



A GIRLS GOTTA EAT  
GUIDE TO:

CAMBODIA

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# WHAT IT IS

AFTER PERUSING AISLES FOR ENDLESS HOURS, SAMPLING PIECES (OR HANDFULS) OF MANY FOREIGN PRODUCTS AND TRYING AUTHENTIC, TRADITIONAL DISHES IN CAMBODIA, I KNEW THAT EACH OF YOU NEED TO BE WITH ME ON THIS GLOBAL FOODIE JOURNEY.

IN AN EFFORT TO BRING YOU ALONG FOR THE RIDE, I CREATED THIS GUIDE SO YOU CAN UP YOUR ANTE IN THE KITCHEN, IMPRESS YOUR FRIENDS WITH A THEMED PARTY DINNER OR SIP AND SAMPLE SOLO FOR A FUN A SATURDAY NIGHT IN. IN THIS GUIDE, YOU WILL FIND RECIPES FOR MY FAVORITE MEALS FROM MY MONTH CAMBODIA.

*Pairs* WELL WITH ...

# CAMBODIAN RECIPES



**SACH KO WIT  
SLIRT S'PHU ANG  
(GRILLED BEEF IN  
BETEL LEAVES)**



**GREEN MANGO  
SALAD**



**CHICKEN AMOK**



**CHET ANG NUNG  
TIRK DOUNG  
(GRILLED BANANA  
WITH COCONUT  
SAUCE)**

# SACH KO WIT SLIRT S'PHU ANG (GRILLED BEEF IN BETEL LEAVES)



*Pairs Well With...Vermicelli noodles*

Item: Appetizer

Cuisine: Khmer

RECIPE SOURCED FROM: KHMER KROM RECIPES

## INGREDIENTS: (Makes 2 1/2 - 3 dozen pieces)

1 lb ground beef

2 cloves garlic, minced

½ cup chopped yellow onion

½ teaspoon fish sauce

1 tablespoon soy sauce

½ teaspoon salt

1 tablespoon palm sugar, or light brown sugar

½ teaspoon five spice powder

1 tablespoon sesame or peanut oil

1 tablespoon fresh ground black pepper

2 dozen large wild betel leaves

*\*\*Can't find betel leaves? The following are wonderful substitutes: perilla leaves, shiso leaves, grape leaves, spinach or other large leafy greens.*

Skewers (optional; see note in direction #5)

## DIRECTIONS:

1. In a large bowl, mix ground beef with garlic, onion, fish sauce, soy sauce, salt, sugar, five spice powder, oil and fresh ground black pepper together, mix well and set it aside.

# SACH KO WIT SLIRT S'PHU ANG (GRILLED BEEF IN BETEL LEAVES)

## DIRECTIONS (cont):

2. Clean each wild betel leaf (or other greens) thoroughly then let them soak in cold water so that when you grill it will prevent rapid burn to the leaves.
3. Place a wild betel leaf on a cutting board and put a spoonful of marinated meat on the larger top part of the leaf.
4. Roll the leaf over the meat like an eggroll until the leaf is entirely wrapped around the meat. Continue until all the meat is wrapped in leaves.
5. Cook beef rolls on a hot grill till it golden brown and leaves are starting to slightly char (or to your level of cook through). *Optional: skewer the wrapped up pieces and grill them on a wooden or metal skewer stick. If using wooden sticks, soak them for 30 minutes - 1 hour prior.*
6. Serve with hot cooked vermicelli noodles for the perfect starter.

# GREEN MANGO SALAD



*Pairs Well With...Dry Riesling or Chenin Blanc*

Item: Salad

Cuisine: Khmer

RECIPE SOURCED & ADAPTED FROM: DROOLFACTOR

## INGREDIENTS: (Serves 4)

### FOR THE SALAD:

- 2 green mangos, peeled & grated/julienned
- 1 medium carrot, peeled & grated/julienned
- 8-10 sweet basil leaves
- 4 tbsp roasted peanuts, roughly chopped
- 3 small stalks coriander, leaves picked
- ½ sweet red chili, finely chopped
- 1 tsp sugar

### FOR THE DRESSING:

- 2 shallot, finely chopped
- 3 cloves garlic, minced
- 2 stalk coriander root, finely chopped
- Lemon juice, to taste
- 1/2 cup hot water (more for thinner dressing)
- 2 chicken bouillon cubes
- Sugar, to taste
- Fish sauce, optional and to taste

# GREEN MANGO SALAD

## DIRECTIONS: Salad Dressing

1. Prepare the dressing by adding finely chopped shallot, garlic, coriander root, bouillon cube and sugar to hot water.
2. Stir until sugar and bouillon cube dissolves. Add more sugar and/or fish sauce to taste.
3. Let cool and add lemon juice to taste. Chill dressing for 30 min - 1 hour.

## DIRECTIONS: *Green Mango Salad*

1. Prepare the mango, carrot, coriander stalks and sweet red chili.
2. Sprinkle sugar on the mixture and stir thoroughly.
3. Prepare peanuts and basil leaves and set aside. (You will top the plated salads with both the peanuts and basil once your mixture has been tossed in the salad dressing.)
4. Place prepared mixture in the refrigerator until dressing is chilled and to liking.

Once dressing is chilled, pour over salad mixture and toss until coated. Plate salad and top with crushed peanuts and sweet basil leaves.

# CHICKEN AMOK



*Pairs Well With...Oaked Chardonnay & Steamed White Rice*

Item: Main Course

Cuisine: Khmer

RECIPE SOURCED & ADAPTED FROM: DROOLFACTOR

## INGREDIENTS: (Serves 4)

### AMOK PASTE:

- 2 stalks lemongrass, white section only, thinly sliced
- 2 thumb sized pieces of turmeric
- 4 small pieces of ginger root (substitute with 2 thumb size piece of regular ginger)
- 2 shallots, sliced
- 4 cloves garlic, sliced or minced

### FOR THE FILLING:

- 4 pcs, thinly sliced Ngor leaf (*use a small handful of spinach or swiss chard leaves for each portion as a substitute, about 2 cups in total*)
- 1/2 cup sliced white cap mushroom
- 1/2 onion, thinly sliced
- 2 cups finely sliced chicken
- 1/2 cup coconut milk
- 2 tsp sugar
- Pinch of salt
- 2 tsp fish sauce
- 2 chicken bullion cubes
- Prepared Amok paste



# CHICKEN AMOK

## ***DIRECTIONS: Amok Paste***

In a food processor blend lemongrass, turmeric, garlic, shallot and ginger root until it forms a rough paste. (Traditionally, the paste is made by manually grinding these ingredients down for 5-7 minutes. If you have a hand grinder, have at it!) Keep nearby as you will need the paste as you begin to make the core of the meal.

## ***DIRECTIONS: The Filling***

1. Heat 1/2 of the coconut milk in a pan and add amok paste, sugar, fish sauce and cook until brown.
2. Add chicken, mushroom, onion, ngor leaves (or spinach), the rest of the coconut milk, and bouillon cubes. Add more fish sauce to taste, if required.
3. Dish is ready when sauce thickens/reduces slightly and chicken is cooked through.

## ***SERVING:***

*In Ngor (banana) leaves:* Fold these leaves into a cup or boat-like shape, securing with toothpicks. Fill ngor leave cups with filling and bake at 350 degrees for 10 minutes or so, until set. Serve with steamed white rice on the side.

*If you used spinach or swiss chard as a substitution:* Your meal is ready. Serve on top of steamed white rice.

# CHET ANG NUNG TIRK DOUNG (GRILLED BANANA WITH COCONUT SAUCE)



*Pairs Well With...Fresh Young Coconut Water  
or Oaked Chardonnay*

Item: Dessert  
Cuisine: Khmer

RECIPE SOURCED FROM: RECIPES WIKIA

**INGREDIENTS:** (Serves 4-6 people)

## COCONUT SAUCE

- 1 (14 ounce) can coconut milk
- 1 cup brown sugar

## GRILLED BANANAS:

- 2 ripened bananas
- 2 eggs
- 1 ½ cups sugar
- 1 cup all-purpose flour
- ½ stick of butter
- ¼ Teaspoon salt
- 1 Teaspoon pure vanilla extract
- ¼ Teaspoon baking soda
- 1 Teaspoon cooking oil

# CHET ANG NUNG TIRK DOUNG (GRILLED BANANA WITH COCONUT SAUCE)

## **DIRECTIONS:** *Coconut Sauce*

1. Bring the coconut milk and brown sugar to a boil together in a heavy-bottomed pot.
2. Reduce heat to medium-low; cook and stir while boiling until the mixture is thick and the volume has reduced by about half, about 20 minutes.

## **DIRECTIONS:** *Grilled Bananas*

1. Peel banana and wrapped each banana in a strip of banana peel.
2. Grill on low-temperature until banana peel turns golden brown.
3. Remove banana peel and continue to grill banana until both sides are golden.
4. Put grilled banana in the middle of a large sheet of aluminum foil. Fold aluminum foil over grilled banana and press down lightly.
5. Pour coconut sauce on top of slightly flattened bananas before serving. Serve warm.

# SO...WHAT COMES NEXT?

- GET A DATE ON THE CALENDAR
- INVITE SOME FRIENDS
- MAKE IT A DINNER PARTY
- TAKE PRETTY FOOD PHOTOS & SHARE ON SOCIAL MEDIA.  
LET ME KNOW WHICH RECIPES YOU LOVED BEST!!!

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#COUNTRY OF SAMPLING (CAMBODIA)

*Pairs* WELL WITH ...