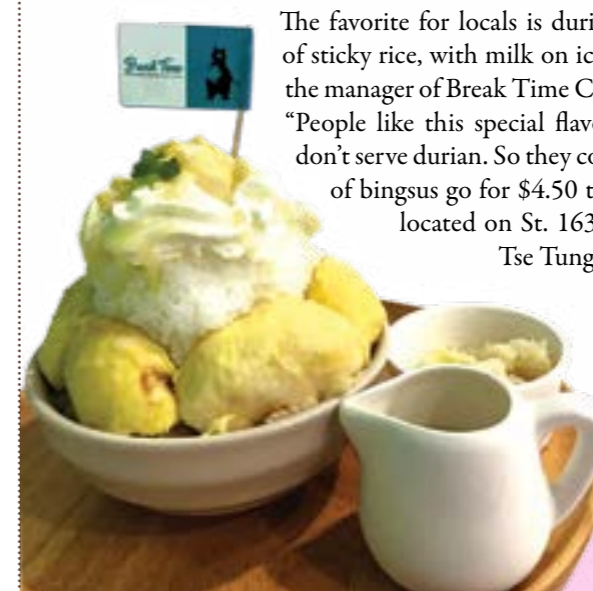
Traditional Style

Patbingsu is being served in Cambodia in many forms. Often near markets or schools, the corner sweets shop has a huge offering of ingredients for this traditional, almost-healthy snack, perhaps originally from the Chinese.

Toppings include exotic fruits like durian, longan, taro or ripe avocado with various sweets and jellies, and even an egg on top!

For robustness, add red or green beans, black caramelized rice, sticky rice, or coconut-marinated bananas. For sweetness, pour on coconut cream, palm sugar syrup, or fruit-flavored sweeteners.

These traditional snacks are refreshingly all-natural and cheap, at just \$0.50 - \$1.50 for a small bowl loaded with toppings. And the sugar can be adjusted. Just say, “*Ot jong p’aim*,” and they will reduce the sweetness for you.



The favorite for locals is durian bingsu on a bed of sticky rice, with milk on ice. When asked why, the manager of Break Time Café and Dessert said, “People like this special flavor, and most places don’t serve durian. So they come here.” The range of bingsus go for \$4.50 to \$7. Break Time is located on St. 163, just north of Mao Tse Tung Boulevard.

Break Time’s
Durian Bingsu

Red Dragonfruit



Many and Varied

The ice can be as simple as ice chips hand-ground from a large block of ice, to an electric ice grinder, to a modern snow maker developed to infuse flavor in these light-as-air chilled snow puffs.

The syrups vary from brightly colored, sugary-sweet concoctions to high-class mixers normally reserved for cocktails. Not that this exists yet, but if topped with a bit of l'eau de vie de framboise, who knows? That said, Blue Pumpkin have a grown up cocktail ice cream dessert on their menu if that's what floats your boat. And over in Siem Reap, Long's Bar has a range of soda cocktails with ice cream too.

Sticking with the main theme; the sweetened red beans are added for more body and taste, adding the "pat" to patbingsu. These same red beans are stuffed inside scrumptious daifuku (or trok), the bean-filled sticky rice dumpling dessert offered during holidays, especially in East Asia. Yummy!


Healthy Refreshing Snack

Most patbingsu desserts, fortunately, are often gluten-free delights. Just make sure to get the simple versions, without the biscuits, bread or any powders.

Too often, one can be tempted with a very rich and heavy ice cream dessert full of fats and processed sugars. Not so with patbingsu, a customizable frozen treat with all-natural flavors or Oreos as you wish!

Try It Any Style

With patbingsu, you have a light, stimulating frozen dessert that's naturally satisfying. Traditionally, it's chock full of sweet and nutritious ingredients, minus the fat and gluten. And it's vastly improved from street to gourmet!

Patbingsu has come a long way, much like Phnom Penh. Enliven yourself at the high end with this ice cold confectionary, and the snowy, milk-flavored puffs will melt away heat and exhaustion. Just choose your favorite flavors and enjoy! 



Green Tea Bingsu



Ice Cream Topped Bingsu



Fruit Topped Patbingsu

CONNECT WITH YOUR CUSTOMERS DIRECTLY!

Our **ENGAGE Social Media platform** allows you to push your company promotions or advertisements directly to your customer's mobile phone!

With our customized **WiFi** hardware and **CRM software**, you will never have to worry about connecting or sending out promotions to all your customers because we handle all the work for you.

Using ENGAGE, we provide **"Managed Solutions"** and work with you to enhance your business to build not only with your existing clients or customers BUT also generate new customers and more importantly, build loyalty to your brand, establishment or business.

Engage has a variety of applications and widely used by

Restaurants & Franchises
F&B Entertainment Outlets
Beer & Beverage Companies
Hotels & Resorts
Banks & Financial Institutions
Major International Brands
Telecommunications Companies



Whether you are a small business owner, restaurant operator, franchisor or senior management for major brands or a group of companies, we have an automated social media platform and solution for you to enhance your marketing edge!



OUR PROFESSIONAL SERVICES



Engage
Guest Wifi



Customer Relationship
Management



FootPrint
Analytics



Business
Intelligence

Take advantage of "Social Media Marketing today" with ENGAGE, connect with us at



www.EngageCambodia.com | Hotline: **(011) 81 66 33**

 [Engage Cambodia](#) |  [Engage Cambodia](#)

Good Nutrition

DOESN'T START WITH RICE



In the great southeast Asian rice bowl, we hate to tell you this, but white rice is not the answer to good nutrition. In fact, it could be a leading cause to the high prevalence of diabetes many older Cambodians suffer from. So, what can you do?

Diabetes (type 2) occurs when the intake of sugars into the body exceeds the amount of insulin that the body produces. What does that really mean? Highly processed foods, such as white bread, pasta and white rice, sweet processed foods (normally packaged foods) convert their energy into sugar rapidly once you eat them. If your body isn't able to process it quickly enough, it leads to an imbalance and can result in Diabetes.

What does Diabetes mean? Diabetes often isn't considered a severe problem, however, it should be a stern warning sign as this label can be an indicator of extremely severe health issues and premature death. Impaired vision or complete loss of sight are common symptoms of diabetes, as are kidney disease, heart disease and stroke, loss of circulation to limbs — resulting in gangrene and need to amputate the affected area, and nerve damage.

Don't despair. You can avoid diabetes by keeping a healthy diet and doing regular exercise. Here are our tips for a healthy diet.

Replace quick burn foods with slow burn foods.

This means foods like brown rice, sweet potato, apples and soy beans are better for you than white rice, white potatoes, watermelon and sweets.

Eat more vegetables!

Especially dark green vegetables which are rich in protein and calcium.

Local foods like okra, pumpkin and pumpkin seeds especially, oranges, tofu and avocado add a huge variety of vitamins into your diet.

Check your quantities!

Vegetables and fruit should make up around 50% of your plate, 25% grains (eg brown rice) and 25% healthy protein (low fat meat, nuts, tofu, fish). Another good tip is to look at the colours of the food and aim for at least 5 different colors to ensure a good balance of different vitamins.

Cut back on sweets and soft drinks.

These are lovely to have but should be kept to special occasions, eating these regularly has a dramatic affect on your health and erodes teeth rapidly, especially in conjunction with poor diet.

Dee



Exercise is a must!

Just 30 minutes per day will dramatically reduce your chances of diabetes.

Walking is Perfect. Get up early and take a 30-minute walk or change your trip to the market by walking instead.

Dancing! There are lots of group dance classes after work. Find one near your work or home and go along — it's good fun and a great stress release after a day on the go.

Ride a Bike. Take a sunset bike ride or, if you're an early bird, take a 30-minute cycle around your neighborhood — make it a longer ride on weekends.

Join a Gym. There are lots of gyms where you can enjoy running, weight training, swimming and more.

Mix it Up. Make a combination of the above exercises to keep it interesting and enjoy a good variety of healthy activity for your body.



Top Rated Apps for Exercise



Couch to 5K - Running

Spend just 20 to 30 minutes, three times a week, for nine weeks, and you'll be ready to finish your first 5K (3.1-mile) race!



Runkeeper - Run, Walk, Cycle, Swim

Track exercise, set goals, sweat, and see progress along the way.



Workout for Women - Floor Mat Focus

Just 7 minutes of exercise a day to become a healthier you! Female tailored workouts and exercises...



Yoga Studio - Yoga

play, create, customize and schedule easy-to-follow HD video yoga classes with full teacher commentary.

The Spice of Life

Cambodia has a plenitude of herbs and spices that offer amazing taste and health benefits!

COCONUT PALM
Southern Khmer Cuisine

From Market to Plates

Learn to cook the Reach Traditional Khmer Food with our Professional Chef at Coconut Palm

Chef Sour Vang conducts the Khmer Cooking Session of 3 courses of Traditional Khmer Dishes.

Session 1: 09:30 to 12:00
Session 2: 15:30 to 18:00

Session includes:

- Local Market Visiting
- Cooking
- Enjoy Your Cooked Food
- One Soft Drink or Beer
- Recipe Handout
- Certificate

Event: Samnang Pong Vong, 10, Street Thmey
Sok Chanthol, 10th Road, Cambodia
www.coconutpalm.com

Contact:
www.coconutpalm.com
+855 91 888 888 / 91 888 888

Facebook icon

Everyone loves a little spice in life. A well-spiced dish can set you aglow with gustatory anticipation and open the senses. Combined with freshness and variety, Cambodia has a plenitude of herbs and spices that offer amazing taste and health benefits! But what exactly are these herbs and spices and their health benefits?

Cambodian traditional herbs and spices were designed to boost mood, alertness, and circulation. Whether it's a wild river prawn dressed in savory herbs and flavors, a tangy hand-made curry, or slices of grilled beef with a salt-pepper-and-lime dip, you can't lose!

In a Cambodian kitchen, you will see a riot of herbs and spices crushed, diced,

ground, fresh, dried, or whole. The smell is overwhelming and simply mouth-watering.

Turmeric

This intense, pungent rhizome related to ginger can be blamed for many a yellow stain on clothes or kitchen counters. Did khaki come from a stained uniform after British soldiers munched on a delicious curry?

Turmeric (*romii-et* in Khmer) is second to none in Indian cuisine with spice, flavor and health benefits. Turmeric has a warm, bitter flavor with an often earthy aroma. It's grated and mixed into the ubiquitous kroeung paste

used in a slew of Cambodian dishes. Kroeung can be a long complex recipe.

Turmeric is a powerful ingredient in life-giving curries, a fan-favorite of the British, and is a radical antioxidant fighter as well. Add a lot of turmeric to breathe fire into your bellows! Finish with creamy coconut to soothe the burn. Get it fresh and whole and grate it yourself. Combine with pepper for maximum benefits.



Pepper

Ground or whole peppercorns add zip to any meal. On a steak or in a Bloody Mary, pepper promotes alertness, aids in weight loss, and even gives relief to coughs and colds.

Kampot pepper (*mrej gampot*) is best and known for its sharply aromatic, floral flavor, with a long, warm finish, largely due to the quartz in Kampot soil. In 2010, Kampot received a Geographical Indication (GI) brand certification, much like Swiss gruyère or Darjeeling tea.

Pepper berries have a colorful life cycle: green when young, black when dried, and red when sweet and mature. White

pepper, often used in creamy sauces, is simply mild, skinned pepper seeds. As always, fresh and whole is best.

Pepper spices up stir-fry crab, tender grilled squid or a juicy steak. Cambodians often make a simple poultice of salt, pepper, and splash of lime as a dip to add a zing of fresh flavor.

The Spice of Life

Freshness is unmatched, and farm to table here is the norm. If variety is the spice of life, then Cambodian herbs and spices is for you!



Welcome To
Phnom Penh.
Cafe Cha Payom
Awaits Your
Arrival.



N° 21-23, Street 51 & 214
Phnom Penh, Cambodia
f Cambodia.Cafechapayom

DELIVERY AVAILABLE
096 546 1844 / 096 699 6026
076 7777 019

Lort Cha

CAMBODIAN PAN-FRIED NOODLES

A favorite among locals and tourists, Lort Cha is a dish that captures the basic idea or impression that most people have about Cambodia: it's hassle-free, economical and — most of all — more than meets the eye.

Lort is a type of short rice noodle that is made from flour and water and is sold in any local market. These noodles are then stir-fried (*cha means stir-fry in Khmer*) together with minced vegetables such as Chinese broccoli, bean sprouts, chives and green onions. As with most Asian noodles, these ingredients are added in to make an interesting contrast to the “chewy” texture of the noodles themselves and add a bit of crunch in every bite. It makes the dish good for health, as well.

At times, other ingredients such as chicken, pork, beef or shrimp are added in. Usually, though, the only source of protein that “foodies” can expect getting from this dish is the fried egg that is placed on top when it's ready for serving. Of course, to add more flavor, the noodles are also mixed in with an ample amount of soy sauce, chili sauce or other condiments.

All in all, Lort Cha is a dish that can be enjoyed by anyone at any time. It can be eaten for breakfast or lunch if you are on-the-go, or as a snack.

In Cambodia, that's all you need, really — something good to keep you going, regardless of what pace you're trying to live your life in. Just like a delightful plate of Lort Cha, you're almost sure to end up finding it anywhere here. *by*



Recipe for big servings

Ingredients:

450g fresh Lort noodles
3 tbsp chilli sauce
2 tsp soy sauce
1 1/2 tbsp fish sauce
2 tsp palm sugar
4 tbsp vegetable oil (for frying)
4 cloves of finely chopped garlic
100g fresh bean sprouts
75g of minced chives
150g Chinese broccoli
(washed and minced)
4 eggs

Directions:

Mix the chili sauce, fish sauce, sugar and soy sauce together with 1 teaspoon of water in a small bowl, and then set aside.

Heat 2 tablespoons of vegetable oil in a large frying pan over a high heat. After a few minutes, add the chopped garlic and stir-fry quickly until it changes color. Once ready, add the noodles and “sauce mixture.” You can then add the Chinese broccoli, chives and bean sprouts for a quick stir-fry.

Add fried eggs on top of the noodles before serving to guests.



Pastries & Bakery

We can thank the former French occupation in Cambodia for the presence of delectable pastries and baguettes today.



*Too beautiful to eat...
Too delicious to resist
- Bloom Cafe*



bloom
cafe & training centre

Step into Bloom Cafe and enter a world where barista-made coffee, refreshing smoothies, delicious chai, and a mouth-watering range of cakes, cupcakes, and cookies are all waiting for you.

Relax in their air conditioned cafes, with cute tea, coffee and cake inspired decorations.

At Bloom, cakes are their obsession; from the best quality ingredients to the beautiful mehndi decoration, creative cake designs and custom creations. Every cake is handcrafted with the finest artistry — beautiful on the inside and out. And it's a social enterprise cafe so you can feel good about eating their cake! Enjoy their tasty cupcakes in Siem Reap and Phnom Penh (and if you're so lucky, Cebu, Philippines).



BAYON
PASTRY SCHOOL

This is the coffee shop of the Bayon Pastry School in Siem Reap, a school for women to learn the arts of pastry and bakery over the course of 11 months with an internship component. By purchasing cakes and pastries from Bayon Pastry School Coffee Shop, you are helping to support their vocational training.

The Bayon Pastry School Coffee shop is on a side street off Taphul Road, it has a beautiful garden and relaxing shaded area to sit and enjoy their delicious array of cakes and pastries - some of the most delicious are croissants, financiers and lemon meringue pie. They have a large selection of hot and cold drinks and fresh bread baked daily. *🍰*



A French Connection Brings Quality Staff to the Hotels of Cambodia

It's no surprise that there are high quality hospitality schools in Siem Reap, since it is the town where hospitality and tourism thrives. We take a look at the 15-year history of one of Siem Reap's most regarded hospitality schools, Ecole Paul Dubrule.



Remnants of the French influence from occupation in the late 1800s to mid 1900s are still present in Cambodia; in its food, language and architecture. In 1999, co-founder of AccorHotels, Mr Paul Dubrule, from France, made the journey to Siem Reap.

Though reasons for that initial trip are not well-documented, the visit had a profound effect on Mr Dubrule, leading him to establishing a “sister city” program with Siem Reap and his town in France, Fontainebleau. It was then when the idea to build and donate a hotel and tourism school was born. He then set about establishing the École Paul Dubrule to provide high quality hospitality training to Cambodians and people from other ASEAN countries.

To launch the school opening on October 24, 2002, Mr Dubrule embarked on an epic bicycle ride from France to Cambodia, raising funds to support the school in the process. This later inspired the school's annual bicycle ride around Siem Reap, inviting staff, students and partners to join a 30 km cycle around the town and temple area.

Since then, the École Paul Dubrule has built up its reputation as one of the

most proficient vocational hospitality institutions in Cambodia. Providing education on 5 certified ASEAN programs; travel agency, front office and housekeeping, food and beverage service, cooking and patisserie. A new diploma in Hospitality Management was launched in September 2017, with the support of École Hôtelière de Lausanne, Switzerland. The school sources expert trainers from ASEAN countries and Switzerland, providing a rare opportunity for such training in the region. The benefits to students are evident in their track record. The students are awarded certificates recognized by ASEAN and the Ministry of Tourism, and 100% job guarantee after completion of their studies. They even have an opportunity to learn abroad via international traineeships in ASEAN countries, France and Switzerland.



The tourism industry in Siem Reap continues to expand rapidly, meaning the demand for high quality staff is constant. From well-established international brands to newcomers in the market, École Paul Dubrule is a known source for quality hospitality and tourism professionals. Having already recorded a 13% increase in ticket sales to Angkor Wat in the first quarter of 2017, the demand on hotels, too, is increasing and the number of international hotel brands continues to grow.

Last November, École d'Hôtellerie et de Tourisme Paul Dubrule Ecole Paul DuBrule celebrated its 15th anniversary at an event hosted by Sofitel Angkor Phokeethra Golf & Spa Resort in Siem Reap, a long time partner of the school. The School's founder, Mr. Paul Dubrule, was present at this special event.

2017 marks 15 years of success of the school that has trained 2,900 graduates since 2002. It also marks the partnership with the prestigious École Hôtelière de Lausanne, Switzerland.

As is appropriate for such an auspicious occasion, guests were pampered with a seven-course gala dinner prepared by seven acclaimed chefs from École Paul Dubrule, Sofitel Angkor Phokeethra Golf & Spa Resort, The Embassy restaurant and École Hôtelière de Lausanne.

In late November, the bike race, dubbed The Amazing Bike Race, took place; starting in Siem Reap and finishing in Phnom Penh.



More information is available at <https://ecolepauldubrule.org/>



Slek Morn Restaurant & Bar

GRILLED CORNER



SPIRITS

SELECTION OF
OVER 80
BEERS, WINES & SPIRITS

BBQ

LAMB STEAK
SHORTRIBS
KANGOROO STEAK
ROASTED DUCK

MUSIC & MORE

ELECTRO
HOUSE
INDIE
POP

BUFFET

HAPPY HOUR
50% OFF
COOKING CLASS

CALL NOW TO MAKE A RESERVATION

CHARLES DE GAULLE RD, SIEM REAP

EMAIL: INFO@SLEKMORN.COM | PHONE: +855 15 631 555

WWW.SLEKMORN.COM

A Wealth of Opportunity for Aspiring Cambodian Chefs

When tourism comes to Temple Town, the opportunities for locals are abundant. When done well, a good training school can be the canvas to a promising hospitality career and the schools as well as personal and professional development for young Cambodians.



Haven is the name and nature of this social enterprise.



Siem Reap is blessed with training opportunities for young people to learn about cooking and hospitality. In 2002, two of the first hospitality training schools opened their doors, Sala Bai and Ecole Paul Dubrule. Each school trains more than 100 students each year through their dedicated programs. Jointly, they have contributed close to 5,000 young graduates to the tourism industry in Siem Reap.

As well as a valuable contribution to education and to the tourism industry, they each boast a training restaurant, so it's possible to have a taste of things to come when you are in Siem Reap.

Le Jardin des Délices is Ecole Paul Dubrule's al fresco restaurant, serving up 3 course Asian and Western lunches from Tuesday to Friday.

At Sala Bai, you can join for breakfast daily or lunch Monday to Friday for a la carte or set Asian or Western

menus. They also offer private booking opportunities. The restaurant provides a valuable training setting for the students and an important revenue stream for the school.

In both instances, this is a great opportunity to help in a positive way when visiting Siem Reap. More than two million visitors come to Siem Reap every year to enjoy the wonders of Angkor Wat and many notice the difficulties the local people face and want to do something to help. On a two or three day visit, it may feel impossible to help in a meaningful way, however with restaurants such as these, you really can make a positive contribution and also enjoy a fantastic meal.

Want to help even more? You can find enough social enterprise restaurants in Siem Reap to cater for your every meal. Here are a couple more!

In 2009, EGBOK (Everything's Gonna Be OK) opened the doors to its training

school, providing expert education to aspiring young tourism and hospitality workers. In 2016, a long-term dream of opening a restaurant to provide cook training opportunities was realised. Spoons restaurant has escalated to become one of the most sought after new restaurants in Siem Reap. They have put a modern spin on traditional Cambodian cuisine, creating some beautiful ren-ditions of Khmer fare for tourists to enjoy. Their environmentally focused bamboo restaurant provides and airy tropical atmosphere to enjoy a leisurely lunch or dinner.

Haven restaurant opened in 2011 and is a lovely addition to this wonderful array of hospitality training programs in Siem Reap. Founders Paul and Sara Walliman and Steffi Feierabend were deeply affected by what they experienced during time spent in Siem Reap. It was the dawning of realization around the region that perhaps orphanages weren't helping as much as they were perceived. What happens to these young people

once they reach adulthood? For most of their lives being cocooned in an institution that has separated them from the 'normal' lifestyle of their fellow Cambodians. How do they survive once released from 'the nest'?

Haven welcomes students into a world of learning, not just about hospitality, cooking and service, but about life, the world and what they can dream of for the future. There is a serious recruitment process because this dedicated program allows only a dozen or so new recruits each year. The 12 month program intertwines learning and on the job training with the regular Haven team who manage the restaurant operations and provide mentorship for the young trainees. On completion of the program, they are assured a 3 month traineeship at one of Haven's local partner hotels or restaurants.

It is essential to book for both Haven and Spoons. Because they are renowned for their excellent food, you want to assure you can join them for a meal at

least once during your stay.

The newest school to emerge is Ecole du Bayon which started in 2014 training women in the arts of patisserie. The school has an onsite coffee shop where the delicious cakes and pastries are sold — it's also possible to order some fabulous cakes. The program provides 11 months of training, within which there is a 4 month internship for on the job learning opportunities. In addition to learning patisserie skills, they are also given basic business training to assist them in their future careers.

These amazing schools are improving the livelihoods of aspiring cooks and chefs from around the country. In addition to these larger schools, many social enterprises adopt similar strategies in their restaurants and cafes throughout the main cities of Cambodia. Support these places and you'll be supporting local workers. *Re*

Returning to *Style*

To truly live l'art de vivre elegance, even in Phnom Penh, there are several fine French venues in the south already. Topaz is a true five star family experience with a thoughtful sommelier located on Norodom. La Coupole, named for Hemingway's hangout spot in Paris, is situated at the Sofitel Phokeethra and serves caviar and truffles.

But what about the north of the city, where towers rise like trees and bistros sprout like portobello mushrooms? A revival is expanding north of Russian Market.



Khéma La Poste

Perl D'Asie Ancienne

During the age of colonialism, the north of town had always been the center of Phnom Penh's governance and commerce. The merchant ships of old, laden with expensive imports and spices docked nearby and deposited thier goods at warehouses near the post office.

It was an era of sociability — soft power diplomacy designed to push eloquent agendas. Hospitality was at its peak with fine parties, bubbling laughter and dancing shadows at midnight soireés.

Reviving the Post

Built on the bones of an empire, Khéma La Poste, the winsome northern sister of Khéma Pasteur, is continuing the revival of the French Quarter with a view of the freshly painted post office near Wat Phnom. The entrance is grander than the prices on the menu suggest: nothing is over \$15, with most dishes at \$8-\$10.

Service is par excellence and their mocha-colored lobster bisque (\$8) with crab ravioli that is reminiscent of holidays in Kep, playing in the ocean surf and sun. Much of their provender is premium local or imported from the world-famous Rungis market in Paris. The sea bass tartare is an enriching, spicy ceviche, and their warm chocolate fondant is a dark cavern of decadence with a striking raspberry sauce. Be



warned.

Besides offering imported coffee, exquisitely designed gateaux, cheese and charcuterie, they also offer whole hams and roasts for parties.

Northern Nostalgie

Upstairs through a gallery of lights is the atrium for natural lighting over the stage area, in front of the VIP rooms. One can imagine jubilant gatherings on the hardwood floors under the atrium. (*Bon Noël et Très Bonne Année!*) The good times are back again! Duval Le Roy Champagne, anyone?

Unsettlingly, however, is stepping out of the bright and clean Khéma La Poste, into the eerie past and spy the former Poste de la Police, currently a dilapidated building obscured by climbing vines and bent trees. The contrast between moldering and restored buildings is startling, but rest assured, further gentrification is finally coming to the Old Quarter.



Malis Restaurant



Far North

Another sister has been residing in Siem reap for more than a year and the grandeur of the entry hall of Malis will make you feel like royalty. Lounge chairs for sipping fine wines and cocktails are scattered around the perimeter of the entrance hall and the main dining hall is lush with curtains and carpets as far as the eye can see. In the centre of the building is a courtyard, which is one of the romantic places to hideout in town.

The major five star hotels boast a luxury of dining second to none. You can be assured of a gold class experience in any of these fine venues around town. Then of course are the restaurants where their reputation precedes them; Cuisine Wat Damnak, L'Annex, Abacus, The Embassy... and a few lesser acclaimed but no less divine; Flow, Olive, Mie Cafe and Mango Cuisine.

Settings vary from casual al fresco dining among the foliage of small trees or under verandas, to the ultra glamorous hushed interiors and crisp tablecloths. A couple of these are petite in size, though often the service exceeds that of the bigger venues due to the intimacy of the venue. *~*



8 Things You Didn't Know You Can Make *with a Blender*



1 Make sorbet: Mango season here, so make the most of those luscious mangos by whipping up a tasty batch of mango sorbet.

2 Grind coffee and spices: You don't need a different machine for each job. Your blender is extremely versatile!



3 Get saucy or try hollandaise, herb butters: Many traditional sauce recipes call for arm-aching whisking, cheat a little by making sauces in the blender; quick, easy and delicious!

4 Make a cake: This is a good short cut in a place where it is less common to have beaters. Blend your cake ingredients. Did you know you can even bake it in a rice cooker?



5 Whip cream or egg whites: This works best if you have a glass blender. Make sure it's completely dry as water in your blender might leave you with not very whipped cream/eggs.

6 Refreshing cocktails: When happy hour calls, mocktails or cocktails are perfect out of the blender.



7 Pancake or waffle mix: using a soft to hard technique (see tip #2 on th next page), make up a perfect batch of pancake or waffle batter in no time!

8 Make compost: No joke, break your food scraps down quicker and put them straight onto the garden.



Basic Blender Tips:

1. Start low and increase the speed slowly.
2. Soft to hard; start with liquids, add softer ingredients and put solids in at the end.
3. Blender too noisy? Put a sound-absorbing mat underneath while you blend.
4. Use the pulse button, it helps dislodge unblended bits.
5. Be careful when blending hot ingredients. Carefully release the steam.
6. Clean it immediately after use to avoid build up — many blenders you can detach the blade section for easy cleaning.
8. Deep clean by putting water and dish soap in for a quick blend!

Mango Sorbet Recipe



(Serves 8)

Combine ½ cup water
¼ cup lime juice and ¼ cup sugar in a saucepan.

Heat over medium to low flame until sugar is dissolved and cool.

Puree ripe mango in the blender.
Stir syrup mix into mango puree and then freeze in an ice cube tray or flat container, so it's easy to break up and put in your blender once frozen.

Break into pieces and blend.

Serve immediately or store in the freezer for later.

Bamboo Straws

Bamboo straws are environmentally friendly; made from nature, reusable and compostable...

Because of this they are appearing in more and more cafes, restaurants and hotels around Cambodia. Adding to the already tropical feel of holidaying in Cambodia, a bamboo straw in a fresh coconut is a novel holiday delight for a lot of travellers.

So what's this craze all about?

In more recent years, more businesses are becoming conscious of the damage that single-use plastics have on the environment. It was particularly noticed by one hotel general manager in Siem Reap during the 2011 floods when he realized that plastic straws were clogging up the drains and not letting the flood waters flow away. He decided to change to bamboo straws and encouraged the industry to follow suit.

Similarly on Koh Rong island in the south, bar managers noticed the awful destruction from single-use cups and straws in their otherwise pristine environment and wanted change too.

Whilst the nasty plastic straw is still highly present, the bamboo straw is appearing across more venues around the country and they're so popular that people want to buy one of their own to use.

Bamboo straws make cocktails look classy, coconuts even more exotic and soft drinks taste somehow purer when mingled with the subtle woody tones of the bamboo.



classy & exotic
providing livelihoods
naturally antiseptic
multi-use
anti-bacterial

How can you be sure that bamboo is clean?

Bamboo is a naturally antiseptic material, like many woods, it is antibacterial in its nature. Restaurants using bamboo straws are meticulous in making sure cleanliness and hygiene is the top of their priority. At larger establishments, a commercial dishwasher is used, providing heat and detergent for thorough cleaning. For smaller venues the straws are cleaned inside with a cloth on a stick and boiled in a water and vinegar solution for absolute purity.

If that's not convincing, then get your own personal straw and carry it with you. Or go strawless, we don't all have to suck.

Socially responsible

Bamboo straws are providing a niche industry for small businesses and sole operators. Primarily produced from bamboo harvested around Siem Reap, Ratanakiri and Koh Rong, this little industry is providing a livelihood for people in rural communities.

Want some for yourself or your business? Try Mekong Quilts, locations in Siem Reap and Phnom Penh, Plastic Free Cambodia in Siem Reap and many socially responsible or eco-friendly cafes around the country. *by*



Question & Answer with Chef Sopheak



Pastry Chef: Chef Sopheak

CCA: member
Experience:
Almost 8 years in Park Hyatt Hotel
3 years in Blue Pumpkin
Presently with Shinta Mani Resort

Dessert

Specialties of the House



Big Fat Chocolate

Chocolate gives energy to the body and makes you happy not sad.



Lemon Curd

With a touch of western but made out of traditional products.



Chef Sopheak and colleagues

Is being a Chef your dream job?

Yes, I've been dreaming of it since I started in the hotel industry.

Who is the chef that influences you the most?

Chef Novson, who influenced me becoming a pastry chef, from the basic to advance cooking.

What are your thoughts on the local food scene? Is it growing? And your thoughts on Cambodian Food as a whole?

Local food scene for me is very interesting nowadays. Indeed it is growing, and, actually, it depends on the creativity of the chef using local products and make it internationally presentable. My thoughts about Cambodian Food as a whole is I am proud to receive comments/feedback about the taste and promoting our traditional dishes, and I want to show the world our specialties.

What are the qualities that a chef should have?

Attitude towards work and co workers
Product knowledge
Techniques on cooking
Willingness to learn new things

What is your No. 1 rule in the kitchen or restaurant?

My number 1 rule is of course having a good hygiene, clean with good quality.

What is your favorite Cambodian dessert?

My favorite dessert is Banana Sago with coconut milk, is just little sweet and feels like the real taste of Cambodia sweet delicacies.

All of us have our bad days, what comfort food normally cheers you up?

For me lemon curd, makes me calm and happy. A food that cheers me up during bad or sad days.

How do you handle stress/pressure in the kitchen?

I normally separate my personal issues out from my work, getting myself together before I enter the kitchen door, meet and greet my colleagues and as much as possible to get the positive energy flow the entire kitchen. And if I have one from the team is feeling down or having a bad day, I start talking to

them and give them a sort of advices and motivate them on what they do and divert their bad moods to good mood.

Do you post your food creation into social media? What social media do you use?

Yes I do post my food in social media, I show my creativeness on plating and I post it mostly in Instagram, sometimes only on Facebook.

Instagram: @chefsopheak
Facebook: Sopheak Mey
Facebook: Shinta Mani Angkor

Any advice you can give to our readers, to our aspiring young chefs?

Keep learning, observe new things, open to learn more from others, and challenge to create new things. 🍷



Sokharoth Cuisine Cooking Class



THE EXPLORER PACKAGE

This program is less than three hours at cooking, but will give our customers an understanding of what and how to cook Cambodian Cuisine. We explore preparing ingredients and the class is assisted by our chefs.

THE ADVENTURE PACKAGE

The journey of this program is remarkable due to the experience of getting involved in shopping at the local market, enjoying conversation with local vegetable and meat sellers, peeling and chopping with your own hands then enjoying tasty foods cooked with assistance from our chefs.

CONTACT FOR RESERVATION:

Tel: (+855) 63 962 333 / 61 222 278 / 69 253 666
Address: St. 66, Sala Kanseng Village, Svay Dang Kum, Siem Reap, Cambodia
Email: reservation@sokharothhotel.com
Website: www.sokharothhotel.com

DURATION:

9:00 – 13:00

VENUE:

Pool Side

An Everlasting Memory Through an Ultimate Happy Experience



LE CONNAISSEUR
French Fine Dining

Incredible experience into the art of cooking « à la française »

Open daily from 5:00 pm to 11:00 pm

Royal Gardens, Siem Reap
Tel: 063 760 428 | www.leconnaisseurangkor.com

Healthy SPICY MEXICAN Pepper Bowl

Ingredients:

- Brown rice
- Olive oil
- Kidney beans
(canned or make sure you soak the night before and boil on the stove top)
- Peppers (assorted colours)
- Onion
- Garlic
- Zucchini

Toppings

- Tomatoes
- Lettuce
- Yoghurt
- Cheese

Spice Mix

- Paprika - ½ teaspoon
- Chili powder - 1 tablespoon
- Chili flakes - ¼ teaspoon
- Cumin - 1 ½ teaspoon
- Salt - 1 teaspoon
- Pepper - 1 teaspoon
- Oregano - ¼ teaspoon

Method

Put some brown rice into the rice cooker to cook while you prepare the rest of the meal. In a frying pan add the oil and fry the onion, garlic, peppers and zucchini until cooked. Add kidney beans to warm through. Sprinkle spice mix over the top and mix through.

In your bowl layer rice, cooked spicy mix, yoghurt, grated cheese, tomato and lettuce.

Enjoy! 🍴

Top 10 things You Can Make with a Rice Cooker

Forget the thermomix (what on earth is that anyway?). Your humble rice cooker can cook some fantastic food, check out our top ten foods that aren't rice that you can cook in your rice cooker.

#1 Pancakes

Pancakes, thin or thick, you can cook in your rice cooker! You may need to flick the switch as its weight might not exactly match the cook time — keep a close eye on it.

#2 Eggs

Boil (well, steam) eggs by putting a few cups of water into the cooker and placing eggs onto the steaming tray, voila!

#3 Soup

Brown your onion and garlic with oil in the bottom of the heated rice cooker, then put in all other ingredients that you want and set, keep it cooking for about 45mins to 1 hour.

#4 Baked Potatoes

Choose even-sized potatoes and pierce the skin with a fork. Place in bottom of your rice cooker and run a cook cycle, test if they're cooked through and run again if needed.

#6 Yogurt

Heat up milk on the stovetop — if you can, use a thermometer to get to 83°C, then let the milk cool to 43°C. Put two spoons of yoghurt into a small bowl and add 1 cup of the cooled milk into the yoghurt. Whisk, then pour back into the milk. Put it in a ceramic or glass bowl then place it inside your rice cooker.

#7 Beans & Lentils



Pre-soak your beans for 4-5 hours and drain. Then add fresh water (or stock). Use 3-4 cups per cup of beans, then cook for 1-1.5 hours. *Note: Lentils don't need to be pre-soaked.*

#8 Bread

Follow your favorite bread recipe and then cook in the rice cooker twice on each side. *Note: When you add the bread dough, make sure that it's not too sticky. Otherwise it will cling to the cooking bowl.*

#9 Poached Apples

Prepare apples as you like — with or without skin — and chop. Put into rice cooker along with butter, cinnamon, brown sugar and about ¼ cup of water. Cook once without the lid on or until the syrup becomes almost caramelised.

#9 Bibimbap

Prepare rice in the usual way and add the steam tray to steam your vegetables on the top, add more delicate vegetables like bean sprouts in the last few minutes. If you don't like your egg on top raw, then fry in a frypan first before placing on top of your bibimbap.

#10 Vegetables or Dumplings

Steamed vegetables or dumplings, so simple; water in the bottom, dumplings or vegetables in the steam tray, hit go.

+1 Bonus Recipe! Roasted Chicken

Whole roasted chicken, peel and cut an onion in half and place flat side down in the cooker to provide a platform for your chicken. Rub in olive oil, salt and pepper to the chicken and put it on top of the onions. Add any other seasonings you desire, eg lemon, rosemary, paprika. Cook approximately 1 hour - check to be sure it's cooked enough.



The Perfect Balance of Sweet, Salt & Spice



Lok Lak

A Magical Combination of Flavors



Khmer food is steady, it's soothing and consistent and comforting. There are a couple of favourites that deserve a mention; the dishes that Cambodians love, and visitors love too.

Khmer Lok Lak

Said to be of Siem Reap origins and found throughout the country, varying slightly in flavour and ingredients Khmer Lok Lak, normally with beef, is always a crowd-pleaser. Tender strips or chunks of beef are marinated in a mix of herbs and sauces then pan fried. The beef is then piled up on a bed of fresh lettuce, onion and tomato and served alongside rice with a runny pan fried egg on top — what a magical combination of flavours. This dish is served with or without (but essential, really) a lime pepper dipping sauce. Spooned casually, bite by bite, onto the pending mouthful of food, the zingy sauce that is common for many Khmer meals really makes this dish, and your mouth, sing.

Red Fish

Another highly satisfying meal is steamed red fish, or pan fried, or deep fried or well... Cambodians know how to make fish delish! The steamed red fish is usually presented on a heated plate swimming in fresh herbs and spices; peppers, coriander, ginger and more giving it a succulent texture and subtly sweet flavour. Pile it onto rice and scoop up the broth from the plate for a very satisfying meal.



Steamed Red Fish

Another fishy favourite is pan or deep fried fish, absolutely served with rice (did that even need to be said?) and with a fresh mango salad. With or without mango salad, the best ever fish sauce (*dterk dtrey*) Koh Kong is a combination of fish sauce, sugar, salt, chilli, garlic and ginger that you spoon onto your fish and rice for a mouth watering sweet, salty, spicy delight.

These are easy to find Khmer favourites, full of flavour and comforting soul food for all. *Re*

Alive & Kicking

The ever-evolving seafood game is alive and well – flipping, pinching, and flapping all the way to the bank.

On the menu are live lobsters, giant tiger prawns, glistening oysters, fresh Norwegian salmon, and fine Russian caviar. These revitalizing guests arrive via new shipping routes, with proper handling procedures and quality storage facilities. If you're more for food grown on turf, and arguably the best bona fide burger with culinary aspirations in town, check out Larry's Bar on St. 110.

Game Changers

In Phnom Penh, it used to be that ice quality was questioned and sushi was never on the menu. Now, flashy sushi joints open every month, and a virtual fish estuary has taken shape the last two years for the fresh and lively seafood market, using well-kept live tanks with backup power and insulated refrigeration containers.

Now lobsters in their tanks greet and wave at you with claws the size of your hand. When served fresh, they blush to a deep, vermillion red, same as their crayfish cousins, and taste like buttery ambrosia from the sea.

International Standards

Kampot Seafoods processes Kampot crab from their HACCP-certified supplier, the first in Cambodia. HACCP stands for Hazard Analysis Critical Control Point, and certifies food safety good practices to the international standard.

Tim Squires of Ostra Fine Foods is optimistic for the prime seafood market to take off. "All that room for growth," he says in his newly expanded Phnom

Penh facility near the new NagaWorld 2.

Pampered Pets

In France, Fines de Claire oysters are given a knee-deep spa treatment in a salt bath to receive a refined taste and bluish tint from microscopic algae before being shipped off to your local premiere seafood purveyor in sealed wooden boxes packed with ice.

Well-kept, live lobsters from Canada to Cambodia, ochre and stone grey in color, and swim laps with fettered crabs from Kampot or Kep in temperature-controlled tanks with bubbles.

Who Will Reign?

Competition and selection is on the rise as cooling technologies and tank systems become more and more affordable. Access to fine caviar, fresh oysters, and live fish stock is almost commonplace.

You can find live lobster and chilled, enlivening seafood at Topaz, La Coupole at the Sofitel, and other fine

seafood establishments.



Larry's 110 St. Bar & Grill near the Riverside is a meet and munch venue for accomplished, colorful characters. People come for his burgers and stay for the service, and he serves up a thick, juicy burger with gusto.

Larry's burger is a well-seasoned middleweight natural, oozing charisma, sporting both a bright red mouth guard and a buttery smooth glide.

Thick and juicy, it's a super savory 200g burger ground from 60% Australian rib eye (boneless tender cut) and 40% US chuck eye roll, a slash of bright red tomatoes, and fat finger steak fries. Buns have a lingering buttery goodness. Just \$7.50, with mozzarella cheese or bacon extra.

Larry doesn't stop there. For his carbonara sauce, he adds crunchy pepper-crusted pork jowl for a jaw-dropping burst of flavor. Also, ask about his lamburger or veal scallopini specials he makes on order.



Give Me *Fuel*, Give Me *Fire...*

Get fueled up on good coffee
and get cracking on your assignment,
start up business or pressing deadline.

BIO-LAB

— COFFEE & OFFICE —



BioLab has created a great environment in the upstairs section of its Siem Reap cafe that is perfect for online workers. The main area is usually humming quietly with workers throughout the day, and there are three balconies, favored by those that need to have a meeting or a chat. There's even a private boardroom if you need to get really serious.

They have Khmer and western food on offer, so you really have everything you need on site for a full and productive work day.

On the ground floor the feeling is more like a conventional cafe. If you just fancy a meal or a cup of coffee then here is the place to go without feeling guilty that you're not glued to your laptop like the frenetic workers above.

The theme of the cafe plays on science and laboratory tests, as the name suggests, and many coffees and juices are served in beakers and flasks, giving it a really cute novelty factor.

The coffee itself is reasonably good and, for one of the cheaper dine-in options in town, it's not surprising that the place is constantly busy with a mix of local students and freelance workers from around the world.

This successful cafe was founded by a young man from Siem Reap, Chou Samnang, in late 2016. In just a year he's built up this place into a reliable venue with a relaxed and productive atmosphere. *Reo*

Coffee & Tea



Sharing is Caring

Table etiquette in Cambodia has its own distinct rules and rituals. The idea of sharing is inherent in every element of a meal and so as is often the case in Asian family meals, everything on the table is for sharing.

Cleanliness

When eating out it's common practice to first wipe down your glass, plate and cutlery with a tissue. One presumes this is due to the relentless dust in the air that needs to be brushed off before the meal or removing any water remnants from cutlery that is placed in a mug of boiling water on the table. More often than not there will be a colorful plastic bin located under the table or very close by for discarded tissues.

Common Cutlery

Most common cutlery is a spoon and fork, though sometimes chopsticks are on offer too. Presented on your plate, or in a colorful holder on the table, there will often be a basket of sauces and condiments. Meals are generally made to a mild flavor with the expectation that you'll add the flavorings you want to the level of heat you want.

On the Table

Share plates are placed in the centre of the table so you can leisurely graze by picking up bites of food with your chopsticks. For curries or soups, scoop spoonfuls at a time onto your individual plate of rice. A scoop of curry or soup goes onto the rice to then spooned again to have the perfect mouthful of rice and curry before going back to the main bowl for another dip. Eat until you're satisfied there are no rules around finishing the dish. A pot of tea, cold or hot, or a jug of water is usually on the table along with the appropriate cups, usually with ice already dispensed for each diner.

Ordering Food

Ordering can be visual; from pots or a grill at the front of the restaurant, buffet style or by a la carte. The menu might be on the wall or as a laminated sheet or menu book. When ordering a la carte, it's okay to ask for things not too spicy (*ort herl*) or too salty (*ort braii*). The cook will be happy to cater for your tastes.

It's the norm to call out across the restaurant to get some attention. "Oun" at the top of your lungs will likely get an attendant to your table. Likewise, 'som kit loy' at the end of your meal will bring the bill your way. *ឧប*



Fusion Chef: Meng Ly

CCA: member

Founder: Asian Street Food, Cambodia group

EXPERIENCE

- 2 years in Rambutan resort
- 1 year in Page Cafe
- Pioneering executive chef at the Spoons café (EGBOK)
- Presently started his own business "Fusion restaurant"

Specialties of the House



Chives Dumpling

Street Food Inspired

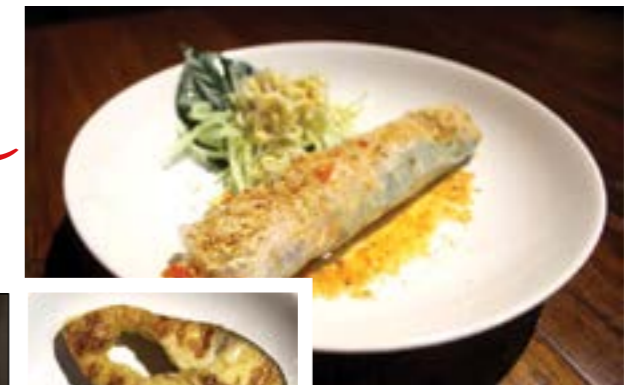
Grilled Chicken Curry
Inspired by street food
grilling

Kulen Mountain Sausage
Inspired with the people
of Kulen Mountain how
they cook out of leaves
that can be found in their
surroundings



Question & Answer

with
Chef Meng Ly



Is being a Chef your dream job?

When I started studying at Paul Dubrule I fell in love with cooking. From then on, I dreamed to be a chef and make my own dish.

Who is the chef that influences you the most?

Chef Gordon Ramsey. I was amazed with how he cooks and I've been watching him for a long time. I idolize his creativeness and his passion towards making a dish. I also look up to Master Chef Luu Men, as being our local chef who promotes the Cambodian dishes.

What are your thoughts on the local food scene? Is it growing? And your thoughts on Cambodian Food as a whole?

The local food scene, for me, is very interesting now a days. Most especially the street food as it is very challenging to put up in the market. Yes, it is growing in my own observation that a lot of people are interested in it. My thoughts about Cambodian Food as a whole, is it's very interesting in a good way — very traditional and I believe we have much

more to introduce to the modern world like fusion dishes.

What are the qualities that a chef should have?

Attitude towards work and coworkers, good communication, being positive to all comments and feedback — whether it's good or bad.

What is your No. 1 rule in the kitchen or restaurant?

My number 1 rule in the kitchen is to stay focused on what you do and what you need to do, also having a happy environment.

Why do you call your food fusion food?

Making Fusion food is something that needs to be creative, not only in its appearance but also in its taste. It's challenging but fun. Having the idea of foreign taste, mixing traditional taste that I make easier to eat with a touch of western.

What is your favorite Cambodian food?

For me grilled beef with Prohok sauce top with lemongrass, chilies and peanuts.

How do you handle stress/pressure in the kitchen?


I normally do the basic — calm down, have a break, breathe in and breathe out. If it's too much already, then need to have a time out of it.

Do you post your food creation into social media? What social media do you use?

Yes I do post my food in social media, I show my new fusion dishes, I post it mostly in Instagram, sometimes only on Facebook.

Instagram: @mom_mengly, @asianstreetfoodcambodia
Facebook: Pou Restaurant and Bar

Any advice you can give to our readers, to our aspiring young chefs?

Training, also you have to know what you really want, practice on it and don't be scared. Learn from your mistakes and always try your best. 

Flavors of Cambodia

West



Cambodian food is fairly consistent throughout the country, meaning you can get your favorite Cambodian dishes in most places. However each province has something a little special of its own, so if you're traveling around the country or visiting friends and relatives in other provinces, be sure to find out their special contribution to the food of The Kingdom.

Battambang

Often referred to as the fruit bowl of Cambodia, Battambang has rice land and good irrigation making it a province that is perfect for high yields of food production. While many fruits are grown in Battambang, Battambang Oranges are a speciality. Originally confined to Banon district, they're now grown all over Battambang and were introduced during the French occupation. Their unique flavor is highly sought after and they have the EU's Geographical Identification (GI) Status.



Kampong Speu

In 2017, Kampong Speu was awarded the Geographical Indicator for Palm Sugar in Thailand and has officially been recorded by the EU. This means that Kampong Speu Palm Sugar is recognised by its quality and provenance so that no other place outside this region can label their product as Kampong Speu Palm Sugar. It is a popular choice of sugar for cooking, the region is also renowned for making palm wine.



Banteay Meanchey

This region produces cassava, soybeans, green beans and sesame. Sesame production in Banteay Meanchey is for both white and black varieties, organically produced with a rich sesame flavor and aroma. Sesame is added to many Cambodia snacks such as fried banana fritters, sesame balls filled with red bean paste and sweet sticky rice with toasted sesame seeds on top.



Siem Reap

A wealth of food is generated in Siem Reap, possibly because it is such a melting pot of people from different provinces and countries. Amok is a rich tradition among the locals and a favorite with the tourists. This flavorful dish is a kind of curry steamed in banana leaves and coconut milk and galangal root are staple ingredients. The classic recipe is Fish Amok, though it is often offered with chicken, mushrooms or tofu instead.



Palin

Mee Kola — there isn't a direct translation of this dish, however it is a fine yellow fried noodle with crushed, dried shrimp, peanuts, boiled egg, meat and bean sprouts. This simple dish has a lot of flavor and is great with some fried spring rolls.

Pursat

Kantuy Hes is a paste made specifically in Pursat province. The paste is a combination of shredded fish, prahok (fermented fish paste), krosang fruit (a sour fruit used in a lot of Khmer sour soup recipes) and chili.

Oddar Meanchey

Oddar Meanchey is one of Cambodia's biggest vegetable growing regions, and is the main source of vegetables from within the country, while many vegetables are still imported, particularly at certain times of the year, to bring more variety to the markets.



Koh Kong

Fish sauce or *dak dtrey* is a speciality of Koh Kong. This sauce is extremely popular and often served with grilled fish or barbecued seafood. It's sweet, salty and spicy and brings a dish like fish and rice to life. There are variations of this sauce, however the Koh Kong recipe is the all out winner.





East

Preah Vihear

Nam Va bananas or *chek namva* are grown predominantly in Preah Vihear Province. As in much of Cambodia, they vary in length and color and the taste accordingly. These bananas can be eaten green or riper, when they are a sweet flavor.



Kratie

Neam Sach Dtrey are small cubic parcels of fish with neam leaf inside. The raw spiced fish is wrapped first in neam and second in banana leaf and makes a great snack or can be accompanied with rice for a more substantial meal.

Ratanakiri

Avocados are grown in both Ratanakiri and Mondul Kiri provinces and are favored among Cambodians for their quality. The health benefits are widely known and mostly it is consumed in avocado shakes, which is sweetened with condensed milk.



Mondul Kiri

Most of Cambodia's coffee is grown in the Mondul Kiri region, where they produce, sweet, rich-flavored coffee, the best in the country. The Mondul Kiri Coffee Plantation is open to visitors where it's possible to see the coffee growing and workers separating and preparing the coffee beans for roasting. A scenic floating cafe sits on top of a lake, and coffee is prepared on site for drinking.



Stung Treng

Known for a fresh and simple salad with a combination of fresh fish fillets cut into bite-sized pieces and seasoned with chili, lemongrass and garlic. Then a lot of lime juice is added which denatures the fish, a bit like lightly cooking it. In the countryside it's safe to anticipate the extra flavor enhancers like MSG and fish sauce are also used. After combining the spices, herbs and fish, bean sprouts and green leaves are mixed through thoroughly. Finally, the dish is garnished with peanuts.



Kampong Cham

Kampong Cham is infamous for fried tarantulas, called *a-ping* in Khmer. While this snack is available in many provinces of Cambodia, it's most popular in the town of Skuon in Kampong Cham. The spiders are bred specifically to be eaten and are fried in oil until crispy, often with a hefty amount of garlic and generally sugar, salt and MSG.



Kampong Chhnang

Revered for their high quality due to the clay in the area, pots of Kampong Chhnang have been made in the same fashion for centuries. Made by hand, the technique is passed down through the generations. Used for cooking, they are unfortunately being replaced in many kitchens by aluminium pots, which changes the flavour of the cooked food and risks contamination from the metal.

Kampong Thom

Kampong Thom is one of the largest producers of cashew nuts in the region. As well as the highly popular nuts, the cashew fruit — or cashew apple — can be eaten, made into jam or fermented as alcohol. Despite the high levels of production in Kampong Thom, cashews don't appear in a lot of traditional Khmer cooking.



South



Kandal

Kandal, like Kampong Speu, is also known primarily for its production of palm sugar.



Prey Veng

Prey Veng is a producer of ceramic water purifiers. The social enterprise working on this project, Hydrolic, makes water filters from clay and rice husks and coats the filter in silver nitrate to assist with the antibacterial properties of the filter. They're affordable and filter 99% of all bacteria from water, they're also easy to maintain. Fresh drinking water is so important and not easy to find in Cambodia. These filters provide families and businesses with clean, filtered water.



Phnom Penh

Royal Cuisine has changed over the years due to international influences and availability of seasonal produce. It, however, features some significant dishes that are prepared on important days relating to Kings, Gods and other significant events like weddings.

Takeo

Kangkaeb baok or stuffed frogs are the speciality of Takeo. You will see them grilling on street stalls skewered with two or three frogs per stick. The frog is often stuffed with any combination of ingredients such as minced pork, Khmer *Kroeng* paste, sugar, fish sauce, salt and glass noodles.



Sihanoukville

Sihanoukville mainly exports palm oil, which is unprocessed. It is then used to produce many of the junk foods and snack foods that are then imported to Cambodia in the form of biscuits, cup noodles, and similar processed and packaged foods that offer very little in the way of nutrition.



Kep

Pronounced *Kaeb* by locals, this is the place for fresh crab. The crab market has picnic places and hammocks laid out so you can order the quantity you want, have it cooked fresh and enjoy, while looking out over the ocean. Usually prepared with Kampot Pepper from the neighbouring province, either the fresh green peppercorns or as a pepper lime dipping sauce.



Svay Rieng

Jrook sondaek bondoh, or pickled bean sprout with fried pork, is the dish that you will want to eat if you are in Svay Rieng province. Ask any Cambodian what food they think of when you talk about Svay Rieng and this will be the one!



Kampot

Kampot Pepper has GI status and is becoming more and more famous around the world. A feature in many Khmer dishes, from whole sprigs of fresh green pepper to dried and ground pepper mixed with lime juice and other spices, this is a favorite spice in Cambodia. Red and white pepper varieties are more rare due to more difficulty in their cultivation and harvest and, therefore, are also more popular due to their unique flavors.

COCKTAILS & MOCKTAILS

Adding Local Spice

TO YOUR HAPPY HOUR

Butterfly Pea Flowers

Locally grown butterfly pea flowers are now being infused with alcohol and tea, creating a drink with a vibrant purple hue. In Siem Reap, The Baby Elephant Boutique and Butterfly Pea Hotel have used this simple flower to create their own unique drinks; the Butterfly Pea cocktail and The Mood Ring!

Whether it's Friday night knock off drinks or a weekend away to the islands or temple town, cocktails are nearly always on the happy hour menu. In recent years we've seen the good old favorites (in a variety of interpretations) on the menus of cheap and cheerful bars, evolve and become more sophisticated as elegant venues embrace the cocktail culture and even make their own bespoke specialties.

Local ingredients, like lemongrass, feature in cocktails using gin or vodka infused with this fresh local herb. Check out the rose and lemongrass martini at Miss Wong's.

Adding a touch of class to the Phnom Penh scene is the dark and soulful Jazz Club Elite, serving high quality classics to match the mood.

Going to the beach? Then take a look at the Waterfront Kep and Knai Bang Chatt for sweet cocktails and stunning sunsets.

MOCKTAILS

Don't like alcohol? Most places make a 'mock' version, all of the flavor without the alcohol, think Virgin Mary (bloody Mary without the vodka) and her friend Virgin Colada (pineapple and coconut shake!). Similar to the cocktail movement, many places create their own blends of fruit and flavour adding a tropical vibe to your day. Mint and Lime shake is a Southeast Asian favourite, add a drizzle of honey and you'll have a drink that will have other guests green with envy.

ICE BREAKERS

Before you take the plunge, follow these words of advice:

Frozen discussions can be made to flow with a little fire water.

So, how do you serve your valued and varied guests refreshing drinks to encourage socialization, without encouraging irresponsible behavior on your tittle?

Enjoy with appetizers; tasty, savory and fresh. Add fruit and garnish to give body and hydration. Or go for a full meal. Cocktails — even if filled with fruit — are not a real meal!



SPRITZERS

As an alternative, wine with a splash of soda can be a refreshing alternative in the Cambodian heat. *~*



Matcha or powdered green tea is one of the unsung heroes of the tea and coffee world. It is quietly sitting on many a menu from the popular drink chains and health cafes around Cambodia and revered by those who favor it, ignored by those who have never tasted it. If that is you, consider the following and give it a chance next time you're given the opportunity.


Matcha is a finely distinct flavor that doesn't carry the bitterness that steeped green tea can produce, it's subtle and savory, though can be sweetened up into matcha chai latte or similar drinks.

In a country where sweets are more savory anyway, matcha fits in perfectly for the Cambodian palate.

Originating in China in the Tang Dynasty (618-907), adopted by the Japanese in the 12th century, where its

current fame lies. The Japanese made preparation of matcha into a national ceremony, used for auspicious occasions, such as weddings, and attended by tourists as an insight into Japanese culture. The Japanese also adopted it into a variety of foods such as cake, ice cream, mochi and even noodles and sushi. It's even graded, with only the highest grade being deemed good enough for tea ceremonies.

The health benefits are observed by many in awe of Japanese people's longevity and good health. Among many benefits, some include; cancer fighting properties and high antioxidants, brings feelings of calmness, good for immune system and detoxifying the body, increases energy, and improves mood and concentration.

You can make it at home too. Customers in Cambodia have begun ordering organic matcha powder online so that they can enjoy the benefits and fine flavor from the comfort of their own home. 



MatchArt Cafe

One stand out cafe in Phnom Penh that takes matcha very seriously is The MatchArt Cafe — as the name suggests, they have turned matcha consumption into an art form. As well as the staple favorites, their extensive drink list will give you many new avenues to explore. Their desserts are masterpieces that are almost too beautiful to consume. Towering parfait, soft serve ice cream or matcha ice cream accompanied with jellies and red bean paste, all accommodate local preferences with the signature ingredient.



A Wine to Dine For

Pairing Up the Perfect Wine with Your Favorite Food

In one of her interviews, the late chef and television personality Julia Carolyn Child recalled her first meal in post-World War II France as a culinary revelation – describing a meal of oysters, sole meunière (a classic French fish meal) and fine wine as “an opening up of the soul and spirit for me.”

True, a meal with or without any kind of beverage would have been just fine for Julia (or to anyone for that matter) at the time. However, there’s a reason to believe that it was the addition of fine wine that led to that life-altering experience. Why? Because she also famously quoted that “Wine is meant to be with food — that’s the point of it.”

And no one from the wine or culinary world seems to be arguing.

Pairing Principles & Techniques

In total agreement on this is Charles Cagnat, General Manager of the Phnom Penh-based Wine Hall.

During our recent interview with him, he shared that “One of the things that I really like about wine is that it’s universal. It pairs up with any type of food. For example, Cambodian food is paired very well with Grenache from Southern Rhone. You see, there are so many kinds of wine out there that you’ll eventually find one that matches perfectly with any food in the world. There are many techniques for that. The key is to explore.”

For those familiar with wine and food matching, one of the most common techniques used is called “matching weight.” The principle behind it? To find a balance or to ensure that the weight or “body” of the wine complements the weight of the food. This means that, ideally, a rich or “heavy” food like red meat casseroles should be enjoyed with “full-bodied” wines.

After considering weight, pairing the flavors and texture can be done by using one of two main strategies: complement or contrast.

Comparing the two, the first strategy brings wine together with dishes that “complement” each other such as an earthy, Burgundian Pinot noir with an earthy, mushroom dish. On the other hand, the second strategy follows the idea that “opposites attract” and brings together food and wine that have contrasting traits such as a crisp, acidic Sauvignon blanc and a fish with a creamy lemon sauce.

Wines & Snacks

For most people, wine does not only go well with dishes but with snacks or “finger food” as well. Cheese for example, is known for going well with wine. Why? Many believe that the oil in most cheeses cut the acidity of the wine and make for a fuller flavor of both.

Some of the more popular cheeses that go well with wine are blue, brie, cheddar, asiago, and gouda.

Another snack that is commonly paired with wine is dark chocolate. Pair it with robust red wines such as cabernet sauvignon or pinot noir and expect a burst of crisp, fruity flavor to fill your mouth once the bitterness of the dark chocolate is counterbalanced by the tannins in the wine.

Other popular snacks that pairs well with wine include olives, bread and shrimp. *~*

Vegan Eats

Cambodia may seem like a challenging place to be completely vegetarian, however more choices are becoming available and many places are happy to adapt dishes to suit.

A strictly vegetarian diet in Cambodia is not as difficult as it may first seem. There is loads of fresh produce and locally made tofu too. The markets are abundant in freshly made noodles and great spice and curry mixes ready to go.

In the bigger cities, there is a wide variety of cuisine with options for vegetarian dishes, such as Indian, Cambodian, Chinese, Malay, Japanese, Taiwanese, and Thai. A lot of Asian food is vegetarian or vegan by design and some famous Khmer dishes have been adapted for vegetarian/vegan consumption by substituting fish for mushrooms or tofu with delicious results!

Phnom Penh

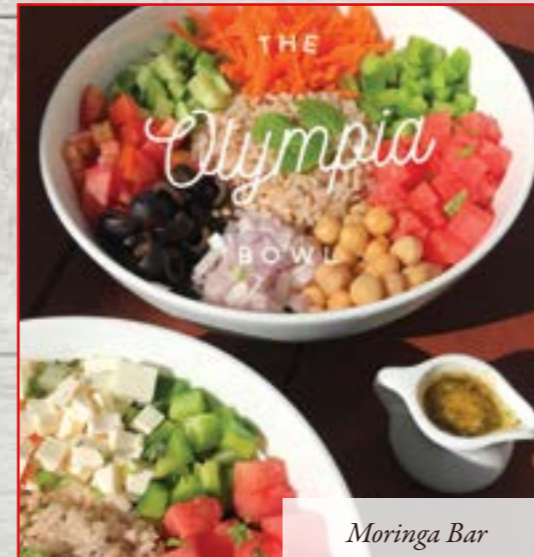
Phnom Penh has some great spots; The Vegetarian, Vibe, Eleven One Kitchen and various Indian and Burmese restaurants. There's even Ethiopian injera at Sarah Ethiopian Restaurant and Café which serves a huge variety of healthy, vegetarian meals.

The capital also boasts a huge number of organic stores and the occasional farmers market with organic produce; including honey, milk, yoghurt and eggs. Sometimes fresh honey is available, sometimes on a bicycle vendor, sometimes in busy markets.

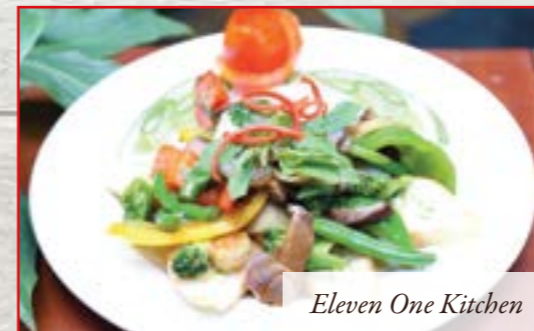
Some restaurants have vegan mayonnaise and veggie burgers, many coffee shops offer soy milk and other alternatives to cow's milk. There are a lot of options in Siem Reap to fulfil your burger desires too, most burger menus include a veggy option.

Siem Reap

The Peace Café in Siem Reap, Chinese vegetarian restaurant near Wat Damnak, Chamkar Vegetarian Restaurant, Sister Srey Cafe, Moringa Bar, Green Go Garden are some old and new favorites to quell your appetite.



Moringa Bar



Eleven One Kitchen



Sarah Ethiopian Restaurant

Considering becoming vegetarian or vegan? Here are the top 5 reasons people choose to eat without animal products:



1. Love the animals!

Many people don't want animals to be harmed for their dinner.

2. Environment

Animal agriculture and industrial dairy farming is having a devastating effect on our planet — the place we live and rely on to survive.



3. Health

A vegan or vegetarian diet is considered healthier than a meat protein diet. It's all about balance and, no, fries do not count as healthy vegetarian food.

4. Financial

It's much cheaper than a meat diet.



5. Ethics and religion

In yoga the 8 limbs of yoga practice encompass the philosophy of non-violence among other things — by eating a vegan diet a person fulfills this. For many people ethical living or religious reasons are supportive of a vegetarian diet. *~*

Kuy Teav Phnom Penh

Cambodian Phnom Penh Noodle Soup

Ingredients (4-5 servings)

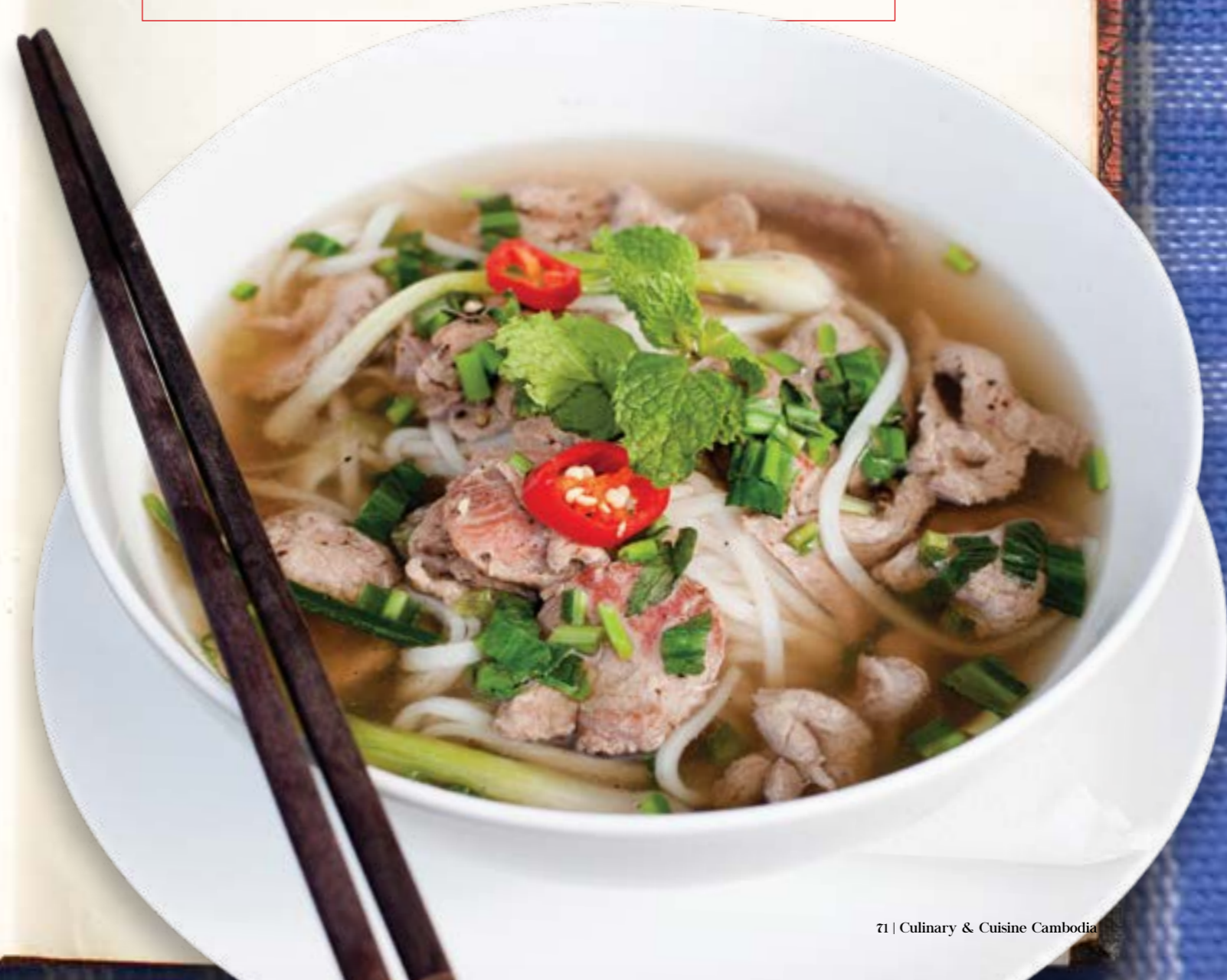
- | | |
|---|--|
| 1 lb fresh rice noodles
(if using dried make sure to
pre-soak it in warm water for 30
minutes or according to package
instructions) | 1 Knorr pork/chicken cube
(depending on the meat you use) |
| 10-12 cups of water | 1 medium onion, peeled and cut in half |
| 1½-2 lbs pork with/without bones | rock sugar, thumb size |
| ½ tablespoon black peppercorn | 1 cup preserved radish |
| ½ tablespoon coriander seeds | 2 tablespoons fish sauce |
| 3 cloves garlic, peeled | ½ tablespoon Golden Mountain
seasoning sauce |

Seasonings & Garnishes

- | | |
|--------------------------|--|
| cooked shrimp | cooked ground pork |
| mung bean sprouts | chopped mixed cilantro/green
onions |
| ground red chili peppers | Golden Mountain seasonings
(optional) |
| sliced preserved radish | Sugar (optional) |
| lime wedges | |
| fried garlic | |

Method

1. In a stock pot add the pork and bones, Knorr cube, onion, rock sugar, preserved radish, and water. If cooking on a stove top bring it to a hard boil for about 10 minutes and skim off any froth then simmer for 2 to 3 hours until all the flavor of the bones is released.
2. Add spices, you can pulverise them in a mortar and pestle first or leave them whole.
3. Taste and season as required.
4. Strain and leave stock overnight.
5. Reheat broth and pre-soak or give your noodles a quick cook. Strain the noodles and place in a bowl, add desired seasoning and garnishes and top the bowl up with broth.
6. A squeeze of lime and you're ready to go.



Reducing Plastic in the Restaurant

Whether you're a home chef or a professional, plastic is everywhere you look. Why does it matter?

The era of plastic-free and zero waste bloggers is here. More and more people are saying no to the excessive amounts of single-use plastic in shops, markets and restaurants. In Siem Reap, the first zero waste restaurant is said to open in late 2018.

In Cambodia, the trend is as prevalent and important as anywhere else in the world with sensational initiatives like Refill Not Landfill — encouraging tourists and the community to break free from bottled water.

Clean up activities have often been the early steps for the youth of Cambodia to begin considering the impact of plastic on the environment. Many groups across the country make regular events to engage the community and clean things up a bit.

Locally initiated social operation, Plastic Free Cambodia (PFC), aims to educate and motivate people to change their habits for their own health benefit, as well as protecting the environment.

Thanks to PFC, we have some tips you can use to reduce plastic. Chances are that, in the long term, you may even save money!



Tip 1: Say no to plastic bags! Take a cloth bag or a basket with you to the market or supermarket to carry your goods in.

These are becoming available in many places and even small produce bags for fruit and vegetables are now being produced in Cambodia. If your produce is delivered to your hotel or restaurant, ask the seller to bring it with no plastic bags — more and more places are able to offer this.



Tip 2: Plastic straws suck! In a bad way.

There are lots of alternatives available for reusable (metal, acrylic, glass and bamboo) and biodegradable (bioplastic — made from corn starch and paper) at reasonable prices throughout Cambodia. See our story about bamboo straws for more details ([page....](#)).

Tip 3: Refill not Landfill!

It's estimated that around 4 million plastic bottles are discarded every month in Siem Reap alone.

While some are recycled, many end up in a landfill. With accessible drinking water available, why not get a water filter? The prices start from only \$20 and they're made in Prey Veng, Cambodia. Large 20L blue bottles of water are ferried all over towns and provinces daily. They're exchanged and refilled which really reduces the amount of plastic. Grab a glass or reusable bottle and drink up!

Many local businesses like Jaya House River Park are supporting Refill Not Landfill with personalized water bottles.



Tip 4: Coffee is a habit, don't make plastic your habit too!

The coffee craze is sweeping the country. While already a popular drink, in more recent times, European-style coffee has entered the market and is becoming a daily ritual for all. Are you a barista? Can you offer your customers a discount when they bring their own cup? Check if your customer is not going far? Do they need a lid and a bag and a straw? Or is the cup enough by itself? And especially, never pour hot coffee into a plastic cup. This melts the plastic and it gets drunk along with the coffee.



Tip 5: Dine in or chan srak it away!!

Dine in or *chan srak* it away! Styrofoam is one of the most toxic materials we could consider eating food out of, burning it is even worse and putting it in landfill is a disaster waiting to happen.

You can encourage people to dine in or bring their *chan srak* (tiffin box) for take away. If take away is a necessity for your business, then change over to biodegradable take away boxes made from sugar cane fibres — healthier for your customers and don't contain any chemicals (they're also good in compost).



Flavors of *Mexico*

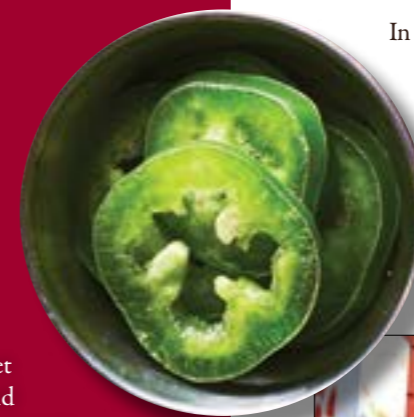


Salsa, guacamole and sour cream blend together in the most pleasing way. Partner it with a margarita with fresh lime and salt and you have a great combo.

How on earth did Mexican cuisine appear in Cambodia?

Popular restaurant, Viva Mexican Bar & Grill, in Siem Reap began when Lao Bunthinh returned to Siem Reap having escaped to America during the war. He met his partner, a Mexican cook, and together they began the first and most authentic Tex-Mex style restaurant in town.

It can be fair to assume that a lot of Khmericans returning to Cambodia have influenced that trend. That, and a combination of a good idea catching on and expat-run establishments, mean that Mexican food can be found in the major cities of Cambodia. Visit Siem Reap, Phnom Penh, Sihanoukville and Battambang and if you're looking for a satisfying burrito, a crunchy taco, a bit of spice and sweet, salty margaritas then you will not be disappointed.



The vibrant atmosphere, fresh ingredients and variety of flavors is attractive. Everyone is welcome and some places even let you create your own burrito with the flavors you like. You can be assured of the crowd-pleasing favorites such as tacos and burritos at most places with a choice of meat, fish or vegetarian filling.

Outside of Mexican restaurants, you can also frequently find burritos on the menu of places that have a large variety of cuisines, and some smaller places such as Feel Good Cafe in Phnom Penh and Kinyei Cafe in Battambang. There is a huge number of places in Phnom Penh, mostly concentrated around the Riverside area, with a few more in Russian Market.

In Siem Reap, Viva is the main restaurant with two locations and staying power of close to 12 years. Siem Reap is a town where restaurants come and go with the tide of tourists. Recently, a small taqueria branched out from Sihanoukville to add their second location of Maybe Later into trendy Kandal Village. The up and coming Funky Lane also has a local Mexican restaurant called Happy Panchos.



Viva Mexican Bar & Grille

Hidden within Green Mango Cafe and Bakery in Battambang, you will also find spicy delights. They have a "build your own burrito" night as well as regular Mexican dishes on their a la carte menu.

Next time you're looking for something different and a fun place to eat with friends, look up the local Mexican places in your town. *De*





Events, Festivals & Holidays



PHOTO CREDIT: SCOTT SHARICK

Phare the Cambodian Circus

A highlight of a trip to Siem Reap - and select days in Battambang, the Phare Circus is highly energetic and entertaining, also heartening and meaningful. All performances follow a story linked to Cambodia.

Nightly performances in Siem Reap.
2-4 times per week, in Battambang.



PHOTO CREDIT: PAUL BLOOMFIELD

New Cambodian Artists

NCA gives you a unique and special experience as the group are Cambodia's first contemporary dance troupe. Using traditional and modern techniques and anything else that the dancers can imagine, this is a treat that you must include in your calendar during your visit to Siem Reap.

Every Saturday, in Siem Reap
Note: runs until 31 March 2018.



Cambodian Living Arts

These beautiful performances give you a taste of traditional Cambodian daily life through traditional dances. Authentic and beautiful, learn about the way of life in the villages.

Nightly performances: National Museum, Phnom Penh.



Ask at your hotel or guesthouse to discover more events happening near you. Often events are announced only weeks or even days before they occur!

Cambodian New Year

Based on an ancient horoscope "Maha Sangkran", this traditional festival and annual holiday is a time filled with games, concerts and a multitude of cultural events throughout the country. This is a great time to explore Phnom Penh and the Angkor Sankrata festival held at Angkor Wat temple in Siem Reap.

13-17 APR



International Women's Day

08 MAR

International Women's Day

There will be events around the country organized by women's NGOs.

Chinese New Year

Many Cambodian families now celebrate Chinese New Year by making offerings to their families and ancestors.

16 FEB



Cambodia World Wildlife Day

While the official World Wildlife Day occurs on March 3, a festival will occur in Siem Reap at Jaya House River Park on March 4 for a focus on Cambodia's wildlife.

04 MAR



WORLD WILDLIFE DAY
WITH FAUNA IN FOCUS

ROYAL RAILWAY

CITY - AIRPORT EXPRESS TRAIN SHUTTLE

NEVER BE LATE AGAIN TO THE AIRPORT
City to Airport in 20 minutes

EXTERIOR AND INTERIOR DESIGN



The Royal Railway
City to Airport Express Train Shuttle
is a new modern express passenger train that connects you from the city center & stops inside the airport.

"THE EXPRESS TRAIN SHUTTLE"
begins mid-April 2018

Fun Facts About the Airport Shuttle



It's the **FIRST** Airport Shuttle in Cambodia!



24 hours operation everyday



Doesn't produce smoke



Doesn't produce noise

For more information, you may contact the Royal Railway Hotline

+(855 23) 992 379



Office and Residence

- Office Units
- Residential Units
- Available properties

KING'S ROAD — ANGKOR —

A Charming Food & Shopping Village

East of Old Market Bridge,
Achar Sva St, Siem Reap
Kingdom of Cambodia

info@kingsroadangkor.com

+855 (0)93 811 800

Food and Shopping Village

- F & B outlets
- Boutique Shops
- Made in Cambodia Market
- Available properties for F & B and retail





PHNOM PENH



SIEM REAP



SIHANOUKVILLE



MACAU



HO CHI MINH



HANOI



BANGKOK



HONG KONG



PALAU

EXPLORE YOUR DESTINATIONS WITH LANMEI AIRLINES



ticketing@lanmeiairlines.com



+855 23881890 / +855 23881893 / +855 23881865



No.575 D&E, Russian Federation Boulevard,
Phnom Penh, Cambodia