

Community Partners Program

Funded by the Dept. of Health and Ageing

Objective

To promote and facilitate increased and sustained access by those in the Cambodian community with significant aged care needs to aged care support services

Target Group

- Older people of Cambodian background who would like to access aged care services
- Aged care service providers who would like to provide culturally appropriate care to the Cambodian community

Services

- Provide information to the community about the availability of aged care services and how to access them
- Provide information to mainstream aged care services about Cambodian culture and the needs of elderly people in the community
- Link with appropriate aged care services and channel the needs of Cambodian elderly people
- Support other multicultural services in programming services for Cambodian elderly people

For more information contact:

Virack Khoun

Community Partners Program Project Worker

Tel: 02 8786-2581

Email: CPPworker.cawc@cambodianwelfare.org.au

Important Cambodian Cultural Days

Cambodian New Year (13 April)

Every year at this time Cambodians will go to the temple, participate in special prayers and offer food to the monks. There will be traditional entertainment such as dancing performances and popular games.

Pchum Ben (Festival for the Dead or All Saints Festival)

- ❖ Celebrated in September and October for 15-days (varies due to Lunar system)
- ❖ Deceased ancestors are remembered and their spirits honoured by visits to the pagoda (temple) and gifts and food offered to the monks

Thgai Sel

- ❖ This is a weekly religious day (marked on the Khmer calendar according to the Lunar system)
- ❖ Cambodian people go to the temple to pray and for make offerings of food to the monks

Thgai Penh Bauw (Full Moon Day)

- ❖ This religious day occurs on days when there is a full moon
- ❖ These days are auspicious times for Cambodian people to go to the temple, make offerings of food to the monks and pray



**Cambodian-Australian Welfare Council
of NSW Inc.**



Cambodian Cultural Information and Recipes

Cambodian Australian Welfare Council of NSW Inc.

211 Humphries Rd, Bonnyrigg NSW 2177

PO Box 137, Canley Heights 2166

Tel: 02 8786-2581

Fax: 02 8786-2584

www.cambodianwelfare.org.au

STEAMED FISH & SOY SAUCE

Trey Chamhoy Teuk Siew (Serves 2)



Ingredients

- 2 medium fish steaks (no bones)
- 3 sprigs shallots, chopped into thin strips
- ½ medium capsicum, chopped into thin strips
- 12 long green beans, chopped into 5cm lengths
- 1 tbs of chicken stock
- 4 lettuce leaves
- 10 slices of fresh ginger, chopped into thin strips
- 2 tbs vegetable oil
- 2 tbs Mirin sauce and 1 tbs teriyaki sauce
- 4 tablespoons soy sauce
- 1 tsp sugar and 1 tsp salt
- ½ cup water
- Coriander for garnish and fresh chopped chilli on side

Method

1. Bring 2 cups of water to the boil in a large frying pan with a tight fitting lid
2. Place the fish steaks on a greased rack so fish does not touch the water
3. Combine all the sauces, oil, water, sugar, salt and stock together. Pour ½ the mixture evenly over the top of the fish steaks. Keep the rest aside.
4. Add spring onions, capsicum, ginger and beans to the fish
5. Cover pan tightly, steam until fish flakes easily when tested with fork, approx 6 minutes. Every 2 minutes pour a little more of the sauce onto the fish as it cooks
6. Place the lettuce on a severing plate. When fish is cooked place on top of the lettuce
7. Garnish with the coriander and fresh chilli on side

Khmer Greetings

- ❖ **Hello** – Soo-a s'day / Chum reap so-ur
- ❖ **How are you?** – Sok sa-bai Chee-a tay?
- ❖ **Fine, thanks** – Knyom sok sa-bai tay, orh-kun
- ❖ **Goodbye** – Lee-a houy-ee
- ❖ **Yes** – Baht (male) or Tchar (female)
- ❖ **No** – Ot-teh (male & female)
- ❖ **Please** – Som-un-chern
- ❖ **Thank You** – orh-kun
- ❖ **Sorry or excuse me** – Som toah



Khmer Greeting Styles – the level of a person's hands signifies level of respect

- Nose level – Parents, grandparents, teachers
- Mouth level – Bosses, older persons, higher ranking persons
- Chest level – Friends or persons of the same-age

RICE PORRIDGE WITH CHICKEN

Bo Bor Sach Moan (Serves 4-6)



Ingredients

- 1 whole chicken, cleaned and drained
- 10 cups water
- 2 tablespoons vegetable oil
- 1 cup uncooked jasmine rice
- 4 cloves garlic, minced
- 1 onion, chopped
- 3 tablespoons fish sauce
- 1 teaspoon salt
- 1 tablespoon sugar
- ¼ teaspoon black pepper
- 4 sprigs shallots, chopped
- To serve - bean sprouts, chopped mint leaves, chopped fresh chilli and hoi sin sauce (and/or salted soy beans)

Method

1. Boil water and chicken in a large pot, until chicken is tender. Remove chicken from soup broth, and set it aside to cool
2. Heat up a small pan. When pan is hot, add oil and rice. Stir rice until it is light brown then add garlic and onion. Stir well.
3. Add the rice, garlic and onion mix to the soup broth and cook until rice is soft and of porridge consistency.
4. Season with fish sauce, salt, sugar and black pepper.
5. Cut up cooked chicken and shred the meat. Set aside.
6. To serve, pour some rice porridge into a bowl, add some chicken and sprinkle with spring onions.
7. Serve hot with bean sprouts, chopped mint leaves, lime, fresh chilli and hoi sin sauce (and/or salted soy beans)