



Save the Children®



# JOURNEYS with US

Photo: Linh Pham / Save the Children

**CAMBODIA**  
NOVEMBER 2023



**THIS SPECIAL PRE-DEPARTURE INFORMATION HAS BEEN PREPARED JUST FOR YOU BEFORE YOU EMBARK ON THIS JOURNEY WITH US TO CAMBODIA!**



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## REQUIRED DOCUMENTS & COURSES

The following is what is normally required **BEFORE** any travel to visit our programs in Cambodia. By now, you would've completed the following:

- Medical/Insurance & personal details relayed to host
- Personal Safety & Security Course and Briefing
- Completed meeting/conversation with the Safety and Security Focal Point
- Child Safeguarding Course
- Background check
- Updated COVID-19 vaccination card (recommended only)



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## RECOMMENDED PACKING

(completed)

- Clothing for warm weather (See climate/attire below - November is the start of Cambodia's dry season. On average the temperature is 81°F, but humidity can make it feel warmer.)
- Malaria tablets
- Lightweight travel towel
- A reliable water bottle
- Sneakers, flip flops and water shoes
- Lightweight jacket/disposable raincoat
- A day pack
- A small umbrella (Monsoon season is from May to November.)
- A personal first aid kit
- Sunscreen lotion
- Insect repellent!
- Rain/sun hat or krama
- Phone charger



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## ARRIVAL

Your arrival in Cambodia will begin at the Phnom Penh International Airport, Cambodia's main airport located in the Pou Senchey District, approximately 4 miles west of Phnom Penh, the nation's capital.

This airport is one of the largest and busiest in Cambodia and provides many services including but not limited to transportation (train, bus, taxi, car rental) currency exchange, ATM, restaurants and shops (in case you forgot to pack an important item)!

Once you've collected your luggage, arranged transportation will meet you outside the baggage claim area. Please look for the staffers with branded Save the Children signage and clothing. Before your experience begins, they'll provide you with your emergency contact list and briefing – and then, you're off to experience a beautiful and unique adventure!



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## TRANSPORTATION

Car/van service (Save the Children office marked vehicle) will be provided to you for travel to and from the airport, your hotel and each itinerary destination.

Should you wish to venture out after Save the Children excursions, there are many options available in the main cities and towns. Buses, motorbike taxis and Tuk-Tuks are the most common. Tuk-Tuks are known to be the most pleasant way to travel — but do keep your personal belongings tucked in close. This is also the best way to travel with a companion, Save the Children staffer or another Journeys With Us guest.



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## ACCOMMODATIONS

Hotel accommodation is provided only at hotels assessed by Save the Children security. At the end of excursions each day, you'll retire for evenings at the Frangipani Royal Palace Hotel. Accommodation includes basic amenities consisting of Wi-Fi, 24-hr front desk service and restaurant.



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## ITINERARY

- Phnom Penh Airport
- Save the Children Office, Phnom Penh
- Angkor Wat, a UNESCO World Heritage Site, Krong Siem Reap
- The Floating Villages, Kampong Chhnang
- Wat Phnom Buddhist Temple, Phnom Penh
- Local Markets, Kampong Chhnang
- Primary School, Pursat
- Primary School, Kampong Thom
- Farewell
- Phnom Kulen Waterfall
- Phnom Sampov Batt







## SAFETY MEASURES

- Ensure that your personal belongings are secure whether in a hotel safe or tucked away in your purse or travel bag. There's a very small chance you'll encounter any theft while traveling in Cambodia, but it's always best to follow safety precautions.
- Don't carry large sums of money while on excursions. Only carry what you need for each day and keep it close to you. Bag snatching, even from those on bicycles and motorcycles, can happen in the blink of an eye in large cities like Phnom Penh.
- Limit any nighttime travel to well-lit public areas, especially around Phnom Penh, Sihanoukville and Siem Reap.
- Water bottle only please – no tap! Make sure water is chemically treated, filtered or boiled before drinking.
- Stay away from the Thai Zebra Tarantula! This spider is no Charlotte – it's very aggressive. Easily distinguished by its black body and white stripes, it has more potent venom than most tarantula species. Good news – you may spot them already dead at street food vendors as snacks, often deep fried and rolled in sugar or garlic.
- Wear long pants and sleeves in rural areas and use insect repellent, especially at dusk – those little buggers come out in droves.
- For goodness snakes! A blue snake? Although pretty, when you see one do the opposite of what the Evita song says – keep your distance! Cambodia is home to over 17 different types of venomous snakes, including the King Cobra and the Malayan Krait/Blue Krait, which is highly venomous and likes to come out at night around rice paddies and bamboo groves.
- Always keep your phone fully charged, handy and not on silent mode.
- Freshwater Siamese Crocodiles are typically found along the Mekong River basin.

For up-to-date COVID-19 notices and guidelines:

[COVID-19 GUIDELINES](#)





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## YOUR HOSTS



### **Sopheap Suong (he/him), Gender Equality and Inclusion Specialist**

Sopheap joined Save the Children in Cambodia in late 2021 as a Gender Equality and Inclusion Specialist, working to promote gender equality, disability and social inclusion within Save the Children and across all the organizational processes and programs.

He's been working with civil society organizations in Cambodia for almost 20 years in the areas of gender equality, violence against women, women's empowerment, human rights, labor migration and human trafficking. Sopheap has also been involved in various national and regional research studies on gender, labor migration and human trafficking as well as advocacy to promote gender equality, children's and women's rights and disability inclusion in Cambodia.

Sopheap holds a Master of Arts in Women's Studies, a Graduate Diploma in Gender and Development from Flinders University, Australia, and a Master of Business Administration and Bachelor of Human Resource Management from a local university in Cambodia.



### **Kimhour Heng (she/her), Program Officer for Early Childhood Care and Development (ECCD)**

Kimhour has been working with Save the Children in Cambodia since 2016. In early 2021, she began her role as a Program Officer for the EU GREEN project, focusing primarily on ECCD.

Kimhour collaborates with relevant stakeholders both at national and sub-national levels as part of her current job. Her responsibilities include developing training programs and materials, establishing a home base and enhancing preschool teachers' teaching and learning abilities at community-based preschools. Kimhour also manages project implementation and provides technical support to beneficiaries, which involves monitoring, managing budgets and ensuring the quality of ECCD programs. Furthermore, she promotes access and enrollment of children from ages three to six.

Kimhour completed her pedagogy at the Region Training Teacher Centre in 2003 and was a secondary school teacher for five years. She earned a bachelor's degree in Management in 2011 and is currently pursuing a Master of Business Administration & Management.



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## SPECIAL GUEST



### **Hong Reaksmey, Country Director, Save the Children International, Cambodia**

Reaksmey is the Country Director of Save the Children International in Cambodia since August 2022. He has more than 19 years of experience in aid and development, particularly in education, resilient livelihood, women's rights and gender-based violence, decent work, civic engagement, natural resources management, disaster risk reduction, climate change adaptation, humanitarian response, legal and justice reform, governance, HIV/AIDS and harm reduction.

Reaksmey also serves as the Chair of the Board of the Australian Alumni Association of Cambodia and has worked with several international and national NGOs and the Australian Embassy. He holds a master's degree in Public Policy and Management from Carnegie Mellon University in Australia. He also has an educational background in development management, law and computer science.



Photo: Save the Children



## PROGRAM INFORMATION

Save the Children has been working in Cambodia since 1970. Although forced to leave the country when the Khmer Rouge regime took control, we returned in 1979 to provide much-needed relief to struggling families.

Today, we are a leading children's charity in Cambodia, with a focus on early childhood care and development, basic education, child protection, health and nutrition, child poverty and disaster risk reduction with cross thematic focus on child rights, climate change and gender and disability inclusion. We also work closely with the government, local partners, the private sector and academic institutions to improve children's lives – especially those who've been orphaned, are living with disabilities or face the greatest risks to their wellbeing.

Cambodia is in the top third of countries at high risk of climate-related disasters, ranking 46th out of 163 nations in the Children's Climate Risk Index Report of UNICEF. This study discovered that Cambodian children are significantly exposed to disease via vectors, riverine flooding and a lack of water. But we can protect their futures by increasing access to health and nutrition, education, water, sanitation and hygiene and social protection services.

Save the Children has prioritized climate adaptation efforts, disaster risk reduction and environmental safeguarding in Cambodia for years. GREEN (Generating Resilient Environments and Promoting Socio-Economic Development of the East Tonle Sap Lake), Green Generation, and BioBar are part of the full spectrum of environmental programs through child poverty and education thematic areas. GREEN aims to improve vulnerable East Tonle Sap Lake fishing communities' socio-economic status and resilience to climate change through increased access to water, sanitation, hygiene (WASH), waste management services and products, green economy, and education. Green Generation specifically targets young girls and boys to increase their knowledge and understanding of environmental protection and encourages them to take leadership roles in environmental actions. BioBar is a low-cost and climate-friendly technology solution that addresses the challenges faced by marginalized communities living on and around polluted rivers and lakes. It was created to support households living in floating communities on and around the Tonle Sap Lake.





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## 2022 KEY ACHIEVEMENTS



We supported 1,829 marginalised children to overcome barriers to accessing learning and well-being opportunities within primary education and Early Childhood Care and Development (ECCD). 525 teachers and facilitators received training and well-being support based on safe, quality, inclusive education methods. 12,224 children (5,928 girls) accessed improved school WASH facilities. 9,967 children (4,831 girls) participated in remedial support/catch-up classes. Most importantly, we supported the Ministry of Education, Youth and Sport (MoEYS) in implementing and strengthening the school-based management approach.

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We supported 4,194 individuals or 932 households to increase their income and food security and maintain livelihood through climate-smart agricultural practices. We provided Cash for Education to help 595 at-risk children in rural communities stay in school. We also provided cash assistance to 469 households during the COVID-19 pandemic and climate shock.

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We contributed to reducing violence against children in Cambodia by strengthening child protection mechanisms, promoting safe families and influencing behavioral changes. We provided Positive Parenting sessions to 319 new caregivers and trained 387 children and youth in Self-Protective Behaviour. We also raised awareness of Parents without Violence techniques to 1,058 caregivers with disabilities and 1,587 children with disabilities. We also worked closely with the Ministry of Social Affairs, Veterans, and Youth Rehabilitation and partners to support 75 children for child protection case management and 51 unaccompanied and separated girls and boys to reunify with their families or caregivers for appropriate care.

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We promoted meaningful participation of children in raising their voices in the decision-making process that affects them. We worked closely with Civil Society Organisations for child rights by strengthening their capacities on child rights governance and supporting them in holding the government accountable for child rights.

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We trained 629 caregivers (266 females) of children aged 0-3 years old in the Building Brains session on practical early childhood care and education activities and raised awareness of 125,894 people (64,663 females) about early childhood care and development, including good health for children, child protection, hygiene and male involvement. We provided inputs to creating the Nurturing Package and supported the development of the National Action Plan on ECCD 2022-2026, which has been rolled out at the sub-national level.

# ALL ABOUT CAMBODIA



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## HOW DID CAMBODIA GET ITS NAME?

Cambodia's culture dates back to pre-Angkorian times. The country has undergone six different name changes under various controlling bodies since 1953.

Cambodia, Cambodge and Kumpuchea all refer to the “Kingdom of Wonder,” officially the Kingdom of Cambodia. Its original name, Kamboja, is one of the sixteen Mahajanapadas (great tribes) in ancient India between the 6th and 4th century BCE. Kamboja became Kampuchea in the Khmer language, but after the defeat of the Khmer Rouge, the nation's name officially reverted back to Cambodia.



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## WHERE IS CAMBODIA LOCATED?

Located on the Indochinese mainland of Southeast Asia, Cambodia is bordered to the west by Thailand, to the north by Laos and to the east by Vietnam. With a land mass close to 70,000 square miles (somewhat larger than the U.S. state of Missouri), it exudes rich culture and has a unique and fascinating history that spans centuries. Both are entwined with a breathtaking landscape of geographical features including the Central Plains – which embody the country's highland mountain ranges – the Mekong River Delta and the Tonle Sap Lake, a UNESCO biosphere that changes flow direction twice a year!

During the rainy season (mid-May to early November), the Mekong's mass amount of water backs up into the Sab River and flows into the Tonle Sap, expanding the lake's surface area. During the dry season, water drains from the Tonle Sap back down into the Mekong. Tonle Sap is one of the world's richest sources of freshwater fish, and the annual flooding of the Mekong deposits rich sandy sediment that accounts for the fertility of the central plain and provides natural irrigation for rice cultivation.





## KEY COUNTRY FACTS

**First Settlements:** 2000 B.C. and independence in 1953

**Population:** Approx. 16.7 million

**Capital:** Phnom Penh

**Area:** 181,035 sq km with 25 provinces

**Government:** Constitutional monarchy with an elected parliament

**Head of State:** King Norodom Sihamoni

**Language:** Khmer (Cambodian)

**Major Religions:** Predominantly Buddhism

**Life Expectancy:** 68-73 years

**Popular Beverage:** Palm Juice, Cambodian Iced Coffee and Coconut Juice

**National Bird:** Giant Ibis

**Select Animals:** Irrawaddy Dolphin, Banteng (wild cattle), Clouded Leopard, Cantor's Giant Softshell Turtle, Elephant, Pygmy Slow Loris

**National Flower:** Rumduol, a small yellow-white fragrant flower symbolizing grace and beauty

**Major Rivers:** Tonle Sap, Mekong and Bassac

**Climate:** 82 to 83 °F (28 °C) in January, the coolest month, to about 95 °F (35 °C) in April

### Country Flag:

Originally adopted in 1989 and readopted in 1993, the flag consists of three horizontal bands of blue and red (traditional Cambodian colors) with a depiction of Angkor Wat





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## HISTORY

Cambodia is a country characterized by its resilient people, who possess an indomitable spirit and an infectious sense of hopefulness. It's also renowned for its magnificent temples and monuments that leave one in awe, as well as its remarkably vibrant culture and storied history. This history is marked with periods of peace and periods of great tragedy dating back to 4200 BCE. Around 150 AD, the Funan State — considered the first significant Hinduized civilization in Southeast Asia — was weakened by civil wars. It was incorporated into the pre-Khmer civilization of Chenla in the 6th century, lasting about 200 years before the Khmer Empire was established.

During the period spanning from 900 to 1400 AD, the region currently known as Cambodia was governed by the Khmer Kingdom. This civilization centered around agriculture, with the majority of its population engaged in farming or craftsmanship. However, in 1431, the Thai people successfully seized control of Cambodia's capital, leading to its present-day relocation to Phnom Penh. As a consequence, Cambodian influence and power experienced a gradual decline, ultimately falling under loose authority during the 16th century. Thai forces seized the capital in 1594, marking a recurring cycle of conquests. Positioned between Vietnam and Thailand, Cambodia faced numerous invasions throughout subsequent centuries. In 1863, Cambodia became a French territory and remained under French colonial rule for 90 years. The occupation of Cambodia by Japan occurred during World War II. In the 1970s, Cambodia became involved in the Vietnam War, exacerbating the instability. Regrettably, Cambodia's situation continued to deteriorate post-war. In 1975, a tragic era of Cambodian history began in the reign of the Khmer Rouge. Under the dictatorship of Pol Pot, a radical reorganization of the Cambodian people took place, resulting in the deaths of approximately 2 million people — a Cambodian genocide.

In December 1978, the Vietnamese invasion drove the Khmer Rouge into the countryside — marking the start of a 10-year occupation which sparked 20 years of civil war.

In the 1990s, Cambodia regained political autonomy and reestablished a constitutional government with free elections. The UN sanctioned the United Nations Transitional Authority of Cambodia to end all civil feuds and finally restore peace to this beautiful country whose people had been crippled by decades of war.



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## CULTURE, CUSTOMS & INDUSTRY

Religion has played a significant role in shaping Cambodia's rich cultural heritage over its extensive history. Spanning the course of almost two thousand years, the Cambodian people have cultivated a distinctive Khmer culture, blending elements of their original indigenous beliefs with influences from the ancient Indian religions of Buddhism and Hinduism. Many Cambodians identify as Buddhist and include forms of ancestor worship, shamanism and animism that predate Buddhism. In many Cambodian homes (even at the temples), you can find spirit houses and small shrines. This country is home to over 4,000 temples, with Angor Wat being the largest religious building in the world as well as an architectural and cultural sight to be seen.

Cambodian people are warm, friendly and have been raised to respect their culture, traditions and way of life. When greeting someone, you will usually be met with “Chumreap Suor” and the traditional Sampeah. Sampeah involves the pressing of your palms together in front of your chest with a slight bow. The higher your hands are held and the lower the bow, the more respect is conveyed (sit-ups and weights might help to strengthen those muscles before travel). When meeting elders or officials between men, this is partially replaced with a handshake.

As a largely rural nation, the people of Cambodia rely heavily on agriculture for economic survival, with rice as one of the most important commodities alongside the fishing industry. Aside from rice, crops include a variety of fruits and vegetables such as corn, coconuts, cassava (yucca), sugarcane, sweet potatoes, soybeans, groundnuts, sesame seeds, mangoes, bananas, oranges and papayas. Cambodia's economy also relies heavily on its garment and tourism industries. Factors contributing to the success of the textile industry include the country's abundance of natural resources and inexpensive labor. Main exports include apparel, footwear, travel goods, bicycles and agricultural products such as rice, rubber, cassava, bananas and mangoes.





## CLIMATE & ATTIRE

Cambodia has a tropical climate and warm temperatures year-round. It has just two seasons: From May through mid-November, monsoon winds bring in the rainy season, followed by the dry season from mid-November to April. The dry season corresponds with Cambodia's winter, with February being the coolest month and May being the warmest. Once rainy season begins, rainfall in the mountainous areas can reach up to 197 inches!

As you're visiting in November, it's best to wear loose, light, breathable clothing. Cotton, long sleeve shirts and pants can protect from the sun and those pesky mosquitoes. Leave your jeans at home — it'll be way too hot! One of the most recognizable pieces of traditional clothing in Cambodia is the sampot, an elegant and versatile piece of clothing similar to a sarong. This long piece of fabric is wrapped around the waist and considered an important part of the country's identity. This is worn by men and women, typically for formal events or religious ceremonies. It's important to note that temples have strict dress codes, requiring guests to wear shirts with sleeves and bottoms that reach the knees. When entering a temple or religious site, it's expected that guests remove their shoes and hats.





# MUSIC, ARTS AND SPORTS

Throughout Cambodia’s history, religious principals have guided and also inspired the arts. Traditional instruments include tuned gongs, xylophones, drums, flutes and oboe-like wind instruments. Classical Khmer music is an essential part of Cambodian life. It’s usually divided into three parts: pin peat, phleng kar and mahori, all of which are associated with religious dances. Each region has distinctive folk dances, and many villages still have their own classical and folk ensembles which play at funerals, weddings and Buddhist ceremonies using harps, gong circles and drums. One dance that has been part of the Khmer culture for more than a millennium is the Apsara Dance, inspired by the carvings in the Angkor temple. If you’re lucky enough to be invited to a wedding in Cambodia, keep in mind this ceremony used to last for 3 days and 3 nights!

Cambodia showcases the splendorous era of its past, known as the golden age, which was marked by the Khmer empire. It boasts a rich legacy of remarkable accomplishments in various domains such as arts, architecture and cultural elements, evident in its diverse landscapes and structures. Carvings adorning its landmarks and temples picture gods and Buddhist presences known for their scale and impeccable detail. This art form, although rare now, is gaining some interest to help preserve these works. Cambodia has a rich heritage of traditional arts and crafts that encompass various forms such as textiles, non-textile weaving, silversmithing, stone carving, lacquerware, ceramics, wat murals and kite-making. Although several of these artistic traditions have declined from practice, there’s now a renewed artistic resurgence in the country, thanks to the tourist industry and the collaborative efforts of both governmental and non-governmental organizations to safeguard and promote Cambodian culture.

Cambodians love football (soccer – not American football!) It’s their top favorite sport followed by basketball, kickboxing and Sepak Takraw, which are also quite popular. Sepak Takraw is much like volleyball, except its rattan ball is kicked rather than hit with the hands.



## FACTS & LEGENDS

- Angkor Wat is the world’s largest religious monument.
- Insects are widely eaten. Crickets, scorpions, locusts, grasshoppers and don’t forget about those fried tarantulas!
- To prepare a bride and groom for their life as a married couple, their hair must be symbolically cut to represent a fresh start to their new relationship together as husband and wife.
- A funeral can last 7 days followed by a celebration on the 49th or 100th day.
- Cambodia’s national dish is amok, a curry that is steam-cooked in banana leaves.
- Bhante Dharmawara is a Buddhist monk and teacher who helped resettle refugees in the U.S. and founded the first Cambodian Buddhist temple in the U.S.
- A person’s head is considered the highest part of their body – it’s almost sacred and should never be touched.
- Footwear must be removed before entering any religious or sacred place.
- Never point a bare sole at anyone – even unintentionally – as this is regarded as highly disrespectful and will insult the people of Cambodia!
- A gecko can predict your marriage – just listen. The first chirp means you’ll one day marry a bachelor, the second means you’ll end up marrying a widower...
- Kampot pepper is voted as best in the world!

## SOUNDS OF CAMBODIA FOR YOUR LISTENING PLEASURE

Champey Siem Reap, Sinn Sisamuth

[LISTEN NOW](#)

Sra Em Srei Sros, Pich Ponleu & Touch Sunnich

[LISTEN NOW](#)

Victory For All, Aok Sokunkanha

[LISTEN NOW](#)

Time To Rise, Vann Da & Master Kong Nay

[LISTEN NOW](#)



Photo: Save the Children

## CAMBODIA CUISINE

Cambodian food, though uniquely Khmer, is similar to Thai food but with a specific set of flavors – salty, sweet, spicy and sour. Because of its incredible abundance of waterways, fish and seafood are main staples along with rice. The term for “to eat” is “nam bai,” which means “eat rice” – or you can substitute with noodles if preferred. Cambodians love greens – vegetables are served crisp and fresh or in wok-fried curries, soups and stews. Spices and herbs such as basil, mint and coriander plus rhizomes, dried fruits, flowers and provide flavor and garnish the food.





## FIRST COURSE: SWAI NHOAM DI HU

(CAMBODIA SQUID AND MANGO SALAD)



### INGREDIENTS

- 2 cups water
- ¼ teaspoon salt
- 1 lb fresh squid
- 1 large fresh green mango or firm mango peeled and sliced
- ½ red bell pepper sliced
- 1 sweet onion sliced
- ½ cup unsalted roasted peanuts
- 1 handful chopped mint leaves
- 1 handful chopped fishwort
- ¼ cup sweet fish sauce (directions below)
- ¼ cup hot water
- ¼ cup sugar
- 1/3 cup fresh lime juice
- 1/3 cup fish sauce
- 3 chopped hot chili pepper or to taste
- 1/3 cup roasted peanuts crushed (optional)

**Prep Time:** 15 Minutes

**Cook Time:** 5 Minutes

**Total Time:** 20 Minutes

**Servings:** 4

<https://www.internationalcuisine.com/cambodia-squid-and-mango-salad/>

### INSTRUCTIONS:

1. Wash squid with cold water, remove clear tough rim and stomach from the squid tubes, rinse then cut squid into bite size pieces.
2. Boil water and salt in a small pot, add the squid when water boils, stir a couple minutes and pour into a colander to drain, do not overcook the squid. Set aside.
3. In a small bowl, mix hot water with sugar until dissolved.
4. Add lime juice, fish sauce and hot chili peppers together. Mix well and set aside to cool.
5. Serve in a large bowl. Mix the mango with the pepper, onion, squid and fresh herbs.
6. In a large bowl, mix the mango with the pepper, onion, squid, and fresh herbs. Pour the fish sauce over, stir well and garnish with the peanuts.
7. Enjoy!





## MAIN DISH: TREY AMOK (A STEAMED FISH CURRY)

TREY AMOK IS THE NATIONAL DISH OF CAMBODIA. IT'S EASY TO SEE WHY... A LOVELY, STEAMED FISH CURRY!



### INGREDIENTS

- 3 cloves garlic finely chopped
- 1 large shallot bulb finely chopped
- 3 stalks lemongrass with ends trimmed, inner tender stalk only, finely chopped
- ½ inch piece galangal peeled and finely chopped
- 2 kaffir lime leaves finely chopped
- 1 teaspoon turmeric powder
- 1 teaspoon light brown sugar packed
- 1 teaspoon salt
- 2 teaspoons chili paste – like Sambal Oelek
- 1 tablespoon vegetable oil
- ½ teaspoon shrimp paste optional – substitute anchovy paste if you can't find shrimp paste
- 1 cup coconut milk well shaken
- 1 tablespoon white sugar
- 1 teaspoon salt
- 1 pound firm mild white fish (halibut, mahi mahi, or cod) skin removed
- 1 cup fresh spinach leaves cut into ½-inch thick ribbons
- 1 egg
- 1 tablespoon fish sauce
- Red bell pepper sliced
- Kaffir lime leaf ribbons – Kaffir lime leaf ribbons, thinly sliced
- 1 large banana leaf to make the bowl

**Prep Time:** 30 Minutes

**Cook Time:** 10 Minutes

**Total Time:** 40 Minutes

**Servings:** 4

<https://www.internationalcuisine.com/cambodia-trey-amok/>

### INSTRUCTIONS:

1. Place the first 5 ingredients in a mortar and pestle and pound to a paste.
2. Add the remaining ingredients and pound or process until all spices are well incorporated.
3. Thinly slice the fish into ½-inch thick bite size pieces and set aside.
4. Heat the oil in a saucepan over medium-high heat. Add the curry paste and cook for 1 minute.
5. Add the shrimp paste, coconut milk, sugar and salt, whisking to combine.
6. Turn the heat to medium and simmer for 2 minutes, whisking occasionally.
7. Add the fish and spinach leaves, gently folding the fish into the curry sauce with a wooden spoon or rubber spatula.
8. Let the amok simmer for 3 to 4 minutes, or until the fish is just cooked through. Turn the heat off.
9. In a small bowl, whisk the egg with the fish sauce and 2 tablespoons of the curry sauce from the pan.
10. Pour the egg mixture into the saucepan and gently fold it into the curry.
11. To make a banana leaf bowl, cut out a circle about 7 inches and using a toothpick secure four sides to make a bowl.
12. Serve the amok in a banana leaf bowl with a spoonful of coconut cream (the thick cream that rises to the top of the remaining coconut milk), a few sliced red pepper pieces and a sprinkling of kaffir lime leaf ribbons or lime zest.



## DESSERT: NUM CHET CHIEN

(CAMBODIA FRIED BANANA NUGGETS)



### INGREDIENTS

- 1 large banana, cut horizontally into 12 small pieces
- 1 teaspoon sugar
- ¼ teaspoon vanilla extract
- 6 small size spring roll wrappers cut in half
- Vegetable oil for deep frying
- Powdered sugar to garnish

**Prep Time:** 10 Minutes

**Cook Time:** 5 Minutes

**Total Time:** 15 Minutes

**Servings:** 4

<https://www.internationalcuisine.com/cambodia-fried-banana-nuggets/>

### INSTRUCTIONS:

1. In a small bowl, mix together the banana pieces, sugar and vanilla extract.
2. Wrap each piece of banana with a spring roll shell and set aside.
3. Heat the oil in a deep-frying pan. When it's hot, deep fry the nuggets until golden brown.
4. Place on a paper towel to remove any excess oil.
5. Sprinkle with powdered sugar.
6. Serve with some vanilla Ice cream.
7. Enjoy!



# Looking Forward to Your Visit



## REFERENCES:

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