



Volunteers at Apartment

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DIRECTOR'S NOTE

Greeting from Cambodia

In June, we have a busy time as the numbers volunteers goes up to 38. What if in July the amount of volunteers raise to about 50, guess we have many things to do.

Just to review from May, in Cambodia we had celebrated the Royal Ploughing ceremony which is the significant one in Cambodia (read page 2 for details). 1st June it is an International Children Day in Cambodia which represents the value and right of children as they are our hope and full of faith in their mind. In Cambodia, we also celebrated some events on that day and we also have a holiday.



In June, I had a trip to Thailand to visit our Projects Abroad team there. It was my pleasure to meet them and thank them for their warm welcome. I hope we will meet again.

For Social activities, we deliberately have done a Good Morning Smile – Tooth Care outreach at our cooperated placement VCAO and CPCDO, and the Dirty Weekend was also at CPCDO. The sporting event is going well and provides fun for our volunteers. For new comers please do not miss joining in this and all social events all together.

Next, I would say congratulations to our Accountant Mok Sopheakvattey after she had her daughter safely delivered.

Finally I would like to thank to all volunteers who have come to Cambodia and would say welcome to the new comers. I hope you are ready to discover the new challenges in Cambodia during your stay.

Goodbye

See you next month

Mao Pises
Country Director

THANK YOU TO VOLUNTEERS WHO VOLUNTEERED WITH US IN CAMBODIA AND
WELCOME TO THE NEW VOLUNTEERS WHO WILL BE HERE WITH PROJECTS
ABROAD IN CAMBODIA.

ROYAL PLOUGHING CEREMONY

The Royal Ploughing Ceremony is one of the most important annual royal traditional ceremonies, which is deemed one of the marvellous blessings of the Cambodian people. This royal ceremony is celebrated to give a blessing to farming and to pray to God for sufficient seasonal rainfall, which is essential to spurring the agriculture sector and to encouraging all of the Cambodian farmers to produce a high crop yield.



The Royal Ploughing Ceremony for this year is the sacrificial ceremony for five divinities, the duty of wise men, which will be held in the royal rice field in three days, from the 4th to 6th days of the waning moon of the sixth lunar month, falling on 21-23 May 2011. On the 4th day of the waning moon of the sixth lunar month, falling on Saturday 21 May 2011, the Royal Ploughing Ceremony was officially presided over by His Majesty Preah Bat Samdech Preah Baromneath Morodon Sihamoni, King of the Kingdom of Cambodia. During the royal ceremony, there was an exhibition of agricultural products, agro-industrial products and by-products, rubber output, tourism potential and agro-tourism that held in three days, from 21-23 May, in the Meru field, north of the Royal Palace in Phnom Penh.

The Purpose of the Royal Ploughing Ceremony

- 1- To show the heart of His Majesty the King who wishes the agriculture sector a high crop yield vital to the national economy and wishes the Cambodian people great happiness.
- 2- To give a blessing to farming and to pray to God for sufficient seasonal rainfall, essential to spurring the agricultural sector and to encouraging all of the Cambodian farmers to produce a high crop yield.



Assigning a Representative to Guide the Plow

Since ancient times, His majesty the Heroic King, the King Father and Her Majesty the Queen, the Kings Mother, have guided the plow themselves in cities and some provinces. Afterwards, the king stopped guiding the plow himself, but he has assigned a representative to guide the plow instead. His representative "Sdech Meak" is responsible for operating the

plow and his representative's wife "Preah Mehuo", assigned as the wife of Sdech meak, is responsible for sowing grains of rice.

The Prediction of the Royal Oxen

The Royal Oxen are the sky blue royal domestic animals, having their identical horns curving slightly forward and their tips curving slightly upward. Two Royal Oxen are raised by keepers for the royal plowing ceremonial purpose only.

During this ceremony, these Royal Oxen are hitched to a wooden plow and are led to the Royal Rice Field to be ploughed three times around. After

chanting, the Brahman Royal Master brings holy water to spray on the heads of two Royal Oxen near to seven large silver trays of food and drink located in front of the Royal Tent. Each tray stores one of seven types of food and drink, such as grains of rice, corn beans, sesame seeds, fresh cut grass, water and wine. He lets these Royal Oxen consume whatever they want; they are not forced to consume any food or drink. If the Royal Oxen consume one or two types, the Soothsayer will foretell the future accordingly and the prediction is not accurate. If the Royal Oxen consume grains of rice, corn, beans or sesame seeds, he will predict that this type of crop will be plentiful. If the oxen consume a plentiful supply of water, the whole country will have a high annual rainfall. If the oxen consume the fresh cut grass, the outbreak of cattle diseases will occur in villages. Moreover, if the oxen consume wine, there will be gangsters, thieves and robbers, causing chaos on the roads.

Afterwards, Sdech meak and Mehuo pray to the divine statue "Preah Kachayanak" in the east center booth. When the wise men blow the conches, the Royal Master sprays holy water onto both of them and wishes them great happiness and lasting prosperity. The Royal Ploughing Ceremony comes to an end.

UPCOMING HOLIDAY

There is no national holiday in Cambodia in July and August 2011.



My trip in Krabi, Thailand



I used to visit several places in Thailand such as Bangkok, Phuket and Cha-am and Hua Hin. But those trips were because there was an old airport in Bangkok, not the current Sovanmaphumi Airport. I haven't visited Thailand for a while and I almost forgot about the terminal of airport in Thailand and the new system of visa-free for Cambodians visiting Thailand – but it was very easy in the end.

I've just visited it again for a few days in June 2011. Though it was a short visit it was a meaningful trip. Many things have changed in

Thailand over the past years. My impression of Thailand this time is the road systems which are mostly two lanes of roads for the main road even though Krabi is one of Thailand provinces. The Tuk Tuk looks different to the Tuk Tuks we have in Cambodia and also the government school are well equipped and the children are in nice uniforms. Thailand is a fast developed country even on the island there are concrete roads all over the place. Another interesting fact about one of the islands in Krabi is every house has bird(s) as their pet and they have bird competitions every week.

Saying about Projects Abroad in Thailand, I'm impressed with the staff who are always friendly. They have a good team to take care of



volunteers. On top of that I did learn the way that they arrange for volunteers to stay with host families for the Teaching and Care Projects volunteers, which is the main purpose of my trip. All the host families are very nice and friendly and everything is well set up for making volunteers feel welcome and have a worthwhile experience. Finally, I extend my sincere thanks to the Thailand team for all their hospitality

and for making my trip worthwhile.

Written on 27th June 2011 - Pises Mao from Cambodia!

4 months in Cambodia - Why it was flying by so quickly! By Courtney Valencic

Hello, my name is Courtney and I recently returned to Australia after completing a Care Placement in Cambodia. I ended up extending my trip to be 4 months in total because I was having an amazing time and it was flying by so quickly.



I worked at the National Borey for Infants and Children (NBIC), a large government funded orphanage with a majority of disabled children. I was lucky that another volunteer,

Beate, was there when I first began because I was nervous and the staff spoke very little English, so I just followed her around on my first day, working in the section for malnourished children. It was a little bit shocking at first how disabled some of the children are. Some are teenagers but are tiny and their legs are literally skin and bone. My first job was to feed a 12 year old girl, Meykea. I couldn't sit her up as her spine is too stiff, she can only move her head and arms a little bit and as she can't digest very well she began coughing, gurgling and crying. I wasn't sure if that is what normally happens or if I should stop. The staff continued feeding their kids and didn't pay any attention, so I just slowed down a lot and when the others had finished one came to help me. The next few times I fed her it went a lot better.



Feeding kid at NIBC

At first I was also nervous changing her and carrying her as her legs are so skinny and difficult to move, making me worried they would snap or something!

I felt like I was in the way my first few days because I fed the children so much slower and messier than their carers'. However it didn't take too long to settle into the routine and learn the staff and children's names and what care is required for each individual. Every day we would carry or wheel the children to the play area after they had been fed, then we would massage/moisturise them, and stimulate their senses by playing and singing. I tried to divide my time between three different sections of the orphanage because I loved and became attached to them all. The other upstairs section had less disabled children than the malnourished section and we could do more activities with them, and downstairs had some



At the beach - Sihanouk Ville

older teenagers and adults. It could be difficult to discover what each child likes because they don't show much response and most cannot talk, so the best part of my job was learning how to make each of them happy. As the children follow the same schedule everyday and don't experience new things often, a few highlights while I was there included their big Christmas party and excursions to the water-park and beach. I admire all the carers at the orphanage very much because while they have a tough job and work long hours for very little money, they are always so joyful while singing, dancing and being silly for the kids.



At swimming pool with the kids

I decided to try working at a different placement in my last month, so taught English to grade 1, 2 and 3 at Our Home in the afternoons while continuing to work at the NBIC in the mornings. I was very nervous beforehand because I had never taught before, but it wasn't too bad after a few lessons and the kids were really sweet and welcoming. By the time I had settled into teaching it was almost time for me to leave, so I wished that I had started teaching earlier in order to see them progress. One of my favourite days was when I took my students to the water-park, with the help of other volunteers to supervise. Since I'm just like a kid myself I had the best time ever, running around, swimming and going down the waterslides all day, and the kids seemed to have a lot of fun too!

I was very nervous before coming, particularly about not being good at my work tasks but also about not having anyone to sightsee with and of being too scared to go outside the apartment other than for work! I figured this wouldn't matter too much as my main reason for volunteering was to try and help people less fortunate than myself. I was relieved though and had no need to be nervous beforehand because all the other volunteers were so nice and there was always somebody to do things with. There are always volunteers that have been there longer to help the new ones settle in and the friendly



Courtney and the kids at Our Home

Projects Abroad staff are always willing to help you if you need it. After settling in I actually sometimes enjoyed travelling on my own anyway. All the numerous activities outside of work ended up making this trip the best time of my life!

There are so many different sides of Cambodia so I recommend seeing as much of the country as possible in your time off including the very sad and horrific Tuol Sleng Genocide Museum, the slums, smaller villages outside of the city and the other volunteers placements, perhaps for dirty weekend, because they are all so different from each other and there is so much to learn about Cambodia. There are many beautiful sights throughout the country with some highlights

from my travels including spending a relaxing day swimming and exploring on Rabbit Island, trekking on Bokor Mountain and being blown away by the view from the top and also cycling around the magnificent, ancient temples in Siem Reap. My favourite temple was Beng Melear, a couple of hours outside of Siem Reap, which has been overgrown by jungle making climbing through it surreal and breathtaking.

After extending my trip I was able to take time off work and travelled for one week with a couple of friends to Ratanakiri, Kratie and Kampong Cham. We saw beautiful landscapes, waterfalls, minority village and did a home-stay in the countryside. My week off was wonderful but I was surprised that I started to miss my new home in Phnom Penh while I was gone. Life at the apartments was very comfortable indeed thanks to our cooks and cleaners, with delicious food for lunch and dinner everyday. Also there were heaps of DVDs and books to choose from and many fun times spent together with the other volunteers on the apartment roof.

I hope and wish that I was able to help in some way by volunteering however I cannot know, but I definitely know that I personally gained so much and am very grateful and owe Cambodia for that. I met many new friends from all over the

world of all different ages. I have gained confidence, social skills, independence, a new perspective on life, more appreciation, wonder, open mindedness

not to mention having the best fun ever! Saying goodbye was very difficult after so long, because you quickly become attached to the children, people, culture and your new life here. I found the Cambodian people to be very welcoming, kind, friendly and happy. I hope to visit again one day.

Courtney Valencic
From Australia
Care Project



Farewell Party

Let's hear the messages from some of our prospective volunteers who will be coming in July 2011.

Introduction from Victoria Byrne

Hi, my name is Vickie or Victoria and I'm from Gateshead in North East England. I am travelling to Cambodia to carry out a 1 month Care Placement and look forward to working with all of the children at Home of Love, in particular the children with physical disabilities. I am 21 years old and have recently completed my training to become an Occupational Therapist and hope to start working as a therapist after I return from volunteering. Apart from my work my main interests are socialising and travelling and I hope to mix the two during my time with Projects Abroad! I can't wait to arrive in Cambodia, meet new people and learn about its history and culture.



See everyone July 1st!

Vickie Byrne

Introduction from Ophélie Irma

Hi everyone!

I'm Ophélie Irma, 19 years old and I'm French.

I study Biology in the University of Blaise Pascal in Clermont Ferrand, and plan to specialize in Immunology.

During my spare time I love reading, drawing, swimming and above all see my friends! I love discovering new things.

I'm looking forward to my trip in Cambodia. I'm sure that my Care Project will be a great experience which will help me learn many things and permits me to meet interesting people and invest myself in a good cause.

So... see you all in Phnom Penh, and I hope that my awful accent won't be too disturbing =)



Ophélie

Introduction from Audrey Fontaine

Hello, my name is Audrey Fontaine.

I am 19 years old.

I have just finished up my third year of medical school at Lille Catholic Institute. I am very excited to spend some time in



Cambodia to discover the culture, and gain some medical skills.

I enjoy horse riding, playing squash and jujitsu. I like spending time with my family and friends. And above all, I love travelling and discovering new places.

I am looking forward to meeting you all in Cambodia.

See you soon

Best regards,

Audrey

Introduction from Rachael Parker

My name is Rachael Parker and I'm 17 years old from Nottingham, England. I am currently studying at Trent College, and am still in my first year of sixth form. My subjects of interest that I study are Psychology, Geography, Religious Studies and Politics. In the future I hope to progress to study an undergraduate degree at university. I thought that this opportunity to travel to Cambodia and take part in a Care and Community Project would broaden my life experiences, give me a wider variety of interest and give me opportunities to partake in tasks which I have never done before. I hope that this trip would make me a more independent person. The trip to Cambodia will give me a chance to see more of the world, and view differing cultures; this will help me decide what I need to be doing during my gap year (if I choose to take one.) I look forward to meeting you all, see you there!

Rachael Parker

VOLUNTEERS' CORNER

New country – New world By Britt Hooijmans

That was it! I am back in Holland after a great time in Cambodia, Phnom Penh. I met great people, discovered a whole new country, a new world! I've spent three months in Cambodia. I did the Khmer Project together with Nadine (my roommate from Switzerland) and I worked 2.5 months in The Home Of Peace. From this moment on I love Phnom Penh.

I've learned a lot and I appreciate everything more and more. Of everything I liked working the most. But being together with the girls from the apartment, travelling with Nadine, and



Feeding kid at the placement HOP

meeting local people on the countryside was also great!

It's hard to see that the people have almost nothing, but they are so happy. That made me emotional. It made me realize how the world works. Finally...doubts are not necessary: I was the best time of my life! I worked 2.5 months in the Home of Peace. The Home of Peace is an orphanage but also a hospital. Forty children and many TB patients are living there. It is owned by nuns. Mother Teresa created this orphanage.



Doing pottery at the village - Khmer project

From Monday to Wednesday I worked from 9 to 4 and on Thursday and Friday from 9 to 12 o'clock.

Every morning I gave my first 1 hour teaching English to a TB patient and after that half an hour teaching English to all the HIV children. There are two classrooms; one for the older children and one for the youngest ones.

On Monday, Wednesday and Friday I would teach the older ones and on Tuesday and Thursday the youngest ones. They loved it! First I worked together with Sam (41, England) and Pip (58, Australia). After Sam was leaving, Pip and I started a teaching program. A few weeks later Win (19, Boston) became our new colleague. Every two weeks, we started with a new theme; letters, numbers, colours, the world, my body etc. At 11 o'clock we walked with the children to the building where they are living. We helped them with clothes and food. I did the dishes and Win and Pip were cleaning the floor. After lunch we washed them, gave them milk and played with them. The nanny's, the nuns and the children are lovely! The nanny's and nuns work hard for the children. But most importantly: they love the children.



Britt and some volunteers at the placement

Now I'm back in the Netherlands and I'm seriously thinking about going back. I try to help by giving money but it's not the same... Virek was my favourite. A little, naughty boy, but so sweet..... I hope for a reunion. Thanks for everything!

Britt Hooijmans

From Netherlands

Khmer and Care project

So kannst du uns helfen, unser Programm bekannt zu machen:

In German language

Freiwilligenbericht für unsere Website / Freiwilligenbericht für andere Websites

Wenn du einen Bericht für unsere Website schreibst

(<http://www.projects-abroad.de/erfahrungen/>),

bekommst du dafür 40 EUR, wenn dieser Bericht mit **Fotos** von dir versehen ist 50 EUR. Das

gleiche Honorar bekommst du, wenn du einen Beitrag für eine andere Website schreibst. - Wenn

wir

deinen **Bericht** (nach Absprache) außerhalb unserer Website **veröffentlichen**, erhältst du ebenfalls

50 EUR. Für einen **Bericht in der Broschüre** bekommst du 25 EUR Du veröffentlichst einen

Artikel

in einer Vereins-, Fach-, Uni-, Abi-, Schülerzeitung oder gar Tageszeitung und erhältst dafür 50

EUR von uns

Empfehl uns weiter!!

Wenn **eine Teilnehmerin/ein Teilnehmer** sich für unser Programm anmeldet und angibt, dass du

sie/ihn auf uns gebracht hast, bekommst du 100 EUR!!

Teilnahme an Veranstaltungen wie Messen, Infotagen und Projekttagen

Wenn du uns bei einer Veranstaltung zu Berufsorientierung, Auslandsaufenthalt und Freiwilligendienst mithilfst, zahlen wir dir 50 EUR. Für Hilfe auf Messen, Infotagen und

Vorbereitungsseminaren bekommst du 40 EUR, soweit nichts anderes vereinbart ist. Wir freuen uns

über Vorschläge: Wann ist wo ein Termin?

Betreuung von Online-Foren, Gruppen in Social Networks

Gründe eine Gruppe z.B. in facebook zum Land, in dem du warst, und betreue diese regelmäßig -

hierfür bekommst du 15 EUR

Schul- / Uni-Besuch

Besuche dein ehemaliges Gymnasium oder die ehemalige / derzeitige Uni bzw. den Fachbereich,

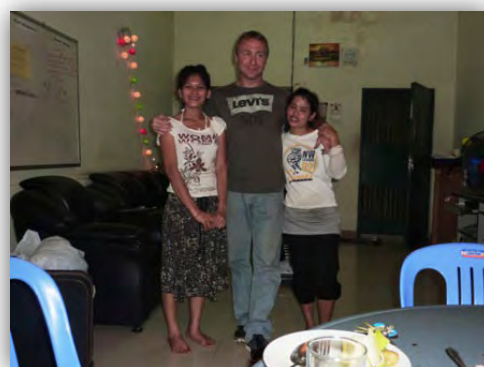
und erzähle interessierten Schüler/innen, Student/innen und gerne auch Lehrer/innen,



Teaching kids at VCAO



In teaching class at VCAO



His last day at apartment - Taking picture with our cook and cleaner

Dozent/innen, was du erlebt hast. Dabei kannst du ihnen Broschüren aushändigen und bekommst dafür von uns 25 EUR

Eigene Infoveranstaltung

Organisiere selbst eine Veranstaltung am ehemaligen Gymnasium vor Lehrer/innen, der Oberstufe, der Schüler/innenvertretung oder der (ehemaligen) Uni / eines Fachbereichs zum Thema Auslands-

Aufenthalte, Freiwilligenarbeit! Dafür zahlen wir dir mindestens 25 EUR

Für das Aufhängen unserer Poster an Schulen / Unis zahlen wir dir 20 EUR. Bitte wähle dafür Orte,

an denen Poster nicht sofort wieder abgenommen werden und sprich es bitte mit zuständigen

Lehrer/innen, Hausmeistern oder Dozent/innen ab

Weitere Ideen sind natürlich gerne gesehen! Nur zu!



Last day at VCAO

Pawel Kolatorski

From Switzerland

Care Project

DONATIONS

Care Supplies to VCAO



After getting requests for care supplies from Laura, Rachel and William who are currently working at VCAO, we have bought some material such as de-licing shampoo,

lice combs, towels and hair ties for them so as to use it for preventing the lice. With these basic items, we trust that it will reduce the spreading of the lice from one to other kids and hope our volunteers have more work to do at their placement.

We really appreciated that our volunteers are eager to help and have that idea for taking care of the kids. Laura, Rachel and William were really happy to receive those items and thank Projects Abroad.

STAFF UPDATE

Congratulations to Mok Sopheakvattey – Accountant of Projects Abroad in Cambodia



We would like to congratulate her as she had delivered her baby girl on 22nd June 2011 at 3:00am. Mother and daughter are safe and healthy.

Vattey will have maternity leave from 24th June 2011 to 24th September 2011.

NEWS & UPDATE

Social Media Links for Projects Abroad in Cambodia



Follow us on Twitter at Projects Abroad Cambodia – Here is the link:

Follow us on Twitter :

http://twitter.com/#!/Proj_AbroadCAMB

Sharing your information, ideas, tips for anyone who is going to do voluntary work on our official Facebook Group. Here is the link:

Facebook Group: <http://www.facebook.com/group.php?gid=29195831915>

Be informed about this and that in Cambodia and in Projects Abroad by reading our monthly newsletter. You can read it by just clicking the link:

Country Newsletter:

<http://www.projects-abroad.co.uk/volunteer-destinations/cambodia/newsletters-from-cambodia/>

Write down your interests, expectations, feelings before or after coming to Cambodia. Just use your Username and Password to log in. The link is:

Mytripblog: http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2845

All your contributions– stories, update, self-introduction and etc are very useful for others. We really appreciate it. Thanks.

PHOTOS OF THE MONTH



A group of Diving & Marine Conservation volunteers at Bokor Mountain



Hang out in group to local restaurant 1



Playing game at Home of Peace



Volunteers are having Dinner at Apartment6



Khmer project volunteer – Victoria - cooking



Toby at VCAO 1



Phil and Winfield are playing with the kids at HOP



Natasha, kid and nurse at VI placement 1



Horse riding at the field



Adam and Marijke joint Cambodian wedding

SOCIAL EVENTS

Dirty Weekend at CPCDO

There were not many participants, but still we did it well. Starting at 8 am and finishing at 3:00pm, the activities that we did included washing the mattresses sheets and clothes, taking the kids for baths, polishing their nails, cleaning the placement and teaching them the importance of being hygienic and how to clean their hands and clean their teeth properly.

Thank you so much to all participants (volunteers and staff), without you it is virtually impossible to do it.

Good Morning Smile – Teeth Care Outreach at VCAO and CPCDO



We had created a Good Morning Smile event which mainly focuses on how to brush their teeth and the importance of being hygienic.

We bought 300 tooth brushes and enough toothpaste for the VCAO's and CPCDO's kids. First, we arranged the kids into groups and provided each one with a toothbrush and toothpaste. Then, the local dentist explained

how to clean their teeth and the advantage of it. Next, volunteers took a group of kids outside the class and asked them to practice brushing teeth. With help from local dentists, our volunteers and the staff of VCAO, we perfectly did all the work as we had planned. For VCAO, we did it on 11th May 2011 and for CPCDO we did on 25th June 2011.



Thanks for all your help to make it happen.

Monthly Dinner Party at Malub Svay 99 restaurant



We have a monthly dinner party on 27th June, while it is Chole's Birthday, so we will make a cake and celebrate the birthday party together with the monthly dinner party for the night. We hope she will be happy with this and for her second time in Cambodia with Projects Abroad.

We really enjoy celebrating both dinner parties and birthdays.

Sporting Event – Volleyball



No matter who you are or where you are from, playing sport can easily facilitate your friendship and keep you healthy. So, once or twice a month, we have arranged sporting events such as soccer, swimming, volleyball and so on for our volunteers and staff.

Yesterday, Thursday evening, everybody was ready at 5pm and started walking from the apartment to the place for playing volleyball - the place is located not far from the Projects Abroad office.

We spent 50 minutes enjoying playing the game. I was not in group but it was so joyful just to see them.

Hang out at Friend



Almost everyday, our volunteers have dinner at the apartment. But last night, we were all agreed to go out to have dinner at Friend restaurant which is the famous restaurant in Phnom Penh because their profit is given to support the orphans. The great food and dessert is originally designed and made by the orphans also the price is acceptable.

We really like its food, dessert and the restaurant itself. Hope we come again soon.

Food Item: Main Dishes: Pork with Shredded Coconut

Here are the ingredients you need:

- 16 skewers (If using wooden skewers, soak them for 30 minutes in water to cover before threading meat)
- 1/4 cup lemongrass paste
- 1/2 cup freshly grated coconut or 1/2 cup packaged unsweetened dried shredded coconut
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 lb pork tenderloins, pork loin (cut into pieces 1 1/2 inches long by 1 1/4 inches wide and 1/2 thick) or 1 lb fresh ham (cut into pieces 1 1/2 inches long by 1 1/4 inches wide and 1/2 thick)



Source from www.food.com

Lemongrass Paste

- 1 stalk lemongrass, thinly sliced*
- 2 large shallots, coarsely chopped
- 5 garlic cloves, coarsely chopped
- 2 kaffir lime leaves, deveined*
- 1/8 teaspoon turmeric
- 1/4 cup water

And how to make it:

1. Blend all the lemon paste ingredients in a blender until smooth, approximately 2 to 3 minutes.
2. Combine the lemongrass paste in a bowl with the shredded coconut, sugar and salt, mixing well. Add the pieces of pork and stir to coat thoroughly with the paste. Allow to marinate for at least an hour at room temperature or as long as overnight in the refrigerator.
3. Prepare a charcoal grill according to manufacturer's instructions or preheat the broiler, positioning a rack about 4 inches from the heat. Dividing the pieces of meat evenly, thread the meat onto wooden or metal skewers. Grill for 3 to 4 minutes per side, until the pork is nicely browned on the outside and just cooked through - but not dry - on the inside.

Hope you enjoy cooking :).