

RECIPE FROM CAMBODIA

The theme for Holocaust Memorial Day 2017 is **How can life go on?** In a set of six recipe cards, we share dishes that are important to communities targeted during genocide, encouraging everyone to learn about and celebrate the lives and cultures of those who were murdered.



HOW CAN LIFE GO ON?
HOLOCAUST MEMORIAL DAY 2017



Cambodian beef loc lac

Genocide in Cambodia

The fate of Cambodia shocked the world when the radical communist Khmer Rouge, under their leader Pol Pot, seized power in April 1975 after years of civil war. The Khmer Rouge ruthlessly imposed an extremist programme to transform Cambodia into a communist paradise. The Khmer Rouge planned to grow more rice than Cambodia needed and sell the extra food on the international market. The population was made to work as labourers in one huge organisation of collective farms and inhabitants of towns and cities were forced to leave. Anyone who was unwilling or unable to work was murdered. The secretive Khmer Rouge referred to themselves as the Angkar – The Organisation.

All political and civil rights were abolished and the Khmer Rouge targeted ethnic minority groups including ethnic Chinese, Vietnamese and Thai people. Religion was outlawed and Cham Muslim, Christian and Buddhist communities targeted.

Children were taken from their parents and placed in separate forced labour camps. Factories, schools, universities and hospitals were shut down. Lawyers, doctors, teachers, engineers, scientists and professional people in any field were murdered, together with their extended families. It was possible for people to be shot

simply for knowing a foreign language, wearing glasses, laughing or crying.

Murder by starvation was deliberate state policy under the Khmer Rouge, as rice was taken from hungry people to meet export quotas. The Khmer Rouge also punished dissenters by withholding food.

One Khmer Rouge slogan declared that 'Hunger is the most effective disease.' Another was more subtle: 'If someone is very hungry, the Angkar will take him where he will be stuffed with food' - a reference to the policy of murdering starving people and using their bodies to fertilise crops. Over two million people died during the Genocide in Cambodia, with many people victims of starvation.

The effects of the genocide are still felt in Cambodia today and defendants are still being tried for their crimes. Cambodia is slowly recovering from the genocide and people have rediscovered the culture that the Khmer Rouge tried to eradicate.

The theme for HMD 2017 is **How can life go on?** We invite you to cook and share this recipe as part of your HMD activity and to celebrate the rich culture and cuisine of Cambodia.

Find out more...

Genocide in Cambodia: hmd.org.uk/cambodia
Holocaust Memorial Day Trust: hmd.org.uk



HOLOCAUST
MEMORIAL
DAY TRUST

Cambodian beef loc lac

Ingredients

- 500g beef fillet cut into 2cm cubes
- 1 ½ tbsp sugar for frying
- 2 tbsp sunflower

For the sauce:

- 2 tbsp lime or lemon juice
- 1 tsp salt
- 1 tsp sugar

or peanut oil for frying. Do not use olive oil as it will burn at a high temperature!

- 1 tbsp water
- 1 ½ tsp ground white pepper (use black pepper if unavailable)

For the marinade:

- 3-4 cloves chopped garlic
- 1 ½ tbsp oyster sauce
- 1 tsp soy sauce
- 1 tsp dark soy sauce
- 1 tbsp rice wine, dry sherry or water
- 1 tbsp freshly ground white pepper
- ½ tsp salt
- 1 tbsp peanut or sunflower oil
- 1 tsp chicken bouillon (optional)

Method



This recipe serves 2-3 people. Mix all the ingredients for the marinade together in a bowl and pour onto the beef, ensuring an even coating. For best results leave overnight in the fridge, or a minimum of 15-30 minutes at room temperature. If you refrigerate the meat, ensure that it is removed from the refrigerator 30 minutes before you begin cooking.

Make the pepper lime sauce by mixing all the ingredients together in a bowl until the salt and sugar dissolve, then set this to one side.



Dress a serving plate with your favourite vegetables. We used lettuce, sliced tomatoes and sliced onions.

Heat the oil in a wok or skillet over medium-high heat until very hot. Add the sugar, and stir to caramelize for about 20 seconds or until it gives out a sweet smell of caramel and starts to foam. Immediately add in the marinated beef. Be very careful at this stage - if left a few seconds longer after its foaming state, the caramel will burn and become bitter! Increase the heat to very high and stir-fry for 3 - 5 minutes or until the meat turns golden-brown, depending on how you like it cooked. This step can be quite smoky!



Transfer the fried beef to the prepared serving plate and drizzle it with the lime sauce just before eating. Serve with steamed rice or bread.

This recipe has been given to us by Var Ashe Houston, a survivor of the Genocide in Cambodia. Var and much of her family managed to survive the Khmer Rouge regime and she currently lives in the UK. Var has a website, Amok Cuisine, which showcases her story, dozens of delicious recipes and information on Cambodia: amokcuisine.com
You can also read Var's life story on our website: hmd.org.uk/var