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GOLDEN CELEBRATION 2017





# Foreword

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Amb. Kim Young-sun  
Secretary General, ASEAN-Korea Centre

The ASEAN\* region has a great variety of cuisines that are distinctive despite having some common elements. ASEAN cuisine is a celebration of cultural diversity and unique ways of life, delivered through appetite-whetting dishes and exotic aromas. It embraces the unique characteristics of many different ethnicities, and in that way is a history of the culture of the region. The ASEAN spirit and passion permeate each and every dish, and food is an important link in the chain that binds the ASEAN community together.

The ASEAN Culinary Festival 2016, organized by the ASEAN-Korea Centre, aims to introduce ASEAN cuisine to the Korean public by presenting a wide spectrum of ASEAN dishes. Thirty distinctive dishes are included; they were selected to suit the Korean palate while showcasing the diverse flavors of ASEAN. Under the theme “Gourmet Trips to ASEAN,” the Festival will help Koreans, also known for their cuisine, discover the sweet and savory ASEAN culinary delights. In line with the “Visit ASEAN@50: Golden Celebration” campaign to celebrate the 50th anniversary of ASEAN, the Festival also intends to promote ASEAN culinary destinations by showcasing fascinating food trails across the region to the Korean public.

Food is a universal language that brings people and cultures together. It is an essential part of life to all people of all nations. With the rise in the number of tourists traveling specifically to experience the cuisine of other peoples, food is increasingly important in enhancing harmony around the world.

In this regard, I am certain that the ASEAN Culinary Festival will serve as a platform to strengthen the partnership between ASEAN and Korea by connecting the hearts and minds of the people and creating a bond over a “shared meal of diversity.” With the ASEAN-Korea Cultural Exchange Year in 2017, the ASEAN Culinary Festival is a new way to bring deeper cultural understanding between ASEAN and Korea. The dishes you will experience here have been prepared specially by renowned chefs from the ASEAN region.

Real friendship comes from mutual understanding. Especially because Korean cuisine has been well received in the ASEAN region, it is fitting that ASEAN “returns the flavor,” giving Koreans a way to deepen their understanding of ASEAN, strengthen cultural ties, and forge a collaborative partnership.

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\* ASEAN: The Association of Southeast Asian Nations

I appreciate this opportunity to offer my congratulations on the opening of the ASEAN Culinary Festival.

Food is a medium that has helped people build friendships across the world. Across a table crowded with dishes of both new and familiar flavors, people can share not only food but also thoughts and experiences; a good meal takes the edge off contentious topics and smooths the rough edges of differing opinions. Food is not only the centerpiece of family and neighborhood gatherings, but also of business sessions and diplomatic exchanges.

Southeast Asian peoples are no different. Food has been a key factor to soften differences in culture, language, politics, race and religion. Through the dishes of these people, one can see how each member nation of the Association of Southeast Asian Nations is similar yet distinctively different.

Food is also a window into a country's history, and the development of variations on dishes that obviously share a common origin allows people to trace the interactions of neighboring cultures far back in time. And now, with globalization and the ease of exchanges with people from cultures with far different culinary traditions, the dishes of Southeast Asia are coming to the attention of chefs and homemakers all over the world. Visitors come to explore the ASEAN countries through new food experiences, and many are curious about how culinary culture developed. Their experiences on their trips can continue, because the Internet in particular has spawned a huge number of resources that describe new trends in cuisine. People have access to a wealth of online recipes for producing these once exotic flavors at home, and finding ingredients that once would have been unavailable is easier as well. Travel expands culinary tastes, the Internet instructs in reproducing them, and the boom in international trade puts ingredients once impossible

to find now close at hand.

Thanks to the fast growth of online resources, even those who have never traveled to any of the ASEAN countries can take up the challenge of cooking the dishes themselves. The tastes of French, Italian, Chinese, Japanese and many other cuisines may have been better known in the global community for many decades, but now the taste of ASEAN is gearing up to take its place alongside these classic players with bolder and spicier flavors that will come as a delightful surprise. The cuisines of Southeast Asian countries are exotic because they use a variety of spices that have addictive aromas.

Once people get hooked on these distinctive tastes, they are ready for another challenge: tasting variations of the same dish. Each ASEAN country has developed different versions of a dish using similar ingredients. A single plate can tell a thousand stories. In the tradition of ASEAN culinary arts, these "similar but distinctive" dishes are attributable mainly to the region's history of massive migration.

Anthropologists and sociologists have traced the far distant migrations of peoples to and through Southeast Asia, and some of the dishes are based on long experience with the food resources native to the region. Ancient migrations were slow, and newcomers adapted to the climate and flora and fauna they found while developing their cuisines. In their slow wanderings, our distant ancestors discarded what was not available or could not be transplanted to their new climates.

Modern migration, however, has been accompanied by the movement of foodstuffs from their place of origin to other parts of the world, and that has resulted in an explosion of culinary experimentation. Settlers in a new homeland brought with them their traditional tastes. Local food industries in the adopted homelands

saw this longing for familiar food as an opportunity to support and export the authentic ingredients of these migrants to wherever they went in the world, and at the same time to expand their local agriculture.

There are many examples of the assimilation of new foods from settlers with dishes already present, resulting in a blending of individual cultural characteristics in the new dish. One such example is Western Sumatra Beef Rendang (Rendang Padang) and Thai Beef Massaman, which are similar but still distinctive. Thai Beef Massaman has fewer spices than Western Sumatra Beef Rendang, and Thai Beef Massaman is not caramelized as is the Western Sumatra dish. Both are eaten with steamed rice. Singapore and Indonesia have a pork adobo dish similar to that of the Philippines, but the dish from Singapore and Indonesia has more spices and sweetness.

Another “similar yet distinctive” characteristic comes in the consumption of rice. Laos has sticky rice as a staple food; Laotians named themselves *lukkha-oniaow*, or “children of sticky rice.” In Vietnam, rice paper is used to make fried spring rolls called Cha Gio. Some cultures use rice noodles, such as in Mie Goreng for Malays and Pad Thai for Thais.

Southeast Asians also commonly use palm sugar and coconut milk in desserts. The Philippines’ Champorado (Cacao Rice Porridge) is often compared to Indonesia’s Campur Aduk. Indonesia also has Bubur Sumsum, a rice flour porridge with palm sugar. Cambodia has Num Plae Ai, a glutinous rice ball with palm sugar. Singapore’s Bubur Cha Cha, a colorful dessert made from small squares of steamed yams and yellow or orange sweet potatoes, is similar to the Indonesian Kolak Ubi Pisang, sweet potatoes

and bananas simmered in coconut milk and palm sugar.

Some of the dishes have different names but use almost exactly the same ingredients. The prawn dish Udang Sambal or Serai Bersantan in Brunei is known in Indonesia as Sambal or Goreng Udang, and in Malaysia the dish is known as Udang Masak Tempoyak. The Malaysian version also has fermented durian.

Air Kausar of Brunei is the same as what Indonesians and Malaysians call Minuman Selasih, a soothing drink that is especially popular during the Muslim fasting month of Ramadan. The beverage is made from basil seeds that puff up while soaking in hot water.

Halal food is a religious practice and belief among Muslims. Within ASEAN, a majority of the Muslim population can be found in Indonesia, Malaysia and Brunei where strict halal slaughtering makes the food blessed and hygienic. Pork and alcohol are strictly prohibited for Muslims.

As seen from these examples, the culinary differences across ASEAN countries are not necessarily due to ingredients or spices, but are often due to cultural and religious differences and to cross-cultural exchanges. By experiencing a region’s culinary culture, we grow to understand and tolerate the rich diversity of practices around the world.

The ASEAN-Korea Centre’s efforts to introduce ASEAN dishes to Koreans is a part of its broader work to showcase the cultures of the 10 member countries in Korea. I applaud this work, and believe that this culinary festival will contribute greatly to the building and fostering of cultural exchanges between ASEAN and Korea.

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Mr. Wongso was previously host of a television cooking program and a culinary consultant for Garuda Indonesian Airways. After more than 35 years in a bakery, food and beverage catering business, he is now dedicated to promoting Indonesian culinary traditions through his culinary diplomacy and Indonesian food consulting.

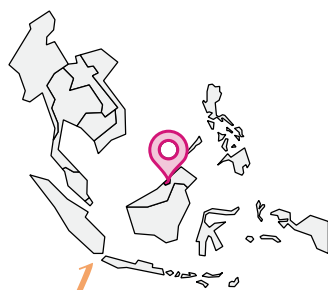




# Signature Dishes and Recipes of ASEAN

Brunei Darussalam | Cambodia | Indonesia | Lao PDR | Malaysia  
Myanmar | Philippines | Singapore | Thailand | Viet Nam

# Brunei Darussalam



→ Brunei Darussalam ◀  
Signature Dishes and Recipes of ASEAN







## Mie Goreng (Stir-Fried Noodles)

Mie Goreng is the favorite dish of Bruneians. There are many variations of these stir-fried noodles, not only in Brunei but also in neighboring countries such as Malaysia, Indonesia, and Singapore. The taste can be adjusted from mild to spicy. Mie Goreng usually contains shallots, garlic, sweet soy sauce, eggs and vegetables, and can be made with chicken, beef, mutton, shrimp or other seafood.

### Ingredients

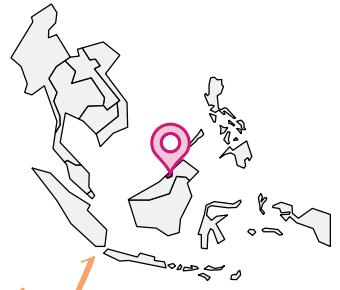
- 120 g wheat noodles
- 60 g meat, minced
- 2 eggs
- 4 red chilies, chopped
- 3 cloves garlic, chopped
- 5 shallots, chopped
- 1/2 tomato, chopped
- 50 g bean sprouts
- 50 g cabbage, cut into small pieces
- 30 ml tomato sauce
- Cooking oil
- Pinch of salt
- Pinch of pepper

### Directions

1. Cook noodles and set aside.
2. Heat oil in a wok and stir-fry chili, garlic, and shallots until fragrant.
3. Add meat and stir-fry until fully cooked.
4. Add egg and stir-fry until half-cooked.
5. Add tomato, tomato sauce, salt and pepper.
6. Add the cooked noodles and vegetables and stir-fry until the vegetables are soft.



# Brunei Darussalam



→ Brunei Darussalam ◀  
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## Udang Sambal Serai Bersantan (Chili Prawns)

One of the dishes commonly enjoyed by Bruneians is Udang Sambal Serai Bersantan, which is rich and spicy. Prawns are smothered in a coconut-based red curry sauce with a distinctive Malay flavor. The dish is usually eaten with either rice or noodles. Very similar dishes are found in neighboring countries.

### Ingredients

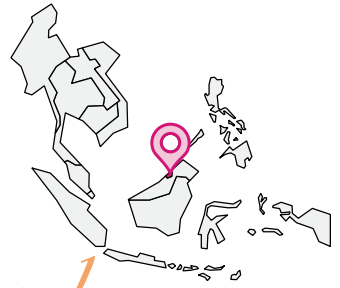
- 5 dried chilies, soaked in water for an hour
- 5 shallots, chopped
- 5 cloves garlic, chopped
- 1-inch length galangal root, chopped
- 1 stalk lemongrass, bulb removed, peeled, and chopped
- 1 Tbsp shrimp paste
- 10 fresh prawns, deveined and cleaned
- 200 ml coconut milk
- 2 lime leaves
- 15 ml fish sauce
- Pinch of sugar
- 2 red chilies, sliced into strips for garnish

### Directions

1. Parboil prawns for about 30 seconds and set aside.
2. Blend dried chilies, shallots, garlicks, galangal root, lemongrass and shrimp paste in a food processor. Put the blended ingredients in a sauce pan, add 100 ml coconut milk, and stir over medium heat until the oil separates.
3. Add lime leaves and simmer for 10 minutes.
4. Add fish sauce, sugar, and remaining coconut milk.
5. Add the prawns and cook for about 4-5 minutes.



# Brunei Darussalam



→ Brunei Darussalam ◀  
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## Air Kausar (Basil Seed Drink)

Air Kausar is a refreshing drink found in many ASEAN countries, and is often served during the Muslim fasting month of Ramadan. It is made with evaporated milk, pandan, flavored syrup, basil seeds and cereal. The basil seeds in the drink drive away the heat inside the human body, keep the stomach cool and help the digestive system. Basil seeds are also considered good for weight loss, healthy skin and dental health as well as having other health benefits.

### Ingredients

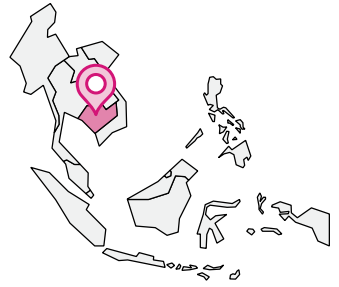
- 390 g evaporated milk
- 1 Tbsp rose flavored syrup
- 1 Tbsp vanilla extract
- 1/2 cup pandan juice
- 45 g multi-grain cereal powder
- 2 cups sugar
- 1/2 cup basil seeds
- 6 L water

### Directions

1. Soak basil seeds in the water until they swell up.  
Once softened, remove the skin, rinse with cold water and strain. Set aside.
2. Boil the water and remove from the heat.
3. Add evaporated milk, rose syrup, vanilla extract, and pandan juice. Mix well.
4. Add cereal powder and stir continuously until it is dissolved.
5. Add sugar and mix well.
6. Chill in the refrigerator and add ice cubes to serve.



# Cambodia



→ Cambodia ⇄  
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## Beef Lok Lak (Stir-Fried Beef)

Lok Lak is a traditional Cambodian dish, widely enjoyed by the country's Khmer ethnic group. It is made of stir-fried beef slices in a light brown sauce and is typically served with rice, pepper sauce, and/or a green salad. Lok Lak can be found in most restaurants in Cambodia, but its taste may vary from one region to another. The secret to cooking delicious Lok Lak is in the ingredients of the marinade.

### Ingredients

#### Beef:

- 450 g beef, sliced into thin strips
- 1½ tsp sugar
- 1½ tsp salt
- 1½ tsp black pepper, coarsely ground
- 1 tsp chili sauce
- Cooking oil
- 3 Tbsp soy sauce
- 3 Tbsp oyster sauce
- 3 Tbsp tomato sauce
- 5 cloves garlic, chopped
- 1 onion, chopped
- Several lettuce leaves

#### Pepper Sauce:

- 1½ tsp sugar
- 1½ tsp salt
- 1½ tsp black ground pepper
- 1½ tsp chopped garlic
- Juice of 1 lime

#### Accompaniments:

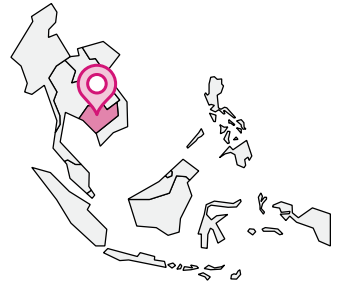
- Cooked rice

### Directions

1. In a bowl, combine the sugar, salt, pepper, soy sauce, oyster sauce, tomato sauce, garlic, and 3 tablespoons of cooking oil and mix well.
2. Add the meat and marinate for 30 to 60 minutes.
3. Put salt, sugar, pepper and garlic in small bowls for the pepper sauce.
4. Coat the surface of a wok with cooking oil and sauté onions until caramelized.
5. Add meat and stir-fry until fully cooked.
6. Add chili sauce and mix well before removing from the heat.
7. Put rice and lettuce leaves on the side of each plate.
8. Mix lime juice into the pepper sauce.
9. Put meat on the lettuce leaves for diners to wrap and dip in the pepper sauce.



# Cambodia



→ Cambodia ⇐  
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## Amok (Fish Puree)

Amok is considered the national dish of Cambodia. It is made of fresh fish steamed in a cup made of a banana leaf, along with rich, spicy coconut custard. Steaming gives Amok its firm yet moist texture, and the banana leaf cup enhances the general flavor. Amok can be made in different forms, such as a soup, stew or savory flan.

### Ingredients

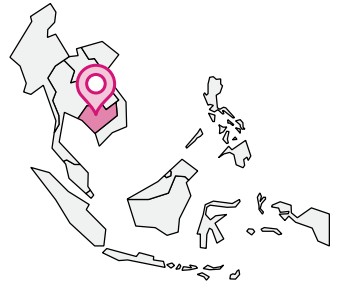
- 2 kg white fish fillet
- 5 lemongrass stalks, pale sections only, finely chopped
- 5 cloves garlic, crushed
- 5 cloves shallots, chopped
- 10 roasted red chilies
- 2 Tbsp shrimp paste
- 5 kaffir lime leaves, finely chopped
- 3 Tbsp palm sugar
- 3 Tbsp fish sauce
- 2 Tbsp salt
- 600 ml coconut milk
- Pinch of saffron
- 2 egg yolks

### Directions

1. Slice the fillets across their width into 4-cm pieces.
2. Stir-fry the lemongrass, garlic, shallots, red chilies and shrimp paste until fragrant.
3. Combine the stir-fried ingredients, coconut milk, and fish.
4. Mix well the palm sugar, fish sauce, salt and egg yolk.
5. Steam for 30 minutes.
6. Top with coconut milk, adding kaffir lime leaves.



# Cambodia



→ Cambodia ⇄  
Signature Dishes and Recipes of ASEAN





## Num Plae Ai (Palm Sugar Pearls)

Num Plae Ai is a simple and delicious dessert. Although only two main ingredients — rice flour and palm sugar — are generally used, the result often surprises people with its complex taste. The sticky rice covering the caramelized liquid palm sugar filling gives Num Plae Ai its chewy texture with a sweet flavor that lingers in the mouth.

### Ingredients

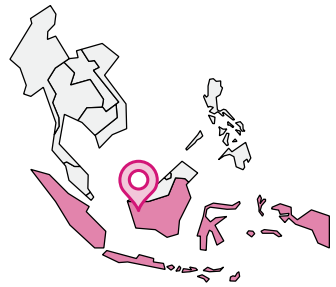
- 300 g rice flour
- Pinch of salt
- 200 g palm sugar or dark brown sugar
- Warm water
- 4 Tbsp freshly grated or dried unsweetened coconut

### Directions

1. In a bowl, combine the rice flour and salt.
2. Gradually add warm water and stir until the mixture has the consistency of modelling clay.
3. Take a small lump and flatten it with your fingers to make a disk about 3 cm across.
4. Put 1/2 teaspoon of sugar in the center and fold in the edges to completely cover the sugar.
5. Trim any excess pastry and roll the “pearl” in your hands to make a perfect ball.
6. Repeat until all the pastry has been filled and rolled.
7. Bring a large pot of water to a boil and gently lower the pastries into it.
8. Remove pastries with a spoon when they rise to the surface. Set them aside to cool.
9. Serve with grated coconut sprinkles.



# Indonesia



→ Indonesia ◀  
Signature Dishes and Recipes of ASEAN





## Beef Rendang (Beef Cooked in Coconut Gravy)

Rendang, a delicacy of the Minangkabau people from West Sumatra, is so popular throughout Indonesia that many variations can be found in each home and at *warung* (small food vendors). The origin of Rendang is obscure, but some sources say the dish has existed for more than 300 years. In the past, hajj pilgrims from Minangkabau would carry Rendang on their long journey to Mecca, because perfectly caramelized Rendang can last for a long time without going bad. CNN Go in 2011 selected Rendang as one of the “World’s 50 Best Foods.”

### Ingredients

#### Beef:

- 1 kg beef stewing meat
- 2.25 L coconut milk
- 4 stalks lemongrass, crushed
- 2 turmeric leaves, twisted into knots
- 10 kaffir lime leaves

#### Spice Paste:

- 225 g shallots
- 6 garlic cloves
- 25 g red chili
- 2 g coriander
- 1 Tbsp salt
- 28 g ginger
- 40 g galangal
- 15 g turmeric

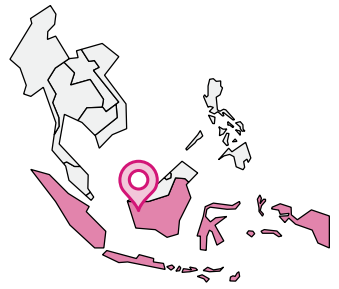
Pound all ingredients in a mortar and pestle to make a paste.

### Directions

1. Cut the meat into 20 pieces.
2. Place meat and coconut milk into a pot with the spice paste, lemongrass stalks, turmeric leaves and kaffir lime leaves.
3. Bring to a boil, then turn down the heat. Continue cooking, stirring occasionally, until the meat is tender, about 40 minutes.
4. If necessary to thicken the sauce, remove the meat and continue to stir occasionally. When the sauce is thick, dark brown and oily, return the meat to the pot and stir well.
5. Remove from the heat when the sauce is done to your liking.



# Indonesia



→ Indonesia ◀  
Signature Dishes and Recipes of ASEAN





## Soto Ayam (Chicken Noodle Soup)

Soto is one of the most popular comfort foods all over Indonesia, and many variations of the dish have been developed in different regions. It is often served with steamed rice.

### Ingredients

#### Chicken:

- 3 L water
- 500 g chicken, whole
- 3 lemongrass stalks, crushed
- 30 g galangal, crushed
- 2 pieces cloves
- 1/2 piece nutmeg
- 1½ tsp salt
- Cooking oil
- Sweet soy sauce to your liking

#### Spice Paste:

- 120 g shallots
- 6 garlic cloves
- 20 g ginger
- 15 g turmeric
- 1½ tsp pepper
- 1½ tsp coriander, toasted

Pound all ingredients in a mortar and pestle to make paste.

#### Accompaniments:

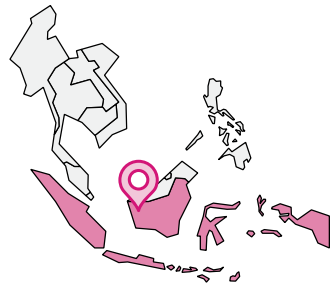
- 50 g dried vermicelli, soaked in water until soft, cut into 10 cm lengths
- 3 hard-boiled eggs, sliced
- 50 g cabbage, sliced into 0.5-cm strips, boiled
- 150 g bean sprouts, blanched
- 2 celery stalks, cut into 0.5-cm lengths
- 10 cloves garlic, finely chopped and deep-fried
- 2 limes, sliced into small pieces

### Directions

1. Boil the chicken along with lemongrass, ginger, cloves, nutmeg and salt.
2. Turn down the heat, simmer until the broth is concentrated to less than 2/3 its original volume, then remove the chicken.
3. Measure the broth; if less than 1.75 L, add more water to bring it to that volume, then continue to simmer it.
4. Fry the chicken in cooking oil, drain and shred. Set aside.
5. In 100 ml of hot cooking oil, sauté the ground spices until browned and aromatic.
6. Add the spice mixture to the broth, bring to another boil, and add the sweet soy sauce.
7. Divide among the bowls the cabbage, shredded chicken, bean sprouts and noodles. Pour in the chicken broth, top with celery and fried garlic.
8. Add slices of hard-boiled eggs, then serve hot with the limes on the side.



# Indonesia



→ Indonesia ◀  
Signature Dishes and Recipes of ASEAN







## Gado-Gado (Spicy Salad with Peanut Dressing)

Gado-Gado is believed to be an adaptation of a Chinese dish called Pecel Jawa (Javanese Salad). If that is correct, Gado-Gado was probably created in the beginning of the 20th century. Some regions have developed their own version of the dish; Jakarta has one called Gado Gado Betawi. Today, the dish is served everywhere in Indonesia as a national *carte du jour* – a daily menu item available everywhere from street vendors to upscale restaurants.

### Ingredients

#### Salad:

- 150 g long beans
- 125 g bean sprouts
- 125 g spinach, including both stems and leaves
- 100 g cabbage, julienned
- 150 g cucumber, julienned
- 250 g potatoes, boiled and cut into 1 x 1.5 x 2 cm pieces
- 250 g firm tofu, fried, cut into 1 x 1.5 x 2 cm pieces
- 3 eggs, hard-boiled, halved
- 3 Tbsp fried shallots
- 6 pcs shrimp crackers
- 1 kaffir lime, halved

#### Dressing:

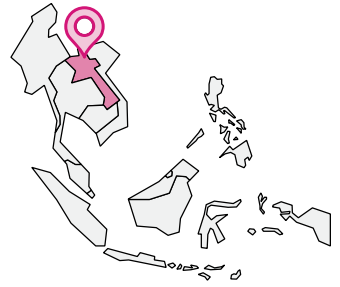
- 3 red chilies
- 3 bird's eye chilies
- 1½ tsp salt
- 125 g cashews, fried, ground
- 125 g peanuts, fried, ground
- 1 Tbsp palm sugar
- 1 Tbsp tamarind juice
- 500 ml water
- 2 Tbsp sweet soy sauce
- 3 kaffir limes

### Directions

1. Boil the long beans, bean sprouts, spinach, and cabbage until well cooked. Drain.
2. Grind the red chilies with the salt.
3. Add cashews and peanuts and continue grinding, then add palm sugar, tamarind juice, water and sweet soy sauce. Mix well and heat the sauce in a pan until it boils.
4. Remove sauce from the heat; allow to cool.
5. Squeeze kaffir limes into the sauce, mix well.
6. Place the boiled vegetables and fresh cucumber on a plate.
7. Add the boiled potatoes, fried tofu and boiled eggs.
8. Add dressing.



# Lao PDR



→ Lao PDR ←  
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## Laap Moo (Stir-Fried Minced Pork with Vegetables)

Laap is one of the major dishes in Lao cuisine, and dates to the earliest history of the Lao people who settled along the Mekong River area more than two millennia ago. Laap can be made with chicken, duck, beef, pork, or fish; Laap Moo is the pork version. The word *laap* means “good luck,” “wealth,” or “prosperity,” and the dish is served on special occasions such as New Year’s Day, a wedding, or a Baci ceremony. (The latter is a commemoration of any special occasion or event.) Laotians consider the dish not only healthful but also an omen of good luck.

### Ingredients

- 500 g minced pork
- 200 g pork liver, boiled and julienned
- 200 g pork skin, boiled and julienned
- 50 g mint leaves
- 5 red onions, sliced
- 5 fresh red chillies, sliced
- 1 tsp dried red chili powder
- 3 Tbsp roasted glutinous rice powder
- 2 Tbsp fish sauce
- 1 Tbsp lime juice
- 1 tsp salt

### Accompaniments:

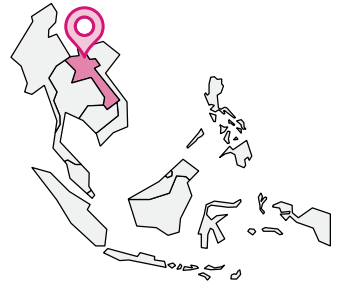
- 1 cucumber, sliced
- 2 apple eggplants, quartered
- 4 bitter melon stems, with leaves
- 6 mustard green leaves
- 6 green beans, cut into 4-cm lengths

### Directions

1. Fry minced pork for about 5 minutes, stirring continuously until fully cooked. Turn off the heat and cool for 5 minutes.
2. Add pork liver and pork skin.
3. Add all remaining ingredients, mint leaves last.
4. Serve with the raw vegetables and other accompaniments as desired.



# Lao PDR



→ Lao PDR ←  
Signature Dishes and Recipes of ASEAN





## Khao Niew (Steamed Glutinous Rice)

Khao Niew, or Lao sticky rice, has a history equally as long as that of Laap Moo (page 26-27). It is an everyday meal, taken at breakfast, lunch, or dinner and accompanied by other dishes.

### **Ingredients**

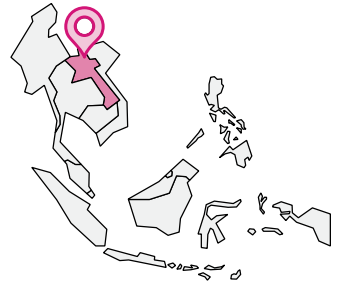
- 500 g glutinous rice
- 1 L water

### **Directions**

1. Wash glutinous rice and soak in water for an hour.
2. Drain all the water from the rice. Using a Lao traditional sticky rice steamer, cover and steam for 35 to 40 minutes or until cooked.
3. Keep covered until needed.
4. Put rice into sticky rice serving basket.



# Lao PDR



→ Lao PDR ←  
Signature Dishes and Recipes of ASEAN





## Tam Mak Taeng (Spicy Cucumber Salad)

Tam Mak Taeng, or Lao cucumber salad, is similar to Tam Mak Houng (papaya salad). It is usually served as a side dish to highlight the flavors of main dishes made from grilled fish, beef, or pork, but in some regions in Laos, it is eaten as a main dish. Tam Mak Taeng is usually served at lunch or dinner but not at breakfast.

### Ingredients

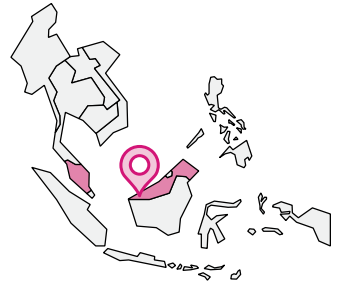
- 4 cucumbers
- 3 tomatoes
- 1 lime
- 4 cloves garlic
- 5 fresh chilies
- 1 Tbsp fish sauce
- 3 Tbsp white or brown sugar

### Directions

1. Combine chilies, sugar, and garlic in a mortar and pound with a pestle until the mixture becomes soft.
2. Cut tomatoes into large chunks and add to the mixture. Pound well.
3. Peel the cucumbers, cut them into 5-cm lengths and then slice thinly or julienne. Add the paste, the fish sauce and the lime juice; mix well.



# Malaysia



→ Malaysia ←  
Signature Dishes and Recipes of ASEAN







## Chicken Satay (Chicken Skewers)

The savory aroma of seasoned chicken grilled over a charcoal fire is an irresistible feature of Chicken Satay. Small pieces of marinated chicken are skewered on sticks and barbecued over a charcoal fire. What makes satay so special is the spicy peanut dip. Satay food stalls usually open right after sunset and are found in most cities and towns. The most popular satay in Malaysia is the version from the Kajang region of Selangor state.

### Ingredients

#### Chicken:

- 4 chicken legs and thighs, bones removed, cubed into 2 cm pieces,
- 12 skewers, soaked in water for 1 hour
- 1 stalk lemongrass, thick end lightly bruised
- Cooking oil

#### Marinade:

- 1 Tbsp coriander seeds
- 2 stalks lemongrass, white part only, peeled and sliced
- 5 shallots
- 2 cloves garlic
- 30 ml cooking oil
- 1/2 tsp chili powder
- 2 Tbsp sugar
- 1/2 tsp salt
- 1 tsp turmeric powder

#### Satay Sauce:

- 1 Tbsp coriander seeds
- 1/2 tsp cumin seeds
- 2 stalks lemongrass, white part only, peeled and sliced
- 1.5 cm galangal root, sliced
- 4 dried chilies, sliced, soaked in warm water
- 3 cloves garlic
- 2 shallots
- 60 ml cooking oil
- 75 g roasted peanuts, skin removed, coarsely ground
- 30 ml tamarind juice
- 125 ml water
- 1 Tbsp sugar
- Pinch of salt

### Directions

#### Chicken:

1. Marinate the chicken cubes for at least 12 hours.
2. Thread the marinated chicken onto each skewer.
3. Grill the chicken over a hot charcoal fire. While grilling, constantly brush with a stalk of lemongrass dipped in cooking oil, turning the skewers frequently.
4. Serve with individual bowls of satay sauce and sliced cucumbers, sliced onions and boiled rice on the side.

#### Marinade:

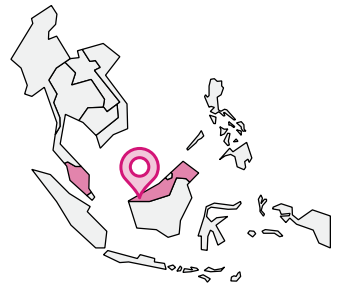
Pound first five ingredients in a mortar and pestle to make a paste (you can use a food processor or a blender). Then mix well with the remaining ingredients.

#### Satay Sauce:

1. Pound first eight ingredients in a mortar and pestle to make paste. (You can use a food processor or a blender)
2. Heat the paste in a saucepan over medium-high heat and stir fry the blended ingredients until fragrant.
3. Add the peanuts, tamarind juice, water, salt and sugar.
4. Reduce the heat to low and cook for 3 minutes, stirring constantly, then remove from the heat.



# Malaysia



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## Nasi Lemak (Rice with Side Dishes)

Commonly referred to as the national dish of Malaysia, Nasi Lemak is rice cooked in rich, creamy coconut milk and flavored with pandan leaves. Ginger and lemongrass give the dish more fragrance and rich flavor. Typically, Nasi Lemak is served with fried peanuts and anchovies, hard-boiled egg, cucumber slices and a dollop of sambal, and is especially good with other side dishes such as fried chicken and cuttlefish gravy. It is available almost anywhere in Malaysia, from roadside stalls to luxury hotels.

### Ingredients

#### Anchovy Sauce:

- 50 ml vegetable oil
- 200 g fried anchovies
- 1 large onion
- 2 cloves garlic
- 10 dried red chilies, soaked in water for 10 minutes
- 10 g tamarind, deseeded and mixed with water
- 2 stalks lemongrass, bruised
- Pinch of salt
- Pinch of sugar

#### Rice:

- 5 cups jasmine rice
- ¼ onion, sliced
- 1 cm length ginger root, sliced
- 2 pandan leaves, knotted
- 400 ml coconut milk
- 400 ml water
- Pinch of salt

#### Accompaniments:

- 2 hard-boiled eggs, sliced
- 1 cucumber, sliced
- Fried peanuts
- Fried anchovies

### Directions

#### Anchovy Sauce:

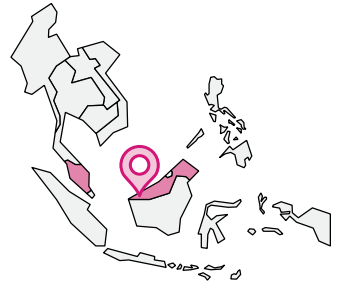
1. Blend onion, garlic, and dried chili in a blender. Add a little water if needed.
2. Heat oil in a wok and stir-fry the blended ingredients until fragrant.
3. Add the lemongrass and stir-fry until the oil separates, about 5-10 minutes.
4. Add salt and sugar to taste.
5. Add the tamarind.
6. Simmer until the sauce thickens.
7. Add the fried anchovies and simmer for 5 minutes.

#### Rice:

1. Wash and drain the rice.
2. Place the rice in the rice cooker.
3. Add all other ingredients and cook.



# Malaysia



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## Bubur Pulut Hitam (Black Glutinous Rice Porridge)

Bubur Pulut Hitam is one of Malaysia's popular desserts. It is made of black glutinous rice (commonly called black sticky rice), enriched with coconut milk and palm or cane sugar. The porridge made from the rice has a rich, creamy texture and a full-bodied flavor. Pandan leaves give the porridge its irresistible aroma. Typically, this dish is served at tea time, but Malaysians enjoy a dessert at any time of day. Like Nasi Lemak, Bubur Pulut Hitam is available at food outlets ranging from humble to luxurious.

### Ingredients

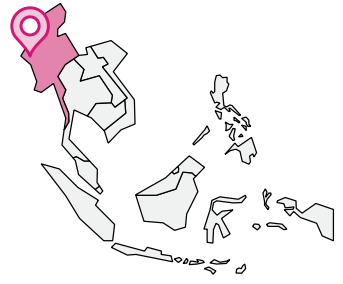
- 2 cups black glutinous rice
- 250 ml coconut milk
- 2 pandan leaves, knotted
- 50 g palm sugar
- Pinch of salt

### Directions

1. Wash and drain the black glutinous rice.
2. Place the rice in the pot.
3. Add water to cover the rice, and then add the pandan leaves, palm sugar and salt.
4. Bring to a boil.
5. Add the coconut milk when the rice is cooked.
6. Add sugar to your liking.



# Myanmar



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## Fish Rice Cake

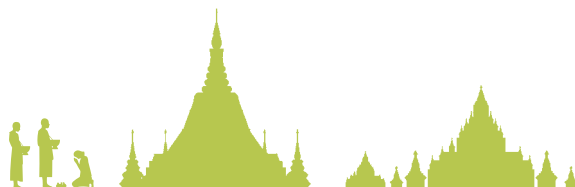
Fish rice cake, or Shan-style rice cake, is a popular dish in Myanmar. It is a simple combination of cooked rice with turmeric topped with flakes of fish and garlic oil. Although the rice cake is often served as breakfast or as a snack, it can also be eaten as a main dish at lunch or dinner. The easy-to-cook recipe and readily available ingredients add to the dish's appeal.

### Ingredients

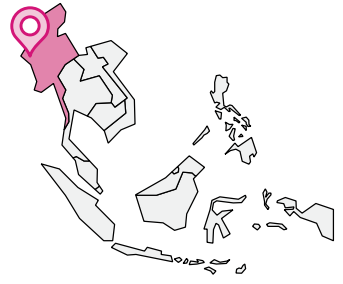
- 250 g fresh fish fillet, cut into large pieces
- 3 tomatoes, sliced
- 1 Tbsp fish sauce
- 2 potatoes, boiled
- 4 cups cooked rice
- Pinch of salt
- 1 tsp turmeric powder
- 5 cloves garlic, chopped
- 4 Tbsp vegetable oil
- 1 spring onion, sliced
- 1 chive root
- 8 dried red chilies, fried

### Directions

1. In a preheated wok (medium heat), add oil and fry garlic until fragrant.
2. Add half the turmeric powder and stir for 30 seconds.
3. Drain the fried garlic; keep both the oil and garlic.
4. Bring 500 ml water to a boil. Add fish, tomatoes, remaining turmeric powder, and fish sauce; simmer until tomatoes are fully cooked.
5. Remove the fish from the pot and break into smaller pieces.
6. Combine rice, mashed potatoes, fish, tomato paste, turmeric, oil, three-fourths of the fried garlic, and salt, and mix well by hand.
7. Shape the mixture into balls by hand.
8. Sprinkle sliced spring onion and remaining fried garlic over the rice.
9. Serve with chive root and fried red chilies.



# Myanmar



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## Sago Coconut Milk Porridge

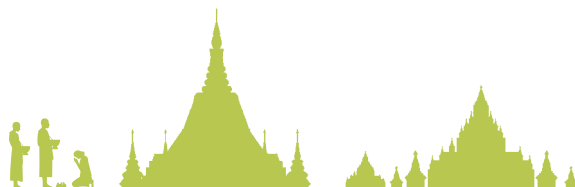
Sago coconut milk porridge is a treat beloved by children in Myanmar, especially in the hot season. The mix of sweet sugar syrup, creamy coconut milk, chewy sago pearls and crushed ice is a favorite way to beat the heat. The dessert is also popular because it is easy to make and the texture and general flavor can be altered by changing the amount of each ingredient.

### Ingredients

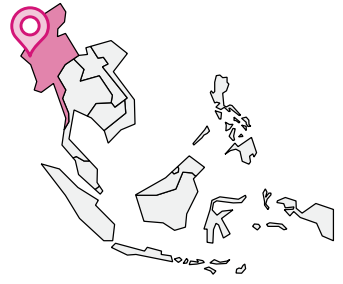
- 2 cups sago pearls
- 800 ml coconut milk
- 2 cups sugar
- Pinch of salt
- 3 sweet potatoes, boiled and peeled

### Directions

1. Cut sweet potatoes into small cubes.
2. Parboil the sago for 2 minutes, then rinse in cold water and drain.
3. Bring coconut milk, salt, sugar, boiled sweet potatoes and sago to a boil over low heat until the coconut milk thickens and the sago is well-cooked. Remove from heat and cool.
4. Serve with crushed ice or ice cubes.
5. Add sugar to your liking



# Myanmar



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## Shan Noodle

Shan noodle, originally from the Myanmar state of the same name, is a well-known dish throughout the country. It can be found in every teahouse and restaurant. Shan Noodle is served either as a soup or as a salad. In both cases, Shan Noodle uses the same sauce, but the noodles used in the soup are different from those used in a salad. Sticky, flat rice noodles go into the soup, and thick, round rice noodles are used in salads. Shan Noodle is served for lunch or dinner or just as a snack.

### Ingredients

- 200 g chicken, chopped
- 375 g dried Shan noodles
- 1 onion, chopped
- 3 cloves garlic, chopped
- 4 tomatoes, sliced
- 1 tsp chopped ginger
- 2 Tbsp light soy sauce
- 1 Tbsp sugar
- 1 Tbsp chili powder
- 4 Tbsp peanuts, mashed
- 3 Tbsp vegetable oil

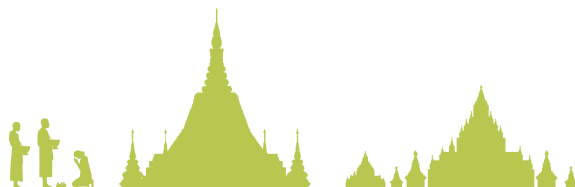
### Directions

#### Chicken Sauce:

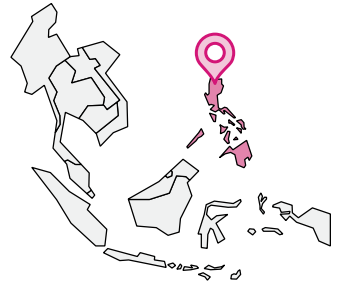
1. In a large wok, fry onion, garlic and ginger until fragrant.
2. Add chili powder and stir-fry for 30 seconds.
3. Add chopped chicken and tomatoes and stir well.
4. Add 200 ml of water, soy sauce, and sugar and cook over medium heat for 10 minutes, until chicken is cooked and tomatoes are soft and falling apart.
5. Remove from heat and set aside.

#### Shan noodle:

1. Cook the dried noodles in boiling water until fully cooked. Drain.
2. Top the individual servings of noodles with chicken sauce, peanuts and additional soy sauce as desired.
3. Serve immediately.



# *P* *hilippines*



→ Philippines ←  
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## Pork Adobo (Pork Simmered in Adobo Sauce)

Adobo, the Philippines' national dish, shows how Filipinos assimilated many influences to create a dish they can call their own. Influenced by similar Mexican and Spanish dishes, Filipinos created theirs by adding soy sauce, an ingredient from China. Adobo can be made with any meat, which is stewed in a flavorful mix of vinegar, soy sauce, oil, whole peppercorns, and garlic and made fragrant with bay leaves. It is often served over steamed rice. For those who want more heat, slip a bird's eye chili – small but potent – into the recipe.

### Ingredients

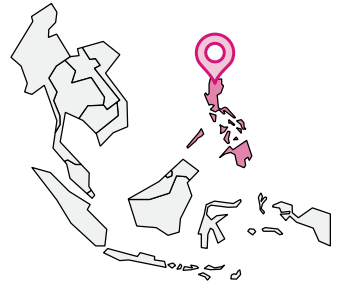
- 1 kg pork belly, cut into 20 pieces
- 2 cloves garlic, crushed
- 100 ml cane vinegar
- 30 ml soy sauce
- 1 Tbsp whole peppercorns
- 1 bay leaf
- 2 Tbsp cooking oil
- 1 clove garlic, crushed
- Water as needed

### Directions

1. In a bowl, combine first six ingredients, mix well and set aside.
2. In a heavy-bottomed saucepan, sauté garlic in oil until golden.
3. Add meat and seasonings mixture and sauté until pork edges turn golden.
4. Add enough water to cover the meat; simmer over medium heat until tender.
5. Remove from heat and serve.



# *P*hilippines



→ Philippines <  
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## Shrimp Sinigang (Sour Shrimp Soup)

Sinigang is the national soup dish and is defined by a fruity souring agent: tamarind, guava, kamias, or batuan. It is a classic whole-meal sour soup enjoyed by Filipinos everywhere. Each region in the Philippines has variations that reflect the abundance of possible ingredients in a region. It may contain seafood, pork, beef, or only vegetables, and is a dish that connects Philippine cuisine to those of its Southeast Asian neighbors, who have similar sour soups.

### Ingredients

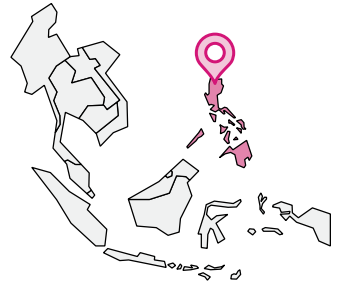
- 10 cups water
- 4 tomatoes, sliced
- 2 onions, quartered
- 2 daikon (white radish), sliced diagonally
- 200 g crushed tamarind pulp (an alternative is tamarind seasoning mix)
- 1 kg prawns, deveined and trimmed
- 2 cups sitaw (long green beans) cut into 2-inch lengths
- 2 long green peppers
- 4 Tbsp fish sauce
- 2 cups leafy greens of swamp cabbage (kangkong) or spinach

### Directions

1. In a saucepan, combine water, tomatoes, onions and radish. Bring to a boil. Simmer for 5 minutes.
2. Pour in crushed tamarind pulp. Increase the heat and bring to a rolling boil.
3. Add prawns next; then add long green beans, green pepper and fish sauce to taste. Cover and simmer for another 3 minutes or until the prawns are cooked.
4. Turn off the heat and add the green leafy vegetables. Cover to steam-cook vegetables.
5. Serve hot.



# Philippines



→ Philippines ←  
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## Champorado (Cacao Pudding with Heirloom Rice)

Cacao (cocoa) in Filipino cuisine dates from the days of the galleon trade when Mexico and the Philippines were Spanish colonies. Champorado is adapted from a thick Mexican hot chocolate drink, champurrado; the Filipinos adapted it into a chocolate-flavored rice porridge or pudding. Some of the best cacao beans in the world are found in the southern Philippines, and the heirloom rice used in the original recipe comes from the Cordillera Mountains of the northern Philippines. Several varieties of this rice are planted and harvested in ritual ceremonies handed down orally by native mountain people, who consider these rice varieties as sacred. They are some of the most expensive rice types in the world.

### Ingredients

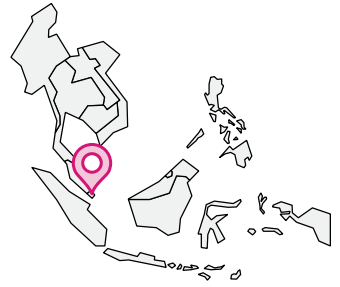
- 40 g unsweetened cocoa powder
- 120 g Philippine heirloom rice (or glutinous/sweet rice)
- 1.625 L water

### Directions

1. In a saucepan, combine all ingredients.
2. Bring to a boil over medium heat. Stir occasionally.
3. Cook for 40 minutes or until rice is tender.
4. Add sugar to your liking and serve hot with a swirl of evaporated milk if desired.



# Singapore



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## Chicken Rice

Chicken Rice is the de-facto national dish of Singapore. Chicken is poached with chicken fat in chicken stock, served over rice with side dishes of fresh coriander and cucumber slices, a bowl of chicken broth and a trio of dips – chili, ginger and dark sweet soy sauce. It was introduced to Singapore by immigrants from southern China's Hainan Island, and is said to have taken root from street food sold by itinerant hawkers in Hainanese enclaves such as Middle Road, Purvis Street and Koek Road more than 60 years ago.

### Ingredients

#### Chicken & Broth\*:

- 1 fresh chicken (1.6-1.8 kg)
- 2 L water
- 25 g ginger
- 25 g garlic
- 15 g sugar

#### Rice:

- 1 kg rice
- 1.25 L chicken broth
- 15 g ginger, minced
- 15 g garlic, minced
- 1 bunch pandan leaves, optional
- Oil or chicken fat

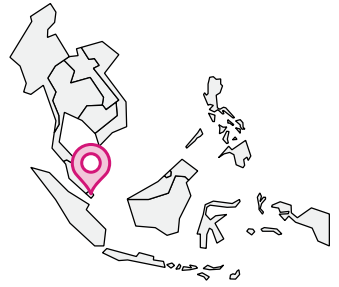
\* The needed amount of chicken broth varies with the variety of rice used.

### Directions

1. Remove all the inner organs from the chicken and wash thoroughly.
2. In a pot, place water, ginger, garlic and sugar and bring to a boil.
3. Reduce heat to a simmer and add the chicken. Ensure the chicken is fully submerged.
4. Poach for a good 35 minutes and check for doneness. (Stick a food pin in the thickest part of the drumstick; check for clear juices. If not, check every ensuing 5 minutes).
5. Prepare an ice bath.
6. When the chicken is cooked, dip it into an ice bath for about 2 minutes.
7. Wash and drain the rice.
8. In another pot, add the oil or chicken fat and fry the minced garlic and ginger.
9. Once fragrant, add rice and fry for at least 2 minutes.
10. Add the hot chicken broth.
11. Stir every 2 minutes for the first 10 minutes over low heat. After that, cover and let cook until the rice is tender.
12. Slice the chicken into individual portions as you serve it.



# Singapore



→ Singapore ◀  
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## Cereal Prawns

Singapore, a melting pot country whose citizens have many different ethnic backgrounds, has come up with some dishes – like this one – influenced by many different cultures. The dish blends Eurasian and Chinese cultures, and is considered one of the best Singapore dishes to serve at gatherings. It is made with sweetened cereal whose flavor goes harmoniously with the dense umami prawn flavor. A dash of spiciness from the small chilis heightens the entire experience.

### Ingredients

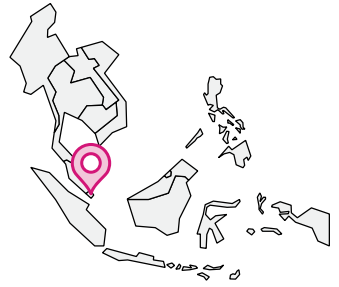
- 6 fresh prawns
- 5 laksa leaves
- 1 chili padi, sliced (bird's eye chili or other hot red chili)
- 40 g cereal powder
- 3 g sugar
- 3 g salt
- 10 g butter
- Cooking oil

### Directions

1. In a hot wok, deep fry the prawns in oil; then lightly fry the laksa leaves with the chili padi. Separate the leaves and chili and set aside.
2. Mix all dry ingredients.
3. Heat another wok and melt the butter. When it bubbles, add the fried prawns and dry mixture (cereal, sugar, salt).
4. Toss to coat the prawns, garnish with laksa leaves and chilis, and serve immediately.



# Singapore



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## Barley Water

Barley water is a traditional balm for cranky digestive systems, sore throats and even high blood pressure. Most importantly, its reputation for reducing body heat makes it popular in Singapore's hot and humid weather. Brewed all over Singapore, barley water has a unique taste and is usually sweetened by adding a small amount of rock sugar. This refreshing and healthy drink pairs well with any dishes.

### Ingredients

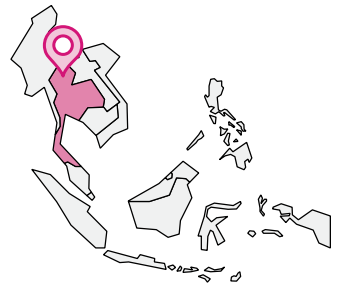
- 500 g barley
- 2 L water
- 100 g rock sugar
- 1 bunch pandan leaves

### Directions

1. Mix all ingredients and bring to a boil.
2. Stir, reduce heat and simmer for 45 minutes.
3. Strain to remove grains and leaves and serve either chilled or hot.



# Thailand



→Thailand←  
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## Pad Thai (Stir-Fried Noodles)

Pad Thai is probably the best-known dish in the pantheon of Thai cuisine. It is a stir-fried rice noodle dish commonly served as street food and found at casual restaurants in Thailand. It is made with soaked dried rice noodles, fresh prawns, chopped firm tofu, and a sauce of ground roasted peanuts and tamarind, and served with lime wedges and bean sprouts. Great Pad Thai is dry and light bodied, with a fresh, complex, balanced flavor and often a reddish-brown color. Pad Thai can also be a perfect vegetarian dish; just skip the prawns, add more tofu if you wish and use soy sauce rather than fish sauce.

### Ingredients

#### Pad Thai:

- 2 prawns
- 1 egg
- 1 cup dried rice noodles
- 2 Tbsp vegetable oil
- 1 clove garlic, finely chopped
- 1 shallot, finely chopped
- 1 Tbsp tofu, diced
- 1 Tbsp ground roasted peanuts
- 1 Tbsp sweet turnips, finely chopped
- ½ Tbsp dried shrimp powder
- 2 stems spring onion, cut into 1-inch-long pieces
- Handful of bean sprouts
- 1 lime

#### Seasoning:

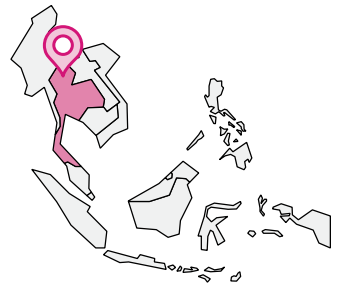
- 1 Tbsp sugar
- 1 Tbsp fish sauce
- ½ Tbsp rice vinegar
- 1 Tbsp tamarind juice
- ¼ tsp chili powder

### Directions

1. Soak the rice noodles in cold water for an hour until soft. Drain and put aside.
2. Finely chop the garlic and shallots. Set aside.
3. In a wok on low heat, stir-fry shallots and garlic until an aroma develops in the oil.
4. Add prawns and gently stir. Add tofu, sweet turnips and egg.
5. Add dried noodles and stir-fry until they are soft.
6. Add sugar, fish sauce, vinegar, and tamarind juice. Stir gently until well mixed.
7. Add dried shrimp powder, roasted ground peanuts and chili powder and simmer for 1 minute.
8. Add bean sprouts and spring onions and simmer for an additional 1 minute. Remove from heat.
9. Serve on a plate garnished with lime wedges and coriander leaves.



# Thailand



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## Fruit Som Tam (Fruit Salad)

Som Tam is a beloved salad in Thailand, both among Thais and visitors. It features crunchy papaya and has spun off many variants. This Fruit Som Tam, also called Som Tam Polamai, is one of many new versions of the dish. It does not include green papaya, but instead uses fresh tropical fruits which are inexpensive and abundant in Thailand. The dish combines the five main tastes of the local cuisine: sour lime, hot chili, salt, savory fish sauce and sweet palm sugar.

### Ingredients

#### Fruit:

- 20 g green apples, diced
- 20 g pineapple, diced
- 20 g pears, diced
- 20 g grapes, halved

#### Seasoning:

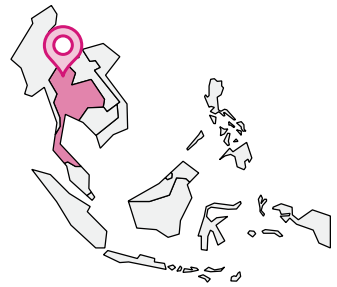
- ½ Tbsp palm sugar
- 1½ Tbsp fish sauce
- 1½ Tbsp lime juice
- 1 tsp tamarind juice
- 2 cloves garlic, peeled
- 5 green bird's-eye chillies
- 1 Tbsp unsalted roasted peanuts
- 1 Tbsp dried shrimps
- 35 g cherry tomatoes, halved

### Directions

1. In a mortar, roughly pound the garlic and chillies.
2. Add dried shrimps and pound until crushed.
3. Add peanuts and roughly pound.
4. Add palm sugar, fish sauce, lime juice and tamarind juice and stir together.
5. Add tomatoes and gently press with the pestle. Mix well.
6. Toss in diced fruits until the salad is mixed evenly and thoroughly.
7. Place into a serving dish.



# Thailand



→Thailand←  
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## Chicken Massaman (Red Chicken Curry)

Massaman Curry is a southern Thai curry which stands out from other curries because of its strong Indian, Malaysian, and Persian influences. The aroma of the dried spices used is much more dominant than in other curries.

It is not originally a native dish, but it has been wonderfully assimilated into classic Thai cuisine. It is most commonly made with chicken, but some variants use beef or lamb.

Massaman Curry is rather mild; the heat of the chilies are mellowed by the addition of the other dried spices, coconut milk, sweet potatoes and roasted nuts. Chicken Massaman is usually eaten together with rice and other dishes.

### Ingredients

- 2 Tbsp vegetable oil
- 8 g red curry paste
- 35 g massaman paste
- 250 g coconut milk
- 150 g chicken
- 60 g sweet potato, boiled and diced
- 1-cm stick cinnamon
- 2 pieces cardamom
- 2 bay leaves
- 2 Tbsp unsalted roasted peanuts

### Spice Paste:

- 1 tsp garlic, finely chopped
- 1 tsp shallots, finely chopped
- ½ tsp ginger, grated or finely chopped

### Seasoning:

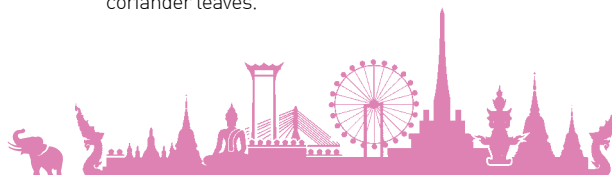
- 1 Tbsp tamarind juice
- 1 Tbsp fish sauce
- 1½ Tbsp palm sugar
- ¼ tsp salt

### Garnish:

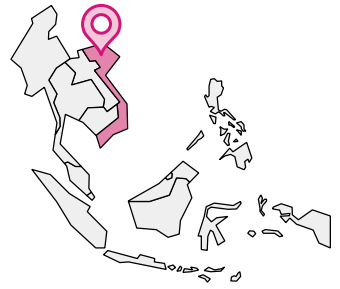
- Deep-fried cashew nuts
- Coriander leaves
- Coconut cream

### Directions

1. In a mortar, pound garlic, shallots, and ginger. Set aside.
2. In a saucepan on medium heat, add vegetable oil and the paste from the first step.
3. Stir-fry until an aroma develops. Add red curry paste and massaman curry paste and stir-fry until oil and paste are well mixed.
4. Gradually add 180 g of coconut milk. Add the first 60 g and stir until the coconut milk and paste blend and cook well with the separated coconut oil from the milk. Then add the second and the third 60-g portions of coconut milk using the same technique. Continue heating until the mixture changes to a dark red color.
5. Add chicken, sweet potato, cinnamon, bay leaves and cardamom, and then the remaining coconut milk. Add the roasted peanuts and bring to a boil.
6. Add palm sugar, salt, tamarind juice and fish sauce (add the latter to taste). Simmer until the curry is a bit thick.
7. Transfer to a serving pot or tureen. Add fried cashew nuts and float the coconut cream on top; sprinkle with coriander leaves.



# Viet Nam



→ Viet Nam ←  
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## Pho Bo (Rice Noodle Soup)

Pho Bo is a famous Vietnamese dish and is found everywhere in Vietnam from street stalls to fancy restaurants. It is now widely enjoyed by the global community. Pho is said to have been the midnight meal for textile workers at Nam Dinh City in the early 20th century and is now a popular breakfast dish. Easy to make and convenient to eat, many people enjoy it any time of the day. Pho Bo is a bowl of rice noodles served in beef broth with herbs and beef, and is healthy and easily digested.

### Ingredients

- 1 ginger root, rinsed and bruised
- 1 onion, peeled and bruised
- 2.5 L water
- 1 kg beef bones
- 500 g beef brisket
- Pinch of salt
- 3 star anise pods
- 3-4 shallots
- 8 cm-long cinnamon stick
- 1 Tbsp fish sauce
- Pinch of sugar
- Pinch of ground white pepper
- 250 g rice noodles
- 50 g bean sprouts, tops and tails removed
- 250 g beef sirloin, thinly sliced
- 1 bunch spring onions, sliced
- 20 g minced saw-leaf herb leaves
- Chili sauce to your liking
- Yellow bean sauce to your liking

### Accompaniments:

- 2 limes, cut into wedges
- 2 red chilies, seeded and sliced
- Sprigs of saw-leaf herb leaves
- Sprigs of mint leaves
- Sprigs of coriander leaves

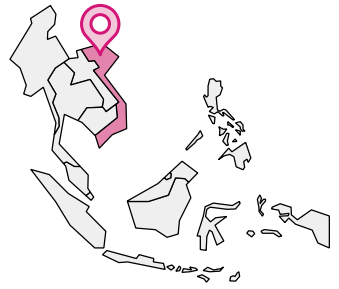
### Directions

A day in advance: Brown thinly sliced ginger on both sides in a heated pan without oil. Set aside for a day to mature.

1. Slightly char the ginger and onion on all sides in a skillet. Remove from the skillet and set aside.
2. In a pot of water, bring beef bones and brisket to a boil, then pour out the water, refill with fresh water and bring to a second boil. During both boils, continuously skim the foam from the surface of the water.
3. After the pot boils a second time, add grilled ginger and onion, salt, star anise and cinnamon.
4. Reduce heat to medium and simmer for about 1 hour until the beef is tender. Remove from the heat, then remove the beef from the stock.
5. Slice the beef thinly and set aside.
6. Strain the stock and return the clear soup to the pot.
7. Season with fish sauce, sugar, salt and pepper, and keep the soup hot over very low heat.
8. In a separate pot, boil rice noodles until soft. Remove and rinse with cold water, then drain.
9. Place the rice noodles into individual serving bowls topped with bean sprouts, sliced onion, cooked beef and raw beef sirloin slices.
10. Pour the hot soup into each bowl to parboil the raw beef. Sprinkle with pepper and garnish with spring onions and saw-leaf herb leaves. Serve hot with accompaniments.



# Viet Nam



→ Viet Nam ←  
Signature Dishes and Recipes of ASEAN







## Cha Gio (Deep-Fried Spring Rolls)

Cha Gio is a classic deep-fried Vietnamese spring roll. The filling of Cha Gio is made of meat, mushrooms, noodles and other ingredients rolled up in *banh trang*, Vietnamese rice paper.

### Ingredients

#### Fish Sauce Dip:

- 4 Tbsp water or coconut juice
- 1 tsp rice vinegar
- 1 Tbsp sugar
- 1 red chili, deseeded and minced
- 2 cloves garlic, coarsely ground
- 1 Tbsp lime juice
- 2 Tbsp fish sauce

#### Spring Rolls:

- 20 rice papers
- Oil for deep-frying
- 1 bunch of a mixture of Asian basil, coriander leaves, and mint leaves
- 1 head lettuce, washed and separated
- 50 g bean sprouts

#### Filling:

- 500 g lean ground pork
- 200 g prawns, peeled, deveined and minced
- 100 g crab meat
- 6 shallots, chopped
- 3 cloves garlic, minced
- 2 dried wood ear fungus, soaked in water until soft, diced
- 50 g dried glass noodles, soaked in water until soft, drained and cut into thirds
- ½ carrot, julienned
- 3 eggs
- 1 tsp ground white pepper
- Pinch of sugar
- Pinch of salt
- 3 tbsp fish sauce

### Directions

#### Fish Sauce Dip:

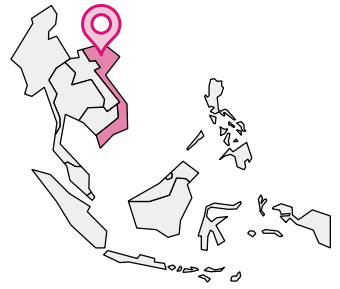
1. In a saucepan, bring water, vinegar and sugar to a boil. Remove and set aside to cool.
2. Add chili, garlic and lime juice, mix well, and stir in the fish sauce.

#### Rolls:

1. Make the filling by combining all the ingredients in a large bowl and mixing until well-blended. Set aside.
2. Dip a rice paper in a bowl of warm water until softened. Place the rice paper on a dry surface.
3. Place one heaping tablespoon of filling onto the wrapper. Fold one end of the wrapper over the filling, then fold the sides and roll up tightly, pressing to seal. Repeat to make more rolls.
4. Heat the oil in a wok over medium heat. Deep-fry the spring rolls until golden brown on all sides. Remove and drain on paper towels.
5. Place the spring rolls on a serving platter and serve with the fragrant leaves, lettuce, bean sprouts, and a bowl of fish sauce dip.



# Viet Nam



→ Viet Nam ←  
Signature Dishes and Recipes of ASEAN





## Goi Cuon (Fresh Spring Rolls)

Goi Cuon, also known as Vietnamese Wrap, is also a classic Vietnamese dish. It is made from pork, shrimp, vegetables, rice noodles, and other ingredients of choice wrapped in rice paper. The sauce is made with Vietnamese fish sauce and spicy chili. It ranked 30th among the “World’s 50 Most Delicious Foods” compiled by CNN Go in 2011.

### Ingredients

- 500 g medium shrimp
- 200 g pork loin (optional)
- 12 rice papers
- ½ small head butter lettuce, washed and separated
- 1 cup Asian basil leaves
- 1 cup mint leaves
- 3 finger-length red chilies, deseeded
- Carrot, julienned
- Cucumber, julienned
- Pineapple, julienned
- 1 bunch Asian chives, cut into lengths
- Peanut sauce or fish sauce for dipping

### Directions

1. Simmer shrimp for 10 minutes. Remove shrimp from stock. Peel and devein shrimp, then cut in half lengthwise.
2. Simmer pork for 25 minutes. When cooled, slice thinly.
3. Place sliced pork and shrimp in separate dishes.
4. To make the roll, dip a rice paper wrapper in a bowl of warm water until softened. Place wrapper on a dry surface.
5. Place a lettuce leaf on the wrapper, top with some basil and mint leaves, chili, carrot, cucumber, pineapple and chives, and add shrimp and pork (normally ½ shrimp and 1-2 slices of pork).
6. Fold one end of the wrapper over the filling and fold both sides, rolling tightly.
7. Cut the roll in half and put on a serving plate. Repeat until all ingredients are used.
8. Serve the rolls with peanut sauce or fish sauce for dipping.





Chefs from the 10 ASEAN Member States holding one of their country's signature dishes at the ASEAN Culinary Festival. From left: Nguyen Thi Chau of Vietnam, Mohammad Amirulrafie bin Sahminan of Brunei, Ismail Ahmad of Malaysia, Manilath Keodalavong of Laos, Zay Min of Myanmar, Jeffrey Lim Zi Hao of Singapore, Nooror Somany Steppe of Thailand, Tek Bunnary of Cambodia, Joyce Clarissa L. Sandoval of the Philippines and Budi Kurniawan of Indonesia



# ASEAN Culinary Festival 2016

# ASEAN Culinary Festival 2016 at a Glance

## “Gourmet Trips to ASEAN”



The member countries of the Association of Southeast Asian Nations (ASEAN) have diverse and distinctive cuisines but with common threads running across them. ASEAN cuisine’s unique characteristics also reflect the many different ethnicities living together in the region. Food is an important part of life which binds the people of ASEAN together and is also an attraction for tourists.

The ASEAN Culinary Festival 2016, organized by the ASEAN-Korea Centre, aims to broaden the Korean public’s understanding of ASEAN and its dishes with the theme of “Gourmet Trips to ASEAN.” Complementing the “Visit ASEAN@50: Golden Celebration” campaign in commemoration of the 50th anniversary of ASEAN, the ASEAN Culinary Festival also is a starting point for promoting culinary tourism in ASEAN by showcasing its best-tasting dishes and best-loved places to savor them.

Prominent chefs from all 10 ASEAN Member States have prepared three signature dishes each for public tasting at the culinary booths of each country. The dishes have been carefully selected to represent the many flavors of each Member States. Some are popular dishes; some are hidden delicacies of ASEAN. Live cooking shows will be held on center stage throughout the Festival, allowing visitors to interact directly with the chefs while watching them demonstrate their special skills and techniques.

Come dine with us at this once-in-a-lifetime presentation, which brings together in one venue 30 flavors from 10 countries prepared by 10 distinguished chefs, brought to you by the ASEAN-Korea Centre in these “Gourmet Trips to ASEAN.”

## List of Participating Chefs

Country	Name	Affiliation	Details
Brunei Darussalam	Mohammad Amirul-rafie bin Sahminan	Rizqussalam Company	Executive Operations Chef
Cambodia	Nhim Davy	Royal Embassy of Cambodia	Spouse of the Ambassador of Cambodia
Indonesia	Budi Kurniawan	ACMI Culinary Diplomacy	Host of Popular TV Shows Ambassador to World Chefs Young Chefs for Asia
Lao PDR	Manilath Keodalavong	Embassy of Lao PDR	Spouse of the Ambassador of Lao PDR
Malaysia	Ismail Ahmad	Restauran Rebung Dato' Chef Ismail	Malaysia Tourism Advisor (Gastronomy) Host of Popular TV Shows
Myanmar	Daw Khin Win Myint	Restaurant Inwa	Owner and Chef, Restaurant Inwa
	Zay Min	Padauk Glory	Owner and Chef, Padauk Glory
Philippines	Joyce Clarissa L. Sandoval	Mama Sita	Culinary Director, Mama Sita Foundation
Singapore	Yim Kat Seong	Wee Nam Kee	Head Chefs of Wee Nam Kee
	Jeffrey Lim Zi Hao		
Thailand	Nooror Somany Steppe	Blue Elephant Restaurant and Cooking School	Founding Partner, Director and Senior Corporate Executive Chef Representative Chef of Thailand at Expo Milano 2015
Viet Nam	Nguyen Thi Chau	Restaurant Que Ngoai	Owner and Chef, Restaurant Que Ngoai

**ASEAN Culinary Festival 2016**  
2–5 November 2016  
Hall B COEX, Seoul, Korea

# Key Achievements

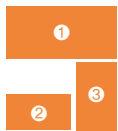


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- 2
- 3

- 1 Chefs from 10 ASEAN Member States showcasing their delightful cuisine with representatives from the Trade Promotion Organization of ASEAN. The exhibit featured competitive products of 100 ASEAN food and beverage companies.
- 2 Kim Young-sun, Secretary General of the ASEAN-Korea Centre, delivering remarks at the opening ceremony of the ASEAN Culinary Festival, Nov. 2 at COEX, Seoul.
- 3 Kim Young-sun with Ambassadors from the ASEAN Member States in Korea; Yu Myung-hwan, former Minister of Foreign Affairs of Korea; Yang Houlan, Secretary General of the Trilateral Cooperation Secretariat, and others.







- ❶ ASEAN celebrity chefs with the 10 ASEAN Ambassadors, Nov. 2, COEX, Seoul
- ❷ Live ASEAN Cooking Show by Thai chef: From left: Nooror Somany Steppe, Thai chef; Sarun Charoensuwan, Ambassador of the Royal Thai Embassy in Korea; Mrs. Charoensuwan; William Wongso, Indonesian culinary expert
- ❸ Visitors to the ASEAN Culinary Festival at COEX, Seoul, sampling dishes prepared at the booths of each of the 10 ASEAN Member States.



# Bringing the taste of ASEAN to Korea

The ASEAN Culinary Festival 2016, hosted by the ASEAN-Korea Centre with the support of the Association of Southeast Asian Nations and Ministry of Foreign Affairs of Korea, was a key contributor to spreading the word among Koreans about the favorite dishes in Member States of the 10-nation group. It ran from Nov. 2 to 5 at Hall B of COEX, Seoul. The Festival was organized to commemorate the ASEAN-Korea Cultural Exchange Year in 2017 and the Visit ASEAN Year 2017 (Visit ASEAN@50 Golden Celebration). As the first of its kind in Korea, and also as a solo culinary event with all 10 ASEAN countries, the Festival introduced 30 dishes popular in ASEAN countries. The dishes were cooked by ASEAN chefs and some of them also gave demonstrations of selected dishes to appreciative audiences.

The opening of the Festival was celebrated with Ambassadors from all 10 ASEAN Member States and many Korean officials. The envoys were joined by Yu Myung-hwan, former Foreign Minister of the Republic of Korea; Josua Puji Mulia Simandjuntak, Deputy Chairman of the Creative Economy Agency of Indonesia; Yang Houlan, Secretary General of the Trilateral Cooperation Secretariat; Shin Hee-ho, Chairman of Amoje Food; and Huh Kwon, Director-General of the UNESCO International Information and Networking Centre for Intangible Cultural Heritage in the Asia-Pacific Region. Other VIP guests to the Festival included Mr. Kim In-ho, Chairman and CEO of Korea International Trade Association.

Kim Young-sun, the Secretary General of the ASEAN-Korea Centre, welcomed the visitors to the opening ceremony and the Festival. He noted that food is a universal language that brings people from different cultures together; he also highlighted the event's importance as a platform where ASEAN people and Koreans can bond as they share meals that carry the essence of each other's cultures.

The speech was followed by a toque ceremony (a toque is a chef's signature white headgear) and a live cooking show orchestrated by Nooror So-many Steppe, Founding Partner and Director of the Blue Elephant Restaurant and Cooking School in Bangkok. Similar cooking demonstrations continued throughout the Festival. The chefs used ingredients easily found in Korea so that people here could have an easier time bringing exotic flavors to their home kitchens without struggling too much to find the right ingredients.

To focus the Festival on food that would appeal to the Korean palate, the ASEAN-Korea Centre worked closely not only with the chefs, but also with ASEAN Embassies and the respective National Tourism Organizations to decide on the flavors the general public in Korea would be drawn to. Thanks to the time and effort expended beforehand, lines formed in front of each country's booth to get a serving of the dishes. Unfortunately, because of limits to the supply of food available, the Festival had to cap attendance at the Festival at about 3,500 guests during the four days.

Korean visitors were asked about their experience at the Festival; the results showed that it had piqued their interest in ASEAN in general. Among the 338 respondents, 47 percent said the Festival was a good education in ASEAN food, and 37 percent said they wanted to travel to ASEAN in the future to explore its cuisines. Asked to judge how much the Festival had taught them about ASEAN and its culinary cultures, nearly 70 percent of the visitors marked 7 or higher on a scale of 1 (lowest) to 10 (highest).

As a result of the four-day Festival, Koreans' cultural familiarity with ASEAN was given a strong boost. The Festival also promoted ASEAN culinary destinations, enticing Koreans to embark on "Gourmet Trips to ASEAN" during the Visit ASEAN@50: Golden Celebration in 2017.

4 Nov. 2016

## The cuisines of Southeast Asia take center stage

### Cross-cultural influences in the dishes of ASEAN nations foster an open-minded approach to cooking

For over a decade, some of Korea's most buzzed-about restaurants have served Southeast Asian dishes, but with occasional debate about whether the versions here are truly authentic.

Whether modified or traditional, the dishes have gotten Koreans accustomed to some of the exotic spices widely used in Thailand, Vietnam, Indonesia and Malaysia. Some foodies have even started packing their bags and flying to Southeast Asia to sample the real thing.

To better understand culinary developments in those countries and how Southeast Asian dishes have diversified the restaurant scene in Korea, the Asean-Korea Centre hosted a talk with chefs from some of the 10 member countries of the Association of Southeast Asian Nations on Nov. 2. These chefs were participating in the ASEAN Culinary Festival, which wrapped up its run at Seoul's COEX on Nov. 5. Chefs from seven of the 10 member countries, all except Cambodia, Vietnam and Laos, were present.

"Similar to the debates we have on how authentic modern Korean cuisine is, the same goes with ASEAN cuisine," said Secretary General Kim Young-sun of the ASEAN-Korea Centre.

"Chefs continuously seek to make their food better

accepted at home as well as overseas, and the modification and development of what's local can vary from one chef to another. But either case can be considered a successful case of making the food widely known, and here we are trying to present the current status of what's popular in ASEAN countries."

At the festival, each country's chef prepared three dishes to present. Many widely-known dishes like Pad Thai from Thailand, Cha Gio (deep-fried spring rolls) from Vietnam and Chicken Rice from Singapore were available for tasting alongside lesser known dishes like Champorado (Cacao Pudding with Rice) from the Philippines or Tam Mak Taeng (Spicy Cucumber Salad) from Laos.

But even for foodies conversant with many of the dishes, it is a challenge to explain some of the subtle differences between Indonesian- or Malaysian-style fried rice and the same dish as prepared in Singapore. The experts at the talk said the ingredients may be very similar, but variations occur because of history and culture. In other words, the noodles, rice, and many of the spices may be the same, but the amount of cream or cacao or chilies can make differences that the palate will notice.

The Philippines was originally a Malay culture, but its cuisine has taken on touches of Europe with the

## Media Coverage

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nation's long history of Western influences. It adopted chocolate and developed a preference for butter and rich cream, said Joyce Clarissa L. Sandoval, chef and culinary director of the Mama Sita Foundation, during the chefs' presentations.

Ismail Ahmad, chef, director and owner of Restoran Rebung Dato' Chef Ismail in Malaysia, said Malaysian food is a melting pot of dishes from Indonesia, Singapore and even India, while Thais have adopted some influences from neighboring Laos and Cambodia. Wee Liang Lian, owner of the Wee Nam Kee restaurant in Singapore, added that he serves food similar to that of Malaysia, but uses more peppery seasonings; Malaysians prefer more herbal spices, he noted.

The chefs agree that learning to appreciate those differences is one of the joys of eating well. "The way to enjoy [new] food is a matter of acceptance," Mr. Wee noted. "After you make a habit of trying [new dishes] you can acquire the taste and start to say what you like and what you don't like" about variations of a dish. For that reason he said, it is unproductive to try to say which restaurant serves the best or most authentic version of a dish. "It is up to chefs to prepare food from their hearts and be passionate about what they do."

Many experts argue that it is up to both chefs and diners to improve ASEAN culinary awareness outside of Southeast Asia so that eventually there can be bridges to open up more trade for ingredients that are not currently available outside of the home turf.

"Food can travel but food cannot travel," said William Wongso, the culinary expert and food consultant from Indonesia who acted as a moderator in the talk with chefs. "Some foods that can be adapted and cooked outside of the home country can work to represent all dishes, whether they are very authentic or not, and if such dishes interest diners enough, then those variants come to the country where the dish is

from. People can then enjoy more food that is made with ingredients that cannot be found widely outside of that particular country."

To make their dishes more exotic to their main target, diners at home, and also attract more international diners' attention, these chefs have also been considering how to incorporate Korean-style cuisine into their cooking. Since Korean culture such as movies, TV dramas, and music are widely enjoyed in ASEAN countries, the chefs also see an opportunity to put Korean touches into their food as well.

Nooror Somany Steppe, a founding partner and director of the Thai restaurant chain Blue Elephant International, said she uses ginseng when making one of Thailand's major soup dishes, Tom Yum. The flavor of ginseng goes well in one of Thailand's most beloved comfort foods, she explained. She said she has been working to include more of a Korean touch to her cooking; many of the non-Thai customers who come to eat lunch at her restaurants in Thailand are Korean.

The chef representing the Philippines has tried using stickier Korean rice instead of the lighter Filipino rice, and found that the sauces she makes to serve pork with rice adhere better with Korean rice. "You don't know how things will turn out until you actually try it out," said Joyce Clarissa L. Sandoval. "The Korean rice has worked...and another thing I want to try is using sesame oil, maybe when I steam fish or make noodle dishes. There's no such thing as sesame oil in the Philippines."

While some of the chefs take a more direct approach and use ingredients that are often used in Korean cooking, some have contemplated making something new with a Korean essence but different in form. What attracts many is kimchi for its refreshing taste and spiciness. Wee Liang Lian, of Wee Nam Kee says he wants to get the flavor profile of kimchi and develop a new version that can accompany many

well-known Singaporean dishes like Chicken Rice.

“Each ASEAN country has its own kimchi-like side dishes to refresh people’s palate from eating something greasy or heavy, so putting the original kimchi right next to what we eat everyday wouldn’t work so well,” said Ismail Ahmad. “Instead, we want to create something new from kimchi to enhance the flavors of what we eat at home.”

Budi Kurniawan, chef and restaurant consultant from Indonesia, said a variation of kimchi can “add new layers of flavors” if it is cooked, for example, in the tamarind soup called Sayur Asem. Mohammad Amirulrafie bin Sahminan of Brunei said that he would like to use Korean instant noodles more fre-

quently in his cooking because they are “trending” in his country right now.

The mediator, William Wongso, added that attempts to include Korean flavors can help diversity local dishes in ASEAN countries, just as Korea’s jjajangmyeon, black sauce noodles, has evolved to be considered a Korean dish rather than a Chinese one, although it was originally inspired by a Chinese noodle dish called zhajiangmian. “Jjajangmyeon has developed to use a thicker sauce, different from the Chinese version that I think used more meat, and it became more like a Korean dish,” he said.

BY LEE SUN-MIN [summerlee@joongang.co.kr]

Adapted from a Korea Joongang Daily article.



# ASEAN Culinary Festival 2016

Chefs who participated in the dinner talk pose for a group photo. From left: Mohammad Amirulrafie bin Sahminan of Brunei, Budi Kurniawan of Indonesia, Ismail Ahmad of Malaysia, Nooror Somany Steppe of Thailand, Joyce Clarissa L. Sandoval of the Philippines, and culinary expert William Wongso of Indonesia who worked as a mediator. **By Park Sang-moon**

3 Nov. 2016

## Four-day food festival offers tastes of ASEAN



Opening ceremony of the ASEAN Fair 2016. ASEAN Ambassadors, front row, beginning second from left: Thura U Thee Oo Maung, Ambassador of Myanmar, Dato Paduka Haji Mohd Rosli Haji Sabtu, Ambassador of Brunei, Yip Wei Kiat, Ambassador of Singapore, Pham Huu Chi, Ambassador of Vietnam, Dato Rohana binti Ramli, Ambassador of Malaysia, Sarun Charoensuwan, Ambassador of Thailand, Kim Young-sun, Secretary General of the ASEAN-Korea Centre, Yu Myung-hwan, Former Minister of Foreign Affairs of Korea, John Prasetyo, Ambassador of Indonesia, Raul Hernandez, Ambassador of the Philippines, Khamsouay Keodalavong, Ambassador of Lao PDR, Long Dimanche, Ambassador of Cambodia, Yang Houlan, Secretary General of the Trilateral Cooperation Secretariat), Nov. 2, COEX, Seoul

By Park Sang-moon

A food festival introducing the distinctive tastes of the 10 members of the Association of Southeast Asian Nations, better known as ASEAN, kicked off Nov. 2 at COEX in southern Seoul.

Hosted by the ASEAN-Korea Centre and sponsored by the Ministry of Foreign Affairs, the ASEAN Culinary Festival 2016 ran through Nov. 5 at Hall B of COEX, offering a wide variety of food items prepared by star chefs from each country. The culinary festival was held in conjunction with the ASEAN Fair 2016, which included a food exhibition as well.

Kim Young-sun, secretary general of the ASEAN-Korea Centre, said during an opening ceremony that he hoped the ASEAN Fair “presents opportunities for ASEAN and Korea to enhance their business net-

work and economic cooperation.”

Kim said the fair would demonstrate the competitive food products of ASEAN and the wide spectrum of ASEAN culinary culture.

Thai Ambassador Sarun Charoensuwan said in congratulatory remarks that he hoped the “ASEAN wave will slowly and steadily reach the shores of Korea through culture and food.” Manilath Keodalavong, wife of the ambassador of Laos, who volunteered to cook at the Laos booth in the festival, said she was glad to see the Korean crowd enjoy her food, which included the most popular dishes from her country: Laap, Khao Niew and Tam Mak Taeng, among others.

BY LEE SUNG-EUN [lee.sungeun@joongang.co.kr]

Adapted from a Korea JoongAng Daily article.

## REVIEW &amp; PREVIEW

한아세안센터 아세안 음식축제 2016, 11월 2~5일 코엑스

## 팟타이·미고렝·포 ... 국가대표 음식 30개 맛 대결

브루나이·캄보디아·인도네시아·라오스·말레이시아·미얀마·필리핀·싱가포르·태국·베트남 등 동남아시아 10개국 연합인 아세안(ASEAN)이 내년으로 창설 50주년을 맞는다. '2017 한·아세안 문화교류의 해' 및 '2017 아세안 방문의 해' 행사를 앞두고 한·아세안센터(사무총장 김영선)가 '음식으로 하나 되는 아세안'을 제안했다. 11월 2일부터 5일까지 열리는 '아세안 음식 축제'다. 코엑스에서 열리는 '2016 서울국제식품산업전(푸드 위크 코리아)' 기간에 맞췄다.

이번 행사에서는 10개국이 각각 메인 요리 2개, 디저트 1개로 총 3개씩의 음식을 준비했다. 국가별 부스를 찾으면 태국의 팟타이, 브루나이의 미고렝, 베트남의 포와 차조 등 해당국의 대표 음식 30여 가지를 맛볼 수 있는 셈이다. 또 인도네시아, 말레이시아, 브루나이 등 이슬람 국가에서는 '할랄(halal)' 음식으로 스페셜 메뉴를 차렸다. 아직 국내에는 생소한 만큼 새로운 문화적 체험을 해볼 수 있는 자리이기도 하다.

특히 행사 전체를 총괄하는 화두로 한국과 아세안 공통의 식문화인 쌀에 초점을 맞춘 것이 눈에 띈다. 동남아의 쌀은 우리와 품종이 약간 다른 만큼 조리 방법도 다르다. 말레이시아의 나시 르막은 코코넛 우유와 나무 잎을 넣어 지은 밥을 삼발이라는 소스와 함께 먹는 음식이다. 싱가포르의 치킨라이스는 쌀을 닭 육수와 기름에 졸여 고수·고추 소스·소이 소스와 함께 먹는 요리다. 라오스에서는 카오니우라는 찰밥을 먹는다.

쌀로 만든 국수는 이제 국내에서도 자리를 잡았다. 나라마다 차이도 있는데, 베트남 쌀국수가 쇠고기 육수를 넣고 동남아 허브와 쇠고기를 같이 먹는 국물 요

리라면 미얀마 쌀국수는 동그란 면을 사용해 샐러드처럼 먹는다.

쌀로 만든 디저트도 흥미롭다. 캄보디아의 늬플라이는 쌀가루와 설탕만 이용해 놀라운 즐거움을 선사한다. 말레이시아의 부부르플룻히탐은 흑잡쌀로 만든 죽에 코코넛 밀크와 설탕을 넣어 풍미를 더했다.

발효문화도 공통적인 특징이다. 한국의 젓갈이 있다면 동남아에는 피쉬소스가 있다. 만드는 방법도 젓갈과 비슷하다. 대부분의 동남아 요리에서 기본 양념 역할을 하고 있다.

가장 눈길을 끄는 것은 각국을 대표하는 셰프 혹은 요리 관계자가 선보이는 라이브 쿠킹 코너다. 부디 쿠르니아완은 인도네시아에서 인기 TV 요리쇼를 진행하고 있으며 전통 음식 홍보대사도 하고 있다. 이스마일 아흐마드 역시 말레이시아 요리 경력 30년의 베테랑으로 문화관광부 음식 부문 자문위원이다. 조이스 클라리사 산도발은 필리핀의 국민 식음료 브랜드인 마마 시타 재단의 이사로 1985년부터 미국과 유럽에서 쿠킹쇼를 진행해왔다. 태국의 누로르 소마니 스테페는 1980년 문을 연 블루 엘리펀트 레스토랑의 오너셰프로 2015년 밀라노 엑스포에 초청받아 다녀오기도 했다. 마닐라스 케오달라봉 주한라오스 대사 부인 역시 자국의 명예를 걸고 요리 시연에 나선다.

아세안 음식 시식 쿠폰은 현장에서 '아세안 여행' 앱을 다운받으면 선착순으로 받을 수 있다. 서울국제식품산업전 입장료 성인 1만원. 아세안 100개 식음료 기업의 상품을 전시하는 '아세안 페어'도 동시에 관람할 수 있다.

글 정형모 중앙SUNDAY S매거진 에디터

# ASEAN Restaurants in Korea

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## Brunei

Not Available

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## Cambodia

### Cambodia Restaurant

- Kuy Teav (Noodle Soup)
- Bai Cha Bangkia (Shrimp Fried Rice)

**T** 031-495-0178

**A** 2F, 798-9, Wongok-dong, Danwon-gu, Ansan-si, Gyeonggi-do, Korea

### Khmer Samaky Restaurant

- Num Banh Chock (Khmer Noodles) with Khmer Soup or Chicken Curry
- Beef Lok Lak

**T** 031-498-2612

**A** 787-16, Wongok-dong, Danwon-gu, Ansan-si, Gyeonggi-do, Korea

### Angkor Suwon Restaurant

- Cha Mi Sour (Fried Vermicelli)
- Bang Kia Bomporg (Tempura Shrimp)

**T** N/A

**A** 2F, 13-5, Maesanno 1-ga, Paldal-gu, Suwon-si, Gyeonggi-do, Korea

### Khmer Apsara Restaurant

- Kuy Teav (Noodle Soup)
- Somlor Machu Kroeung Sach Ko (Sour Beef Stew)

**T** 031-848-2331

**A** 174-1, Uijeongbu-dong, Uijeongbu-si, Gyeonggi-do, Korea

### Nongsan Restaurant

1. Key Teav (Noodle Soup)
2. Cha Kdao Tea (Fried Spicy Duck)

**T** N/A

**A** B1, 68-6, Banwol-dong, Nonsan-si, Chungcheongnam-do, Korea

### Siem Reap Khmer Food Restaurant

- Plie Sach Ko (Khmer Beef Salad)
- Somlor Machu Kroeung Sach Ko (Sour Beef Stew)

**T** 070-8722-0930

**A** 112-1, Daeheung-dong, Dongnam-gu, Cheonan-si, Chungcheongnam-do, Korea

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## Indonesia

### Apakabar

- Rendang (Beef Cooked in Coconut Gravy)
- Nasi Goreng (Fried Rice)
- Mie Ayam (Chicken Soup Noodle)

**T** 032-527-0720

**A** 2F, 12, Sijang-ro, Bupyeong-gu, Incheon, Korea

### Warung Kita

- Nasi Campur (Rice with Side Dishes)
- Gado-Gado (Indonesian Spicy Peanut Salad)
- Rendang (Beef Cooked in Coconut Gravy)
- Pisang Goreng (Fried Banana)

**T** 031-508-1103

**A** 3, Wonbon-ro, Danwon-gu, Ansan-si, Gyeonggi-do, Korea

### Bali Bistro

- Nasi Goreng Ayam (Fried Rice with Chicken)
- Satay Udang (Grilled Shrimp Skewer)
- Rendang (Beef Cooked in Coconut Gravy)

**T** 02-718-8702

**A** 31-74 Nogosan-dong, Mapo-gu, Seoul, Korea

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## Lao PDR

Not Available

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## Malaysia

### Paparich

- Asam Laksa (Spicy Noodle Soup)
- Char Kway Teow (Stir-fried Flat Rice Noodle)
- Chicken Satay (Chicken Skewers)

**T** 053-721-8827

**A** 12, Deulan-ro, Suseong-gu, Daegu, Korea

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## Myanmar

### INWA Restaurant & Mart

- Shan Noodle
- Myanmar Noodle
- Myanmar Traditional Food

**T** 032-205-2457

**A** 2F, 549-51, Bupyeong-dong, Bupyeong-gu, Incheon, Korea

### Padauk Glory Restaurant & Mart

- Myanmar Tea
- Myanmar Traditional Food

**T** 032-517-5218

**A** #103, 924, Gyeongin-ro, Bupyeong-gu, Incheon, Korea

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## Philippines

### Jovy's Grill

- Fried Calamari
- Mango Slice
- Garlic Rice

**T** 070-8943-0357

**A** 432, Cheonggyecheon-ro, Seongdong-gu, Seoul, Korea

### Kusina

- Chicken Adobo (Chicken Simmered in Adobo Sauce)



- Garlic Rice
- Beef Steak
- T** 02-790-1826
- A** 2F, 44-7, Yongsan-dong 2-ga, Yongsan-gu, Seoul, Korea

### Cebu Grill & Live Café

- Lumpia (Filipino Spring Rolls)
- Grilled Shrimp
- Grilled Squid
- T** N/A
- A** 115-7, Daesin-dong, Seodaemun-gu, Seoul, Korea

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## Singapore

### Yummy Kampong

- Cereal Prawna
- Chilli King Crab
- Kampong Chicken (Chicken Rice)
- T** 02-2283-2240
- A** B2, 20, Jangchungdan-ro 13-gil, Jung-gu, Seoul, Korea

### Ya Kun Coffee & Toast

- Kaya Toast
- Lemonade
- French Toast
- T** 02-775-1105
- A** B1, 84, Taepyeongno 1-ga, Jung-gu, Seoul, Korea

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## Thailand

### Amazing Thai

- Yum Woon Sen (Thai Noodle Salad)
- Som Tam (Green Papaya Salad)
- Pad Thai Goong (Shrimp Pad Thai)
- Pad Si-io Nuea (Beef Stir-Fried Noodle)
- T** 02-796-7377
- A** 3F, 683-134, Hannam-dong, Yongsan-gu, Seoul, Korea

### Thai Garden

- Poonim Pad Pong Karee (Soft Fried Crab Curry)
- Khao Pad Sapparod (Thai Pineapple Rice)
- Kaeng Kiew Wan (Thai Green Curry)
- T** 02-792-8836
- A** 223, Itaewon-ro, Yongsan-gu, Seoul, Korea

### Amazing Nongkai

- Khao Pad Goong (Thai Shrimp Fried Rice)
- Pad Thai (Thai Stir-Fried Noodles)
- Tom Yum Goong (Thai Soup with Shrimp)
- Pla Tod Kra (Thai Fried Fish)
- T** 02-322-0567
- A** 1F, 375-37 Seogyo-dong, Mapo-gu, Seoul, Korea

### Golden Thai

- Pad Thai Goong (Thai Stir-Fried Noodles with Shrimp)
- Tom Tam Goong (Thai Soup with Shrimp)
- Poonim Pad Pong Karee (Fried Soft Crab Curry)
- T** 02-461-8089
- A** 1F 171-4 Bangi-dong, Songpa-gu, Seoul, Korea

### Sala Thai Boondang

- Tom Yum Goong (Thai Soup with Shrimp)
- Poonim Pad Pong Karee (Fried Soft Crab Curry)
- Yum Woon Sen (Thai Noodle Salad)
- Pla Tod Rad Prik (Thai Fried Fish)
- T** 031-717-0104
- A** 3F Polaris I Bldg. 15-3 Jeongja-dong, Bundang-gu, Seongnam-City, Gyeonggi-do, Korea

### Thai Orchid

- Pad Thai (Thai Stir-Fried Noodle)
- Pla Tut Siew (Fried Fish in Soy Sauce)
- Poonim Pad Pong Karee (Fried Soft Crab Curry)
- T** 02-795-3338
- A** 3F 736-9 Hannam-dong Yongsan-gu, Seoul, Korea

### Wang Thai

- Pad Siew (Fried Noodles with Beef)
- Pad Thai Goong (Thai Stir-Fried Noodles with Shrimp)
- Poo Pad Pong Garee (Fried Soft Crab Curry)
- T** 02-749-2746
- A** 3F Yeong Hwa Bldg 176-2 Itaewon-dong Yongsan-gu, Seoul, Korea

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## Vietnam

### Little Saigon

- Pho (Vietnamese Rice Noodle Soup)
- Vietnamese Special Wrap
- Bun Bo Xao (Vietnamese Noodle Salad)
- T** 02-547-9050
- A** 640-1, Sinsa-dong, Gangnam-gu, Seoul, Korea

### Le Hoi

- Banh Mi (Vietnamese Sandwich)
- Pho Bo (Vietnamese Rice Noodle Soup)
- Bun Cha (Vietnamese Grilled Pork and Noodles)
- Com Ga (Vietnamese Chicken Rice)
- T** 070-4242-0426
- A** 5, Sowol-ro 38ga-gil, Yongsan-gu, Seoul, Korea

### Emoi

- Rice Noodle Soup
- Spring Roll
- Fried Rice
- Bun Cha (Vietnamese Grilled Pork and Noodles)
- T** 02-733-0588
- A** 16-9, Gwancheol-dong, Jongno-gu, Seoul, Korea



## ASEAN-KOREA CENTRE

The ASEAN-Korea Centre was established as an intergovernmental organization mandated to promote economic and socio-cultural cooperation among the ASEAN Member States and Korea. It was officially inaugurated on 13 March 2009, the year that marked the 20th anniversary of the Dialogue Partnership between ASEAN and Korea, in accordance with a Memorandum of Understanding signed at the ASEAN-Republic of Korea Summit in November 2007.

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