

## Prahok ktiss (pork belly with fermented fish)

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Prahok ktiss (image credit: International Development Enterprises).

Prahok Ktiss is a very old, traditional recipe using prahok, a fermented salted fish paste which has been eaten by Cambodians almost every day. In fact, our diet is made up of over two thirds of fish and Prahok is a fermentation method to preserve fish even though it has a strong rich smell of rotten fish, but this smell is very well associated with Cambodia. Another main ingredient in this dish is Kroeung, a yellow curry-like paste which is made out of the combination of lemongrass, garlic, turmeric, shallot, galangal, makrut lime leaves, and red chilli. Kroeung has been used in many Cambodian dishes, we even use the ingredients in it for hot compress massage and believe it has benefits for our health as well.

### Recipe:

#### Ingredients:

- 150 g pork belly
- 50 g prahok (fermented salted fish)
- 2 garlic cloves, crushed

**For the sauce:**

- ½ red pepper, pounded to a paste
- 2 garlic cloves, crushed
- 20 g palm sugar
- 125 ml (½ cup) coconut milk
- 10 miniature eggplant or one small chopped eggplant (optional)
- 2 makrut lime leaves, shredded
- Splash vegetable oil

**For the Kroeung paste:**

- 1 stalk lemongrass, thinly sliced
- 2 large garlic cloves, coarsely chopped
- 1 small shallot, coarsely chopped
- ½ tsp galangal, peeled, coarsely chopped
- 3 makrut lime leaves, de-veined
- ½ tsp turmeric, peeled, chopped
- 1 chilli, chopped, seeded (optional)

**Method:**

- Using two knives or cleavers, finely chop the pork belly, prahok and two garlic cloves.
- Using a pestle and mortar or food processor, pound or blend all the ingredients for the Kroeung paste to a smooth paste (add a little water if necessary).
- Splash a little vegetable oil in a hot wok, add pounded red pepper and garlic, and stir until fragrant.
- Add coconut cream and cook until thick and bubbling.
- Add chopped pork, prahok and 2 more cloves of crushed garlic. Stir till well combined.
- Add one heaped dessert spoon of the Kroeung paste, allow the flavours to combine, then add the eggplant and cook until soft.
- Just before serving add finely chopped makrut lime leaves.
- Serve with cabbage wedges, cucumber wedges, snake beans and a squeeze of lime.

**Resource and video:** <https://www.sbs.com.au/food/recipes/prahok-pork-belly>