

# Guides and Stories

## Culinary Dairy

For your trip to Laos

For full dish descriptions check out our **Guide** (<https://guidesandstories.com/best-food-in-laos/>)

### 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.**

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iPhone users: You can fill this journal using the built-in PDF editor. Save it and 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](mailto: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.

# Best Food to Try in Laos: Main Dishes

## **Kua Mee** – Stir-Fried Rice Noodles

Rating (1–10):  Where Tried:

Opinion:

## **Mok Pa** – Steamed Banana-Leaf Fish

Rating (1–10):  Where Tried:

Opinion:

## **Ping Gai** – Charcoal-Grilled Chicken

Rating (1–10):  Where Tried:

Opinion:

# Soups & Stews to Add to Your Laos Food List

## **Kaeng Nor Mai** – Bamboo Shoot Stew

Rating (1–10):  Where Tried:

Opinion:

## **Khao Piak Khao** – Rice Porridge Soup

Rating (1–10):  Where Tried:

Opinion:

## **Khao Piak Sen** – Handmade Noodle Soup

Rating (1–10):  Where Tried:

Opinion:

# Soups & Stews to Add to Your Laos Food List

## **Khao Poon** – Coconut Curry Noodle Soup

Rating (1–10):  Where Tried:

Opinion:

## **Khao Soi** – Pork-Tomato Noodle Soup

Rating (1–10):  Where Tried:

Opinion:

## **Or Lam** – Peppery Forest Stew

Rating (1–10):  Where Tried:

Opinion:

# Soups & Stews to Add to Your Laos Food List

**Tom Khem** – Sweet-Savory Braise

Rating (1–10):

Where Tried:

Opinion:

# Small Plates & Cold Dishes: Must-Try Food in Laos

## **Kaipen** – Crispy River Weed

Rating (1–10):

Where Tried:

Opinion:

## **Khao Jee** – Grilled Sticky Rice

Rating (1–10):

Where Tried:

Opinion:

## **Larb** – Minced Meat Salad

Rating (1–10):

Where Tried:

Opinion:

# Small Plates & Cold Dishes: Must-Try Food in Laos

## Miang – Leaf-Wrap Bites

Rating (1–10):

Where Tried:

Opinion:

## Nam Khao – Crispy Rice Salad

Rating (1–10):

Where Tried:

Opinion:

## Sai Oua – Herb Pork Sausage

Rating (1–10):

Where Tried:

Opinion:

# Small Plates & Cold Dishes: Must-Try Food in Laos

**Sien Savanh** – Sun-Dried Beef

Rating (1–10):

Where Tried:

Opinion:

**Tam Mak Hoong** – Green Papaya Salad

Rating (1–10):

Where Tried:

Opinion:

# Famous Desserts & Sweets in Laos

## Khao Lam – Bamboo Sticky Rice

Rating (1–10):

Where Tried:

Opinion:

## Khao Nom Kok – Coconut Rice Pancakes

Rating (1–10):

Where Tried:

Opinion:

## Khao Nom Nab – Steamed Sweet Parcels

Rating (1–10):

Where Tried:

Opinion:

# Authentic Drinks in Laos

## Kafe Lao

Rating (1–10):

Where Tried:

Opinion:

## Lao Hai

Rating (1–10):

Where Tried:

Opinion:

## Lao-Lao

Rating (1–10):

Where Tried:

Opinion: