



Traditional Recipes of Laos

Phia Sing

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This version reestablishes the Lao text and prints the English unchanged from previous editions. The notebooks are a precious resource for those wishing to cook Lao food: the 124 recipes were compiled to give a balanced view of the cuisine (albeit from quite a high-ranking perspective). In the thirty years since its first appearance, materials and ingredients have become easier to source, and the cooking techniques and styles more familiar to us. The dishes, therefore, are very cookable. There is a long prefatory section, written by the late Alan Davidson and his daughter Jennifer, which explains much about Lao cookery, ingredients and equipment. The whole book is plentifully illustrated with drawings done from life by Soun Vannithone and other Lao artists. The introduction is 50 pages long and covers the life of Phia Sing; Lao eating habits and attitudes to food; Lao culinary terms and culinary equipment; and Lao ingredients.

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