

## LESSON 1 FISH AMOK

### INGREDIENTS:

- 100g fish fillet (Snake Fish) from fresh water.
- 15-20g sliced lemongrass (1 stalk fresh lemongrass).
- 1 Kaffir-lime leaf.
- 1cm<sup>3</sup> fresh galangal (a root that looks like ginger).
- 1cm<sup>3</sup> fresh turmeric (can use ¼tsp turmeric powder).
- 1-2cm<sup>3</sup> fresh finger root (Chinese ginger).
- 1-2 red-sun dried paprika (can use 2tsp paprika powder).
- 150ml (6-8tbsp)coconut milk.
- ½ tsp chicken stock powder(knorr/buillion).
- 2-3 cloves garlic.
- ½ tsp white/brown sugar.
- Salt (a pinch of salt).
- ½ tsp boneless Prahok (Khmer fish paste) use shrimp 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, finger-root and garlic then set aside.
- 4/ Put everything in a mortar; the sliced lemongrass, Kaffir-lime leaf, galangal, turmeric, finger-root, peeled garlic, soaked paprika, shrimp paste and then pound it for 10mins or longer until it becomes 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 then mix and stir with a 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 then steam it for 20-25mins (that's steamed fish). While 20mins later, sprinkle 1tbsp coconut cream over it and then 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 becomes thicker. That's all.

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

## LESSON 2 FRIED SPRING ROLL

### INGREDIENTS:

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

50g pork.

20g carrot.

2-3 stalks spring onion.

½ tsp chicken stock powder(knorr/buillion).

1 tsp sugar.

½ tsp black pepper powder.

A pinch of salt.

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

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

### DIRECTION:

1/ Peel taro and carrot then grate very small pieces, then set aside.

2/ Finely slice spring onion, then set aside.

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

4/ Mix the grated taro with carrot, minced pork, sliced spring onion, chicken stock powder, salt, sugar, black pepper powder then squeeze and knead them hard with the fingers 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 rice paper and stretch about 6cm long side and roll it. When roll to the half way then fold over at both sides(left and right)the rice paper and then continue rolling to its edge.

6/ Other more, keep rolling one by one until all the mixed taro paste finished.

7/ Heat a frying pan with 1litter vegetable oil and then deep fry all the rolled of the spring rolls. Keep frying and turning them over often until they become golden brown for about 5mins then take them out of the pan and leave in a colander to drain the oil. That's Spring Roll.

It's a snack or a starter.

This recipe is for one or two person.

**\*\*NOTE:** Chicken/beef/prawn as desire, the way to prepare and cook is the same.

## LESSON 3 BEEF LOK LAK

### INGREDIENTS:

- 100g beef
- 4-5tsp vegetable oil/any cooking oil.
- ½ tsp chicken stock powder/knorr/buillion.
- ½ tsp 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/catchup.
- ½ tsp black pepper powder.
- 1 egg (chicken/duck).
- 1-2 leaves lettuce.
- 1 tomato(need few slices).
- 1 onion(need few slices).
- 1 lime, to make deep sauce (lime with pepper sauce)
- A few leaves coriander (if you like).

### DIRECTION:

- 1/ Slice finely beef in cube size (1½cm<sup>3</sup>) and then put 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 it aside.
- 3/ Peel then mince garlic in small pieces then put it aside.
- 4/ Pour 3-4tsp vegetable oil in a pan then heat on the high flame. While 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 the fried beef. Garnish a few leaves coriander on top (if you like). That's it, Beef Lok Lak.

### \*\*HOW TO MAKE DEEP SAUCE:

Chop a lime, remove the seeds then squeeze in a small bowl. Add a pinch of salt, ½tsp of sugar, ½tsp of chicken stock powder and ½tsp of black pepper powder and stir-mix with a spoon. Deglazing in the same pan after fried the marinated beef than pour in a small bowl. That's all.

Serve with deep sauce and steamed rice for lunch or dinner.  
This recipe is for only one person.