



# Cambodian Culture & Cuisine



A Global Eats Presentation by  
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\*\*\*Make sure to click on the links under each picture to learn how to make some Cambodian dishes and learn about their history!

# Welcome to Cambodia!

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- Also known as Kampuchea, or Kingdom of Cambodia
- Located in Southeast Asia, surrounded by Thailand, Laos, and Vietnam
- Official religion: Buddhism
- Population: 15 million
- Capital: Phnom Penh

Watch: [Cambodia - My Beautiful Home Country | Cinematic Drone Footage](#)



[https://en.wikipedia.org/wiki/Cambodia#/media/File:Flag\\_of\\_Cambodia.svg](https://en.wikipedia.org/wiki/Cambodia#/media/File:Flag_of_Cambodia.svg)



[https://en.wikipedia.org/wiki/Cambodia#/media/File:Royal\\_arms\\_of\\_Cambodia.svg](https://en.wikipedia.org/wiki/Cambodia#/media/File:Royal_arms_of_Cambodia.svg)

# Breakfast in Cambodia

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- Num Banh Chok- Cambodian Rice Noodle Soup
- Bai Sach Chrouk- White Rice cooked with Pork
- Typical Cambodian breakfast has rice porridge, called babor.
- A favorite way to start the day is Num Banh Chok. Num Banh Chok is essentially rice noodles topped with fish-based green curry made with lemongrass, turmeric root, and kaffir lime.
- Cambodia's breakfast consists of important staples, however, it has not always been the case.
- The popular culture of rice and noodles in breakfast has been due to the fact that in urban centers, to start their days, individuals usually pick up a bowl of rice or noodles.



<https://www.tasteatlas.com/num-banh-chok>



<https://www.196flavors.com/cambodia-bai-sach-chrouk/>

# Cambodian Cuisine



- Cambodia's cuisine is mainly impacted by the abundant water ways that include fish. The backbone of Khmer dishes is a fish paste known as prahoc (fermented fish paste).
- Cambodia is filled with luscious rice filled, another staple of the country. The staple is mainly provided by Battambang Province.

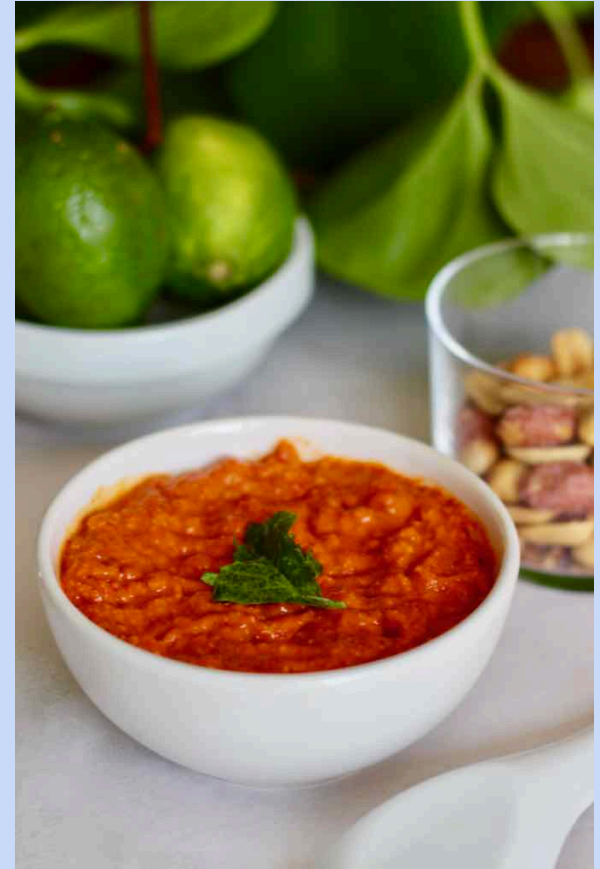
Prahok, fermented fish paste; <https://www.travellaonline.com/prahok-the-symbol-of-khmer-cuisine.html>



# Tonle Sap Lake

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- Due to Tonle Sap Lake, freshwater fish forms a huge part of the diet. A common specialty that is eaten there is, Trey ahng (grilled fish).
- The fish is usually as pieces wrapped in lettuce or spinach leaves. It is then dipped in teuk trey, a fish sauce that is common in Cambodia.



Teuk trey, fish sauce;  
<https://www.196flavors.com/cambodia-tuk-trey/>

# What's the difference?

**Rambutan**



**Lychee**



**Longan**



<https://www.thomasfresh.com/blog/lychee-longan-and-rambutan/>



<https://food.ndtv.com/food-drinks/8-incredible-benefits-of-mangosteen-the->

## Desserts & Fruits

- The top desserts for Cambodians are the abundant natural fruits that they have to offer.
- Primarily, cambodians eat mango when it is abundant during mango season.
- Next, bananas (chek), pineapple (menoa), and coconut(duong) are abundant in the Cambodian desserts.
- The fruits most popular with visitors are rambutan and mangosteen.

<<< Pictured to the left is Mangosteen, a popular fruit in Cambodia, described as a delicious mix of lychee, peach, strawberry, and pineapple. It is known as the queen of fruits.

# Street Food

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- Street snacks are very popular in Cambodia.
- Some top street snacks are Banh chev, Bobor, Chek chien, Nam ben choc, and loat.
- Banh chev is a rice pancake filled with yummy herbs, bean sprouts, and meat or fish staple.
- Bobor is rice porridge, usually eaten with fried egg and dried fish.



Banh xeo; <https://www.taste.com.au/recipes/banh-xeo-crispy-pancakes/31a5abec-9b67-41aa-ab15-0bf09e8ffec6>



<https://aviatrixkim.com/2018/03/20/khmer-home-cooking-bobor-sam-jok/>

# Street Snacks (continued)

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- Chek chien are deep-fried bananas.
- Nam ben choc are thin rice noodles served with red chicken curry or a fish-based broth.
- Loat are small white noodles that almost look like bean sprouts and are paired with fried beef.



<http://www.chanbokeo.com/index.php?gcm=1411&grid=104892&gtop=5129>

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