

WINNIE'S WECPES

Cambodian Recipes

CAMBODIA

NOTE: Many fruits from Asia are becoming available in U.S. supermarkets. Serve any of these fruits, if you can find them. The Khmer word is shown in parentheses.

Rambutan: Red with soft spikes on the outside, the white flesh tastes like grapes.

Jackfruit (Khno): A large, oval fruit with a light-green, spiky skin.

Banana (Chék): These are so abundant, they are a staple dietary item in Cambodia.

Papaya (Lhong): You'll know a papaya is ripe when the skin turns a reddish-yellow.

Lychee (Koulen): Small, round, red, and spiky, with a white flesh inside. Similar to rambutan in looks but not in taste.

Watermelon (Owlock): These are plentiful and sold at many local markets in Cambodia.

CAMBODIA

STICKY RICE, JASMINE RICE

NOTE: Cambodians eat more rice per person than any other race in the world. There are over 100 words and phrases for rice in the Cambodian language, and hundreds of varieties of native-grown rice.

Sticky rice (also called sweet rice) is often eaten as a dessert with slices of fruit and sweetened coconut milk.

Jasmine rice is the most popular rice in Cambodia and is also known as "fragrant rice."

Purchase sticky rice and jasmine rice and prepare according to the package instructions. Let the kids try both varieties.

CAMBODIA

GRILLED GINGER CHICKEN WINGS

- 2 lb. chicken wings
- ¼ c. soy sauce
- ½ tsp. salt
- 2 tsp. light brown sugar

Put all ingredients in a large bowl or zip-top bag. Mix well. Cover and refrigerate at least 4 hours or overnight.

Cook on a grill or under a broiler (set on low) until golden brown and crispy, about 15-25 minutes, turning several times.

CAMBODIA

SWEET CRISPY RICE CAKES

NOTE: Rice snacks are available all day long from street vendors, who sell many different options. This easy recipe uses store-bought rice cakes. Increase the amount of brown sugar and water as needed, depending on the size of your class.

- Rice cakes, as many as needed
for your class
Oil for frying
- For the syrup:**
2 c. brown sugar
½ c. water

To make the syrup, boil the brown sugar in the water, stirring constantly, until it becomes thick.

Fry the rice cakes in hot oil until browned on both sides. To serve, drizzle the brown sugar syrup on top.