

Cambodia

Asia

Menu

1. Marinated beef with lime sauce

Ingredients:

- 1 Tbsp. sugar
- 2 Tbsp. lime juice
- 1 1/2 tsp. ground black pepper
- 1 tsp. water
- 2 Tbsp. soy sauce
- 2 Tbsp. canola oil
- 7 crushed garlic cloves
- 1 1/2 lbs. sirloin with 1/2 cut in cubes

Directions:

Combine sugar, 1 tsp. black pepper, soy sauce and garlic. Stir well and add the beef. Marinate beef for 20 minutes. Combine remaining pepper with lime juice and water. Place in a small serving bowl. Sauté beef in hot oil, 3-4 minutes until cooked. Serve over jasmine rice with lime sauce.

2. Cooked jasmine rice

Ingredients:

- 2 cups jasmine rice

Directions:

Place rice in a pot with water. Allow starch to separate from the grains until water becomes white. Skim starch out. Repeat this three times. Drain rice and cook with 3 cups water over medium-low heat for 20-25 minutes. Remove from heat and stir and then cover for 10 minutes before serving.

3. Vegetable stir-fry

Ingredients:

- 2 tsp. vegetable oil
- 4 medium carrots, peeled and cut diagonally into 1/4" slices
- 1 large onion cut into 1" pieces
- 1 large red bell pepper cut into 1" triangles
- 3 cups broccoli
- 3 cups red cabbage, sliced
- 1/2 cup low-salt chicken broth
- 3 Tbsp. chopped fresh mint

Directions:

Stir-fry ingredients until they are tender.

Consumption Comparisons

Percentage of children underweight

United States of America: 1%

Cambodia: 52%

Life in Cambodia

The Khmer people, who are thought to have migrated from China before 200 B.C., constitute 90 percent of Cambodia's population, followed by the Chinese and the Vietnamese. Today, the population is remarkably young. Thirty-seven percent of all Cambodians are under the age of 15. Most live in rural areas, while more than 1 million live in the capital city of Phnom Penh. Many Cambodians work in agriculture, or in fisheries and forestry. In rural areas, parents often arrange marriages for their daughters as early as age 15.

Typical meal

The two main staples are soup and rice. The soup can include fish, egg, vegetables, or meat. Rice is eaten at every meal.

Sreun in the rice field



Sreun Nor, age 6, comes to help his parents in the rice field everyday because he does not attend school.

References:

Asia Recipe. Cambodia. May 29, 2006.

<http://asiarecipe.com/cameffects.html>. Accessed June 7, 2006.

Millstone, Erik and Tim Lang. *The Penguin Atlas of Food: Who Eats What, Where, and Why*. 2003. Penguin Books: New York.