

Cook with CAFOD

Cambodian menu

Organise an evening of Cambodian cuisine with CAFOD!

Khmer Mushroom Soup

(serves 4)

Ingredients

900ml/30 fl.oz. vegetable stock

2 tsp chilli sauce

5cm/2 inches lemon grass, finely chopped

4 Kaffir lime leaves, shredded or 2 tsp of grated lime zest

2 tsp sugar

3 tbsp. lemon juice

75g/3 oz button or oyster mushrooms, halved

1 fresh chilli, split open

Method

Place the vegetable stock and chilli sauce in a large saucepan and bring to the boil

Add all the remaining ingredients and mix well. Reduce the heat and simmer for 10 minutes.



Photo: CAFOD

Pahet

Cambodian fish cakes

(serves 4)

Ingredients

450g/1lb white fish, cut into chunks
2 tspb chilli sauce
4 stalks lemon grass, finely chopped
½ tspb ground turmeric
3 cloves of garlic
2 tbsp. plain flour
2 eggs
Salt and pepper (to season)
Vegetable oil (for frying)

Method

Place all the ingredients apart from the oil in a food processor and blend until well combined.

With lightly floured hands shape the mixture into patties
Heat oil in a frying pan and fry the fishcakes in batches for 3-4 minutes each side (until they are golden brown).

Serve hot.



Photo: CAFOD

Mee char poan moan **Stir Fried Noodles with eggs**

(serves 4)

Ingredients

225g/8oz egg noodles
4 eggs, beaten
400g/14oz cabbage, chopped
2 garlic cloves, crushed
1 onion, chopped
1 tbsp oyster sauce
1 tsp fish sauce
1 tsp sugar
Salt and pepper to season



Photo: CAFOD

Method

Cook the noodles in boiling water until they are soft. Drain and set aside.

Heat 2 tps of oil in a large frying pan or wok and scramble the eggs. Remove from pan and set aside.

Heat the remaining oil in the pan and stir fry the garlic, onion, and cabbage for five minutes. Season with salt and pepper.

Add the drained noodles together with the oyster sauce, fish sauce and black pepper. Mix well and cook for a further 5 minutes.

Add the scrambled eggs and cook for another 2-3 minutes.

Serve immediately.