

# Guides and Stories

## Culinary Diary

For in-depth descriptions of all dishes, check out our post here:  
<https://guidesandstories.com/best-food-in-cambodia/>

# My Taste of Cambodia

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## A token for travelers

This digital diary is a symbol of sustainable travel, built for **reusing and sharing**, just like so many other things should be.

It's meant to be passed on: add your name to the list of owners, and if you meet other food-curious travelers, pass it along. They can get inspiration from your notes, and with a little effort, reuse it to start their own delicious journey. Let's see how many happy travelers this shared experience can create.

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**iPhone users:** You can fill this journal using the built-in PDF editor. Download the file and remember to tap "Done" after each edit.

**Android users:** Please download the free Adobe Acrobat Reader app to fill in this dairy — most default android viewers don't support form editing

# Main Dishes

**Amok Trey** – Steamed fish curry in a banana leaf cup

Rating (1–10):  Enjoyed At:

Opinion:

**Bai Sach Chrouk** – Grilled pork with rice, a popular breakfast

Rating (1–10):  Enjoyed At:

Opinion:

**Lok Lak** – Stir-fried beef cubes served over lettuce

Rating (1–10):  Enjoyed At:

Opinion:

**Kdam Chaa** – Stir-fried crab, often with green peppercorns

Rating (1–10):  Enjoyed At:

Opinion:

**Chaa Kroeung** – Stir-fry with a lemongrass and spice paste

Rating (1–10):  Enjoyed At:

Opinion:

# Soups & Stews

**Khor Sach Chrouk** – Braised pork and egg in a savory broth

Rating (1–10):

Enjoyed At:

Opinion:

**Samlor Kako** – Hearty soup with vegetables and ground rice

Rating (1–10):

Enjoyed At:

Opinion:

**Kuy Teav** – Pork or beef noodle soup, a common breakfast

Rating (1–10):

Enjoyed At:

Opinion:

**Nom Banh Chok** – Rice noodles with a light fish-based gravy

Rating (1–10):

Enjoyed At:

Opinion:

**Samlor Machu Kreung** – Classic sour soup with lemongrass

Rating (1–10):

Enjoyed At:

Opinion:

# Small Plates & Cold Dishes

**Lap Khmer** – Cambodian-style beef salad with lime juice

Rating (1–10):

Enjoyed At:

Opinion:

**Bok L'hong** – Green papaya salad with a pungent dressing

Rating (1–10):

Enjoyed At:

Opinion:

**Prahok K'tis** – Rich dip made from fermented fish paste and pork

Rating (1–10):

Enjoyed At:

Opinion:

**Ang Dtray-Meuk** – Grilled squid on skewers

Rating (1–10):

Enjoyed At:

Opinion:

**Nom Ansom Chrouk** – Savory sticky rice cake with pork

Rating (1–10):

Enjoyed At:

Opinion:

# Desserts & Sweets

**Kralan** – Sticky rice roasted inside a bamboo tube

Rating (1–10):  Enjoyed At:

Opinion:

**Sankhya Lapov** – Sweet custard-filled pumpkin dessert

Rating (1–10):  Enjoyed At:

Opinion:

**Cha Houy Teuk** – Cold jelly dessert with coconut milk

Rating (1–10):  Enjoyed At:

Opinion:

**Num Plae Ai** – Chewy sticky rice balls with a palm sugar center

Rating (1–10):  Enjoyed At:

Opinion:

**Chek Chien** – Deep-fried bananas with a crispy coating

Rating (1–10):  Enjoyed At:

Opinion:

# Drinks

**Teuk Ampov** – Fresh sugarcane juice served over ice

Rating (1–10):  Enjoyed At:

Opinion:

**Sra Peang** – Fermented rice wine from a clay jar

Rating (1–10):  Enjoyed At:

Opinion: