

WHITE GOLD

12 GREAT RECIPES WITH CAMBODIAN RICE



CAMBODIAN RICE
WINNER OF THE WORLD'S BEST RICE AWARD 2012 & 2013

THE HISTORY OF RICE IN CAMBODIA

Throughout Cambodia's history, rice always has had a central place in the heart of the economy and culture of the Kingdom. Rice has been grown in Cambodia for thousands of years, and even before the 9th-century Khmer empire emerged, elaborate irrigation systems were used to irrigate the fields. Rice harvests are depicted on the walls of Angkor Wat, the legendary Khmer city and the country's main tourist attraction today.

The "White Gold", as it is known locally, today is produced on 84% of the cultivated land, while the entire sector employs 80% of all farmers.

Over the past three years, through strong support from the Royal Government of Cambodia and key development partners such as the International Finance Corporation (IFC), the European Union (EU), the Enhanced Integrated Framework (EIF) and Agence Française de Développement (AFD) as well as many other organisations and supporters, the rice industry has increased its exports to close to 400,000 tons of milled rice in 2013 and looks ahead to exporting 700,000 tons by the end of 2014, turning the ancient crop into another of the Kingdom's key exports.



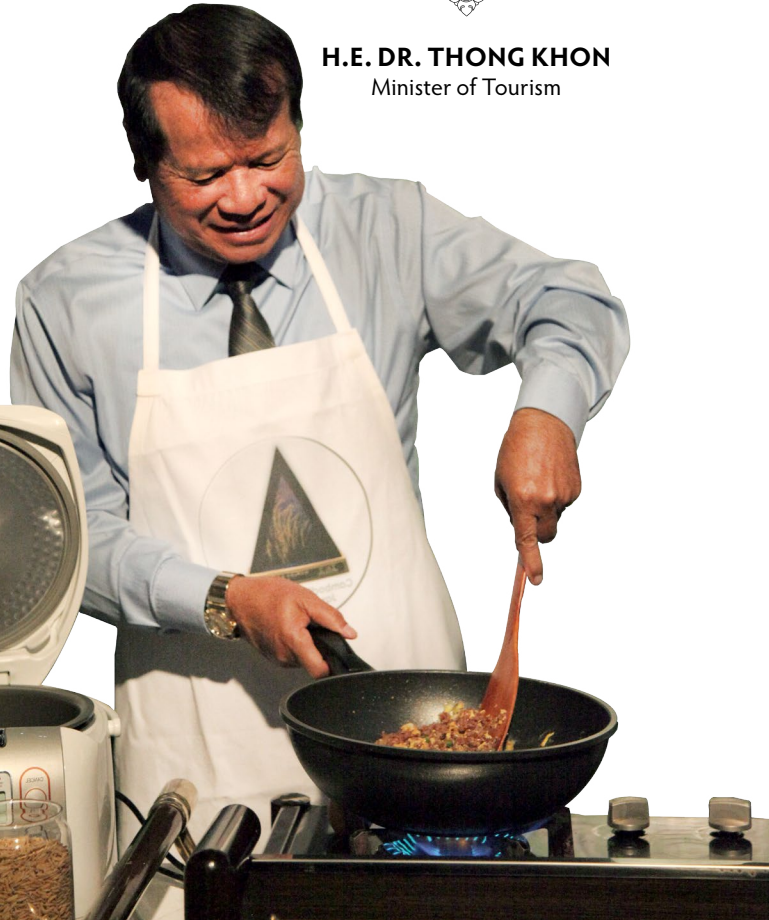




THROUGH TOURISTS
AND VISITORS, WHEN THEY COME AND EAT
AND LIKE THE CAMBODIAN RICE, THEY WILL
HELP PROMOTE OUR RICE
TO THE WORLD



H.E. DR. THONG KHON
Minister of Tourism



RECENT SUCCESS

Cambodia promulgated its first Milled Rice Standards in 2012, listed rice prices on international indexes and established DNA fingerprints of fragrant rice varieties for efficient identification. The efforts culminated in Cambodian premium fragrant rice, **Phka Rumduol** (Jasmine rice), winning the “World’s Best Rice” award in 2012 and 2013 at the annual TRT World Rice Conference. Following this global success in 2012, the first Cambodian Rice Festival was held in Siem Reap in 2013, organised by FCRE, CHA, CCF and Sofitel Angkor Hotel, and supported by the IFC, EU, EIF and the AFD. The festival showcases the history, culture and the modern developments of rice cultivation & processing and features signature rice dishes. It centers around a competitive selection of Cambodia’s best rice in three categories, and the winning samples are submitted to the “World’s Best Rice” awards at the annual World Rice Conference.



WE WANT EVERYONE TO KNOW THAT CAMBODIA
PRODUCES THE BEST RICE IN THE WORLD



H.E. SUN CHANTHOL

Senior Minister,
Minister of Commerce



For the second time in a row, Cambodian fragrant rice competed with a wide range of other kinds at the prestigious international rice awards - and won both in 2012 and 2013: **THE BEST RICE IN THE WORLD.**



FRAGRANCE AND TEXTURE OF CAMBODIAN RICE MAKE
IT IDEAL FOR HEALTHY INTERNATIONAL RICE DISHES



Chef Luu Meng, renowned for his Khmer and international cuisine, with one of the creations prepared exclusively for this book.

WHAT MAKES CAMBODIAN RICE SO SPECIAL?

Cambodian Fragrant Rice is marked by its extra-long grain, soft texture and a strong natural scent, giving it a distinctively different taste. “Cambodian Rice has this particularity, you can taste it with every bite” says celebrity chef Luu Meng. “We have in the past years created a wide range of different dishes, and every time it is a delight to work with it”.

Cambodian rice prides itself in mostly being grown traditionally, with very limited use of agro-chemical products. Rice is generally grown by farmers and their families on small fields, allowing the rice to grow naturally and bringing forward a most authentic taste.



FCRE president Okhna Kim Savuth, EU ambassador Jean-François Cautain, MOC secretary of state H.E. Pan Sorasak, French ambassador Serge Mostura at the 2013 Rice Festival in Siem Reap. Members of the Cambodia Chefs Federation and Cambodia Chefs Association try, taste, test and rate rice to nominate the Cambodian entry to the World Rice Awards (below).



The image features four wooden bowls filled with different types of rice. In the top left, a bowl of white rice is visible. To its right, a bowl of red rice is shown. In the bottom left, a bowl of fried rice is present. In the bottom right, a bowl of brown rice is shown. The text is overlaid on the image, with the number '12' in a large yellow font and the rest in a white serif font.

12

GREAT

RECIPES WITH

CAMBODIAN RICE



With the support of the Cambodia Chefs Federation and inspired by their creations presented during the first Cambodian Rice Festival in 2013, celebrity chef **Luu Meng** and chefs **Zhang Jing Ling**, **Alain Darc** and **Sopheak Pov** have compiled a selection of both traditional and modern Khmer, international and Chinese dishes made of and with “White Gold” – the best rice in the world.

The following delightful recipes are meant to inspire visitors to the Kingdom and chefs throughout the world to create their own, delicious cuisine made of and with Cambodian rice.

❖ RED JASMINE RICE CRACKERS WITH PRAWN PROHOK TIKS AND EGGPLANT SALAD (4 SERVINGS)

- 60g premium fragrant red rice
- 170g tiger prawns
- 30g Prohok paste
- 70g coconut milk
- 50g yellow curry paste
- 15g fish sauce
- 10g dried chilli
- 5g lime leaves
- 10g palm sugar
- 120g long eggplant
- 25g mixed baby salad
- 5g shallots
- 80g poached crabmeat
- 20g green peppercorn
- 30g sweet chilli sauce
- 10g roasted peanuts
- 3g green Kampot peper
- Seasoning

1. Steam the Cambodian red Jasmine rice and mold it into small rice crackers. Sun dry or oven dry, and after one day deep-fry until it's crispy

2. Clean and cut the prawns; pan-fry the Prohok paste; add the yellow curry paste, the dried chilli, the palm sugar, the lime and the leaves. Slice the prawn and cook it slowly, and finish with coconut milk and seasoning

3. Season the long eggplant, grill it slowly and remove the skin. Mince the eggplant meat to be ready to toss with the sliced shallots. Mix the roasted peanuts and the red sweet chilli with the crabmeat.

Season, and garnish with the mixed baby salad and one slice of lime



❖ SAMLOR BRO HEUR SMOKED FISH SOUP WITH RICE AND TURMERIC (4 SERVINGS)

- 1500g fish stock
- 60g premium white Jasmine rice
- 120g smoked fish
- 100g tamarind juice
- 8g white sugar
- 20g fish sauce
- 100g young tamarind leaves
- 40g hot basil leaves, sliced
- 100g seedless chillis, sliced
- Seasoning

1. Boil the fish stock

2. While boiling the stock add the rice and cook it slowly until its tender. Then add the smoked fish, fish sauce, sugar, hot basil, tamarind leaves and the chilli slices. Continue to cook until all vegetables are tender, add the final taste with tamarind juice and seasoning



❖ KO BANGKANG WITH CAMBODIAN JASMINE RICE AND GREEN MANGO (4 SERVINGS)

- 1000g Mekong king prawns (Bangkang)
- 120g palm sugar
- 25g Kampot green pepper
- 25g fish sauce
- 120g seafood stock
- 70g premium Jasmine rice
- 120g sliced green mango
- 70g shallots
- 90g tamarind juice
- 50g garlic
- 50g ginger
- 60g sweet chilli sauce
- Seasoning
- Vegetable oil

1. Marinate the peeled Mekong king prawns (Bangkang) with fish sauce, palm sugar, pepper, shallots, ginger, garlic, salt, oil and cook slowly until the sauce looks caramelized. Toss the green mango slices, the shallots and sweet chilli sauce over the Cambodian Jasmine rice and serve with Bangkang



❖ STUFFED CHICKEN WITH SAMLOR KOKOR SAUCE AND CAMBODIAN JASMINE RICE (4 SERVINGS)

- 1000g boneless chicken leg
- 120g pumpkin, cut in cubes
- 120g green papaya, cut in cubes
- 120g long green beans
- 180g green lemongrass Keroung (curry paste)
- 200g long eggplant, cut in cubes
- 250g chicken stock
- 50g brown rice powder
- 25g Prohok
- 100g coconut milk
- Seasoning
- 4 lotus leaves
- 100g deep-fried shallots
- 120g premium white Jasmine rice
- 100g premium red Jasmine rice

1. Marinate the chicken leg with green lemongrass Keroung and seasoning for two hours and roast it in the oven for 30 minutes at 200°C. Then cut into a few slices

2. Pan-fry the vegetables with the Prohok, the curry paste, chicken stock, coconut milk and seasoning. Steam the red and white rice with sliced deep-fried shallots and wrap in the lotus leaves



❖ DESSERT: KAMAO THORT - YOUNG JASMINE RICE WITH BANANA AND COCONUT ICE CREAM (2 SERVINGS)

- 120g Ombok (young rice)
- 160g banana (Cambodian Namva)
- 90g rice flour
- 150g fresh milk
- 120g coconut juice
- 20g sesame seeds, white
- 100g young coconut milk
- 120g sugar
- 15g fine salt
- 30g custard powder
- 10g mint leaves
- 300g coconut ice cream
- 500ml vegetable oil

1. Mix the Ombok and the banana (cut in cubes) with the rice flour, fresh milk, coconut juice, sugar, salt, custard powder and mint leaves and press into balls, then deep-fry

2. Serve with coconut ice cream



❖ CREAMY JASMINE RICE WITH FOIE GRAS SOUP (2 SERVINGS)

- 60g Jasmine rice
- 400ml chicken stock
- 80ml pork gravy
- 27g foie gras, sliced
- 20g celery, Julienned
- 40g chicken breast
- 150ml fresh cream
- 1g spring onion

1. Cook the Jasmine rice with the chicken stock and spring onion

2. Once cooked well, take the rice and grind until it's mashed, and then filter

3. Take the chicken stock and cook it again, then add fresh cream, the foie gras slices and the celery



❖ CAMBODIAN JASMINE RICE WITH LOBSTER AND MUSTARD CREAM (2 SERVINGS)

- 100g onions
- 250g Jasmine rice
- 120ml chicken stock
- 130ml white wine
- 1g thyme
- 1g bay leaves
- 400g lobster juice
- 100ml olive oil
- 80g cooked rice
- 40g fresh cream
- 4g morels
- 40g river lobster
- 2g parsley Chiffonnier
- 40g Thermidor sauce
- Seasoning

1. Cook the Jasmine rice with the white wine, chicken stock, salt and pepper for 20 minutes and keep it apart

2. Boil the lobster (don't fully cook), then remove from shell, cut it into pieces and mix with the rice

3. Add the Thermidor sauce, cream, mustard, butter and the chicken soup



❖ RED RICE CRACKER WITH GREEN MANGO SORBET (8 SERVINGS)

- 1000ml green mango
- 300g sugar
- 10g stabilizer
- 90g Cambodian red Jasmine rice
- 40g black sticky rice
- 150ml water
- 5g salt
- 500ml vegetable oil

1. Clean the red rice; soak the red rice for 1 hour and the black sticky rice for 2 hours. Then steam the red rice with the black rice for 30 minutes. Keep at room temperature and shape into a ball, then dry for 24 hours

2. Peel the green mango and blend it into juice, mix with sugar, add stabilizer and mix it well in the ice cream machine until you have a nice sorbet

3. Heat the vegetable oil and deep-fry the rice cracker until crispy

Serve the sorbet with crackers



❖ WHITE AND RED JASMINE RICE WITH CHICKEN BREAST AND TRUFFLE SAUCE (2 SERVINGS)

- 200g white & red Jasmine rice
- 30g carrot
- 30g onion
- 25g clarified butter
- 5g garlic
- 20g cooking cream
- 3g truffles
- 200g chicken breast cooked with truffle & foie gras
- 40g Suprême sauce
- 250g chicken stock
- 45g Pilaf red premium rice
- 40g Pilaf white premium rice

1. Cook the white and red rice with butter, carrot, onion and chicken stock for 25 minutes

2. Fry the cooked rice with the carrot and the onions

3. Sauce (Suprême sauce):
Take the chicken stock and mix with the clarified butter for 10 minutes until well-cooked. Then add the cream

4. Take the foie gras and truffle and insert in the chicken breast. Marinate with salt, pepper and olive oil, then wrap in vacuum foil

5. Cook with the chicken stock for 1 hour, and slice for serving



❖ DESSERT: CAMBODIAN RICE PUDDING (2 SERVINGS)

- 125g Cambodian rice
- 75g sugar
- 400ml fresh milk
- 25g butter
- 0.5g salt
- 3pcs egg yolk
- 10g orange zest
- 2pcs gelatin

1. Clean the rice and mix with ingredients except egg yolk

2. Boil the rice

3. Bake rice in the oven for 25 minutes

4. When baked, mix the rice with the egg yolk

5. Let it cool down

6. Sauce: Mix the milk, egg yolk and sugar, and then stir on heat until it thickens. Let it cool.

7. Take three-quarters of the cooked rice to mix with a quarter of the sauce. Mix with a quarter of the cream, stir well & melt the gelatin in

8. Let it cool



❖ CHINESE ABALONE BRAISED WITH RED AND WHITE JASMINE RICE (4 SERVINGS)

- 12 pieces of baby Abalone
- 250g pork and Abalone gravy
- 800g pork and scallop stock
- 30g white soy sauce
- 30g oyster sauce
- 120g white rice
- 120g red rice
- Seasoning

1. Slowly cook the baby Abalone with pork and the Abalone gravy for approximately 4 hours

2. Steam the white rice with the pork and the scallops stock

3. While boiling the Abalone gravy, season the gravy with the soy and oyster sauces



❖ BRAISED DRY SCALLOPS WITH JASMINE RICE (4 SERVINGS)

- 150g Cambodian premium Jasmine white rice
- 120g of rice dough, sheet
- 150g Chinese dry scallop
- 60g spring onion
- 15g Kampot pepper
- 180ml seafood stock
- 300ml water
- 180g broccoli
- 180g carrot
- Seasoning
- 20g soy sauce
- 50g scallops gravy

1. Cut and boil the carrot and broccoli with the seasoning
2. Roll the rice dough into a nice size to prepare the wrapping
3. Slowly cook the scallops in a gravy. Mix the dry scallops with seafood stock, then cook for one hour to have a nice color and taste

4. Clean the white rice and cook it with the dry gravy, seafood stock and spring onion for 30 minutes.

Wrap the scallops and steam again for a few minutes, then serve with gravy over vegetables



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TOGETHER WE PROMOTE CAMBODIAN RICE