



# Joey Mob Program Planner

Attendance:

/

Attendees / Total

<b>Theme</b>	Cambodia	<b>Meeting</b>	Indoors	<b>Date</b>	
--------------	----------	----------------	---------	-------------	--

Time	Methods	Activity	Leader	Equipment Required etc.
0.05	Ceremony	Opening Parade		
0.05	Game	Game 1		See Games
0.10	Game	Game 2		See Games
0.15	Activity	Cooking		See Recipes
0.30	Game	Game 3		See Games
0.35	Craft	Cambodian flag		See Craft - Coloured Paper, pencils, picture of Angkor Watt
0.45	Activity	Let's eat!		Paper plates, cutlery
0.55	Ceremony	Closing Parade		

**General Comments**

Make a visit to your local travel agent and ask for brochures, posters for Cambodia. Put these around your hall. JSL might like to dress in Cambodian clothes

Explain to the JS and parents the aim of the night – Care & Share for children in Sunshine Centre, Cambodia. Remind parents that there will be a donation taken.

**Games** - There is a choice of 3 out of 4 games to be played.

**Cooking activity** - There is a choice of cooking two dishes.

- Each JS helps prepares a bit of the ingredients for cooking.
- Most vegetables can be cut with a fairly sharp butter knife and a chopping board e.g. cucumber, mushroom, onion, spring onions.
- Cooking can be done by JS using a 2-3 electric frypans under strict supervision.
- If you are using meat, it must be handled by the JSL or parent.
- JSL/parent cooks the rice to accompany the 2 dishes.

**Craft** – for JS who have “finished” helping to prepare/cook

### **Websites**

Games are from

[http://www.leisurecambodia.com/Leisure\\_Cambodia/No.23/gamesKhmer\\_play.html](http://www.leisurecambodia.com/Leisure_Cambodia/No.23/gamesKhmer_play.html)

Recipes from

<http://asiarecipe.com/camveg.html#top>

Craft – make a Cambodian flag from

[http://www.cambodia4kids.org/explore/module\\_1/make\\_a\\_flag.html](http://www.cambodia4kids.org/explore/module_1/make_a_flag.html)

Cambodian clothing from

[http://cambodia.worldvision.org.nz/lg\\_country\\_culture\\_clothing.asp](http://cambodia.worldvision.org.nz/lg_country_culture_clothing.asp)

this is an excellent website which has more information on games and food

## **Cambodian Games**

### ***"Chab Kon Kleng"***

A game played by imitating a hen as she protects her chicks from a crow. Adults typically play this game on the night of the first New Year's day. Participants usually appoint a person with a strong build to play the hen leading many chicks. Another person is picked to be the crow. While both sides sing a song of bargaining, the crow tries to catch as many chicks as possible as they hide behind the hen.

### ***"Bos Angkunh"***

A game played by two groups of boys and girls. Each group throws their own "angkunh" to hit the master "angkunhs," which belong to the other group and are placed on the ground. The winners must knock the knee of the losers with the "angkunh." "Angkunh" is the name of an inedible fruit seed, which looks like the knee bone.

# Cambodian Games

## **"Leak Kanseng"**

A game played by a group of children sitting in circle. Someone holding a "kanseng" (Cambodian towel) twisted into a round shape walks around the circle while singing a song. The person walking secretly tries to place the "kanseng" behind one of the children. If that chosen child realizes what is happening, he or she must pick up the "kanseng" and beat the person sitting next to him or her. that chosen child realizes what is happening, he or she must pick up the "kanseng" and beat the person sitting next to him or her.

## **"Tres"**

A game played by throwing and catching a ball with one hand while trying to catch an increasing number of sticks with the other hand. Usually, pens or chopsticks are used as the sticks to be caught.

# Recipes

## Cambodia Cooking Class - Khmer Recipes

Here we provide you with some delicious Khmer recipes. These by the way are not dishes we make during cooking classes nor are these recipes included in the booklet which you get when taking part in a cookery class. It's just a little extra to show you how diverse Khmer cuisine is. Enjoy!

### **Khmer Grilled Chicken (Mouan Ang)**

#### Ingredients



- 1 tbsp Vegetable Oil
- 2 tbsp Sugar
- 4 Garlic Cloves, crushed
- 4 tbsp Soy Sauce
- Salt and Black Pepper
- 4 large Chicken Thighs

Put oil, sugar, garlic, soy sauce, pepper and salt in a shallow dish and mix well.

Add the chicken and turn to coat, rubbing the mixture into the flesh. Cover with clingfilm and leave to marinate for 1 hour, turning once during the marinating period.

Preheat the grill to hot and line the grill pan with aluminium foil. Place the chicken in the grill pan and cook for 20-25, turning from time to time or until the chicken is cooked through and browned on all sides. Serve immediately.

## **Cambodian Lemon Grass Soup (Samlor Machoo)**

### **Ingredients**

- 900ml Water
- 2 stalks of Fresh Lemon Grass
- 4 Garlic Cloves
- 2 teasp Fish Sauce
- 50g Rice
- 5cm Fresh Galangal or 1 teasp Dried Galangal
- Pepper
- 2 boneless Chicken Breasts, skinned and diced
- 4 Spring Onions, chopped
- 2 tbsp Freshly chopped Basil
- The juice of half a Lemon
- Chili paste (to taste)
- 1 teasp freshly chopped Coriander
- 5 Kaffir Lime leaves or 2 teasp of grated lime peel

Put water, lemon grass, garlic, fish sauce, rice, galangal and pepper in a large saucepan and bring to the boil.

Add the chicken, mixing well and cook for 10 minutes, skimming off any white froth which forms.

Place the spring onions, basil lemon juice, chili paste, coriander and lime leaves in a large serving bowl and mix well.

To serve, pour the soup over the onion mixture in the serving bowl, mix well and serve immediately.

## **Cambodian Cucumber Salad**

### ***Ingredients***

- 4 cucumbers, peeled
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon rice [wine vinegar](#)
- 1 clove garlic, minced
- 4 tablespoons soy sauce
- 1 tablespoon sesame oil
- Few drops chile sauce

### ***Directions***

Slice cucumbers lengthwise. Sprinkle salt on cut sides, then place cut-side down on paper towels to drain. After 30 minutes, pat dry.

**Slice cucumbers into 1/2 inch pieces. Place in a large bowl. In a small bowl, combine the remaining ingredients. Sprinkle on cucumbers and toss to coat. Let sit for 1 hour before serving.**

---

# Hot & Sour Mushroom Soup

Yield: 3 servings

## Ingredients

- 3 c Vegetable stock
- 1 ts [Pepper sauce](#)
- 1 Inch Lemon grass -- finely chopped into rings
- 3 Kaffir lime leaves -- roughly torn into three
- 1 ts Sugar
- 2 tb [Lemon juice](#)
- 2 oz Oyster mushrooms -- coarsely separated -OR- button mushrooms
- 2 sm Fresh red or green chilis - (more if desired) -- crushed to split open

## Directions

In a large pan, bring the vegetable stock to the boil and stir in the Pepper sauce. Add the remaining ingredients and simmer, stirring well until the mushrooms are just cooked but still al dente. Pour into a [serving bowl](#) and garnish with coriander leaves.

# Sweet and Sour Vegetables

Servings: 6

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Serve over rice or other whole grains.

## Ingredients

- 1 20 oz. can pineapple chunks in jice
- 1 cup sliced carrots
- 4 cups chopped broccoli
- 1 onion, cut in wedges
- 1 cup water
- 1 bunch scallions, cut into 1 inch pieces
- 2 cloves garlic, crushed
- 1 teaspoon grated fresh ginger
- 1 large green pepper, cut into 1 inch pieces

## Sauce

- 1 cup unsweetened pineapple juice
- 1/4 cup cider vinegar
- 2 1/2 tablespoons soy sauce
- 1/3 cup [brown sugar](#)
- 2 tablespoons cornstarch

## Directions

Drain the pineapple, reserve the [juice](#) and set aside. Place the vegetables, except the broccoli, in a large pot or wok with 1/2 cup of the water and the garlic and ginger. Saute for 5 minutes. Add the broccoli and the remaining 1/2 cup water. Stir, then cover and cook over low heat for 5 minutes.  
Combine the sauce ingredients in a separate bowl. Stir in the pineapple chunks and the sauce mixture. Cook, stirring until thickened. kwvegan vegan

## Craft – Cambodian Flag

### Exploring Cambodian Culture

#### Make A Cambodian Flag

by Beth Kanter

This is a great crafts project to do with younger children ages 2-5 to teach them about the Cambodian flag and to make one.

It is helpful to show the flag and have your kids touch it. You can purchase an inexpensive flag [online](#). Show it to the children and ask them to describe it.

#### Some questions you can ask:

*What colors are in the flag?*

*What do you think the thing in middle is? (Angkor Wat)*

Show the children a picture of [Angkor Wat](#).

[Here](#) is some background about the Cambodian Flag that you can share with students.

To make the flag, you'll need:

Red construction paper (8.5 x 11)

Blue construction paper (8.5 x 11)

Angkor Wat illustration - use template

Glue stick

Cut two 3.5 x 11 strips of the blue paper

Download the template and print onto white paper and cut out Angkor Wat illustrations into 3x5 squares. Have the kids past the strips of paper onto the red paper to make the flag.

You can also have them "paint" a flag using red and blue tempera paint.



## Exploring Cambodian Culture

### Information Sheet: Make A Cambodian Flag!

by Beth Kanter



The Cambodian Flag has three bands: one horizontal band of blue at the top, a red band in the middle, and a blue band. The flag has a white three-towered temple representing Angkor Wat outlined in black in the center of the red band.

This flag is the seventh flag Cambodia has had since 1948, when the country gained its independence. All flags (except one) have bore a representation of Angkor Wat, a sacred temple in Cambodia. There are three colors in the current Cambodian flag; blue, red, and white. The blue on the top and bottom symbolizes the Royalty. The red surrounding the temple symbolizes the Nation, and the white (temple) symbolizes the Religion. The national flag of the Kingdom of Cambodia reflects the trilogy of "Nation, Religion, and King"-the motto of Khmer monarchy.

Sources:

[Flags of the World:](#) This site gives you a detailed history of the Cambodian flag, including how and why it has changed over the years.

[Cambodian National Anthem](#) You can see the words in English and French and download a midi file.