



CAMBODIAN BEEF SKEWERS WITH PICKLED VEGGIES (Chrook)

SHOPPING FOR YOUR CLASS

- Specialty items can be found at Asian supermarkets (99 Supermarket and Lucky Supermarket in Edmonton)
 - Pantai Brand Preserved Gourami in Brine (a southern Thai sauce made from fermented fish and salt)
 - Galangal (available fresh or frozen)
 - Lime leaves (available fresh or frozen)
 - Turmeric (purchase fresh or frozen, not powdered)
 - Lemongrass stalks
 - MSG
 - Bamboo Skewers

MISE EN PLACE

- Defrost your turmeric and galangal if you are using frozen.
- Soak bamboo skewers in water for 30 minutes if you're planning on grilling on the bbq
- Peel the garlic ahead of time. We use anywhere between 20-25 cloves for the Groeung paste recipe.

CAMBODIAN BEEF SKEWERS *(makes 8-10 skewers)*

Recipe by CHEATA NAO

2 lbs Beef Sirloin

½ cup Groeung (see recipe below)

¼ cup Preserved Pantai Gourami in Brine (Prahok)

1 tsp MSG

3 tbsp Sugar

1 tbsp Knorr Chicken Stock Powder

1 tbps Oyster Sauce, we like Lee Kum Kee brand
1 tbps vegetable oil
2 cups jasmine rice
2 ¼ cup water

- Marinating the Beef: Using a sharp knife, slice the beef into very thin slices. Place beef into a large mixing bowl together with the Groeung paste, prahok, sugar, MSG, chicken stock powder, vegetable oil and oyster sauce. Thoroughly mix with your hands.
- Thread the marinated beef onto skewers. The beef slices should be compact on the skewers, not leaving much room in between slices.
- Cooking the Skewers: If you're grilling on the BBQ it should take 2-3 minutes a side. If you do not have a BBQ you can use a grill pan or non-stick frying pan. Add oil to the pan to prevent the skewers from sticking. Turn the heat to medium-high and cook the skewers for 3-5 minutes per side. Do not over crowd the pan or the beef will stew.
- Serve with jasmine rice and Chrook (Cambodian pickled veggies).
- Cooking jasmine rice: Wash and rinse your rice in cold water 3 times.
- In a medium sized pot add the washed rice with 2 ¼ cups of water. On medium high heat bring rice to a boil.
- Let the rice continue to boil until almost all of the water has evaporated, but the rice is not dry.
- Immediately turn the heat down to the lowest setting and place the lid tightly on the pot.
- The rice will continue to steam and cook for another 5-10 minutes (depending on the size of your pot).

GROEUNG (*Cambodian Lemongrass Herb Paste*)

100 g sliced lemongrass (approximately 6 stalks)
90 g (20-25 cloves) garlic
30 g turmeric (fresh or frozen) – not powdered
15 g lime leaves (fresh or frozen) - not powdered
40 g galangal (fresh or frozen) –not powdered
20 g fresh ginger
1 shallot
1-2 Thai Chilis (optional)
¼ cup water

This recipe yields 2 cups of paste. You can freeze the extra paste and use it as a marinade for chicken wings and pork chops or add into a coconut stir-fry. Groeung can also be added to red curry, green curry, & yellow curry pastes for extra flavour!

- Remove outer layers of the lemongrass stalk. Thinly slice the softer sections of the lemongrass stalks with a sharp knife, starting at the root end. We don't want to use the tough green sections near the top of the stalk.
- Roughly chop the turmeric, ginger, shallots and galangal root into 1 cm pieces.
- Lightly smash garlic cloves.
- Thinly slice lime leaves.
- Add the prepared ingredients into a blender or food processor, slowly add water and blend until smooth. The consistency should be quite smooth, but not watery.
- Pour into a bowl and set aside.
- Freeze any remaining paste.

Chrook (*Cambodian Pickled Veggies*)

½ head green cabbage

2 carrots

½ cucumber

1 clove garlic

1-2 Thai chilis (optional)

1 ½ tbsp fish sauce

½ tsp salt

1 tsp MSG

3 tbsp sugar

4 tbsp white vinegar

- Pickling your veggies: Thinly slice the cabbage into long ribbons. Shred carrots using a box grater. Chop cucumbers into large chunks or using a vegetable peeler, peel cucumber into long ribbon pieces. Finely chop the garlic and chilies.
- Add your veggies, garlic, and chilies into a large bowl. Pour in fish sauce, salt, MSG, sugar. Mix thoroughly until the sugar dissolves.
- Add your white vinegar 1 tablespoon at a time. After each tablespoon, mix thoroughly and taste before adding the next tablespoons.
- If you prefer more sweetness in your pickles add less white vinegar. If you prefer a more sour pickle add more vinegar.
- Serve with grilled beef skewers and jasmine rice
- If you're not serving right away. Place pickles in an air tight container or pickling jar and keep in the fridge.

EQUIPMENT

Cutting boards and knives

2 Large Mixing Bowls

Cup measures and spoons
Bamboo skewers
Grill pan
Blender
Mortar & pestle (optional)
Kitchen scale
Medium-sized pot with lid