

< Cambodian's Cooking industry in the future.>

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Background of Khmer Food

- His Excellency Director of National Polytechnic Institute of Cambodia
- Korean Distinguished Guests
- All Instructors
- Lady and Gentleman

First of all, I would like to say thank you to Korean delegations who come to our NPIC and spent valuable time to present here.

After that, I would like to present the background of Khmer food in brief.

Kingdom of Cambodia is situated in Southeast Asia in the northern tropical region which makes our country hot and humid.

With the effect of Monsoon, Cambodia has specific two seasons: dry season and rainy season. Dry season is 6 month long: from November until April and rainy season is 6 month long also: from May until October.

With good condition of natural factors, Cambodia is rich in natural resources such as mines, fish, forest etc. especially; riverine system spread throughout the country where is the home to all kinds of fish.

Khmer people as well as other people in the world, shelter, clothes, and food are needed, but one of them food is the most requirement of people.

We cannot live without food. Foods offer people power in order to walk, work, and make business to develop their countries. Food not only feed people to live for long time, but also offer power and good healthy.

In Cambodia, natural condition is suitable for growing the rice and home to all kinds of animals, fish and forest. That's why Khmer ancestors had created many cultures which are become belief, daily habit, and transfer to generation by generation.

In variety of the great culture which the Khmers have, Food and cookery is the one that is very important in Khmer society.

The basic of Khmer food are:

- Salad mixed
- Grill
- Fry
- Sour soup
- Boil
- Spicy soup

These foods are for supporting and feeding the life in order to making body growing fast, strong power, and clever brain.

The feature of Khmer foods is that we can make foods to keep it for several years since ancient time, for instance, Prahok(it make from fish meat mixed with salt), Phaok, Trasak Chav(it make from cucumber with mixture of preserved fish and rice gruel), dried fish, smoked fish, dried meat, etc.

Khmer foods are made from various kinds of trees, herbs, tamarind leaves, animal meat, fish meat, and even wildlife meat.

Food make from tree and leaves:

- o Fruit: longan, banana, mango, papaya, sapodilla, jackfruit, coconut, rose-apple fruit, mangosteen, durian,etc, all are dessert, as for tamarind, Sandan(kind of sour fruit), Porn fruit(kind of tree having acidic fruit), etc, all for cooking.
- o Cereal: Soya-bean, Soybean, corn, sesame, riceetc.
- o Tree herb: potato, sweet potato, arum, sago palm, etc.
- o Vegetable: water lily, water green, cucumber, wax melon, pumpkin, bamboo shoot, eggplant, etc

Food make from meat:

- o Meat: cow, buffalo, pig, chicken, duck, egg, and fish; but for the Khmers, the most important foods are rice and fish.

Our ancestors have technique to create the special food which can keep for a long time and can take it to mix with each other in order to create the other foods such as sour soup, vegetable mixed soup, ingredient soup, etc, which made of various kind of meat like frog, crab, snail, chicken, duck, pig, cow, buffalo, fish, and bird and tree leaf,etc. Those are the main and special formula which Cambodian people needed everyday and especially, Prahok.

Conclusion:

Art of cooking is for supporting Cambodian life dated back to ancient time and go along with emergence of original culture.

With growing of knowledge and endeavor of Khmer people, resulting in creative of living also increasingly better day to day.

Believing in land, fire, wind and good conditions of nature which enable all kind of animal- in land, in the water and in the air- can live peacefully.

People eat vegetable and meat resulting in emerging of several foods.

Khmer food not only rich but all foods are offer advantage of vitamin for supporting body, taste, and medicines for curing.

Today, with advancing of technology, we hope that Khmer food would be created to sell in the markets all over the world and well-known in quality as well as taste.