

A Taste of Cambodia – Khmer Recipes

Recipes shared by Ream Carson

Stir Fry Trawkoon with Pork

Servings: 2

INGREDIENTS

10 oz pork	2 Tbs sugar
10 oz trawkoon (water morning glory)	1 Tbs oyster sauce
3 Tbs vegetable oil	½ tsp salt
1 Tbs minced garlic	1 Tbs fish sauce

PREPARATION

Chop the pork. For the trawkoon (which is a leafy vegetable similar to spinach), pick off the leaves and cut them in segments about 2 inches long. Rinse the chopped trawkoon in a strainer. For the garlic, remove the skin, crush, then finely mince.

DIRECTIONS

In a hot pan (or wok), add the oil and garlic. Stir fry until golden brown. Add the sugar, oyster sauce, salt, and fish sauce and stir to mix. Then add the pork and stir fry for 3 minutes until the meat is cooked. Next add the trawkoon and stir fry for 3 minutes.

Serve with rice.

Stir Fry Chinese Pumpkin with Pork

Servings: 2

INGREDIENTS

10 oz pork	1 ½ Tbs sugar
1 lb pumpkin	1 tsp salt
2 Tbs vegetable oil	1 Tbs fish sauce
1 Tbs minced garlic	1 ¼ c water

PREPARATION

Cut the pork in thin slices. For the pumpkin, remove the skin and seeds. Then cut into ½ inch cubes. For the garlic, remove the skin, crush, then finely mince.

DIRECTIONS

In a hot pan (or wok), add the oil and garlic. Stir fry until golden brown. Add the sugar, salt, and fish sauce and stir to mix. Then add the pork and stir fry for 2 minutes. Next add the pumpkin and stir fry for 2 minutes. Add the water and cook for 10 minutes, stirring every 3 minutes.

Serve with rice.

* Oyster sauce and fish sauce can be found at Major Market or Albertson's in the International/Asian aisle.

Sweet and Sour Pork (or Chicken)

INGREDIENTS

1 cup tomato (chopped)	For the Sauce:
1 cup carrot (chopped)	3 Tbs catsup
1 cup onion (chopped)	3 tsp sugar
1 cup bell pepper (chopped)	1 Tbs soy sauce
10 oz pork or chicken (sliced)	½ cup water
2 Tbs vegetable oil	1 tsp flour
1 Tbs garlic	

PREPARATION

Cut the pork (or chicken) in thin slices. Chop the vegetables in ½ inch pieces. For the garlic, remove the skin, crush, then finely mince.

DIRECTIONS

Bring the 5 sauce ingredients to a boil.

In a hot pan (or wok), add the oil and garlic. Stir fry until golden brown. Add the meat and stir fry for 2 minutes. Then add the vegetables except the tomatoes, and stir fry for 3 minutes. Next, add the sauce and the tomatoes and cook for 2 minutes.

Ketchup Beef

INGREDIENTS

1 lb beef (sliced thin)	For the Marinade/Sauce:
1 head of romaine lettuce	¼ tsp black pepper
2 Tbs vegetable oil	1 tsp chili sauce
1 small onion (sliced)	dash of salt
1 tomato (sliced)	1 tsp beef stock
2 Tbs vegetable oil	½ cup ketchup
1 Tbs garlic	1 tsp soy sauce
	1 tsp sugar

PREPARATION

Mix marinade ingredients with sliced beef and let marinate for 30 minutes. Clean and separate romaine lettuce.

DIRECTIONS

In a hot pan (or wok), add the oil and garlic. Stir fry until golden brown. Add the beef and marinade mix, and stir fry for 3 minutes. Remove from the stove.

Place romaine lettuce leaves on a plate. Add tomato and onion on top of lettuce. Then top with beef.

* Oyster sauce and fish sauce can be found at Major Market or Albertson's in the International/Asian aisle.

Khmer Salad

INGREDIENTS

2 cups white cabbage (julienne)
½ cup cucumber (julienne)
½ cup carrot (julienne)
½ cup tomato (chopped)
¼ cup mint and basil (chopped)
¼ cup peanuts (not roasted)
1 cup chicken breast (boiled and shredded)

For Salad Dressing:
1 tsp garlic (minced)
4 Tbs sugar
4 Tbs lemon juice
4 Tbs fish sauce

PREPARATION

Boil chicken breast for 20 minutes; let cool and then shred. Toast peanuts in a frying pan until lightly browned, then crush into small pieces.

Julienne (cut in thin slices) cabbage, cucumbers, and carrots. Chop tomatoes. Finely chop mint and basil.

DIRECTIONS

Mix cabbage, cucumber, carrot, tomato, mint, and basil in a large bowl. Add peanuts and chicken. Blend dressing and toss with salad mixture.

Stir Fry Noodle

INGREDIENTS

1 lb beef
1 cup broccoli (w/stems)
1 carrot (julienne)
4 rolls of noodles
1 Tbs garlic
1 tsp soy sauce

2 Tbs oyster sauce
1 Tbs sugar
1 tsp cornstarch
2 eggs (beaten)
3 Tbs vegetable oil

PREPARATION

Boil water (enough to cover noodles); then remove from heat. Add noodles and let cook for 3 minutes. Chop broccoli and julienne (thinly slice) carrot.

DIRECTIONS

Slice beef into thin small pieces and put in a bowl with soy sauce, oyster sauce, sugar and cornstarch. In a hot pan (or wok) add oil and garlic, and stir fry until golden brown. Add beef mixture and cook for 2 minutes. Then add vegetables and cook for 2 minutes. Drain noodles. Add drained noodles to pan and cook for 2 minutes. Slowly add beaten eggs. Cook for 1 minute.

Good with chili sauce.

* Oyster sauce and fish sauce can be found at Major Market or Albertson's in the International/Asian aisle.