

DESTINATION ASIA

Herbal Soup with Vegetables & Fish (Samlor Proher Trey)

Often considered as one of Cambodia's national dishes, Samlor Proher Trey is a delicious traditional herbal soup made with fish and vegetables. It makes an excellent light meal or starter.

Preparation time 30 Minutes **Cooking time** 15 - 20 Minutes **Serves** 4 people

Ingredients

- 500g soft white fish
- 250g taro
- 250g winter melon
- 100g spiny amaranth
- 50g lemon grass cut into small pieces
- 10g kaffir leaves
- 10g galangal
- 1 tbsp fish sauce
- Salt (as required)
- 250g pumpkin
- 250g mushrooms
- 100g luffa gourd (or bitter melon)
- 100g climbing wattle
- 20g garlic
- 10g ginger
- 2 tbsp sugar
- 1 tbsp chicken seasoning

Steps

1. Grill the fish until cooked. Remove only the meat and keep to one side.
2. Blend the lemongrass, garlic, half of the kaffir leaves, finger root, and galangal together.
3. Cut the vegetables into smaller pieces.
4. Add 1 litre of water to a pot and bring to the boil. Add the fish, blended ingredients, and vegetables.
5. Add the sugar, fish sauce, salt, soup powder. Season to taste.
6. Cook until vegetables are soft.
7. Finish by adding the spiny amaranth and climbing wattle. Bring to the boil again, then serve with steamed white rice.

Notes / Tips

1. Serving the soup when it is hot brings more flavour.
2. There are two ways of serving the soup: serve as is with chunks of fish and vegetables, or blend the soup until smooth.
3. Add more green leaves to make it more nutritious and flavoursome.
4. Spiny amaranth and climbing wattle may be replaced by pumpkin leaves or any other fresh green leaves available in your country.

A recipe from Destination Asia Cambodia

