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Welcome to



NARY KITCHEN

Restaurant & Cooking Classes

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DILICIOUS KHMER FOOD RECIPES

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LESSON 1 FISH AMOK

INGREDIENT:

- 100g fish fillet (Snake Fish) from fresh water.
- 15-20g slice lemongrass (1 stalk fresh lemongrass).
- 1 Kaffir-lime-leaf.
- 1cm³ fresh galangal (a root that looks like ginger).
- 1cm³ fresh turmeric (can use 1/4tsp turmeric powder).
- 150ml (6-8tsp) coconut milk.
- 1/2 tsp chicken stock powder (knorr/buillion).
- 2-3 cloves garlic.
- 1tsp white/brown sugar.
- salt (a pinch of salt).
- 1tsp boneless Prahok (Khmer fish paste) use strimp paste to substitute.
- 1 Slek-Nhor (NONI leaf) use spinach or kale to substitute.
- 2 Pieces banana leaves to make a bowl (use ceramic soup bowl to substitute).
- A pinch of corn starch/flour.

DIRECTION:

How to make lemongrass-paste:

- 1/ Rinse then soak red-sun dried paprika to re-soften for 1min.
- 2/ Thinly slice fresh stalk lemongrass then set aside.
- 3/ Slice small pieces; Kaffir-lime leaf, Galangal, turmeric, figner-root & garlic then set aside.
- 4/ Put everything in a mortar; the sliced lemongrass, kaffir-lime leaf, Galangal, turmeric, figner-root, peeled garlic, soaked paprika, shrimp paste and than pound it for 10mins or longer until it become a very fine paste (that's lemongrass-paste) then set aside.
- 5/ Finely slice Snake Fish then put in a bowl and add chicken stock powder, salt, sugar, 1tbsp lemongrass-paste, 3-4tbsp coconut milk than mix and stir with the spoon until so flavor infuse (that's marinated fish) then set aside.
- 6/ Fold 2pieces banana leaves to make a bowl. Fold over with use toothpick to pin at four corners of banana bowl and trim it.
- 7/ Strip off the stem of Slek-Nhor(NONI-leaf) then tear small pieces and put in the banana bowl. Transfer all Marinated Fish into the banana bowl and than steam it for 15-20min (that's steamed fish). While 15min later, sprinkle 1tbsp coconut cream over and than garnish a few small sliced kaffir-lime leaf with a few long sliced red fresh sweet chili on top. That's it, the Fish Amok.

How to make coconut cream:

Pour 50ml(4-5tbsp) coconut milk in a pot and add a pinch of corn starch then simmer with stirring over the low flame for 1min or until become thicker. That's all.

Sever with steamed rice for lunch or dinner. This recipe is for one or two person.

LESSON 2

FRIDE SPING ROLL

INGREDIENT:

100g taro (use potato or sweet potato to substitute).

20g carrot

2-3 stalks spring onion

1/2 stp chicken stock powder (know/builion).

1 stp sugar.

1/2 stp black papperpowder.

A pinch of salt

1 Little(1000ml) vegetable oil/any cooking oil.

5-10 sheets of rice paper/any rice or wheat paper.

DIRECTION:

1/ Peel taro and carrot then grate very small pices, then set saide.

2/ Finely slice spring onion, then set side.\

3/ Finely slice pork and mince very sine, like a paste, then set aside.

4/ Mix the grated taro with carrot, minced pork, sliced spring onion, chicken stock powder, salt, sugar, black papper powder then squeeze and knead then hard with the finger for 1-2mins or until very fine mixed paste (as mixed taro paste).

5/ Spoon 1tbsp of mixed taro paste to put on a sheet of a riTce paper and stretch about 6cm long side and roll it. when roll to the haft way then fold over at both sides(left and right) the rice paper amd then continue rolling to its edge.

6/ Other more, keep rolling to it edge.

7/ Heat a frying pan with 1litter vegetable oil and then deep fry all the rolled of the spring rolls.

keep frying and truning them over often until they become golden brown for about 5-7mins slow flame then take them out of the pan and leave i t a colander to drain the oil. That's Spring Roll.

it's a snake or a stater.

This recipe is for one or two persons.

****Note:** Ckicken/ beef/ prawn as desire, the way to prepare and cook is the same.

LESSON 3

BEEF LOK LAK

INGREDIENT:

- 100g beef
- 4-5tsp vegetable oil/any cooking oil
- 1/2tsp chicken stock powder/knoe/buillion.
- 1/2tsp sugar.
- A pinch of salt.
- 1-2 cloves garlic.
- 1-2 tsp soy sauce.
- 1-2 tsp oyster sauce.
- 1-2 tsp mild hot chili sauce/sweet chili sauce.
- 1-2 tsp tomato sauce/ketchup.
- 1/2 tsp black pepper powder.
- 1 egg (chicken/duck).
- 1-2 leaves lettuce.
- 1 tomato(need few slices).
- 1 lime, to make dip sauce (lime with pepper sauce).
- A few leaves coriander (if you like).

DIRECTION:

- 1/ Slice finely beef in cube (1cm³ side) and then put it in a bowl and add 2tsp vegetable oil, chicken stock powder, sugar, soy sauce, salt, oyster sauce, mild hot chili sauce, tomato sauce and a pinch of black pepper powder, stir and beat with a spoon until so infuse the flavor(that's marinated beef) then put it aside.
- 2/ slice thinly onion, tomato (need only a few slices each) and then make a nice presentation(preparing) on a plate with lettuce then leave aside.
- 3/ Peel the minced garlic in small pieces then put it aside.
- 4/ Pour 3-4tsp vegetable oil in a pan then heat on the high flame. with the pan and oil heating, add 1tsp minced garlic then stir-fry for 10-15 seconds (see some of garlic golden-brown with aroma) and then pour the marinated beef in this pan then stir-fry vigorously until the beef done about 1 or 2minute and then pour that beef in the presentation plate, then leave it aside.
- 5/ Fry a soft egg(medium cooked) then put on top the fried beef. Garnish a few leaves coriander on top (if you like). That's it, Beef LokLak.

****HOW TO MAKE DEEP SAUCE:**

Chop a lime, remove the seeds then squeeze in a small bowl. Add a pinch of salt, 1/2tsp of sugar, 1/2tsp of chicken stock powder and 1/2tsp of black pepper powder and stir-mix with a spoon.

Deglazing in the same pan after fried the marinated beef then pour in a small bowl. That's it for sauce.

Serve with deep sauce and steamed rice for lunch or dinner.

This recipe is for one or two persons.

LESSON 4

RED CHICKEN CURRY

INGREDIENT:

100g boneless chicken
20g sliced lemongrass (a fresh stalk lemo
1/2tsp Prahok(Khmer fish paste) or use strimp paste to substitute.
1cm³ fresh turmeric root(can use turmeric powder).
1cm³ fresh galangal root (a root that look like ginger).
1-2 Kaffir-lime leaf.
1cm³ fresh finger root (Chinese ginger).
20-30g aubergine(eggplant) chop big chunks.
20-30g runner bean (green string bean) cut big sides.
3-4 red-sun dried paprika (can use paprika powder).
2-3 cloves garlic.
200ml thick coconut milk (pure coconut milk).
500ml thn coconut milk (coconut milk mix with some water).
1/2tsp white/brown sugar.
A pinch of salt.
1/2tsp chicken stock powder (knor/buillion).
20-30g sweet potato(yam).
A half of one onion(chop big chunks).
1/2tsp red or yello curry powder.
1tsp fish souce.

DIRECTION:

How to make curry paste(Lemongrass paste):

- 1/ Rines then soak red-sun dried paprika to re-soften for 1min.
- 2/ Thinly slice fresh stalk lemongrass then set aside.
- 3/ Slice small pices, kaffir-lime leafe, galangal, turmeric, figner-root and peel garlic then set aside.
- 4/ Put everything in a mortar, the sliced lemongrass, kaffir lime leaf, galangal, turmeric, finger root, garlich, soaked paprika, shrimp paste and red curry powder and pound for 10mins or logner until it becomes a very fine paste(that's curry-paste) then set aside.
- 5/ Chop finely chicken then set aside.
- 6/ Peel and chop big chunks potato, aubergine, onion then sok them in a lrage pot with clean water to keep theri shape. Cut string bean in 3cm long side then soak in the same pot with chopped potato.
- 7/ Heat a frying pan ot pot with 200ml thick coconut milk and simmer until boil vigorously. Add the curry paste and stir-fry for 1min to dissolve with aroma. Add chopped chicken and stir-fry for 1min. Add cheicken stock powde, sugar, salt, fish sauce them simmer for 1min. Add only chopped potato then simmer for 1min. Add 500ml thin coconut milk them simmer for 1min and then add slice onion, aubergine, string bean and continue simmering potato is soft (done) tastsit, for your favorit taste. That's it with Red Curry.

Serve with steamed rice or bread. This recipe is for one or two persons.

OPTION: Pork/ beef/ prawn as desire, the way to prepare and cook is the same.



LESSON 5

GREEN CHICKEN CURRY



INGREDIENT:

- 100g chicken breast.
- 20g slice fresh lemongrass (use the part of green leaves).
- 1cm³ fresh garlangal root (can use dried galangal).
- 1cm³ turmeric root (can use turmeric powder).
- 1 kaffir lime leaf.
- 1cm³ fresh figner-root or skip it.
- 2-3 cloves garlic.
- 20-30g runner bean (string bean).
- 20-30g aubergine (eggplant).
- Several tiny green eggplant (Khmer tra-op-put-nhong).
- 20-30g rice mushroom (black and white mushroom).
- 200ml thick coconut milk (pure coconut milk).
- 500ml thin cocnut milk (coconut milk mix with some water).
- 1/2 tsp white/brown sugar.
- 1/2 tsp chicken stock powder (knorr/buillion).
- 1-2 tsp fish sauce.
- 1/2 tsp Prahok (Khmer fish paste) or use strimp paste to substitute.
- Several leaves fresh green herb (thai basil).

DIRECTION:

How to make curry paste(Lemongrass paste):

- 1/ Rines then soak red-sun dried paprika to re-soften for 1min.
- 2/ Thinly slice fresh stalk lemongrass then set aside.
- 3/ Slice small pices, kaffir-lime leafe, galangal, turmeric, figner-root and peel garlic then set aside.
- 4/ Put everything in a mortar, the sliced lemongrass, kaffir lime leaf, galangal, turmeric, finger root, garlich, shrimp paste and red curry powder and pound for 10mins or logner until it becomes a very fine paste (that's curry-paste) then set aside.
- 5/ Chop finely chicken then set aside.
- 6/ Peel and chop big chunks potato, aubergine, onion then sok them in a lrage pot with clean water to keep theri shape. Cut string bean in 3cm long side then soak in the same pot with chopped potato.
- 7/ Heat a frying pan ot pot with 200ml thick coconut milk and simmer until boil vigorously. Add the curry paste and stir-fry for 1min to dissolve with aroma. Add chopped chicken and stir-fry for 1min. Add cheicken stock powde, sugar, salt, fish sauce them simmer for 1min. Add only chopped potato then simmer for 1min. Add 500ml thin coconut milk them simmer for 1min and then add slice onion, aubergine, string bean and continue simmering potato is soft (done) tastsit, for your favorit taste. That's it with Red Curry.

Serve with streamed rice for luch or dinner. this recipe is for one or two person.

OPTION: Pork/ beef/ fish/ prawn as desire, the way to prepare and cook is the same.



LESSON 6

FRESH SPRING ROLL

INGREDIENT:

- 100g port.
- 100g vermicelli (fresh Khmer rice noodle).
- 1 cucumber (40-50g).
- 30-40 leaves mixed green herb (thaibasil mix with mixts).
- 10 leaves lettuce.
- 40-50g bean sprout.
- 10-16 sheets of rice paper.
- 1/2 tsp fish sauce.
- 1/2 tsp chicken stock/knor/buillion.
- 1/2 tsp sugar.
- 1-2 cloves garlic.
- 20-30g peeled and ground roasted peanut.
- 1-2 lime to make lime sauce (deep sauce).
- 1-2 hotchili (your desire).
- 1-2 stalk spring onion.
- 40-50g carrot.
- 3-4 tsp vegetable oil/any cooking oil.

DIRECTION:

- 1/ Blanch (boil very short time) bean sprout then set aside.
- 2/ Chop long size cucumber (10mm Wx60mmL) not to peel, then set aside.
- 3/ Finely chop or mince port then set aside.
- 4/ Finely slice spring onion then set aside.
- 5/ Mince garlic then set aside.
- 6/ Slice very thin along size carrot (3mmx30mmL) then set aside.
- 7/ Heat a frying pan with 3-4tsp vegetable oil. While the oil very hot, add 1tsp minced garlic and stir-fry for several seconds then add pork, carrot, spring onion, chicken stock, fish sauce, sugar mix and stir-fry until the port well done (cooked) and then transfer to a bowl.
- 8/ Take a sheet rice paper to soak in the fresh water for 1-2 seconds(rushing) to soften and spread it on a chopping board. Rushing! put one lettuce in the middle the rice paper with piece cucumber, some of bean sprout, some of mixed green herb leaves, some of vermicelli and 1tbsp fried mixed port then fold the rice paper over and then roll it over.
- 9/ Try to roll more other one by one until the fried mixed pork finished. That's Fresh Spring Roll.

How to make lime sauce (deeping sauce):

Put 1/2tsp salt in a mortar and add 1/2 tsp sugar, 1tsp minced garlic, 1-2 hot chili, 1/2 tsp chicken stock then grind with a pestle until become a paste, Add 2-3tbsp boiled water and squeeze lime juice in and then stir and taste to your flavor, Transfer to a small bowl and add 2tsp ground peanut. That's all.

OPTION: Pork/ chicken as desire, the way to prepare and cook is the same.
Serve with lime sauce for a snack. This recipe is for one or two person.



LESSON 7

MANGO SALAD



INGREDIENT:

- 150g grated green sour mango.
- 30-40g sun dried shrimp.
- 30-40 leaves of green herb (mixed thaibasil with mints).
- 30-40g peeled and ground roasted peanut.
- 1 stalk spring onion.
- 1-2 leaves peeled garlic.
- 1-2 hot chili (your desire).
- 1/2 tsp sugar.
- 1/2 tsp chicken stock powder/knorr/buillion.
- 1-2 tsp fish sauce.

DIRECTION:

- 1/ Peel then grate green mango in long size piece then set aside.
- 2/ Rinse dried shrimps then pound finely in a mortar with a pestle then set aside.
- 3/ Finely slice spring onion then set aside.
- 4/ Put the sliced garlic, hot chili, fish sauce, chicken stock powder, sugar in mortar and pound (grind) until it become a liquid sauce (thick).
- 5/ Strip off the stems from all the green herbs leaves (thaibasil and mints) then set aside.
- 6/ Make nice presentation in a large plate with lettuce leaf and a few thinly slice cucumber, carrot, tomato then leave aside.
- 7/ Transfer the grated mango in a large bowl and add pounded shrimp, sliced spring onion, mixed green herbs, ground peanut and pour the liquid sauce in and then mix hard by your fingers until so infuse the flavor then transfer in to large plate that presented with lettuce, cucumber, carrot and tomato. Garnish with a few sliced red sweet chili. That's it, the Green Mango Salad.

**it's a snack or starter at lunch or dinner.
This recipe is for one or two person.**

LESSON 8

SOUR SOUP

INGREDIENT:

- 100g fish fillet(snake fish from fresh water).
- 20g pineapples (few chops).
- 20g (winter melon few chops).
- 20g tomato (few chops).
- 10-25g (1tbsp) ripe seedless tamarind paste four sour juice.
- 10-15 leaves thabasil.
- 1-2 leaves culantro (saw herb).
- 1 stalk with leaves paddy-herb.
- 1 stalk spring onion.
- 1-2 red hot chili (your desire).
- 20g lotus root(growth under the water).
- 2-3 big chunk slice garlangal root.
- 1-2 kaffir-lime leaf(no need to slice).
- 1-2 cloves garlic.
- 1/2tsp chicken stock powder/knorr/buillion.
- 1/2tsp sugar.
- 1-2 tsp fish sauce.
- 1 egg (chicken/duck).
- 2-3 tsp vegetable oil/any cooking oil.
- 500-700ml fresh water to make broth.

DIRECTION:

- 1/ Peel and chop pineapple(1cmWx3cmL) size and set aside.
- 2/ Peel and chop winter melon same size as pineapple and set aside.
- 3/ Scratch(peel) the skin out of lotus root and cut 3cm long size then split in 2 pieces and set aside.
- 4/ Finely chop tomato and set aside.
- 5/ Mix culantro with thabasil, spring onion, hot chili, and paddy-herb then slice finely and set aside.
- 6/ Mince garlic and set aside.
- 7/ Finely chop fish in cube(2cm³)size and set aside.
- 8/ Rub and stir tamarind paste in a small bowl with 3-4tbsp hot boiled water to make sour juice and set a side.
- 9/ Boil 500-700ml fresh water in a soup pot. while the water boil vigorously add chopped fish, chunk slice garlangal, 2 kaffir lime leaves, chicken stock, fish sauce, sugar then simmer for 1min and add chopped pineapple, winter melon, lotus root then simmer for 1min and then add chopped tomato, 2tbsp tamarind juice and simmer for 1min. Crack an egg to put in the soup and stir to break the egg. keep simmer until vigorously then turn off the stove, transfer to a big soup bowl.
- 10/ Rushing, heat a frying pan with 3tsp oil. While the oil very hot add 1tsp minced garlic and stir-fry until garlic golden brown with aroma then pour sprinkling over the soup then put all sliced mixed herb with chili over. That's all, the CAMBODIAN SOUR SOUP.

Sever with steamed rice for lunch or dinner. This recipe is for one or two person.

OPTION: Prawn as your desire, the way to prepare and cook is the same.

LESSON 9

FRIED VEGETABLE WITH CHICKEN

INGREDIENT:

- 100g boneless chicken.
- 20g green pepper(capsicum) few chops.
- 20g tomato (few chops).
- 20g onion (few chops).
- 2-3 stalk morning-gloey (need not leaf).
- 20g eice mushroom (black and white mushroom).
- 20g pineapple (few chops).
- 20g kale (stalk of kale need not leaf).
- 20g cabbage (few chops).
- 20g cauliflower (few chops).
- 1-2 clove peeled garlic.
- 2 tsp oyster sauce.
- 3-4 tsp vegetable oil/any cooking oil.
- 1/2 tsp chicken stock powder/knorr/buillion.
- 2 tsp soysauce.
- 1/2 stp sugar.
- 1 tbsp tomato sauce (catchup).
- 1-2 stp mild hoy chili sauce.
- 1-2 tsp fish sauce.
- 1 stalk pring onion.

DIRECTION:

- 1/ Fienly chop chicken then set aside.
- 2/ Fienly chop vegetables upon and mix then set aside.
- 3/ Boil 1Litter fresh water in a pan. While the water is boling put all chopped vegetables in, to blanch for 1/2 -1min then drain the water out and set aside.
- 4/ Heat a lrage frying pan(wok) with 3-4tsp vegetable oil. While the oil getting hot add 1-2 tsp chopped garlic and stir-fry untill golden brown about 15seconds. Add chopped chicken and stir-fry about 1min and add soysauce, chiecken stock, sugar, oyster sauce, mild hot chili sauce, tomato sacue then stir-fry for a few seconds then add ll blanched vegetables then stir-fry until they're all soft(done). transfer to a lrage plate then sprinkle sliced spring onion for garnishing. That's all, Fried vegetable with chicken.

Sever with steamed rice for luch or dinner. This recipe is for one or two person.

OPTION: Pork/beef/prawn as your desire, the way to prepare and cook it the same.

Possibly, skip some of these vegetable upon, if you don't like.



LESSON 10

SWEET BANANA COCONUT MILK



INGREDIENT:

2-3 Sweet banana.
1tbs Dried tapioca.
300ml water.
1/4 tsp of salt.
4 tbs Coconut milk.
1 tsp sugar.

DIRECTION:

Peel banana then chop into 3-4 chunks then soak in the fresh water for awhile.

Soak dried tapioca in the fresh water for a while to refresh.

Strain the water off from banana and also tapioca then put them in a pot with 300ml fresh water then boil for 2-3 minutes and then add salt(**just little for more flavor**), sugar and coconut milk and stir a round. that's it for cook banana and tapioca.

This recipe is for one or two persons.

OPTION: sweet potato, pumpkin.



THE END OF THE Recipe

Thank you for your coming
and
don't forget to learn more how to cook at home.

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