

Guides and Stories

Culinary Diary

For in-depth descriptions of all dishes, check out our post here:

<https://guidesandstories.com/best-food-in-laos/>

My Taste of Laos

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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.

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

Kua Mee – Stir-fried rice noodles with egg, vegetables, and meat

Rating (1–10):

Enjoyed At:

Opinion:

Mok Pa – Fish steamed inside a banana leaf parcel

Rating (1–10):

Enjoyed At:

Opinion:

Ping Gai – Charcoal-grilled chicken with a flavorful marinade

Rating (1–10):

Enjoyed At:

Opinion:

Soups & Stews

Kaeng Nor Mai – A thick stew made primarily from bamboo shoots

Rating (1–10):

Enjoyed At:

Opinion:

Khao Piak Khao – A comforting rice porridge, often for breakfast

Rating (1–10):

Enjoyed At:

Opinion:

Khao Piak Sen – Noodle soup with fresh, handmade noodles

Rating (1–10):

Enjoyed At:

Opinion:

Khao Poon – A coconut curry noodle soup with a rich broth

Rating (1–10):

Enjoyed At:

Opinion:

Khao Soi – Noodle soup with a minced pork and tomato topping

Rating (1–10):

Enjoyed At:

Opinion:

Soups & Stews

Or Lam – A thick, peppery forest stew from Luang Prabang

Rating (1–10):

Enjoyed At:

Opinion:

Tom Khem – A slow-cooked, sweet, and savory pork braise

Rating (1–10):

Enjoyed At:

Opinion:

Small Plates & Cold Dishes

Kaipen – A crispy, flash-fried snack made from river weed

Rating (1–10): Enjoyed At:

Opinion:

Khao Jee – Grilled sticky rice patty coated in egg

Rating (1–10): Enjoyed At:

Opinion:

Larb – A minced meat salad seasoned with lime and herbs

Rating (1–10): Enjoyed At:

Opinion:

Miang – An interactive leaf-wrap snack with various fillings

Rating (1–10): Enjoyed At:

Opinion:

Nam Khao – A crispy rice salad with fermented pork sausage

Rating (1–10): Enjoyed At:

Opinion:

Small Plates & Cold Dishes

Sai Oua – A distinct, aromatic pork sausage with herbs

Rating (1–10):

Enjoyed At:

Opinion:

Sien Savanh – A sun-dried and fried beef jerky

Rating (1–10):

Enjoyed At:

Opinion:

Tam Mak Hoong – A spicy green papaya salad with a pungent fish sauce

Rating (1–10):

Enjoyed At:

Opinion:

Desserts & Sweets

Khao Lam – Sweet sticky rice cooked inside a bamboo tube

Rating (1–10):

Enjoyed At:

Opinion:

Khao Nom Kok – Small, semi-spherical coconut rice pancakes

Rating (1–10):

Enjoyed At:

Opinion:

Khao Nom Nab – Steamed sweet parcels with a filling inside

Rating (1–10):

Enjoyed At:

Opinion:

Drinks

Kafe Lao – A strong, dark-roast coffee with condensed milk

Rating (1–10):

Enjoyed At:

Opinion:

Lao Hai – Traditional fermented rice wine from a communal jar

Rating (1–10):

Enjoyed At:

Opinion:

Lao-Lao – A type of clear rice whiskey

Rating (1–10):

Enjoyed At:

Opinion: