

HIGHLIGHTS



Market Tour

The day starts with a tour around the local market. Learn everything about the fresh herbs, spices, vegetables and fruits for sale.



Hands-on action

Unlike some other cooking schools, with us you will prepare everything from begin to end, while the cook demonstrates and troubleshoots.



Famous Khmer dishes

You will learn the basics of preparing Khmer food. The famous fish amok is prepared in the traditional way, steamed in a cup of banana leaves.



Enjoy the food

A day of cooking should be relaxing! After every dish you prepare, you can sit down on our terrace and enjoy your own culinary creation.



Have fun and Relax!

Our cookery course is not only about cooking, it's also about relaxing. No hurries, no rush-rush. Learn Khmer cooking and enjoy Khmer life!

RECOMMENDATIONS

Reviews found online:

*The fish amok tasted super deeee-li-cious!
A whole day of eating fun. Recommended!
Much more subtly flavored than Thai dishes.
Great experience and a great way to spend a day.*

This day truly "hit the spot!"

The perfect way to start our vacation.

Cambodia Cooking Class

**67, Street 240
Phnom Penh**

Online bookings:

www.cambodia-cooking-class.com

T: 012 - 52 48 01



Cambodia Cooking Class



*Learn the secrets of
Cambodia's Cuisine
and prepare delicious
Khmer food*

Some guide books say that Cambodia's cuisine is nothing to write home about.

Now, that is **completely untrue**.

A thousand years ago the Khmer Kingdom, which centered on Angkor, ruled an empire that included most of South East Asia. Hence, many of the famous regional cuisines have their roots in Khmer dishes from that time!

Khmer recipes go back to the days before the introduction of the chilli, so are subsequently much milder than most Asian food. The chilli was unknown in Asia until the 16th century when it arrived with the Portuguese.



In our cooking class you learn to prepare traditional, delicious Khmer dishes under the guidance of our experienced English-language instructors. They will take you to the market, explain everything about vegetables, herbs, spices and other ingredients and teach you the art of Cambodian cuisine.



Cooking at the Cambodia Cooking Class is a day full of fun!

Hands-on action in our cookery school! Every student gets his or her own cooking station.

Cooking class size is limited to 16 people. When more than 8 people are taking part, two chefs will be guiding you to ensure maximum participation and individual attention.

You cook while the teacher demonstrates. Not only will you prepare delicious meals, you'll have a great time as well.

Please bear in mind our cookery classes are as much about cooking as they are intended to give you a relaxing day. We need a minimum of 2 participants. Have fun in the first Phnom Penh Cooking School!

All courses include:

- transportation from frizz to the market, the cooking school location and back to frizz
- market tour, shopping in a local market
- introduction to herbs, spices, other ingredients
- **colourful 16 page booklet with all recipes**

We have two different courses (see below). Which course we are running depends on the choice of first bookers for a particular day. Most people choose Course 1.

Courses are \$23 for a full day (9am-4pm) or \$15.00 for a half day (9am-1pm).

We believe only on a full-day course will you truly appreciate the flavours of Khmer cuisine. In a half day, you can only make two dishes.

You can reserve your place(s) online or via telephone, but you need to confirm your reservation and buy a ticket before 2pm on the day before your class. As demand for our cookery course is high, places not confirmed by 2pm become available for others.

COURSE 1 (can be adjusted for **vegetarians**)

Fried Spring Rolls *how to make them right*

Banana Blossom Salad *with chicken or tofu*

Kroeung *make the basis for Fish Amok by hand*

Amok *steamed coconut fish in banana leaves*

Sweet Rice & Mango *with palm sugar, sesame*

COURSE 2

Sayong Jayk *sausages in banana flower*

Pomelo Salad *with shrimps*

Kroeung *make the basis for curries by hand*

Khmer Chicken Curry *or Fish Amok*

Pumpkin Custard *in spooned out pumpkin*