

Guides and Stories

Food Journal
for your trip to Cambodia

Designer Disclaimer:

The guy who usually designs our PDFs went on a liveaboard trip to French Polynesia and, well... got beautifully lost. We couldn't bring ourselves to replace him (we love him too much), so we had to put this together ourselves. Sorry for the layout — we promise the food is better than the formatting.

iPhone users: You can fill this journal using the built-in PDF editor. Just make sure to tap Done after editing.

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

Once your trip is over, we'd love to hear what you discovered!

If you feel like sharing your filled-out journal, you can send it to food@guidesandstories.com

We may use your culinary notes to improve future guides — but don't worry, we never store your name, email, or any personal details.

Main Dishes

Amok Trey (Steamed Fish Curry)

Rating (1–10)

Where Tried

Opinion:

Bai Sach Chrouk (Grilled Pork with Rice)

Rating (1–10)

Where Tried

Opinion:

Lok Lak (Stir-Fried Beef Cubes)

Rating (1–10)

Where Tried

Opinion:

Kdam Chaa (Stir-Fried Crab)

Rating (1–10)

Where Tried

Opinion:

Main Dishes

Chaa Kroeung (Lemongrass Stir-Fry)

Rating (1–10)

Where Tried

Opinion:

Trey Chean Choun (Fried Whole Fish)

Rating (1–10)

Where Tried

Opinion:

Mee Kola (Rice Noodle Salad)

Rating (1–10)

Where Tried

Opinion:

Trey Aing (Grilled Freshwater Fish)

Rating (1–10)

Where Tried

Opinion:

Main Dishes

Cha Trakuon (Stir-Fried Water Spinach)

<div></div>	Rating (1–10)	<div></div>	Where Tried
<div>Opinion:</div> <div></div>			

Soups & Stews

Khor Sach Chrouk (Braised Pork and Egg)

Rating (1–10)

Where Tried

Opinion:

Samlor Kako (Vegetable and Rice Soup)

Rating (1–10)

Where Tried

Opinion:

Kuy Teav (Pork Noodle Soup)

Rating (1–10)

Where Tried

Opinion:

Nom Banh Chok (Rice Noodles with Fish Gravy)

Rating (1–10)

Where Tried

Opinion:

Soups & Stews

Samlor Machu Kreung (Sour Soup with Lemongrass)

Rating (1–10)

Where Tried

Opinion:

Samlor Kari (Coconut Chicken Curry)

Rating (1–10)

Where Tried

Opinion:

Samlor Prahal (Clear Fish Cake Soup)

Rating (1–10)

Where Tried

Opinion:

Yaohon (Khmer Hot Pot)

Rating (1–10)

Where Tried

Opinion:

Small Plates & Cold Dishes

Lap Khmer (Beef Salad)

Rating (1–10)

Where Tried

Opinion:

Bok L'hong (Papaya Salad)

Rating (1–10)

Where Tried

Opinion:

Prahok K'tis (Pork and Fish Dip)

Rating (1–10)

Where Tried

Opinion:

Ang Dtray-Meuk (Grilled Squid)

Rating (1–10)

Where Tried

Opinion:

Small Plates & Cold Dishes

Nom Ansom Chrouk (Sticky Rice Cake)

Rating (1–10)

Where Tried

Opinion:

Twa Ko (Fermented Sausage)

Rating (1–10)

Where Tried

Opinion:

Tuk Kroeung (Herb Fish Dipping Sauce)

Rating (1–10)

Where Tried

Opinion:

Pong Tia Kon (Fertilized Duck Egg)

Rating (1–10)

Where Tried

Opinion:

Small Plates & Cold Dishes

Pong Moan Ang (Grilled Eggs)

Rating (1–10)

Where Tried

Opinion:

Bok Trop (Smoked Eggplant Dip)

Rating (1–10)

Where Tried

Opinion:

Desserts & Sweets

Kralan (Bamboo Sticky Rice)

Rating (1–10)

Where Tried

Opinion:

Sankhya Lapov (Pumpkin Custard)

Rating (1–10)

Where Tried

Opinion:

Cha Houy Teuk (Jelly Dessert)

Rating (1–10)

Where Tried

Opinion:

Num Plae Ai (Sticky Rice Balls)

Rating (1–10)

Where Tried

Opinion:

Desserts & Sweets

Chek Chien (Fried Banana)

Rating (1–10)

Where Tried

Opinion:

Nom Chak Kachan (Layered Jelly Cake)

Rating (1–10)

Where Tried

Opinion:

Drinks

Teuk Ampov (Sugarcane Juice)

Rating (1–10)

Where Tried

Opinion:

Sra Peang (Fermented Rice Wine)

Rating (1–10)

Where Tried

Opinion: