

## Gourmet *Shopping*

Whether you are a novice chef or a fully-fledged gourmand, Phnom Penh's range of grocery outlets is sure to satisfy. **Liz Ledden** and **Lucia Dengate** unearth the best places to source ingredients for your self-catering needs.



Coffee and cake

DESPITE THE ABUNDANCE of fantastic, affordable restaurants and cafés populating Phnom Penh, there is still nothing better than a home-cooked meal. To whip up a culinary creation of your very own, it's worth taking some time to get to know Phnom Penh's diverse and ever-growing range of food suppliers and supermarkets.

The local markets are an obvious port of call for fresh fruit and vegetables, dried food and even meat for the brave and initiated. There is also a multitude of modern supermarkets and speciality suppliers for imported, organic or gourmet foods.

### ■ MEAT AND SEAFOOD

Run by effusive German butcher Lanzi, **Dan Meats** is Phnom Penh's most famous butchery. A range of cold cuts and sausages are for sale with the tasty bacon, hams and Toulouse sausages (US\$6.50 per kilogram) worth seeking out. Outside catering for barbecues or a pig on a spit is also available.

For a bit of French flavour, look no further than **Le Terroir**. This gourmet butchery has a great range of meats and deli products, all cited as being 100 percent natural. Foie gras is

available, and gourmet sausages such as merguez (US\$13 a kilogram) and pork and basil (US\$11 a kilogram) are on offer. French owner Pascal Ballu is on hand to show you his delicious range of small goods and you can even pick up a bottle of wine here to accompany your paté or pancetta.

Some of the wholesale suppliers are also open to individual shoppers. Around since 2001, **AusKhmer** imports mostly Australian beef and lamb in various cuts. A good place to come if planning a roast, they also import grocery items, Australian and Italian cheeses, as well as Australian and New Zealand wines by the case. Beers such as Guinness and Grolsch can be bought here by the case or six-pack and the Mexican beer Sol is a new arrival. Home delivery is available.

Run by Kiwi Bryan and his wife Oanh, **Smokey da Boar** is another meat wholesaler, which specialises in organic English sausages and bacon. They also have hamburger meat and honey cured ham on the bone. The majority of products are US\$6.50 a kilo, while orders over 20 kilos attract a US\$0.50 per kilo discount. Orders have to be phoned

in, but there is a free delivery service in and around central Phnom Penh.

Seafood lovers should head to **Central Market** where fresh seafood is kept on ice at the back of the main entrance on the western side. Fresh crab, prawns and fish are regularly brought up from Sihanoukville.

For frozen seafood, perfect for a marinara pasta dish, head to **Thai Huot** supermarket on Monivong Boulevard where you can find the often difficult to locate frozen mussels and scallops.

### ■ FRUIT AND VEGETABLES

**Veggys** on Street 240 is a Phnom Penh institution for harder-to-find fresh products. Regular arrivals from Vietnam ensure there is always something new here - now and then even avocados make a welcome appearance. Veggys also supplies a fantastic range of cheeses, meats and imported foods in their small but well-stocked store, and you can check out the cool-room yourself to inspect the salmon, goats cheese, gourmet dips and more. Dried herbs are available by the kilogram, making a nice change from the tiny shakers of herbs found at the supermarkets.

Another speciality vegetable outlet is **PUAC** located on the grounds of Le Terroir. The organic lettuces and herbs here originate from Kampong Speu province where an NGO has established an agricultural training centre that educates local farmers and helps them to diversify their crops. All products are pesticide free and in addition to the regular lettuce and herb range, there is a small but quality selection of seasonal vegetables such as okra and cauliflower.

### ■ DAIRY, GROCERIES AND CAKE

Imported cheeses can be found at many of the city's supermarkets. Thai Huot is the place to go

for a block of parmesan. **Bayon** has imported ricotta. While for a mouthwatering array of cheeses and deli meats, visit the **Lucky Supermarket** branch on Sihanouk Boulevard.

For general grocery items, the various Pencil's and Lucky's around town are obvious choices. Thai Huot has a particular focus on French goods and has nicely packaged French jams and mustards. Bayon has one of the best ranges of Asian groceries from Korea, Japan and Indonesia as well as Chinese and Japanese teas in beautiful packaging. It also stocks boxes of arborio rice if you want to try your hand at homemade risotto.

For Australian products such as Vegemite, Allen's lollies and Arnot's biscuits, look no further than **Sydney Shopping Centre**. In addition to Australian foodstuffs there's a huge range of Asian sauces and dried products as well as aisle upon aisle of kitchenware. This is the place to come for pots, pans, glasses, dinnerware and chopsticks if you don't want to bargain for them in the markets. Prices are reasonable too, with big, solid, white noodle bowls going for US\$1.50 each.

Just opened at Talkin to a Stranger is a new outlet for imported products - **Talkin Treats**. Located out the back of the bar, the small deli offers Australian



wines, ciders like Strongbow and beers including Cascade Premium plus steaks, lamb and salmon. Co-owner Derek promises that his grocery items are a bit different to those available in the supermarkets.


**Jars of Clay** just past the Russian Market is another excellent place for take-away provisions of the baked variety, especially their delicious homemade cakes. A cosy place to drop in for a coffee and a slice of cake (US\$1), they also sell whole cakes, ranging from the healthy to seriously decadent chocolate concoctions. You can also add a personalised birthday message for an additional US\$1.

#### ■ WINE

Alongside the supermarkets, which all stock good selections of wine (and spirits), there are some speciality wine importers for that bottle of wine to go with the dinner extravaganza.

**Celliers d'Asie** has the largest range in town and supplies wines to many of Phnom Penh's restaurants, as well as being open to the general public. Owned by Celliers d'Asie, **Red Apron** is a boutique wine store and tasting gallery. Over 300 different wines are thoughtfully categorised and the staff are knowledgeable and helpful. You can also visit the adjacent tasting room to sample wines by the half-glass or larger.

Just around the corner is the impressive **Open Wine**, now also home to a Fanny's ice-cream outlet in the garden and a barbeque restaurant. Open Wine is nicely temperature-controlled inside and stocks a wonderful array of wines from around the world.

With such ingredients to choose from – that is apart from the cooking! 



**Red Apron:**  
Boutique wine store

## Information

### MEATS

**AusKhmer**  
15 Street 105  
Tel: 023 214 478  
Closed Sundays

**DanMeats**  
51A Street 214  
Tel: 012 906 072  
Closed Sundays

**Le Terroir**  
7 Street 228,  
Tel: 012 1919 489  
Open 7am to 1pm, 4pm to 7pm (Closed Sundays)

**Smokey da Boar**  
Phone Bryan on 012 836 442  
to place an order.

### FRUIT AND VEGETABLES

**PUAC**  
7 Street 228 (at Le Terroir)  
Tel: 023 991 169

**Veggy's**  
23 Street 240  
Tel: 023 211 534

### CAKES & GROCERIES

**Bayon Supermarket**  
133-135 Monivong Blvd  
Tel: 023 881 266

**Jars of Clay**  
39 Street 155  
(30m south of Russian Market)  
Tel: 023 300 281  
Closed Mondays

**Lucky Supermarket**  
160 Sihanouk Boulevard  
Tel: 023 215 229

**Sydney Supermarket**  
139 Kampuchea Krom  
(Street 128)  
Tel: 023 884 314

**Talkin Treats**  
21B Street 294  
(at Talkin to a Stranger)  
Tel: 012 385 157  
Open from 5pm  
Closed Mondays

**Thai Huot**  
99-105 Monivong Blvd  
Tel: 023 884 622

### WINE

**Celliers d'Asie**  
635 National Road 5  
Tel: 023 986 350  
Closed Sundays

**Open Wine**  
219 Street 19  
Tel: 023 223 527

**Red Apron**  
15-17 Street 240  
Tel: 023 990 951  
Closed Sundays

## Shopping Guide

### Art

**Asasax Art Gallery**  
192 Street 178 Tel: 012 217 795  
Commercial art gallery featuring oil paintings based on Angkor reliefs by the artist Asasax. Open 9am to 8pm.

**Happy Painting Gallery**  
FCC; Cambodiana Hotel; Airport  
www.happypainting.net  
Since 1995. Popular air con Art shops selling the extreme colourful and positive work of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

### Books & CDs

**Carnets d'Asie**  
French Cultural Centre, 218 Street 184  
Tel: 012 799 959  
French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

**CD World**  
103 Sihanouk Boulevard  
Shop with possibly the widest range of CDs, DVDs and software packages outside of the Russian Market. Open from 8am to 9pm.

**D's Books**  
Street 178  
79 Street 240 Tel: 092 675 629.  
Claiming to be Asia's number one choice for books, 'D' stocks over 20,000 copies. Most are second-hand (from US\$3.50), but some are originals (from US\$6). Heavy emphasis on best sellers, National Geographic past-issues and travel books. Open 9am to 9pm.

**Fantastic Planet**  
22D Street 278 Tel: 023 994 096  
Shop focusing on an eclectic mix of comics and magazines. Lots of copies of favourite American superheroes as well as some originals. Open from 9am to 8.30pm.

**Monument Books**  
111 Norodom Boulevard  
Tel: 023 217 617  
Most extensive range of first-hand English-language books in town including recent releases and sections on Asia, Cambodia, travel, cuisine, design and management. Good children's section as well as a wide choice of magazines and newspapers both on display and ready to order. Open from 7:30am to 7pm (7.30am to 5.30pm Monday).

### Crafts & Furniture

**Bazar Art de Vivre**  
28 Sihanouk Boulevard  
Tel: 012 776 492  
Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. Vietnamese owner Mai also specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

**Chez l'Artisan**  
42D Street 178  
Tel: 012 869 634

Quaint shop with high-quality wooden furniture and lampshades that also produces made-to-measure goods on request. Just make sure you don't trip over the dog on the way in. Open from 10am to 6pm.

**I-Ching**  
85 Sotheaors Boulevard  
Tel: 023 220 873  
www.ichingdecor.com  
Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

**Le Lezard Bleu**  
61 Street 240  
Tel: 012 406 294  
An elegant shop that would not look out of place in Paris. Specialising in antique and reproduction furniture, it also has a number of fine prints, mainly of Angkor. The shop has a framing service which comes highly recommended. There are also a few sculptures on sale, as well as a number of cheaper prints, although you'll have to ask the manager for the price list. Open 9am to 7pm.

**Magic Gecko**  
87 Street 240, Tel: 012 890 916  
Souvenir shop with friendly owners who speak good English. Sell a range of the brightly-painted metallic lizards available all over town.

**Northeast Cambodia Souvenir Shop**  
52 Street 240  
Tel: 012 953 702  
Small handicraft shop that is full of highly colourful garments and furnishings from Ratanakiri Province. Open from 7am to 8pm.

**Pavillion d'Asie**  
24 - 26 Sihanouk Boulevard  
Tel: 012 497 217  
Furniture and handicraft shop specialising in antiques and home decor, wood and stone carvings and paintings. Open 6am to 9pm. Closed Sundays.

**Sap Bay**  
85 Street 240 Tel: 012 369 867  
Shop with a selection of tableware and household goods with a pleasant café upstairs. Open from 10.30am to 5pm (closed Monday).

### Fashion & Accesories

**Ambre**  
37 Street 178.  
Tel: 023 217 935 / 012 688 608  
High-end fashion designs created by Cambodian designer Romyda Keth that are popular all over the world. The beautiful colonial building with colour-themed rooms makes for the perfect setting for this most glamorous of the city's design shops. Open 10am to 6pm (closed Sunday).

**Angkor Independent Tailor**  
49 Sihanouk Boulevard