

Part 266 for Cathy's blog

Saturday 17th May to Monday May 19th, 2025

We walked to the supermarket today.

An interesting shop today, because we had a few things planned. Here is our shopping.



Two packets of pork loin fillets... to be carefully bashed and dipped in egg and crumbed, then frozen on a tray and packed, two to a bag. Six meals (one small schnitzel each).

There is about 600g of Khmer beef and even after slow cooking it (in the little slow cooker bought at Woolworths! then wrapped in socks in the suitcase and flown back here), it was still tough. That did two lunches though, once with rice and once on toast.

(And the spare rice ended up as fried rice.)

The chicken thighs are an alternative to roasting a whole chicken.

And the Cumberland sausages go nicely in the bread rolls (bought at the bakery in Taphul Road, bought after six o'clock, so they are half price).

There is some bought fresh pasta that will be filled, probably with mushrooms and ginger. The mushrooms in the vacuum bag will last more than a week. These brown ones have a tougher skin, but a good flavour.

We don't often see the bigger boxes of Weetbix, but I alternate my porridge and weetbix for breakfasts (David has toast with Vegemite (none on the shelf still!), peanut butter or honey). The olive spread is tasty and doesn't melt like butter does.

We often have a hard boiled egg with salad at lunchtime, to increase the protein. Quite often a bought meal (Khmer food) will come with a fried egg on the rice, again to boost protein.

Chicken stock cubes for soups, cheese slices go nicely with bacon and eggs in muffins and the flour is the base for potato fritters, or corn or zucchini fritters. Add a little basil (from the garden) and they are delicious (and are the “carb” component of the meal).

We go through at least 4 litres of a milk a week; often we have to buy another 2 litres by Thursday or Friday. It is one of the more expensive items on our list.

Our vegetable haul (sometimes from the local market, but sometimes from the western supermarket) consists of potatoes, carrots, a small cabbage, maybe two corn cobs (or perhaps 8 baby corn cobs), some greens like spinach or Bok choy (sometimes we are given a bag from the garden), zucchinis or perhaps leeks, tomatoes, limes, onions and some salad leaves. It costs about \$4 or \$5 for about 3 or 4 days worth, but you cannot “stock up” as the local market vegetables wilt or even begin to rot very quickly.

For things like beer, Coke Zero, toilet paper, washing liquid etc, we get a Makro delivery. We need to do this about once every five or six weeks. David even bought chicken wingettes through Makro (they are kept in an esky with ice, in the delivery van until they get to the house). (Coated in seasoned flour, they roast nicely in the air fryer, or they can be marinated and roasted and served with rice... another delicious lunch meal!)

Not sure how he does it, but David makes sure we have variety and balance in our meals and that our shopping does not involve unnecessary buying or wastage.

This Saturday morning, David made the sugar syrup (to finish the lemon cello).

He also pickled some little cucumbers. Onion, garlic, sugar and vinegar, washed and sliced small cucumbers, cooked, and into an empty coffee jar.

Sunday 18th May 2025.

In keeping with the cooking this weekend, we prepared the lemon cello, getting the peel out, adding the syrup, and bottling it ready for about ten days of rest before consumption. (We did not filter it... it does have some cloudiness but we don't mind that.)

And there is always language homework, sewing, exercises, swimming and television watching to fill in the time.

Monday 19th May, 2025.

Temple Day : Ta Som

We stopped on the way through Angkor Thom, to take a picture of these mushrooms.



Must be edible; they were gone on Tuesday morning!



The road looking back to the South Gate. I love the big trees.

Ta Som is a spectacular temple. It is the furthest temple from us on the Grand Circuit (road).



Ta Som, the West gopura.



Ta Som, inside the outer wall, looking towards the temple central tower (the central tower is through the inner wall).



Ta Som temple, partly in ruins.

Walking east out of the temple, you have the two walls to go through. The East gopura in the outer wall used to have the remains of a tree.



This is Ta Som, November 2024.



This is Ta Som, May, 2025. The tree has gone. There is extra scaffolding.



The gopura is in danger of falling apart. We have often talked about the balance between leaving these structures as they are, with the trees of the jungle reclaiming them. Or, repairing and restoring. Not an easy choice.

Add to the decision making process is the need for tourism and safety.



The tree stump, long dead, has just been dumped at the edge of the jungle. The fungus is now at work, returning it's elements to nature.

We found a new dragonfly here, just beautiful.



(This is my best picture, not good, but you can see the colours.)



Back at the other end of the temple complex, the local dragons are “busy” lying in the sunshine.