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BUSINESS — MY CAMBODIA

28 BUCKINGHAM AVE SPRINGVALE

"DIARY"

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Mum's up early for Cambodian breakfast

By CAM LUCADOU-WELLS

HERE'S an all-day breakfast with a difference.

Many of My Cambodia's early diners opt for a noodle-thick Phnom Penh soup enmeshed with seafood, bean sprouts and coriander says the restaurant's Karl Lim.

Alternatively they go for loc lac, a dish of diced beef cubes, lettuce and "red" rice that is stir-fried with egg and tomato.

Back in the kitchen is Karl's mum Say Keav Liv, the head chef who cooks most of the south-east Asian influenced menu any time of the day.

The pair and two of Karl's siblings opened Springvale's first Cambodian restaurant Purple Orchid 10 years ago before expanding to the 50-seat restaurant My Cambodia in 2010.

Before that, Say had run a bakery in Springvale for seven years.

EAT LOCAL, DINE GLOBAL

"We have always loved food," Karl said.

"I grew up eating at the Chinese and Vietnamese restaurants around Springvale.

"Springvale was the area with the fresh, quality produce and where language was not a barrier for (Mum).

"Being multi-lingual she could speak three or four dialects of Chinese and Khmer.

"Speaking English wasn't an issue dealing in Springvale."

The family came to Australia in 1983 as refugees from Cambodia where Say cooked for hundreds of



Phnom Penh Noodle, both dry and as a soup.

fellow prisoners in a Khmer Rouge-run prison camp. She had grown up in the food-loving Cambodian province of Battambang, steeped in Thai, Vietnamese and Cambodian cuisine.

My Cambodia is open seven days a week from 8.30am-9pm at 28 Buckingham Avenue, Springvale. Phone 9540 3551.



Karl prepares to serve up steaming hot bowls of Phnom Penh noodle soup. 138748
Picture: ROB CAREW