

Resource 5 15.3 Local foods**1. Kingdom of Cambodia****1. Num pang**

Baguettes are derived from the French colonization of Cambodia with a mixture of Eastern and Western ingredients. Sandwiches are filled with pate, butter/mayonnaise, spicy red chili paste, pickled green papaya and carrot and pork bologna, and served with soy sauce and fish sauce on the side.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/19/inline-1.phnom-penh_num-pang_flickrpravin.premkumar.jpg?itok=8PDVuu5U retrieved 12/4/2014)

**2. Nom banh chok**

Nom banh chok is a Cambodian national dish served as breakfast. The noodles are made from fermented rice and topped with aromatic green fish curry gravy, flavored with lemongrass, kaffir lime leaves and turmeric root.

Sometimes, fresh herbs, bean sprouts, banana flower and cucumber are added.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/19/inline-2.phnom-penh_nom-banh-chok_lina-goldberg.jpg?itok=pHSbjxrM retrieved 12/4/2014)

**3. Num plae ai**

Num plae ai is smooth and chewy rice dumplings filled with liquid caramelized palm sugar and topped with fresh coconut shavings.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/19/inline-3.phnom-penh_num-plae-ai_lina-goldberg.jpg?itok=t8lrHrNc retrieved 12/4/2014)



2. Republic of the Philippines



1. Tsitsaron

Tsitsaron is a snack originated by the Spanish, known as chicharrón. These deep-fried, salted pork rinds are eaten with vinegar and sliced chilies or pickled green papaya, called 'Atsara'.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/19/inline-1.manila_tsistoron_sidney-snoeck.jpg?itok=GyKnZXgI retrieved 12/4/2014)



2. Taho

Taho is a Filipino signature sweet. It has a custard-like texture made from caramelized brown sugar and vanilla, and sago pearls served warm as breakfast.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/19/inline-2.manila_taho_sidney-snoeck.jpg?itok=FODWdgf0 retrieved 12/4/2014)



3. Balut

Balut is a fertilized duck egg filled with almost fully-formed baby duck.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/19/inline-3.manila_balut_sidney-snoeck.jpg?itok=pgJqih0 retrieved 12/4/2014)



3. Socialist Republic of Vietnam



1. Bun cha

Pork patties and slices of pork belly are grilled over hot coals and served with fish sauce, tangy vinegar, sugar and lime. Accompanied by deep-fried spring rolls, this dish is served with garlic and chilies on the side.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/16/inline-1.hanoi_bun-cha_lina-goldberg.jpg?itok=KU8JQF2H retrieved 12/4/2014)



2. Pho

Pho is traditionally Vietnamese noodle soup served as breakfast . There are two variations found: pho ga (with chicken) and pho bo (with beef).

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/16/inline-2.hanoi_pho_lina-goldberg.jpg?itok=m8cPYzEd retrieved 12/4/2014)



3. Bun rieu cua

Bun rieu cua is made with round rice vermicelli and topped with pounded crabmeat, deep-fried tofu and congealed blood sprinkled with chilies and fresh herbs.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/16/inline-3.hanoi_bun-rieu-cua_avlxyz_flickr.jpg?itok=hL5sGL5v retrieved 12/4/2014)



4. Kingdom of Thailand



1. Pad Thai

Pad Thai is a Thai noodle dish made from stir-fried noodles with egg, peanuts, shallots, sprouts, and tofu or meat.

(Source: <http://travel.cnn.com/singapore/eat/singapores-best-pad-thai-282266> retrieved 12/4/2014)



2. Som tam

Som tam, or papaya salad, is made of unripe green papaya which is similar to dishes found in Cambodia and Laos, but the Thai versions are mild and sweeter.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/16/inline-bangkok_som-tam-thai_mark-wiens.jpg?itok=7U3krE7c retrieved 12/4/2014)



3. Khanom krok

Kanom krok is coconut pudding, made with a mixture of flour batter and coconut cream over a charcoal fire; served with crispy fried shallots on top.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/23/kanom-krok.jpg?itok=Ohr18pZo retrieved 12/4/2014)



5. Lao People's Democratic Republic

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1. Feu

Feu is a combination of vermicelli in hot soup filled with meatballs served with a dish of vegetable leaves.

(Source: <http://laovoices.com/wp-content/uploads/2009/06/lao-pho.jpg> retrieved 12/4/2014)



2. Laap

Laap is made with fish, chicken, duck, pork, beef, or buffalo. The meat is finely chopped and spiced with onion, chillies, and other herbs such as mint.

(Source: <http://laovoices.com/wp-content/uploads/2009/06/P1140066-laorecipes.jpg> retrieved 12/4/2014)



3. Fragmented fish

Fragmented fish or 'Padeck' is unique Lao traditional food. It is a mixture of fish and salt that is marinated and preserved in a jar for minimum of a year up to 3 years.

(Source: http://www.tourismloas.org/files/images/laofood_padeck.jpg retrieved 12/4/2014)



6. Republic of Singapore



1. Chicken and rice

Chicken and rice is Singapore's national dish. Often called Hainanese chicken rice due to its Chinese roots, the chicken is steamed or boiled until it is just cooked and still a little bit pink near the bone. It is served with oily rice and slices of cucumber on the side.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/16/inline-3.singapore_chicken-rice_tanya-procyshyn.jpg?itok=_CXRnZpB retrieved 12/4/2014)



2. Katong laksa

Katong laksa is rice noodles cut into bite-sized pieces with shrimps and is served with a scoop of sambal and slivers of laksa leaves.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/16/inline-5.singapore_katong-laksa_lina-goldberg.jpg?itok=b7TDa0y5 retrieved 12/4/2014)



3. Satay

Chicken is commonly found in Singapore. Satay consists of marinated skewers of meat, grilled and served with a peanut sauce.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/16/inline-9.singapore_satay_tanya-procyshyn.jpg?itok=o9e1C2Km retrieved 12/4/2014)

7. Republic of Indonesia



1. Nasi uduk

Nasi uduk is rice cooked in coconut milk and includes a pinwheel of various meat and vegetable accoutrements. It is normally eaten with fried chicken, boiled eggs and tempe (soybean cake) with anchovies and topped with emping (melinjo nut crackers).

(Source:

http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2011/08/03/Nasi_Uduk_0628_600px.jpg?itok=Z3wvAUOG retrieved 12/4/2014)



2. Nasi padang

Nasi padang is curry with floating fish heads or rubbery cow's feet.

(Source:

http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2011/08/03/Padang_0707_600px.jpg?itok=RC65BSh8 retrieved 12/4/2014)



3. Sambal

Sambal is a combination of chilies, sharp fermented shrimp paste, tangy lime juice, sugar and salt all pounded up with mortar and pestle.

(Source:

http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2011/08/03/Sambal_2008_600px.jpg?itok=JNEFxO6q retrieved 12/4/2014)



8. Republic of the Union of Myanmar



1. Tea leaf salad

Tea leaf salad is made with fermented tea leaves mixed by hand with shredded cabbage, sliced tomatoes, deep-fried beans, nuts and peas, a splash of garlic oil and pungent slices of chili and garlic.

(Source:

http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_400x267/public/2013/08/12/_dsc4793.jpg?itok=N1HLrz1
retrieved 12/4/2014)



2. Shan-style rice

Shan-style rice is fish rice made from cooked rice with turmeric, squashed with a topping of flakes of freshwater fish and garlic oil, and served with slices of leek roots, cloves of raw garlic and deep-fried pork rinds.

(Source:

http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2013/08/12/dsc_0504_0.jpg?itok=AANtmzzb
retrieved 12/4/2014)



3. Nangyi thoke

Nangyi thoke is a Burmese dry noodle dish. The dish takes the form of thick, round rice noodles with chicken, thin slices of fish cake, par-boiled bean sprouts and slices of hard-boiled egg. It is a mixture of roasted chickpea flour, turmeric, and chili oil, tossed by hand and served with sides of pickled greens and a bowl of broth.

(Source:

http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_400x267/public/2013/08/12/dsc_8283.jpg?itok=B3awEo7l
retrieved 12/4/2014)



9. Malaysia



1. Penang assam laksa

Assam laksa is fish soup with tamarind and fiery chili, served with chewy white noodles and garnished with fresh mint, shallots, cilantro, cucumbers and sweet pineapple.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/15/inline-penang_assam-laksa_lina-goldberg.jpg?itok=SSCdueE9 retrieved 12/4/2014)



2. Nasi kandar

Nasi kandar is derived from an Indian Muslim dish. It is made from meat curry and gravy served over white rice.

(Source: http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/15/inline-penang_nasi-kandar_flickrarmufm.jpg?itok=WOr2qmGd retrieved 12/4/2014)



3. Curry mee

Curry mee or ‘curry laksa’ is spicy coconut curry soup with yellow egg noodles and rice vermicelli. It is made from chicken, tofu puffs, prawns, pork blood, cockles and cuttlefish garnished with fresh mint leaves and a spoonful of peppery sambal paste.

(Source:

http://i.cdn.travel.cnn.com/sites/default/files/styles/inline_image_240x240/public/2012/03/15/inline-penang_curry-mee_lina-goldberg.jpg?itok=phxTTY1K retrieved 12/4/2014)



10. Brunei Darussalam

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1. Ambuyat

Ambuyat is the most popular delicacy in Brunei served with a minimum of three main and side dishes. It is made from sago and eaten by dipping into a sauce called 'cacah'.

(Source: https://m.ak.fbcdn.net/sphotos-d.ak/hphotos-ak-frc3/t1.09/s403x403/530762_495683263807879_2128553396_n.jpg retrieved 12/4/2014))



2. Kuih bahulu

Kuih Bahulu is a traditional Bruneian food served during Hari Raya and Chinese New Year. The moulds are made from cast-iron with a lid. It is baked by putting the moulds over charcoal.

(Source: <http://shutterspeech.net/9amazingbrunei/wp-content/uploads/2012/04/bbbbahulu-300x225.jpg> retrieved 12/4/2014)



3. Ayam penyet

Ayam Penyet is a classic Indonesian dish. It is fried chicken that is smashed down to give it a softer texture, and marinated with peppers and herbs. It is served alongside a salad with cucumber, lettuce, tomato and lemon.

(Source: <http://thehungrypartier.com/wp-content/uploads/2014/02/Screen-Shot-2014-02-10-at-2.12.30-PM-300x214.png> retrieved 12/4/2014)