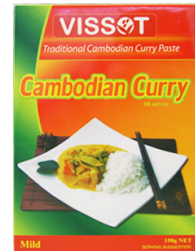




## Vissot Cambodian Curry Recipes

### Recipes using the Vissot Cambodian Curry paste

The Vissot Cambodian Curry paste is a base that can be used in an endless number of recipes. Here are just a few. If you have any recipe suggestions of your own, please let us know so that we can share more recipes with others. Don't forget to share the Vissot curry and recipes with friends.



### What is Vissot?

**Vissot** is a not-for-profit food manufacturing industry in Cambodia. It is a small, growing industry, which began as a class project in 1998 and now employs more than 20 staff. The industry manufactures a range of healthy products for local and overseas markets. Vissot has been voted one of the top 10 brands in Cambodia by the Ministry of Commerce.

### The Vissot industry has a number of important purposes:

- Helps Cambodian farmers by using locally grown produce
- Gives employment and training
- Gives Cambodian students pride in their achievements and a passion to develop their country
- Produces nutritious products to improve the health of Cambodian people



By buying this product, you are helping the Cambodian people to grow their own industry.

Profits from the sale of this product will help to fund a health centre in Cambodia.

We hope you enjoy the recipes. Please give us your feedback and any of your own recipe suggestions.

We can help Cambodia by sharing these recipes and the Vissot curry with friends

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## Removing the paste:

Cut 3 side of the sachet to easily remove the paste:



### Why is the paste so thick?

This is one of the secrets of the wonderful flavour of the Vissot Cambodian Curry paste. Vissot uses a simple, natural and age old process of preservation to bring delicious and authentic fresh flavours of Cambodia to your kitchen. The farmer's fresh produce is peeled and chopped and simply boiled down to a thick paste. Of course the ingredients have to be balanced and monitored carefully to ensure that the flavours are preserved. This is all achieved with natural ingredients.

## Dissolving the Paste:

Cut paste into 5mm wide strips and place in a small bowl:



Add water until almost covered (2 tbs for 1/2 sachet). Microwave on high until soft (about 15 seconds):



Mash into a smooth paste with the back of a spoon:



**Alternative to microwaving:** soak in hot water for 10 minutes

## Adding More Spice:

**Stir any of these ingredients into your dish while cooking to increase the spiciness:**

- Fresh chillies (including the seeds): crushed in a mortar and pestle or chopped with a knife (the small red varieties are the hottest\*)
- Dried chillies: soak in lukewarm water until soft (15-30 min) and grind into a paste
- Chilli powder (without added seasonings)
- Dried chilli flakes
- Hot chilli sauce

\*Note: hotter varieties of chilli are best because less is required and will have less affect on the flavour of the dish

# Peanut Satay Sauce (1 portion)

By Ross McKenzie, Toronto NSW

## Ingredients:

- 1/2 sachet **Vissot Cambodian Curry Paste**
- 1 cup **coconut cream** or coconut milk
- 1/4 cup **peanut butter**

Optional: add chilli for extra spice



## Method:

1. Dissolve the paste in 2 tabs of water (see p.3 for instructions):



2. Combine all of the ingredients in a small pot:



3. Heat and stir continually on medium heat until mixed and dissolved well (do not let it boil):



## **Serving suggestion:**

Serve as a sauce (such as with kebabs)

Stir into or pour on top of stir fry dishes (Suggested recipe: **Peanut satay noodles**, p.5)



**Please rate this recipe:** [www.jomnin.org/peanut-satay-sauce](http://www.jomnin.org/peanut-satay-sauce)



## Peanut Satay Noodles (meat or vegetarian)

By Kamrang & Ross McKenzie, Toronto NSW



### Ingredients:

- 8 button **mushrooms**, sliced
- 1 tbs cooking **oil**
- 160g **chicken** (or meat substitute\*), diced
- 1 **carrot**, cut into strips and boiled
- 1/4 (500g) **Chinese cabbage**, cut (see below)
- 250g **Singapore noodles** (steamed variety)
- 1/4 cup of **water** (or more if needed)
- 1 portion **Peanut Satay Sauce** (see p.4)

\*Suggested meat substitute:  
Fry's Chicken Style Strips (available at Coles or Woolworths)

### Method:

1. Heat the oil in a frypan and fry the mushrooms until tender
2. Add the chicken (or meat substitute) and fry until cooked through
3. Stir in the carrot and Chinese cabbage, fry until the cabbage is small
4. Stir in the Singapore noodles and 1/4 cup of water, fry for 2 minutes
5. Remove from the heat and stir in the **Peanut Satay Sauce**

### **Cutting the Chinese cabbage:**

Note: it looks like a lot of cabbage but it shrinks down very small when cooked

Remove the hard stem:



Cut 2cm wide lengthways:



Cut lengths into 5cm pieces:



Please rate this recipe: [www.jomnin.org/peanut-satay-noodles](http://www.jomnin.org/peanut-satay-noodles)

# Potato Patties (vegetarian)

By Michelle Ward, Toronto NSW

## Ingredients:

- 4 medium **potatoes**, cooked and mashed
- 1/2 tsp **salt**
- 1/2 tsp **seasoned salt**
- 1/4 sachet **Vissot Cambodian Curry Paste**, dissolved in 1 tbs water (see p.3)
- 1 heaped tbs self-raising **flour**

## Method:

1. Mix all ingredients together
2. Shape into small balls and roll in breadcrumbs
3. Flatten slightly and shallow fry in cooking oil



Please rate this recipe: [www.jomnin.org/potato-patties](http://www.jomnin.org/potato-patties)

## Curried Fried Rice (meat or vegetarian)

By Kamrang and Ross McKenzie, Toronto NSW

### Ingredients:

- 1/2 **onion**, chopped
- 1 tbs cooking **oil**
- 200g diced **chicken (or chickpeas)**
- 600g boiled **rice** (day old is best; if fresh, cool it first)
- 1 cup (350g) frozen **mixed vegetables** (eg peas, carrots and corn) or chopped boiled vegetables
- 1/2 sachet **Vissot Cambodian Curry Paste**, dissolved in 2 tbs water (see p.3)
- 1 tbs **soy sauce**
- 50g roasted **cashews**



Optional: add chilli for extra spice

### Method:

1. Heat the oil in a frypan
2. Add the onion and fry until tender
3. Add the chicken and fry until cooked through
4. Add the remaining ingredients and stir fry until well mixed and heated through



Please rate this recipe: [www.jomnin.org/curried-fried-rice](http://www.jomnin.org/curried-fried-rice)

## Peanut Butter Rice Patties (vegetarian)

By Julie Thompson, Blackalls Park NSW



### Ingredients:

- 1 cup uncooked **basmati rice** (if substituting with other types of rice, cool the rice after boiling or use day old boiled rice for better results)
- 1 **onion**, finely chopped
- 1 cup **breadcrumbs** (plus extra to roll the patties in)
- 1 tbs **peanut butter**
- 1 tbs **besan (chickpea) flour** (or plain flour)
- 165g **coconut cream**
- 1/2 sachet **Vissot Cambodian Curry paste**, dissolved in 2 tbs water (see p.3)
- A little **hot water**

### Method:

1. Cook rice in 2 cups of salted water until all water is absorbed
2. Mix all the ingredients together in a large bowl
3. Stir mixture well and add more breadcrumbs or water if needed
4. Form into patties using a spoon or ice-cream scoop
5. Roll in breadcrumbs and fry in a little oil until golden brown
6. Serve hot or cold



**Please rate this recipe:** [www.jomnin.org/peanut-butter-rice-patties](http://www.jomnin.org/peanut-butter-rice-patties)



# Quick Curry Puffs (meat or vegetarian)

By Ross McKenzie, Toronto NSW

## Meat filling

### Ingredients:

- 1 small **onion**, chopped
- 1 tbs cooking **oil**
- 180g minced **beef or chicken**
- 300g frozen **mixed vegetables** (eg peas, carrots and corn) or chopped boiled vegetables
- 1/2 sachet **Vissoot Cambodian Curry** paste, dissolved in 2 tbs water (see p.3)
- 1 tbs **cornflour**
- 3 tbs **water**

### Method:

1. Heat the oil in a frypan
2. Add the onion and fry until tender
3. Add the meat and fry until cooked through
4. Mix the fried onions and meat in a medium size bowl with all the other ingredients

## Vegetarian filling

### Ingredients:

- 400g tin **chickpeas or lentils**, drained
- 1 cup (350g) frozen **mixed vegetables** (eg peas, carrots and corn) or chopped boiled vegetables
- 1/2 sachet **Vissoot Cambodian Curry** paste, dissolved in 2 tbs water (see p.3)

### Method:

1. Mix all the ingredients together in a medium size bowl



## Pastry

### Ingredients:

- 1 **egg**, lightly beaten
- 3 sheets of **puff pastry**, cut into 4 squares each

### Method:

1. Place 1 heaped spoon of filling in the centre of 1 square. Fold one corner to the opposite corner and press the joined edges with a fork:
2. Puncture the pastry with a fork:
3. Place on a lined baking tray. Brush with the egg and bake in a preheated oven at 180°C for about 25 minutes:



Please rate this recipe: [www.jomnin.org/quick-curry-puffs](http://www.jomnin.org/quick-curry-puffs)

# Vegetable and Nutmeat Pie (vegetarian)

By Julie Thompson, Blackalls Park NSW

## Filling

### Ingredients:

- 1 **onion**, chopped
- 1 tbs **vegetable oil**
- ½ sachet of **Vissot Cambodian Curry paste**, dissolved in 2 tbs water (see p.3)
- 165g **coconut cream**
- ½ cup **water**
- 1 ½ cups (500g) **mixed vegetables**, chopped (e.g. potatoes, parsnips, sweet potatoes, carrots, celery, peas, corn kernels)
- 1 tin **Sanitarium Nutmeat**, diced
- **Cornflour** (if required)

### Method:

1. Fry onion until tender
2. Add Vissot curry paste
3. Add coconut cream, water and vegetables
4. Bring to the boil and simmer until cooked
5. Add Nutmeat
6. Stir in cornflour to thicken if too runny

## Pastry\*

### Ingredients:

- ½ cup **water**
- ½ cup **olive oil**
- ½ tsp **salt**
- 1 ¼ cups **rolled oats**
- 1 ¼ cups whole wheat **flour**

\*Alternatively, use a ready-made shortcrust pastry

### Method:

1. Blend water, oil and salt until they are well mixed (blender is best)
2. Add the flour and rolled oats and continue mixing until combined
3. Tip onto flat surface and knead lightly until a good pliable consistency
4. Roll out half the mixture to required size, place it in the pie dish and trim the edges
5. Fill with the filling
6. Roll out remaining pastry and wet the edges with water and lay on top
7. Press around the edges to seal and put slits in the centre and around the sides
8. Bake in Moderate oven until the pastry is nicely browned



**Variation (pictured)** - flatten pastry in muffin tins, curling the edges inwards slightly. Bake for about 10 mins and then fill with curry mixture and serve.



Please rate this recipe: [www.jomnin.org/vegetable-and-nutmeat-pie](http://www.jomnin.org/vegetable-and-nutmeat-pie)

## Vegetable Curry Casserole (meat or vegetarian)

Adapted from Julie Thompson, Blackalls Park NSW

### Ingredients:

- 700g peeled and diced **vegetables**, e.g.:
  - 1/2 cup peas
  - 1/2 cup corn
  - 1 zucchini
  - 1 medium sweet potato
  - 1 potato
- 200g **chicken or beef**, diced (or 1 tin chickpeas)
- 1 sachet **Vissot Cambodian Curry paste**, dissolved in 3 tbs water (see p.3)
- 1 cup **coconut cream** or coconut milk
- 1/2 cup **water**



Optional: add chilli for extra spice

### Method:

1. Mix the vegetables and meat (or chickpeas) in a casserole dish (optional: browning the meat in a frypan first may improve the flavour)
2. Mix the Vissot curry paste with the coconut milk and pour over the vegetables
3. Put the lid on, place in a preheated oven and bake at 180°C for 1 hour



**Please rate this recipe:** [www.jomnin.org/vegetable-curry-casserole](http://www.jomnin.org/vegetable-curry-casserole)

# Pumpkin Soup

Add 1/4 to 1/2 a sachet of Vissot Cambodian Curry paste to your favourite pumpkin soup



## Suggested roast pumpkin soup recipe:

By Ross McKenzie, Toronto NSW

### Ingredients:

- 750g **pumpkin**, chopped into small chunks (butternuts are a good variety for soup)
- 750g **sweet potato**, chopped into small chunks
- Vegetable **oil**
- 2 1/2 cups hot **water**
- 1 tbs **honey**
- 1/4 (or more to suit taste) sachet **Vissot Cambodian Curry paste**, dissolved in 1 tbs water (see p.3)
- 1/2 cup **cream**

### Method:

1. Place the pumpkin and sweet potato on a baking tray and drizzle with vegetable oil
2. Roast in a preheated oven at 220°C until cooked (about 45 minutes)
3. Blend the pumpkin and sweat potato in a food processor along with the honey and Vissot curry paste
4. Stir in the cream
5. Serve hot with a dob of sour cream if desired



Please rate this recipe: [www.jomnin.org/pumpkin-soup](http://www.jomnin.org/pumpkin-soup)



# Satay Stir Fry Vegetables (meat or vegetarian)

By Kamrang & Ross McKenzie, Toronto NSW



## Stir Fry

### Ingredients:

- 1/2 medium **broccoli**, cut into medium size pieces
- 1 **carrot**, cut into strips
- 1 small bunch (2-3 small heads) **baby pak choy**
- 1/2 red **capsicum**, cut into strips
- 250g **chicken or beef** (or a suitable meat substitute), sliced thinly

Vegetable alternatives:

- Green beans (replace broccoli)
- Baby corn or zucchini (replace capsicum)
- Chinese broccoli (replace pak choy)

### Method:

1. Boil or steam broccoli and carrot for 3 minutes, drain and cool under running cool water. Set aside.
2. Cut 1cm off the stem of the pak choy and separate the leaves
3. Fry meat in lightly oiled frypan
4. Add capsicum and baby pak choy and fry until the pak choy shrinks
5. Add the other vegetables and fry until mixed and heated through
6. Drain any excess liquid
7. Remove from heat and mix in the warm **satay sauce**
8. Serve with boiled rice

## Satay sauce

### Ingredients:

- 3/4 cup **coconut cream**
- 2 tbs **peanut butter**
- 1/4 cup unsalted **peanuts**, crushed
- 1 cube/tsp **stock** (chicken, beef or vegetable)
- 1/4 sachet **Vissot Cambodian Curry paste**, dissolved in 1 tbs hot water (see p.3)

Optional: add chilli for extra spice

### Method:

1. Combine all ingredients in a small pot
2. Stir and heat gently on medium heat (do not let it boil and be careful not to let it burn)
3. Heat until well mixed and dissolved
4. Remove from heat and cover to keep warm



Please rate this recipe: [www.jomnin.org/satay-stir-fry-vegetables](http://www.jomnin.org/satay-stir-fry-vegetables)

# Ginger & Pumpkin Scones

By Jodie Dobson, Kitchener NSW

## Ingredients:

- 3 cups plain **flour**
- 2 tsp **baking powder**
- 1/2 tsp **baking soda**
- 3/4 tsp **salt**
- 1/2 tsp **ground ginger**
- 3 tbs **caster sugar**
- 120g **butter**, cut into pieces
- 120g peeled **pumpkin** (butternut pumpkin is best)
- 1/2 sachet **Vissoot Cambodian Curry paste**, dissolved in 2 tbs of water (see p.3)
- 125g **glace ginger** (or uncrystallised/naked ginger), chopped into small pieces
- 200 mL **buttermilk** (or 180 mL milk plus 1 tbs vinegar or lemon juice and stir to curdle)



## Method:

1. In a medium bowl mix all dry ingredients together
2. Add the butter and use your fingers (or food processor) to mix until it resembles coarse crumbs
3. Cook (drain well) and puree the pumpkin
4. Mix together the pumpkin, curry paste, glace ginger and about half of the buttermilk (or curdled milk). Add this mixture to the dry mix
5. Gently combine (do not over mix). Add more milk, if needed, to make a moist or slightly sticky scone dough
6. Turn the dough onto a lightly floured surface and pat into a circle about 3-4 cm thick
7. Cut out with a scone cutter and place on a lined baking tray close to each other
8. Bake in a preheated oven at 215°C (195°C if fan forced) for 15-20 minutes

**Serving suggestions:** tastes great with honey or **exotic ginger syrup** (p.15) and whipped cream



**Please rate this recipe:** [www.jomnin.org/ginger-and-pumpkin-scones](http://www.jomnin.org/ginger-and-pumpkin-scones)

# Exotic Ginger Syrup

By Ross McKenzie, Toronto NSW



## Alternative:

Dissolve 1 level teaspoon of Vissot curry paste with 1 teaspoon of hot water and stir into 160 mL of ready-made ginger syrup (some Woolworths stores sell ginger syrup)

## Serving suggestions:

Exotic ginger syrup tastes great with pancakes, soft tofu, vanilla yoghurt or ice cream topped with chopped nuts. See **Crepes and Ice Cream** (p.16) and **Silken Tofu Dessert** (p.17) recipes for serving suggestions

## Ingredients:

- 70g **ginger**, with skin
- 1 1/2 cups **water**
- 1 cup **sugar**
- 1 level tsp **Vissot Cambodian Curry paste**
- 1 pinch **salt**

## Method:

1. Cut the ginger into thin slices (no need to peel) and then cut the slices into thin strips
2. Add all ingredients to a medium pot about 15-20cm wide (stainless steel pots are best; do not use reactive pots such as aluminium)
3. Boil on medium heat for 20-25 min (20 min for a larger pot and 25 min for a smaller pot), stirring occasionally (boiling longer will make a thicker syrup but it may crystallise when it cools)
4. Strain in a fine-mesh strainer
5. Makes about 3/4 of a cup (180 mL) of syrup



Please rate this recipe: [www.jomnin.org/exotic-ginger-syrup](http://www.jomnin.org/exotic-ginger-syrup)

# Crepes & Ice Cream

By Ross McKenzie, Toronto NSW

## Ingredients:

- 1 cup plain **flour**, sifted
- 2 cups **milk**
- 3 **eggs**
- 80mL **Exotic Ginger Syrup** (see p.15)

## Method:

1. Whisk milk and eggs together in a medium size bowl
2. Add flour and whisk until combined
3. Fry in a lightly oiled frypan
4. Serve the crepes warm with vanilla ice cream and **Exotic Ginger Syrup**



**Please rate this recipe:** [www.jomnin.org/crepes-and-ice-cream](http://www.jomnin.org/crepes-and-ice-cream)



# Silken Tofu Dessert

By Ross McKenzie, Toronto NSW

## Ingredients:

- 500g **silken tofu** (soft tofu)
- 80mL **Exotic Ginger Syrup** (see p.15)

## Method:

1. Cut the tofu into thin strips and divide into 4-5 small serving bowls
2. Heat the syrup in a pot until warm (do not boil)
3. Pour about 2-3 spoons of the syrup over the tofu in each bowl



Please rate this recipe: [www.jomnin.org/silken-tofu-dessert](http://www.jomnin.org/silken-tofu-dessert)