CAMBODIAN · LUNCH · DINNER

Samlor Machu Prey (Khmer Sour Beef Soup with Holy Basil)

សម្លម្ជូរព្រៃសាច់គោ

75 min · Serves 7 · 218 kcal a serve · Video 8:10 in Khmer · Polika Sim

Gluten-free ingredients · No dairy listed · No nuts listed

Beef simmered with mushrooms, eggplant and herbs: about 25 g protein and 8 g net carbs a bowl with about 1 g added sugar, and rich in vitamin B12 and zinc.

Diet notes: Low carb (7.9 g net carbs) but not keto: 38% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2.3 g, 9% of the energy).

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Ingredients 20 · SERVES 7

- [ ] 1¼ lb **beef** (a tender cut with a little fat), in chunks
- [ ] 4 **lemongrass** stalks (1¾ oz), bruised and halved
- [ ] 1¼ oz **galangal**, bruised (mostly lifted out)
- [ ] 2 **shallots** (1¼ oz), sliced
- [ ] 1 head **garlic**, lightly crushed
- [ ] ¼ oz **fresh turmeric** (lifted out)
- [ ] 4–5 **kaffir lime leaves**
- [ ] 2 tbsp **prahok** (Cambodian fermented fish paste)
- [ ] **Canola or vegetable oil**: 2 tbsp cooking oil
- [ ] 2 quarts **water** (some boils away)
- [ ] ½ oz **dried garcinia** slices (sandan kreem), partly lifted out
- [ ] 11 oz **mushrooms** (any kind)
- [ ] 11 oz **Thai round eggplants**, halved or quartered
- [ ] ½ tbsp **sugar**
- [ ] **Salt**: ½ tbsp soup powder
- [ ] 1 tsp **salt**, to taste
- [ ] 7 oz small **tomatoes**, cut in pieces
- [ ] 3½ oz **young mild green peppers** (mtes plok), seeded
- [ ] **red bird's eye chillies** (optional)
- [ ] 1¾ oz holy basil (mreah prov) leaves

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the beef into large bite-size chunks; they shrink as they simmer. 0:45
2. Bruise the lemongrass and cut it in half, bruise the galangal and turmeric, slice the shallots and lightly smash the garlic. Mince the prahok finely. 1:12
3. Blanch the beef in boiling water for under a minute to clear the scum and smell, then drain. 2:20
4. In a dry pot, roast the lemongrass, galangal, turmeric, lime leaves, garlic and shallots over low heat for a few minutes, add the oil, then the prahok, and fry until dry and fragrant. 2:50
5. Add the beef and stir over low heat until it is dry and coated in the aromatics. 3:38
6. Pour in 2 quarts of water, bring to the boil and skim off the scum, then cover and simmer on low about 40 minutes until the beef is tender. Meanwhile cut the vegetables and pick the basil leaves. 4:08
7. Add the garcinia, mushrooms and eggplants and cook until tender. Lift out some of the lemongrass, galangal and lime leaves, then season with sugar, soup powder and salt to taste. 5:45
8. Add the tomatoes and peppers. Once the garcinia has made the soup sour enough, lift some of it out. Add the holy basil and turn off the heat at once, then stir in the chillies if using. 6:44

> **Tip** Serves about 7 bowls (our estimate: the pot holds about 7½ lb). Prahok is salty, so taste before adding salt. No garcinia? Use tamarind or a squeeze of lime. Eaten with rice in Cambodia.

The method is a summary in our words, in English — the video (in Khmer) shows every step.

One serve gives you 1 OF 7 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
218 kcal	**25 g**	**11 g**	**2.8 g**	**9.1 g**	**710 mg**
910 kJ	51% of a day	7.9 g net · 5.1 g sugars 4% of a day	10% of a day	2.3 g saturated 12% of a day	31% of a day

Energy from net carbs 15% · protein 47% · fat 38% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 76% · Selenium 56% · Zinc 55% · Vitamin B6 34% · Vitamin K 32% · Omega-3 29% · Vitamin C 25%

Source of (10–19%) Iron 17% · Potassium 14% · Magnesium 10%

Recipe and video: Polika Sim (@POLIKASIM) on YouTube — youtube.com/watch?v=Woh0-ognL-o, published 8 November 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/samlor-machu-prey-beef