

Freshwater Fish

Freshwater Fish

There is wide variety of freshwater fish in Mekong River Basin, and people in the area have been utilizing it as valued protein sources for a long time. People in inland area especially depend on freshwater fish. Even today, with advanced development transportation, freshwater fish dominates the fish markets in inland area. Kinds of fish that are utilized are numerous from those caught in waterways and paddies near houses, to those caught by large scale fishing in Mekong River mainstream or Lake Tonle Sap.

In markets, there are many kinds and sizes of fish. One can find small fish with size of 1-2cm, to big fish of more than 1m. Many markets are not equipped with refrigeration, so fresh caught fish need to be sold as quickly as possible. One might worry if they could be all sold when we see huge pile of fish, but there will be a new pile the next morning. Traded products are not limited to fresh fish, but fermented products such as fish sauce, fermented fish sushi, or processed and non-perishable food such as dried and smoked fish are also available. Fermented products are especially important when understanding food culture of Mekong river basin. From their wide variety, we know that freshwater fish is deeply embedded in culture of Mekong river basin.

People use not only market-bought fish. They catch on their own to make daily meals. It is men's work to do large scale fishing with boats, but small scale fish collection in shallow waters around villages are for women and children. In the shallow waters, catches are mostly small fish and it becomes dishes for the day. Some fish are farmed, and there are company- based large scale farming, and smaller, more casual ones done by individuals by making pond in their own backyard or paddy.

In this study, we collected data on species that are commonly used and traded in markets. As for fish that are collected around villages, we went out to field to observe habitat and surrounding environment, and interviewed about collection methods. Within the data collected in markets and fields, we found some species which are typically not considered edible. For those species, we could not clearly record all the usage, but included them as data at large.



Collection Method (fishing)

There are many freshwater fish in Mekong river basin, and fishing methods vary according to seasons and type of fish. In this section, we introduce fishing methods around homes and villages.

<Fishing>

A method with a pole, string, and a hook to pull fish out of water. There are fiberglass pole in stores, but many people make their own with bamboo. Poles, strings, and hooks vary depending on what to catch. Shrimp, worms, cut piece of fish are used as baits, depending on the target. This method is used widely in waterways and rivers and lakes.



<By hand>

A method to catch fish by hand in shallow waters during dry season. Target is fish that are temporarily left in the remaining water. This is a simple method of putting hands in roots of grass or in a hole, but it works effectively as the fish cannot escape quickly with the water being so low. Medium-sized fish such as snakehead and Climbing perch can be caught with this method.

<Four-sided life net>

In this method, four corners of a square net are lifted by crossed bamboo or pipe, and the net is submerged for a period of time. A fisher catches what is in the net after he lifts it from the water. Center of the net is made to sag so that fish in the net would naturally roll toward it. The net is usually lifted on a bamboo stick. Women and children often use it. Many people use this method when water rises in rain season to catch incoming fish in overflowed areas. Size of the net varies depending on targets.



<Bamboo sieve, hand-held net>

A method using a round bamboo sieve or a net set on round or triangular bamboo frame to scoop water. Small and slow fish can be collected. Aquatic insects and shrimp are collected at the same time. It is often used in shallow and stagnant waters such as paddies and marshes. It is often used by women and children.

<Fish basket>

A method to use a cylindrical basket by putting it vertically in the water and catch the fish inside by hand. As a fisher walks around, bamboo basket is put into water like one is inserting a cane stick. Once the basket is put over a fish, the fish moves by surprise and shakes the basket. When a fisher feels the vibration, he puts his hands in the basket without lifting it, to grab the fish. It is used in marshes and shallow parts of lakes. Medium-sized fish are often caught.



<Cast net>

A method using a net to be cast over water, and it spreads in circle or oval shape to cover fish. Weights or chain are attached to the edges of the net so that the edges will touch the bottom of water. Some nets have its bottoms sewn together to make a sack so that fish in the net would be collected in that part. If the net is not sewn and flat, fishers catch fish in the net by hand after it is cast. It is used widely in rivers, marshes, and lakes and ponds. It is mainly used by men.

<Drying pond>

This method is used during dry season where people pump out water from a pond to collect fish that are left behind. When water became very low, people go into water with sieves, lift nets, or catch fish by hand. This method is often done by large groups such as teams, families, and sometimes a whole community. To do this, they need to purchase a permit from the owner of the pond, but the income surpasses the investment. It is like an annual event during dry season. The catch is very large so even it requires heavy labor, people enjoy and look forward to this like a party.



<Fish Trap>

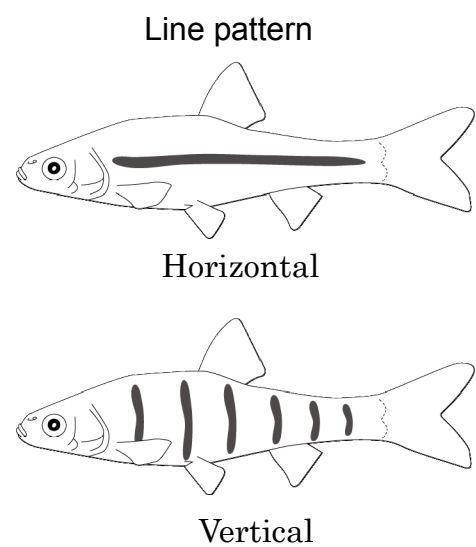
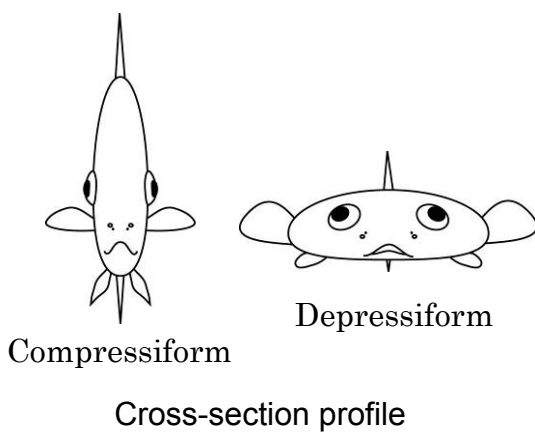
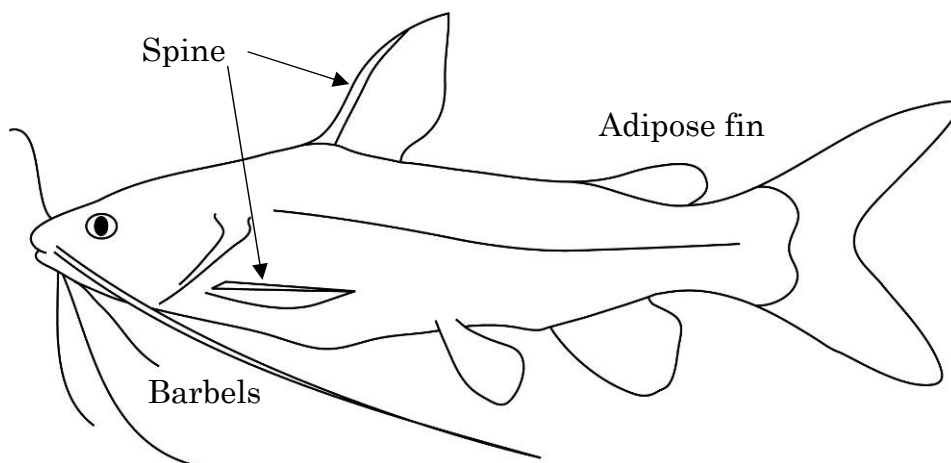
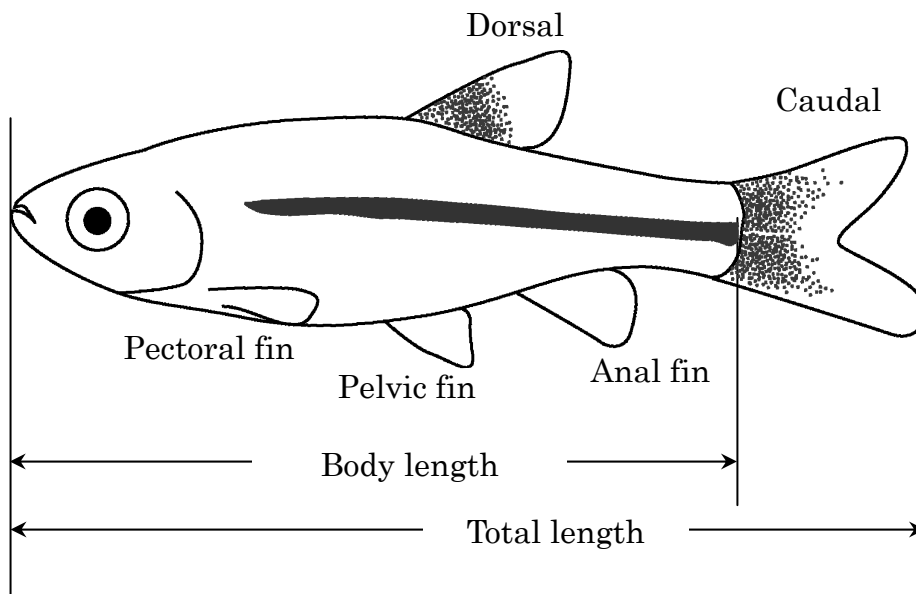
A cylindrical bamboo trap which is put in water run off or in the stream in paddies and waterways. There is a one-way valve so that a trapped fish cannot exit back. Often bait is used when it is used in stagnant waters. One can purchase this in markets and stores so anyone can easily obtain it.

<Bag net>

A bag net is used in water run off or in the stream in paddies and waterways. Fish in the net cannot escape because of falling water or water flow. Small to medium-sized fish are caught. This is used often in rain season.



Morphology of Fish



Dasyatis laosensis

Order: Rajiformes
Family: Dasyatidae

LA	Pa fa lai	
KH	Tray bobail krobai	
TH	Pla kraben, Pla ben	
VN	Ca duoi	Cá đuối
JP		
Remarks		

Basic Information

It is distributed along the Mekong River basin (Laos, Thailand, and Cambodia). Its body is flat and circular. There is a string-like tail which is longer than the body, and bears a venomous spine on the upper surface.

Use

A small number is being sold at the markets. In Louang Phrabang in Laos, it is caught often and is famous as edible fish. It is used in soup such as Tom yum, or seasoned with herbs and fish sauce to be steamed in banana leaves. Stale rays have strong ammonium odor which makes the whole market stink. It is collected from mainstream of Mekong.



07 Nov. 2008 Phoshy Market, Louang Phrabang, Laos



30 Jun. 2010 Dong Makkai Market, Vientiane Capital, Laos

Notopterus notopterus

Order: Osteoglossiformes
Family: Notopteridae

LA	<u>Pa tong dang, Pa tong na</u>	
KH	<u>Tray slaat</u>	
TH	<u>Pla chalet (salat), Pla tong</u>	
VN	<u>Ca that lat</u>	<u>Cá thát lát</u>
JP	<u>Naginata-namazu</u>	<u>ナギナタナマズ</u>

Remarks

Basic Information

It is distributed from India to Southeast Asia. *Notopteridae* are deep-bodied, and laterally compressed. Its anal fin is long and is fused with the caudal fin. This species is the smallest in the *Notopteridae* family, and its length is 50 to 60cm at the most, but it is usually much smaller. Its color is bronze to silver gray without distinctive patterns; however, the juvenile has stripes. It lives in lakes, flood plains, waterways, and ponds. It is active from evening to the night, and feeds on insects and other fish.



25 Jul 2008 Bo, Vientiane Province, Laos



30 May 2009 Thong Khan Kham Market, Vientiane Capital, Laos

Use

It is eaten by putting it in Laap, soup, meat balls, fried fish cakes, or being smoked. Its fried fish cake is made by scraping the meat off from the skin with a spoon, and rolling it into a ball, and deep frying it. In Laos and northeast Thailand, it is also used as an ingredient for Padek (fish sauce). In general, *Notopteridae* fish is used as common ingredients for Laap and fish paste. It is caught by cast net, gill net, trap or weir. Other than *Notopterus notopterus* within the *Notopteridae*, culinary use of *Chitala blanci* and *Chitala ornate* are confirmed. These two species are larger than *Notopterus notopterus*, but they are used in the same manner.



25 Jul. 2008 Bo, Vientiane Province, Laos



Notopterus notopterus *Chitala blanci*
12 Sep. 2007 Hou Kua Market, Vientiane
Capital, Laos



28 Nov. 2010 Vientiane Capital, Laos



28 Nov. 2010 Vientiane Capital, Laos

Chitala blanci

Order: Osteoglossiformes

Family: Notopteridae

LA	<u>Pa tong kay</u>	
KH	<u>Tray ka-ev, Tray k'ai</u>	
TH	<u>Pla tong lai</u>	
VN		
JP		

Remarks

Basic Information

Its length reaches almost 1m long, but 60 to 70cm individuals are popularly sold in the markets. There is a black spot at the base of its pectoral fin.

Black spots on the body, caudal fin and anal fin are connected and form slanted line patterns.



22 Jun. 2008 Nong Chanh Market,
Vientiane Capital, Laos

Chitala ornata

Order: Osteoglossiformes

Family: Notopteridae

LA	<u>Pa tong dao</u>	
KH	<u>Tray kray</u>	
TH	<u>Pla krai, Pla hang pan, Pla tong lao, Pla tong grai</u>	
VN	<u>Ca that lat com</u>	<u>Cá thát lát còm</u>
JP		

Remarks

Basic Information

Its maximum length reaches 1m, but 40 to 60cm individuals are usually sold in the market. A distinctive line of 5 to 10 large eye-like marking is found along the anal fin.



30 May 2009 Dong Makkai Market,
Vientiane Capital, Laos

Amblypharyngodon chulabhornae

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa sill, Pa taeb kaew</u>	
KH	<u>Tray chongwa srae</u>	
TH	<u>Pla siew kaew, Pla dork</u>	
	<u>gaew, Pla chaw pha</u>	
VN	<u>Ca trao</u>	<u>Cá tráo</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia) and Chao Phraya delta. Its length is 3.8cm, and the body is laterally compressed. It is golden color and has no barbel. It lives in slow streams such as waterways or rice paddies.

Use

It is served boiled or steamed. In Laos, it is also used as an ingredient for fish sauce (Padaek). It is usually sold in a market as a mix with other small fish. It is caught by a hand-held lift net or cast net. It is a familiar fish often seen around paddy fields.



16 Sep. 2007 Arak Svay, Siem Reap,
Cambodia



30 Jun. 2010 Khun Neua, Vientiane
Province, Laos

Bangana behri

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa pia</u>	
KH	<u>Tray pawa mok pii</u>	
TH	<u>Pla wa na nor</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). Its length is 45cm. Its mouth has a dent which gives the fish unique appearance.

It is herbivorous and feeds on phytoplankton and algae.



16 Feb. 2010 Lak2 Market, Champasak, Laos

Use

It is served fried, roasted, in soup, or in salad. It is caught by draw net, gill net, or cast net.



16 Feb.2010 Lak2 Market, Champasak, Laos



16 Feb.2010 Lak2 Market, Champasak, Laos

Barbonymus altus

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa viene fai</u>	
KH	<u>Tray kahae krohom</u>	
TH	<u>Pla kapien tong, Pla haang deang, Pla e jae</u>	
VN	<u>Ca he vang</u>	<u>Cá he vàng</u>
JP		
Remarks		

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia and Vietnam) and Chao Phraya delta. It grows up to 16cm and has a deep-bodied shape. Its pectoral fin is tinged with yellow. The pelvic fin, anal fin, and caudal fin are red, and the dorsal fin is black. It lives in rivers, and when the water level increases, it scatters into the flood plains. Many of its local names are based on its red fin.

Use

It is served fried, roasted or in soup. Juveniles are used as an ingredient for fish sauce. It is caught by draw net, fixed net, or trap. In Vietnam, it is farm raised.



25 Nov. 2009 Hou Kua Market, Vientiane Capital, Laos



26 May 2009 Vang Vieng Market, Vientiane Province, Laos

Barbonymus gonionotus

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa pak</u>	
KH	<u>Tray chhpin prak</u>	
TH	<u>Pla tapien khao, Pla pak na</u>	
VN	<u>Ca me vinh</u>	<u>Cá mè vinh</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam) and Chao Phraya delta, Malay Peninsula, Sumatra Island, and Java Island. It is 30cm long. It is deep-bodied, but not so much than *Barbonymus altus*. Its caudal and dorsal fin are gray colored while pectoral and anal fin are pale yellow. It lives in rivers, brooks and flood plains.

Use

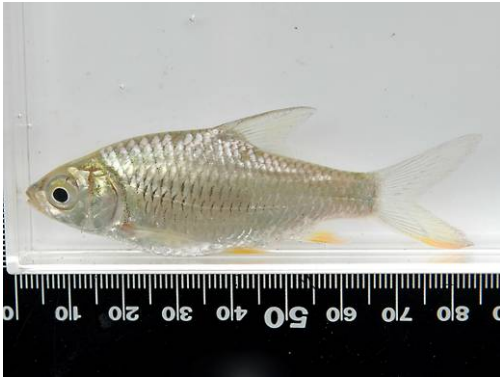
It is served fried, roasted, dried, in soup or Laap. It is also used in fermented sushi. Juvenile is used as an ingredient for fish sauce. It is caught by draw net, gill net, fixed net, cast net, hand-held lift net, or trap. It is also raised in extensive farming.



22 Jul. 2008 Naxaikang, Vientiane
Capital, Laos



Som Pa
15 Feb.2010 Savan Say Market,
Savannakhet, Laos



13 Sep. 2007 Phoxai, Vientiane Capital, Laos



04 Nov.2008 Phnom Penh, Cambodia



20 Feb.2010 Nam Lo,
Bolikhamsai, Laos



12 Sep. 2007 Nong Nieng,
Vientiane Capital, Laos



22 Jun. 2008 Naxaikang, Vientiane, Laos



13 Sep. 2007 Phoxai, Vientiane, Laos



13 Sep. 2007 Phoxai, Vientiane Capital, Laos



13 Sep. 2007 Phoxai, Vientiane Capital, Laos

Cirrhinus ornatipinnis

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa kaeng</u>	
KH	<u>Tray riel (ompal)</u>	
TH	<u>Pla soi peek daeng</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is about 9cm long. Its pectoral, pelvic, and anal fin are colored in orange.



22 Jul. 2008 Phangheng, Vientiane Capital, Laos

Use

It is served fried, roasted, boiled, dried, or in soup. It is also used as an ingredient for fish sauce. Other *Cirrhinus* fish are used in the same way. Large individuals are used in Laap. It is caught by draw net, cast net, gill net, fixed net, and trap. *C. cirrhosus* is being cultivated.



Cirrhinus ornatipinnis

11 Nov. 2008 Thong Khan Kham Market, Vientiane Capital, Laos



Cirrhinus cirrhosus

11 Nov. 2008 Thong Khan Kham Market, Vientiane Capital, Laos



Cirrhinus cirrhosus

20 Feb. 2010 Nam Lo, Bolikhamxai, Laos



Cirrhinus cirrhosus

25 Nov. 2009 Hou Kua Market, Vientiane Capital, Laos



Cirrhinus molitorella

22 Jul. 2008 Thong Khan Kham Market, Vientiane
Capital, Laos



Cirrhinus siamensis

24 Jul. 2008 Khun Neua, Vientiane Province, Laos

Cosmochilus harmandi

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa pak ban</u>	
KH	<u>Tray kompol bay</u>	
TH	<u>Pla nam lang, Pla takak, Pla dog jok</u>	
VN	<u>Ca duong bay</u>	<u>Cá đuông bay</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam) and Chao Phraya delta. Its length is 60cm, and the body is blue-tinged silver.

Its lips are covered by papillae, and the dorsal ray is serrated. It lives in rivers during the dry season and moves to the floodplains during rain season.

Use

It is served roasted, in soup, or Laap. It is also used in fish sauce and fermented sushi. It is caught by draw net, fill net, fixed net or trap.



07 Nov. 2008 Phoshy Market, Louang
Phrabang, Laos

Cyclocheilichthys enoplos

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa chok houa liam</u>	
KH	<u>Tray ch'kaok</u>	
TH	<u>Pla jok, Pla jork</u>	
VN	<u>Ca coc</u>	<u>Cá cóc</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), Chao Phraya delta, Malaysia, and Indonesia. Its length is 55cm, and it has a long dorsal ray.

Use

It is served fried, roasted, cooked in a pot or in Laap. It is also used in fish sauce (Padaek or Prahok) and fermented sushi. Other fish in genus *Cyclocheilichthys* are used in the same way. It is caught by draw net, cast net, fixed net, and trap.



18 Sep. 2007 Old Market, Siem Reap, Cambodia



19 Nov. 2009 Vientiane Capital, Laos



15 May 2009 Dong Makkai Market, Vientiane Capital, Laos



Cyclocheilichthys sp.
09 Jan. 2011 Vientiane Capital, Laos



Cyclocheilichthys repasson
22 Jun. 2008 Nong Chanh Market, Vientiane Capital, Laos



Cyclocheilichthys repasson
02 Aug. 2010 Nakhouy, Vientiane Capital, Laos



Cyclocheilichthys repasson
02 Aug. 2010 Nakhouy, Vientiane Capital, Laos



Cyclocheilichthys armatus
30 May 2009 Vientiane Capital, Laos



Cyclocheilichthys apogon
29 Nov. 2009 Dong Makkai Market, Vientiane Capital, Laos



Cyclocheilichthys repasson
25 Jul. 2008 Bo, Vientiane Province, Laos

Cyprinus carpio

Order: Cypriniformes

Family: Cyprinidae

LA	Pa nai	
KH	Tray kap samain, Tray srok chan	
TH	Pla nai	
VN		
JP	koi	コイ
Remarks		



24 Oct. 2009 Phonekeo, Vientiane Province, Laos

Basic Information

It originates in Eurasia and is introduced to various parts of the world including Indo-China Peninsula. Its length is 80cm and has 2 pairs of barbels.

Base of its dorsal fin is long, and the pectoral fin is located in lower part of the body. It is omnivorous and feeds on shells, sludge worm, and aquatic plants. It sucks in the mud and sand which contain the food, by stretching its mouth.

Use

It is served roasted, steamed, in soup or Laap. It is caught by draw net or gill net. Its farming is also very popular.



24 Oct. 2009 Phonekeo, Vientiane Province, Laos



08 Nov. 2008 Tha Heua Market, Louang Phrabang, Laos



May.2009 Vientiane Capital, Laos

Esomus metallicus

Order: Cypriniformes

Family: Cyprinidae

LA	Pa sill nouad	
KH	Tray chongwaa phlieng (ch'nout)	
TH	Pla siew nuad yaw	
VN	Ca long tong sat	Cá long tong sắt
JP		
Remarks		

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia and Vietnam), Chao Phraya delta, Salween delta, and north of Malay Peninsula. It is 5.5cm long. There is a prominent black lateral stripe. The maxillary barbels are very long. Its pectoral fin is long, but it does not reach the ventral fin. Its close species, *E. longimanus*, has a pectoral fin that extends to the ventral fin. It lives in slow streams and stagnant water. A school of this fish is often seen in the shallow waters of marsh and paddy fields. It is also found in a temporary aquatic environment such as submerged road or grassland during the rain season.



10 Sep. 2007 Phoxai,
Vientiane Capital, Laos



Mok pa
18 Jul. 2010 Vientiane Capital, Laos

Use

It is served fried, steamed, cooked in a pot, or in soup. It is also used in fish sauce (Padaek and Prahok). It is often sold mixed with other small fish in the market. Sometimes it is sold with other aquatic insects or beetles. It is caught by draw net, hand-held lift net, hand net, fixed net, and trap. Since its habitat is in the water near where people live, it is frequently collected by individuals for domestic consumption; therefore, it is used by people more frequently than one can assume by the amount traded in the market. It is especially favored in farming villages as an easy catch of the day.



22 Nov. 2009 Na Kom,
Vientiane Province, Laos



17 Sep. 2010. Phonekeo,
Vientiane Province, Laos



21 Oct. 2010. Phonekeo,
Vientiane Province, Laos



02 Jul. 2010 Vientiane Capital, Laos



23 Jul. 2008 Dong Makkai,
Vientiane Capital, Laos



23 Jul. 2008 Dong Makkai,
Vientiane Capital, Laos



12 Sep. 2007 Elai, Vientiane Capital, Laos



22 Jul. 2008 Sikeud, Vientiane Capital, Laos

Hampala dispar

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa soud</u>	
KH	<u>Tray khman (so)</u>	
TH	<u>Pla kasoop, Pla sood jaum</u>	
VN	<u>Ca ngua nam</u>	<u>Cá ngựa nam</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is 32cm long. There is a large black blotch under the dorsal fin. The barbels are shorter than the eye width. Juveniles resemble *Hampala macrolepidota*. It lives in ponds, lakes, or slow current of rivers.

Use

It is served roasted, in soup, or Laap. In Laos, it is used in fish sauce (Padaek). It is caught by draw net, hand-held lift net, cast net, gill net, fishing or trap. *H. macrolepidota* in same genus is used in the same manner.



22 Jul. 2008 Naxaikang, Vientiane
Capital, Laos



25 Oct. 2010 Vientiane Capital, Laos



02 Sep. 2010 Norng Yao,
Vientiane Capital, Laos



20 Aug. 2010 Vientiane Capital, Laos



08 Feb. 2010 Vientiane Capital, Laos



29 Jun. 2010 Dong Borng,
Vientiane Capital, Laos



29 Jun. 2010 Dong Borng,
Vientiane Capital, Laos



29 Jun. 2010 Dong Borng,
Vientiane Capital, Laos



Hampala macrolepidota
22 Jul. 2008 Nong Chanh Market, Vientiane
Capital, Laos



Hampala macrolepidota
30 May 2009 Nong Chanh Market, Vientiane
Capital, Laos

Hypophthalmichthys molitrix

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa kethlaap</u>	
KH	<u>Tray kap so</u>	
TH	<u>Pla song</u>	
VN	<u>Ca me trang</u>	<u>Cá mè trắng</u>
JP	<u>Hakulen</u>	<u>ハクレン</u>

Remarks

Basic Information

It originates in China and eastern Siberia, but is introduced widely in the world. Its length is 70cm and is silver colored. It is deep-bodied with a large head, and the eyes are located low. It lives in rivers and lakes and ponds. It is often found swimming near the water surface.

Use

It is served roasted, steamed, in soup, and Laap. It is cultivated and commonly found in markets.



12 Sep. 2007 Hou Kua Market,
Vientiane Capital, Laos



13 Nov. 2008 Thaheua Market, Vientiane
Province, Laos

Labeo chrysophekadion

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa pia</u>	
KH	<u>Tray k'aik</u>	
TH	<u>Pla ka, Pla e-tuu, Pla pea</u>	
VN	<u>Ca et moi</u>	<u>Cá ét moi</u>
JP		

Remarks

Basic Information

It is distributed in Southeast Asia. It is 60cm long. Juveniles have a black body, and adults are greyish to black in color. All of the fins are black. It lives in rivers, small streams, waterways, and floodplains. It is caught more frequently when river water level is higher.

Use

It is served roasted, steamed, fried, dried, smoked, salted and in soup and Laap. It is one of an important edible fish in Southeast Asia. It is caught by draw net, fill net, fixed net, and trap. Other fish in the genus *Labeo* are used in the same way. *Labeo rohita* is being cultivated.



14 Nov. 2008 Nong Chanh Market,
Vientiane Capital, Laos



20 Feb. 2010 Nam Lo, Bolikhamxai, Laos



Labeo pierrei

16 Feb. 2010 Lak2 Market, Champasak, Laos



Labeo rohita

22 Jul. 2008 Nong Chanh Market, Vientiane Capital,
Laos

Mystacoleucus marginatus

Order: Cypriniformes

Family: Cyprinidae

LA	Pa lang name, Pa lang kaw	
KH	Tray temprak	
TH	Pla kae yok, Pla nam lang, Pla hang lueng	
VN	Ca vạy xuoc	Cá vảy xước
JP		
Remarks		



20 Aug. 2010 Vientiane Capital, Laos

Basic Information

It is distributed in Southeast Asia. It is 15cm long. There is a horizontal ray in the front of its dorsal fin.

Outer edge of the dorsal fin is lined black. The caudal fin is yellowish with black edge. Black mottles are scattered on the lateral body.

Use

It is served fried, roasted, stir-fried, in Laap. It is caught by draw net, cast net, and trap.



13 Feb. 2010 Tha Heua Market, Louang Phrabang, Laos



15 Feb. 2010 Savan Say Market, Savannakhet, Laos



Mystacoleucus lepturus

14 Feb. 2010 Phonekeo, Vientiane Province, Laos

Esomus metallicus

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa sill nouad</u>	
KH	<u>Tray chongwaa phlieng</u> (ch'nout)	
TH	<u>Pla siew nuad yaw</u>	
VN	<u>Ca long tong sat</u>	<u>Cá long tong sắt</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia and Vietnam), Chao Phraya delta, Salween delta, and north of Malay Peninsula. It is 5.5cm long. There is a prominent black lateral stripe. The maxillary barbels are very long. Its pectoral fin is long, but it does not reach the ventral fin. Its close species, *E. longimanus*, has a pectoral fin that extends to the ventral fin. It lives in slow streams and stagnant water. A school of this fish is often seen in the shallow waters of marsh and paddy fields. It is also found in a temporary aquatic environment such as submerged road or grassland during the rain season.



10 Sep. 2007 Phoxai,
Vientiane Capital, Laos



Mok pa
18 Jul. 2010 Vientiane Capital, Laos

Use

It is served fried, steamed, cooked in a pot, or in soup. It is also used in fish sauce (Padaek and Prahok). It is often sold mixed with other small fish in the market. Sometimes it is sold with other aquatic insects or beetles. It is caught by draw net, hand-held lift net, hand net, fixed net, and trap. Since its habitat is in the water near where people live, it is frequently collected by individuals for domestic consumption; therefore, it is used by people more frequently than one can assume by the amount traded in the market. It is especially favored in farming villages as an easy catch of the day.



22 Nov. 2009 Na Kom,
Vientiane Province, Laos



17 Sep. 2010. Phonekeo,
Vientiane Province, Laos



21 Oct. 2010. Phonekeo,
Vientiane Province, Laos



02 Jul. 2010 Vientiane Capital, Laos



23 Jul. 2008 Dong Makkai,
Vientiane Capital, Laos



23 Jul. 2008 Dong Makkai,
Vientiane Capital, Laos



12 Sep. 2007 Elai, Vientiane Capital, Laos



22 Jul. 2008 Sikeud, Vientiane Capital, Laos

Hampala dispar

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa soud</u>	
KH	<u>Tray khman (so)</u>	
TH	<u>Pla kasoop, Pla sood jaum</u>	
VN	<u>Ca ngua nam</u>	<u>Cá ngừ nam</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is 32cm long. There is a large black blotch under the dorsal fin. The barbels are shorter than the eye width. Juveniles resemble *Hampala macrolepidota*. It lives in ponds, lakes, or slow current of rivers.

Use

It is served roasted, in soup, or Laap. In Laos, it is used in fish sauce (Padaek). It is caught by draw net, hand-held lift net, cast net, gill net, fishing or trap. *H. macrolepidota* in same genus is used in the same manner.



22 Jul. 2008 Naxaikang, Vientiane
Capital, Laos



25 Oct. 2010 Vientiane Capital, Laos



02 Sep. 2010 Norng Yao,
Vientiane Capital, Laos



20 Aug. 2010 Vientiane Capital, Laos



08 Feb. 2010 Vientiane Capital, Laos



29 Jun. 2010 Dong Borng,
Vientiane Capital, Laos



29 Jun. 2010 Dong Borng,
Vientiane Capital, Laos



29 Jun. 2010 Dong Borng,
Vientiane Capital, Laos



Hampala macrolepidota
22 Jul. 2008 Nong Chanh Market, Vientiane
Capital, Laos



Hampala macrolepidota
30 May 2009 Nong Chanh Market, Vientiane
Capital, Laos

Hypophthalmichthys molitrix

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa kethlaap</u>	
KH	<u>Tray kap so</u>	
TH	<u>Pla song</u>	
VN	<u>Ca me trang</u>	<u>Cá mè trắng</u>
JP	<u>Hakulen</u>	<u>ハクレン</u>

Remarks

Basic Information

It originates in China and eastern Siberia, but is introduced widely in the world. Its length is 70cm and is silver colored. It is deep-bodied with a large head, and the eyes are located low. It lives in rivers and lakes and ponds. It is often found swimming near the water surface.

Use

It is served roasted, steamed, in soup, and Laap. It is cultivated and commonly found in markets.



12 Sep. 2007 Hou Kua Market,
Vientiane Capital, Laos



13 Nov. 2008 Thaheua Market, Vientiane
Province, Laos

Labeo chrysophekadion

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa pia</u>	
KH	<u>Tray k'aik</u>	
TH	<u>Pla ka, Pla e-tuu, Pla pea</u>	
VN	<u>Ca et moi</u>	<u>Cá ét moi</u>
JP		

Remarks

Basic Information

It is distributed in Southeast Asia. It is 60cm long. Juveniles have a black body, and adults are greyish to black in color. All of the fins are black. It lives in rivers, small streams, waterways, and floodplains. It is caught more frequently when river water level is higher.

Use

It is served roasted, steamed, fried, dried, smoked, salted and in soup and Laap. It is one of an important edible fish in Southeast Asia. It is caught by draw net, fill net, fixed net, and trap. Other fish in the genus *Labeo* are used in the same way. *Labeo rohita* is being cultivated.



14 Nov. 2008 Nong Chanh Market,
Vientiane Capital, Laos



20 Feb. 2010 Nam Lo, Bolikhamxai, Laos



Labeo pierrei

16 Feb. 2010 Lak2 Market, Champasak, Laos



Labeo rohita

22 Jul. 2008 Nong Chanh Market, Vientiane Capital,
Laos

Mystacoleucus marginatus

Order: Cypriniformes

Family: Cyprinidae

LA	Pa lang name, Pa lang kaw	
KH	Tray temprak	
TH	Pla kae yok, Pla nam lang, Pla hang lueng	
VN	Ca vạy xuoc	Cá vảy xước
JP		
Remarks		



20 Aug. 2010 Vientiane Capital, Laos

Basic Information

It is distributed in Southeast Asia. It is 15cm long. There is a horizontal ray in the front of its dorsal fin.

Outer edge of the dorsal fin is lined black. The caudal fin is yellowish with black edge. Black mottles are scattered on the lateral body.

Use

It is served fried, roasted, stir-fried, in Laap. It is caught by draw net, cast net, and trap.



13 Feb. 2010 Tha Heua Market, Louang Phrabang, Laos



15 Feb. 2010 Savan Say Market, Savannakhet, Laos



Mystacoleucus lepturus

14 Feb. 2010 Phonekeo, Vientiane Province, Laos

Osteochilus hasseltii

Order: Cypriniformes
Family: Cyprinidae

LA	Pa ithai, Pa khao mong	
KH	Tray kroh mimay	
TH	Pla soi nok khao, Pla kae khom	
VN	Ca me lui soc	Cá mè lúi sọc
JP		

Remarks

Basic Information

It is distributed in Southeast Asia. Its length is 27cm. Juvenile has 6 to 8 rows of dark spots on the lateral side, but they become obscure in adult. Its caudal peduncle has a large round blotch. The dorsal, pelvic, anal, and caudal fins are red. It lives in variety of habitats such as rivers, small streams, waterways, marshes, lakes, and ponds.

Use

It is served fried, roasted, steamed, cooked in a pot, dried, and in Laap. It is also used in fermented sushi or fish sauce. It is often seen in the markets. Similar genus *Osteochilus* is used in the same manner. It is caught by draw net, cast net, gill net, hand-held lift net, fixed net, and trap.



25 Ju 1 . 2008 Phonyang, Vientiane Province, Laos



30 May 2009 Nong Chanh Market, Vientiane Capital, Laos



Osteochilus lini

22 Nov. 2009 Mueng Song Market, Vientiane Province, Laos



Osteochilus melanopleurus

18 Sep. 2007 Old Market, Siem Reap, Cambodia



Osteochilus microcephalus
20 Aug. 2010 Vientiane Capital, Laos



Osteochilus waandersii
13 Sep. 2011 Tha Ngam, Khammouane, Laos

Puntioplites falcifer

Order: Cypriniformes

Family: Cyprinidae

LA	Pa sa kang	
KH	Tray chrokaing , Tray chrokaing kdaong	
TH	Pla sakang kreek soong, Pla kamang	
VN	Ca danh	Cá danh
JP		
Remarks		



20 Aug. 2010 Vientiane Capital, Laos

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Yunnan Province, China).

It is 30cm long with laterally compressed deep-body. The pelvic, anal, caudal and dorsal fins are pale orange in color. It has long dorsal fin ray.

Use

It is served roasted, steamed, dried, in salad or soup. It is also used in chili paste or fish sauce. It is caught by draw net, gill net, cast net, fixed net, and trap.



18 Nov. 2008 Phoshy Market,
Louang Phrabang, Laos



12 Sep. 2007 Thong Khan Kham Market,
Vientiane Capital, Laos



Puntioplites proctozyron
04 Nov. 2008 Phnom Penh, Cambodia

Puntius aurotaeniatus

Order: Cypriniformes

Family: Cyprinidae

LA Pa khao mon

KH Tray ongkot prak stang

TH Pla khao, Pla ta pien song
jud

VN

JP

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), and Southeast Thailand. It is 5.5cm long.

Is has a black lateral raw of mottles and a black spot at the base of the dorsal fin. Juveniles have black lateral mottles.

Use

It is served fried, roasted, boiled or steamed. It is also used in fish sauce. It is sold at the markets as well as caught by individual households; therefore, it is frequently consumed as a daily dish. It is caught by draw net, cast net, hand-held lift net, hand net, fixed net, and trap. It is often sighted at a paddy field. Other species in the genus *Puntius* are often caught in marshes and paddy fields and used in the same way.



06 Sep. 2010 Dong, Vientiane Province,
Laos



Puntius aurotaeniatus

23 Jul. 2008 Dong Makkai Market,
Vientiane Capital, Laos



Puntius sp.

12 Sep. 2011 Ton Vieng Kham, Bolikhamsai,
Laos



Puntius jacobusboehlkei
24 Mar. 2010 Phonekeo,
Vientiane Province, Laos



23 Jul. 2008 Dong Makkai,
Vientiane Capital, Laos



Puntius partipentazona
10 Sep. 2007 Phoxai,
Vientiane Capital, Laos



Puntius brevis
24 Jul. 2008 Khun Neua ,
Vientiane Province, Laos



Puntius stoliczkanus
09 Nov. 2008 Xiangmouak,
Louang Phrabang, Laos



Puntius orphoides
22 Nov. 2009 Mueng Song Market,
Vientiane Province, Laos



Puntius rhombeus
24 Nov. 2009 Phonekeo,
Vientiane Province, Laos

Rasbora borapetensis

Order: Cypriniformes
Family: Cyprinidae

LA	Pa sill hang daeng	
KH	Tray chongwa sroloung ch'nout	
TH	Pla siew haang daeng	
VN	Ca long tong do duoi	Cá long tong đỏ đuôi
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), Chao Phraya delta, Mae Klong delta, and Northern Malay Peninsula. It is 4cm long and has dark lateral stripe. Its base of caudal fin is bright red.

Use

It is served steamed, stir-fried, and cooked in a pot. It is also used as fish sauce ingredient. It is found in the markets; however, it is more often caught and consumed at home than in a commercial way. It is usually mixed with other small fish to be cooked. It is caught by hand-held lift net, hand net, fixed net and trap. Women and children are able to catch small fish including this species with a hand-held lift net near the water, especially during the rain season.

Rasbora rubrodorsalis and *R. spilocerca* are often caught together. It is consumed daily and is a familiar fish for people in a rural area. Other species in the genus *Rasbora* are used in the same manner.



10 Sep. 2007 Phoxai, Vientiane Capital, Laos



R. borapetensis ,
R. rubrodorsalis , *R. spilocerca*

12 Sep. 2007 Elai, Vientiane Capital, Laos

Rasbora rubrodorsalis

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa sill</u>	
KH	<u>Tray chongwa sroloung</u>	
TH	<u>Pla siew haang daeng</u>	
VN	<u>Ca long tong</u>	<u>Cá long tong</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia), Chao Phraya delta, and Mae Klong delta. It is 3.3cm long with bright red base of dorsal and caudal fins.



22 Jul. 2008 Phangheng, Vientiane
Capital, Laos

Rasbora aurotaenia

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa sill</u>	
KH	<u>Tray chongwa moul</u>	
TH	<u>Pla siew kwai</u>	
VN	<u>Ca long tong da</u>	<u>Cá lòng tong đá</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam). It grows up to 11.8cm. It has a dark lateral stripe.

Its origin of the dorsal fin is closer to the base of the caudal fin than to the eye.



12 Jan. 2011 Vientiane Capital, Laos

Rasbora dusonensis

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa sill</u>	
KH	<u>Tray chongwa</u>	
TH	<u>Pla siew haang daum, Pla siew aow</u>	
VN	<u>Ca long tong</u>	<u>Cá long tong</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, Vietnam, and Yunnan Province in China), Chao Phraya delta, Malay Peninsula, Borneo Island, and Sumatra Island.

It is 12cm long with a dark lateral stripe. Its origin of the dorsal fin is closer to the eye than to the caudal fin base.



30 May 2009 Vientiane Capital, Laos

Rasbora dorsinotata

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa sill</u>	
KH		
TH	<u>Pla siew</u>	
VN	<u>Ca long tong</u>	<u>Cá lòng tong</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos and Northern Thailand). It is 4.3cm long with a black tipped dorsal fin. It has a lateral stripe which is broader at the anterior to the dorsal fin origin, and the posterior part is connected to the black mottle at the caudal peduncle.



24 May 2009 Phonekeo, Vientiane Province, Laos

Rasbora paviana

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa sill eao</u>	
KH	<u>Tray chongwa phnom</u>	
TH	<u>Pla siew khang lai</u>	
VN	<u>Ca long tong</u>	<u>Cá lòng tong</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), Chao Phraya delta, Mae Klong delta, and Northern Malay Peninsula.

It is 7.5cm long. Its dark lateral stripe is connected to the dark mottle at the base of caudal fin.



Apr.2009 Vientiane Capital, Laos

Rasbora spilocerca

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa sill</u>	
KH	<u>Tray chongwa pout toui(ch)</u>	
TH	<u>Pla siew daok khao noi</u>	
VN	<u>Ca long tong</u>	<u>Cá lòng tong</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is 2.6cm long. Its caudal fin is yellow with 3 black blotches, including one at the base of the fin.



02 Sep. 2009 Norng Yao, Vientiane Capital, Laos

Gyrinocheilus pennocki

Order: Cypriniformes
Family: Gyrinocheilidae

LA	Pa kaw	
KH	Tray smok	
TH	Pla nam pueng, Pla dood	
VN	Ca bam da	Cá bám đá
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is 25.5cm long. It has no barbels and each fin has black spots.

Use

It is served roasted, steamed, and in soup. It is used in fish sauce in Laos. It is caught by draw net, gill net, fixed net, trawling or trap.



24 Jun. 2010 150 Tieng Market,
Vientiane Capital, Laos



15 Feb. 2010 Savan Say Market,
Savannakhet, Laos

Acantopsis spp.

Order: Cypriniformes
Family: Cobitidae

LA	<u>Pa hak kouay</u>	
KH	<u>Tray ruh cheik</u>	
TH	<u>Pla rak kuay</u>	
VN	<u>Ca khoai song</u>	<u>Cá khoai song</u>
JP		

Remarks

Basic Information

Some species exceed 20cm long. Its snout is long with a pair of barbels. Its caudal fin is a shallow fork. Several species exist in Indo-China Peninsula.

Use

It is served fried, roasted, and dried, and also used in fish sauce. It is often sighted in the markets. It is caught by draw net or fixed net.



Acantopsis sp. " large spot"
(Kottelat,2001),

Acantopsis sp. 1 (Rainboth,1996)
03 Sep. 2010 Vang Hou, Vientiane
Capital, Laos



03 Sep. 2010 Vang Hou, Vientiane Capital,
Laos



Acantopsis sp. 1 (Rainboth,1996)
30 Dec. 2009 Vientiane Capital, Laos



Acantopsis sp.2
30 Dec. 2009 Vientiane Capital, Laos



Acantopsis sp. 1 (Rainboth,1996)
03 Jan. 2010 Vientiane Capital, Laos



Acantopsis sp. 3
03 Jan. 2010 Vientiane Capital, Laos



Acantopsis sp.
03 Jan. 2010 Vientiane, Laos



19 Jan. 2013 Champasak, Laos

Lepidocephalichthys hasselti

Order: Cypriniformes

Family: Cobitidae

LA	Pa eath	
KH	Tray rus kamplaok	
TH	Pla id, Pla rak kuay	
VN	Ca heo rau	Cá heo râu
JP		

Remarks

Basic Information

It is distributed in Southeast Asia. It length is 4.5cm.



Lepidocephalichthys hasselti

25 Jul. 2008 Bo, Vientiane Province, Laos

Use

It is served fried, roasted, steamed, cooked in a pot, and dried. When it is caught in abundance, it is used as fish sauce ingredient. It is caught by hand net, hand-held lift net, fixed net, and trap. It is not frequently sold in the markets, but is caught and used often at homes.

Lepidocephalichthys berdmorei and *L. furcatus* in the same genus are also widely in use.



Lepidocephalichthys hasselti

24 Jan. 2010 Phonekeo,
Vientiane Province, Laos



Lepidocephalichthys berdmorei

13 Feb. 2010 Tha Heua Market,
Louang Phrabang, Laos



Lepidocephalichthys furcatus

23 Jun. 2008 Dong Makkai,
Vientiane Capital, Laos

Yasuhikotakia modesta

Order: Cypriniformes

Family: Cobitidae

LA	Pa mou, Pa mou man, Pa kheokai	
KH	Tray kanchruk krohom	
TH	Pla mu, Pla mu kao	
VN	Ca heo vach	Cá heo vach
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam). It is 25cm long. A black vertical stripe is present at the base of caudal fin. Each fin is orange, and the caudal fin is deeply forked. There is a sharp spine at below and anterior to the eye, but it is usually tucked in. Juveniles have 7 to 8 dark lateral stripes. It is mainly found in rivers.

Use

It is served fried, roasted, dried or in soup. It is also used in fish sauce and fermented sushi. It is caught by draw net, push net, and trap. Other species confirmed in genus *Yasuhikotakia* are *Y. lecontei*, *Y. caudipunctata*, and *Y. eos*. Similar genus *Syncrossus* is used in the same way. Its Lao and Thai names mean “wild boar (hog) fish”, which is derived from the spine under the eye.



29 Jun. 2010 Ban Khun Market, Market, Vientiane Province, Laos



29 Jun. 2010 Ban Khun Market, Market, Vientiane Province, Laos



29 Jun. 2010 Ban Khun Market, Market,
Vientiane Province, Laos



Yasuhikotakia lecontei
30 Dec. 2009 Vientiane Capital, Laos



Yasuhikotakia caudipunctata
27 Jan. 2013 Thong Khan Kham Market,
Vientiane Capital, Laos



Yasuhikotakia eos
19 Jan. 2013 Lak2 Market, Champasak, Laos



Synrossus helodes
19 Jan. 2013 Lak2 Market, Champasak, Laos

Schistura spp.

Order: Cypriniformes

Family: Balitoridae

LA	<u>Pa phan</u>	
KH	<u>Tray kanchrieit</u>	
TH	<u>Pla khor</u>	
VN		
JP		

Remarks

Basic Information

Its body is slender with horizontally compressed head. Its scales are small and the posterior caudal fin is a shallow fork.



Schistura ephelis

24 Aug.2009 Phonekeo, Vientiane
Province, Laos

Use

It is served fried, roasted, and dried. It is caught by draw net and trap.



14 Nov. 2008 Dong Makkai Market, Vientiane
Capital, Laos



Schistura porthos

11 Feb.2010 Mouth, Louang Phrabang, Laos



Schistura sp.

24 May 2009 Xiangmouak, Louang Phrabang, Laos

Piaractus brachypomus

Order: Characiformes
Family: Characidae

LA	Pa vee, Pa hou xang, Pa ja la <u>mit</u>	
KH	Tray chaap	
TH	Pla jalamet nam jeud	
VN	Ca chim	Cá chim
JP		

Remarks

Basic Information

It originates in South America, and those found in Indo-China Peninsula are transplanted. It resembles a fish in *Cyprinidae* family, but can be distinguished by its presence of the adipose fin.

Use

It is served fried, steamed, in Laap or in soup. It is cultivated in places such as dams. It is confirmed in a market in Laos, but it seems to be not a familiar fish for the locals.



06 Sep. 2010 Thong Khan Kham Market,
Vientiane Capital, Laos



Lap pa

06 Sep. 2010 Thong Khan Kham Market,
Vientiane Capital, Laos

Hemibagrus filamentus

Order: Siluriformes
Family: Bagridae

LA	<u>Pa kothdam</u>	
KH	<u>Tray ta nel</u>	
TH	<u>Pla kod</u>	
VN	<u>Ca lang</u>	<u>Cá lăng</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam). It is 35cm long.



18 Sep. 2007 Old Market,
Siem Reap, Cambodia

The genus *Hemibagrus* is a catfish in *Bagridae* family with very long barbels. It resembles genus *Mystus* in the same *Bagridae* family, but can be distinguished by the length of its adipose fin measuring the same or shorter than the length of base of the anal fin.

Use

It is served fried, roasted, steamed, boiled, or in soup. It is caught by draw net, gill net, fixed net, fishing, or trap. Other *Hemibagrus* species are commonly sold at the market, and they are used in the same way as this species.



Hemibagrus filamentus

26 Jul. 2010 Mueng Song, Vientiane Province,
Laos



Hemibagrus spilopterus

18 Nov. 2008 Tha Heua Market, Louang
Phrabang, Laos



Hemibagrus wyckii

14 Nov. 2008 Nong Chanh Market, Vientiane
Capital, Laos



Hemibagrus wyckioides

2008.Jul.28 Thong Khan Kham Market, Vientiane
Capital, Laos



Hemibagrus sp. (cf. *nemurus*)

24 May 2009 Vang Vieng Market, Vientiane
Province, Laos

Mystus mysticetus

Order: Siluriformes
Family: Bagridae

LA	<u>Pa khayang</u>	
KH	<u>Tray kanchoh ch'nout</u>	
TH	<u>Pla kha yaeng kang lai</u>	
VN	<u>Ca chot soc</u>	<u>Cá chốt sọc</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos and Thailand) and Chao Phraya delta. It is 13cm long and is a catfish in the genus *Mystus* in the *Bagridae* family with very long barbels. It resembles genus *Hemibagrus*, but can be distinguished by the length of its adipose fin being longer than that of base of the anal fin. The adipose fin is shorter than that of others in genus *Mystus*. It has 3 dark and 2 white indistinct lateral stripes.

Use

It is served fried, roasted, steamed, cooked in a pot, dried, or in soup. It is caught by draw net, gill net, fixed net, cast net, fishing, and trap. Other *Mystus* species are sold frequently in the market, and they are used in the same way.



12 Sep. 2007 Nong Nieng, Vientiane
Capital, Laos



11 Sep. 2007 Vientiane Capital, Laos



12 Sep. 2007 Nong Nieng,
Vientiane Capital, Laos



12 Sep. 2007 Nong Nieng,
Vientiane Capital, Laos



19 Nov. 2011 *Mystus mysticetus*
Haignon-mai, Vientiane Province,
Laos



03 Nov. 2008 *Mystus albolineatus*
Central Market, Phnom Penh,
Cambodia

Mystus albolineatus

Order: Siluriformes

Family: Bagridae

LA	<u>Pa kha yaeng khoo</u>	
KH	<u>Trey kanchoh baai</u>	
TH	<u>Pla kha yaeng</u>	
VN	<u>Ca chot ngua</u>	<u>Cá chốt ngua</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia) and Chao Phraya delta. It is 35cm long with a large adipose fin and a narrow white lateral stripe.



15 May 2009 Vientiane Capital, Laos

Mystus atrifasciatus

Order: Siluriformes

Family: Bagridae

LA	<u>Pa kha yang noy</u>	
KH	<u>Trey kanchoh stang</u>	
TH	<u>Pla kha yaeng kang lai</u>	
VN	<u>Ca chot vang</u>	<u>Cá chốt vàng</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia), Chao Phraya delta, and Mae Klong delta. It is 12.5cm long. It has 3 dark and 2 white vague lateral stripes. Its adipose fin is large.



19 Aug. 2010 Vientiane Capital, Laos

Mystus singaringan

Order: Siluriformes

Family: Bagridae

LA	<u>Pa khayang</u>	
KH	<u>Tray kanchoh baai so</u>	
TH	<u>Pla kha yaeng bai kao</u>	
VN	<u>Ca chot</u>	<u>Cá chốt</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), Chao Phraya delta, and Sundaland. It is 30cm long with no lateral stripe. The adipose fin is large.



22 Jul. 2008 Thong Khan Kham Market,
Vientiane Capital, Laos

Pseudomystus siamensis

Order: Siluriformes
Family: Bagridae

LA	<u>Pa khee hiav</u>	
KH	<u>Tray kanchoh t'mo</u>	
TH	<u>Pla khi hea</u>	
VN	<u>Ca chot bong</u>	<u>Cá chốt bông</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia) and Chao Phraya delta. It is 15cm long with a deep body. It has short barbels and distinctive black and yellow stripes.

Use

It is served fried, roasted, steamed, cooked in a pot, and in soup. It is caught by draw net, gill net, and cast net.



22 Jul. 2008 Dong Makkai Market,
Vientiane Capital, Laos



30 May 2009 Nong Chanh Market,
Vientiane Capital, Laos

Belodontichthys truncatus

Order: Siluriformes

Family: Siluridae

LA	<u>Pa khob</u>	
KH	<u>Tray klang haai</u>	
TH	<u>Pla kang beung</u>	
VN	<u>Ca tren rang</u>	<u>Cá trèn răng</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta and Chao Phraya delta. It is 60cm long and laterally compressed in whole. It has an upturned mouth with conspicuous large teeth. The pectoral fin is longer than its head, and the dorsal fin is small. The base of anal fin is long.

Use

Large sized individuals are sold at the market. It is served fried, roasted, steamed, cooked in a pot, and in soup.



13 Feb. 2010 Tha Heua Market, Louang Phrabang, Laos



26 Nov. 2009 Hou Kua Market, Vientiane Capital, Laos



26 Nov. 2009 Hou Kua Market, Vientiane Capital, Laos

Kryptopterus apogon

Order: Siluriformes

Family: Siluridae

LA	<u>Pa pik kai</u>	
KH	<u>Tray keh</u>	
TH	<u>Pla nam ngueng</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Yunnan Province, China), Chao Phraya delta, Malay Peninsula, Sumatra Island, and Borneo Island. It is 70cm long and is laterally compressed. It has a long anal fin and no dorsal fin.

The caudal fin is split in a fork. 2 pairs of barbels are present with ones on the lower jaw being shorter than the diameter of an eye.

Use

It is served fried, roasted, steamed, cooked in a pot in a pot, dried, and in soup. It has soft white flesh. It is caught by draw net, gill net, cast net, fixed net, and trap. Other *Kryptopterus* are used in the same manner.



13 Feb. 2010 Tha Heua Market, Louang Phrabang, Laos



19 Nov. 2009 Thong Khan Kham Market, Vientiane Capital, Laos



Kryptopterus sp.
03 Nov. 2008 Central Market, Phnom Penh, Cambodia



Kryptopterus geminus
24 Jul. 2009 Vientiane Capital, Laos

Ompok bimaculatus

Order: Siluriformes
Family: Siluridae

LA	<u>Pa xeuam</u>	
KH	<u>Tray ta aon, Tray kromom</u>	
TH	<u>Pla neua on, Pla cha on</u>	
VN	<u>Ca tren bau</u>	<u>Cá trên bầu</u>
JP		

Remarks

Basic Information

It is widely distributed in South Asia to Southeast Asia. It is 40cm long and has a laterally compressed body. The base of anal fin is long and the dorsal fin is relatively larger than the other catfish. The caudal fin is forked and the pectoral fin has a distinctive black blotch on the upper side. Its snout is small; it does not reach the eye. It lives in a slow current of rivers, small streams, and waterways. It can be spotted frequently in a paddy field or marsh when the river water level is high.

Use

It is served fried, roasted, steamed, cooked in a pot, and dried. It is a commonly sighted catfish in the market with 20 to 30cm individuals being the most popularly sold. Roasting is the most popular method, and the ones ready for roasting, which are seasoned with salt or marinated with fish sauce, are sold.

It is said that its taste deteriorates rather quickly as it loses freshness. It is caught by draw net, cast net, hand-held lift net, fixed net, and trap.



09 Sep. 2010 Thating Hang,
Savannakhet, Laos



12 Nov. 2008 Nongsa, Vientiane Province,
Laos



22 Jul.2008 Sikeud, Vientiane Capital, Laos



24 Aug.2009 Phonekeo, Vientiane Province, Laos



28 Jun. 2010 Mueng Song, Vientiane Province, Laos



10 Feb. 2010 Vientiane Capital, Laos



22 Jul.2008 Sikeud, Vientiane Capital, Laos

Wallago attu

Order: Siluriformes
Family: Siluridae

LA	Pa khao	
KH	Tray sondai, Tray kropoat, Tray ch' kae nii	
TH	Pla khao kao	
VN	Ce leo	Cá leo
JP		
Remarks		

Basic Information

It is widely distributed from India to Southeast Asia. It is a large catfish that exceeds 1m, and sometimes grows almost to 2m. Its body is laterally compressed with a horizontally compressed head. Base of the anal fin is long and the caudal fin is forked. The pectoral fin is round. Its snout is very large and reaches posterior edge of the eye. It lives mainly in rivers.

Use

It is served fried, roasted, steamed, cooked in a pot, and in soup. Even the roe is said to be tasty. 50cm to 1m individuals are popularly sold in the markets. It can be distinguished easily in the market because of its size and the large mouth.

It is caught by draw net, gill net, and fishing. It is called by different names at different stages of its growth in Cambodia.



28 Jul. 2008 Nong Chanh Market,
Vientiane Capital, Laos



09 Sep. 2007 Dong Makkai Market,
Vientiane Capital, Laos

Pangasianodon gigas

Order: Siluriformes
Family: Pangasiidae

LA	Pa beuk	
KH	Tray riei(ch)	
TH	Pla buak	
VN	Ca tra dau	Cá tra dầu
JP	Mekon-oo-namazu	メコンオオナマズ

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam). It is one of the largest freshwater fish in the world with a measurement at 3m and a weight at 350kg. The body is stout with its eyes located low. The ventral side is white and the dorsal side is silver gray. The mouth is located at the top of a snout. Its caudal fin is forked and a small adipose fin is present. Juveniles have teeth and barbels, but they disappear when they reach the length of 30 to 50cm. It lives in Mekong river and migrates long distance. Juveniles feed on zooplankton, and adults feed mainly on algae.



14 Nov. 2008 Nong Chanh Market,
Vientiane Capital, Laos



20 Sep. 2009 Sannayao, Chiang Rai,
Thailand

Use

It is rarely seen in the markets. It is served fried, roasted, steamed, boiled, cooked in a pot, and in soup. It is also used in a fish sauce and fermented sushi. It has red flesh, and in Davidson's book (Davidson, A. (2003) Fish and Fish Dishes of Laos, pp.66-67. Prospect Books), its steak is referred as the tastiest by charcoal grilling. Each part of the fish has suitable way of cooking; for example, the liver is thinly sliced and salted for roasting, and the head is used in soup, etc. Even its roe is up for consumption. It is said that the tastiest part is in mid lateral, closer to the head. It is caught by gill net. Its number is rapidly decreasing in recent years. In Thailand, research for its cultivation is in progress, and artificially hatched juveniles have been experimentally released. Farmed individuals are also said to be traded. It is not eaten very often in Cambodia because it is considered an unlucky fish. Moreover, Cambodian fishery administration is protecting it by issuing penal rules, so in case of collecting and consumption, it is 3 million riel fine, and an informer would receive a 50 US dollars reward.



07 Nov, 2008 Phoshy Market, Louang
Phrabang, Laos



20 Sep.2009 Sannayao, Chiang Rai, Thailand



20 Sep. 2011 Thong Khan Kham Market,
Vientiane Capital, Laos



20 Sep. 2011 Thong Khan Kham Market,
Vientiane Capital, Laos



20 Sep. 2011 Vientiane Capital, Laos



20 Sep. 2011 Vientiane Capital, Laos

Pangasianodon hypophthalmus

Order: Siluriformes

Family: Pangasiidae

LA	<u>Pa swai</u>	
KH	<u>Tray praa , Tray praa thom</u>	
TH	<u>Pla sauy, Pla swai</u>	
VN	<u>Ca tra</u>	<u>Cá tra</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam) and Chao Phraya delta. It is 1.3m long. It resembles *Pangasianodon gigas* but can be distinguished by its developed teeth and barbels.

Juveniles have 2 black lateral stripes.



14 Sep. 2011 Na Bo Market,
Khammouane, Laos

Use

It is served fried, roasted, steamed, cooked in a pot, dried, in soup or in curry. Its cultivation is very popular in Thailand and Vietnam. It is caught by draw net, gill net, fixed net, and trap.



24 Jan. 2013 Pakse New Market, Champasak, Laos



14 Nov. 2008 Nong Chanh Market, Vientiane Capital,
Laos



20 Feb. 2010 Nam Lo, Bolikhamsai, Laos

Pangasius conchophilus

Order: Siluriformes

Family: Pangasiidae

LA	<u>Pa phow</u>	
KH	<u>Tray kae</u>	
TH	<u>Pla phor</u>	
VN	<u>Ca hu</u>	<u>Cá hú</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam) and Chao Phraya delta. It is 1m long and has a dark grey dorsal color with pearly luster. The genus *Pangasius*, which this species belongs to, is known to have a stout body, a developed spine of dorsal and pectoral fin, a forked caudal fin, anal fin with a long base, and 2 pairs of barbels.

Its appearance is close to genus *Pangasianodon*, but can be distinguished by lesser number of pelvic soft rays.



09 Nov. 2008 Tha Heua Market, Louang Phrabang, Laos

Use

It is served roasted, steamed, cooked in a pot, and in soup. It is caught by draw net, cast net, gill net, and trap. Other species in *Pangasius* are used in the same manner.



Pangasius larnaudii

18 Sep. 2007 Old Market, Siem Reap, Cambodia



Pangasius macronema

15 May 2009 Vientiane Capital, Laos

Bagarius yarrelli

Order: Siluriformes

Family: Sisoridae

LA	Pa khæ	
KH	Tray krobai thom	
TH	Pla khæ, Pla took kae	
VN	Cá chien	Cá chiên
JP		

Remarks

Basic Information

It is distributed from India to Borneo Island. It is 1.4m long with a thick body. It has a solid dorsal spine, an adipose fin, a forked caudal fin, and broad barbels.

The adipose fin originates above or anterior to the origin of the anal fin. It lives in rivers.

Use

It is served stir-fried, blanched, cooked in a pot, or in soup. It is also used in a fish sauce. It is caught by draw net, gill net and fishing. *Bagarius bagarius* in the same genus is used in the same manner.



14 Sep. 2011 Na Bo Market,
Khammouane, Laos



Bagarius yarrelli

21 Jan. 2013 Pakse New Market, Champasak, Laos



14 Sep. 2011 Khammouane, Laos



Bagarius bagarius

26 May 2009 Tha Heua Market, Louang Phrabang,
Laos

Clarias macrocephalus

Order: Siluriformes
Family: Clariidae

LA	<u>Pa douk oui</u>	
KH	<u>Tray onding ton</u>	
TH	<u>Pla dook na, Pla dook oui</u>	
VN	<u>Ca tre vang</u>	<u>Cá trê vàng</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam) and Chao Phraya delta. It is 30cm long with a cylindrical body and a horizontally compressed head. It has 4 pairs of long barbels, and the base of dorsal and anal fin are long. Its habitat ranges widely from rivers, waterways, lakes and ponds, to marshes. Because of its ability to air-breathe, it can be kept live for a while without water if it is kept moist.

Use

It is an important edible fish in Indo-China, so it is one of the most commonly sighted fish in the markets.

It is served fried, roasted, cooked in a pot, dried, and in Laap. It is easy to keep it fresh because it can live with little water. Sometimes individuals which escaped from the market can be seen wiggling on a street. It was one of frequently used fish in the research of daily meals in Laos. It is caught by draw net, gill net, cast net, by hands, and trap. Other *Clariidae* are used in the same manner, and are being cultivated including *Clarias gariepinus* which originates in Africa



22 Sep. 2009 Vientiane Capital, Laos



Cheo-Pa douk

08 Jul. 2009 Vientiane Capital, Laos



Clarias macrocephalus
14 Sep. 2009 Siem Reap, Cambodia



12 Sep. 2007 Thong Khan Kham Market,
Vientiane Capital, Laos



Clarias sp. (cf. *batrachus*)
20 Feb. 2010 Nam Lo, Bolikhamsai, Laos



Clarias sp. (cf. *batrachus*)
20 Nov. 2009 Vientiane Capital, Laos



Clarias sp. (cf. *batrachus*)
20 Nov. 2009 Vientiane Capital, Laos



Clarias sp. (cf. *batrachus*)
28 Jun. 2010 Mueng Song,
Vientiane Province, Laos

Pterygoplichthys disjunctivus

Order: Siluriformes
Family: Loricariidae

LA	<u>Pa douth fune</u>	
KH		
TH	<u>Pla sucker, Pla dood</u>	
VN	<u>Ca lau kinh</u>	<u>Cá lau kính</u>
JP	<u>Madara-loricaria</u>	<u>マダラロリカリア</u>

Remarks

Basic Information

It is native to South America, and those found in Indo-China are imported. It is 50cm long. Its dorsal and pectoral fins are large, and it has a pair of barbels. The body is covered with dark mottles, including its ventral side. It lives in rivers and ponds. Its ability to air-breathe enables it to live even under low oxygen. When rivers flood, it migrates to the shallow areas such as marshes.

Use

It is not sighted in the markets very often, but it is served in soup in Laos. No other use was confirmed in any other countries.

It is assumed that since it is an alien species, it is not familiar as food source for the locals. It is caught by gill net, cast net, or when ponds are dried.



26 Nov. 2009 Hong Kae, Vientiane
Capital, Laos



24 Jun. 2010 Hong Kae, Vientiane
Capital, Laos

Xenentodon spp.

Order: Belontiiformes

Family: Belontiidae

LA Pa ka thong, Pa sa thong

KH Tray phtoung

TH Pla kra toong haew

VN Cá nhái Cá nhái

JP

Remarks

Basic Information

It is distributed from India to Indonesia. Its body is slender and both jaws are sharply extended. The dorsal and anal fins are located at posterior.

Use

It is served fried, roasted, cooked in a pot, in soup, and dried. It is caught by draw net, fixed net, cast net and hand-held lift net.



Xenentodon sp.

03 Sep. 2010 Vang Hou, Vientiane
Capital, Laos



Xenentodon cancila

25 Jul. 2008 Phonyang, Vientiane Province, Laos



Xenentodon sp.

20 Sep. 2011 Thong Khan Kham Market, Vientiane
Capital, Laos



Xenentodon sp.

20 Sep. 2011 Vientiane Capital, Laos

Dermogenys siamensis

Order: Beloniformes
Family: Hemiramphidae

LA	Pa ka thong	
KH	Phting-toch , Tray phting toi(ch)	
TH	Pla sob thaong noi, Pla khem	
VN	Ca lim kim ao	Cá lim kim ao
JP		
Remarks		

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam) and Chao Phraya delta. Males are 4cm long while females are 6cm long. The body is slender and the lower jaw extends sharply. Its dorsal and anal fins are located at posterior, with the origin of dorsal fin being more posterior than the anal fin origin. The posterior edge of caudal fin is round.

Use

It is served fried, roasted, cooked in a pot, dried, and in soup. It is caught by draw net, fixed net, cast net and hand-held lift net.



15 Sep. 2007 Tonle Sap, Siem Reap, Cambodia



15 Sep. 2007 Tonle Sap, Siem Reap, Cambodia

Oryzias mekongensis

Order: Belontiiformes
Family: Adrianichthyidae

LA	<u>Pa sill</u>	
KH	<u>Tray chongwaa ongkoo</u>	
TH	<u>Pla kao sarn, Pla siew khao</u>	
VN	<u>Ca soc</u>	<u>Cá sóc</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is 1.4cm long with a broad anal fin. Upper and lower tip of the caudal fin are bright orange. It lives in slow streams such as lakes, marshes, paddy field, waterways, and ponds.

Use

Due to its small size, it is not actively sought after as food, but it is eaten with other small fish and aquatic animals. They are cooked in a pot or steamed. In Laos, it is used in a fish sauce (Padaek). It is not found in the market. It is caught by a fine-mesh hand-held lift net or hand net.



25 Jul. 2008 Naphang, Vientiane
Province, Laos



25 Jul. 2008 Naphang, Vientiane
Province, Laos

Gambusia affinis

Order: Cyprinodontiformes

Family: Poeciliidae

LA	Pa sill, Pa kin ngung	
KH		
TH	Pla kin yoong	
VN	Ca an muoi	Cá ăn muỗi
JP	Kadayashi	カダヤシ

Remarks

Basic Information

Its origin is in Central and South America. Those found in Indo-China Peninsula have been imported. Males are 3cm long while females are 5.5cm long.

The dorsal fin of a female is located at posterior to its anal fin, and the posterior edge of caudal fin is round. It lives in stagnant water.

Use

It is occasionally sold in the market, but used primarily at home. It is cooked in a pot or steamed. It is used in fish sauce (Padaek) in Laos. Other than food, it is also used as a bait for catching larger fish. It is caught by cast net, hand-held lift net, and hand net.



23 Jul. 2008 Dong Makkai, Vientiane Capital, Laos



Mok pa

01 Aug. 2010 Vientiane Capital, Laos



09 Nov. 2008 Xiangmouak, Louang Phrabang, Laos



23 Jul. 2008 Dong Makkai, Vientiane Capital, Laos

Monopterus albus

Order: Synbranchiformes
Family: Synbranchidae

LA	<u>Eian</u>	
KH	<u>Antong</u>	
TH	<u>Pla lai, Pla ian</u>	
VN	<u>Luon dong</u>	<u>Lươn đồng</u>
JP	<u>Taunagi</u>	<u>タウナギ</u>

Remarks

Basic Information

It is distributed in Indo-China Peninsula, Indonesia, the Philippines, Taiwan, mainland China, Korean Peninsula, and Japan. It grows more than 80cm long, with a slender body and no pectoral and pelvic fins. Its dorsal, caudal, and anal fins are also inconspicuous, that it almost looks like a snake. It lacks scales and the body surface is covered with mucus. It lives in a stagnant to slow water such as paddy fields, marshes, waterways, small streams, rivers, lake, and ponds. It can air-breathe so that it survives the waterless dry period by burrowing in a moist soil.



15 May 2009 Vientiane Capital, Laos



12 Sep. 2007 Vientiane Capital, Laos

Mature adults actively air-breathe so it even suffers from oxygen deficiency when it is not able to bring its head above the surface in stagnant water. It is known to reverse sex. When it is small, it lays eggs as a female, and as it grows larger, it becomes a male and participates in mating.

Use

It is an important food source in Indo-China, and it is always found in large markets. It is one of the most frequently found fish in the market. It is served fried, roasted, stir-fried, in soup and dried. It is usually chopped with bone-in to be used. Its flesh has slightly distinct aroma, so it is often cooked with herbs and spices. Smaller sized ones in the market are sometimes used as in mercy release (In Buddhist belief; releasing a catch into wild is considered an act of mercy). It is caught by cast net, by hands, fishing, drying a pond, and trap. There is a special bamboo trap just for catching this species. Sometimes it is dug out from a pond and marsh bottom during the dry season. In the rice planting season, when a tractor breaks up the soil, many fish including this species are found, and people scoop them out with a colander.



22 Jul. 2008 Dong Makkai Market,
Vientiane Capital, Laos



24 Nov. 2009 Phonekeo,
Vientiane Province, Laos



05 Sep. 2010 Nong Pet,
Vientiane Province, Laos



25 Nov. 2009 Naxaineua,
Vientiane Capital, Laos



30 May 2009 Thong Khan Kham Market,
Vientiane Capital, Laos



30 May 2009 Vientiane Capital, Laos



22 Jul. 2008 Nong Chanh Market,
Vientiane Capital, Laos



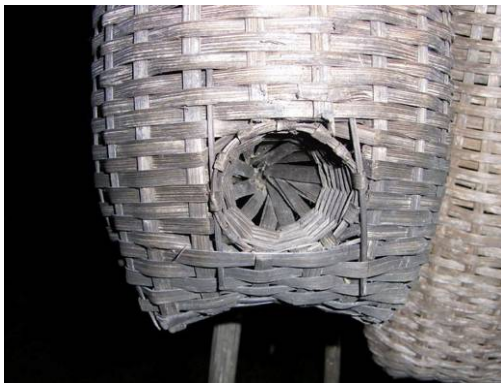
18 Sep. 2011 Sainyabuli, Laos



18 Sep. 2011 Sainyabuli, Laos



01 Sep. 2010 Vientiane Capital, Laos



01 Sep. 2010 Vientiane Capital, Laos



01 Sep. 2010 Vientiane Capital, Laos



01 Sep. 2010 Vientiane Capital, Laos



29 Jul. 2010 Pakkagnoung,
Vientiane Province, Laos

Macrognathus siamensis

Order: Synbranchiformes
Family: Mastacembelidae

LA	<u>Pa loth na</u>	
KH	<u>Tray chlowin</u>	
TH	<u>Pla lod</u>	
VN	<u>Ca chach xiem</u>	<u>Cá chạch xiêm</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam) and Chao Phraya delta. It is 20 to 30cm long with a slender body. Its snout is long, and distinct rows of blotches are found on the dorsal fin. It lives in a stagnant to slow water such as a paddy field, marsh, waterway, and pond. It is nocturnal and burrows in a sand most of daytime.

Use

It is served fried, roasted, dried, smoked, and in soup. It is not very large, so that it is often cooked and eaten as a whole, including the bone. It is often seen in the markets. This species is the most popular as food among *Mastacembelidae*.

It is caught by draw net, push net, hand-held lift net, hand net, and fixed net. Other species in *Mastacembelidae*, such as *Macrognathus semiocellatus* and *Macrognathus circumcinctus* in the same genus with this species, and several species in the genus *Mastacembelus* are used in the same manner.



23 Jul. 2008 Dong Makkai, Vientiane
Capital, Laos



04 Nov. 2008 Tropeang Thom Khang
Cheung, Takeo, Cambodia



06 Sep. 2010 Dong, Vientiane Province, Laos



24 Jul. 2008 Khun Neua, Vientiane Province, Laos



29 Nov. 2009 Dong Makkai, Vientiane Capital, Laos



24 May 2009 Vang Vieng Market, Vientiane Province, Laos



16 Feb. 2010 Lak2 Market, Champasak, Laos



19 Jan. 2013 Ban Watlouang, Champasak, Laos



Macrognathus siamensis
19 Nov. 2009 Thong Khan Kham Market, Vientiane Capital, Laos



Macrognathus siamensis
Mastacembelus favus
19 Nov. 2009 Nong Chanh Market, Vientiane Capital, Laos

Macrognathus circumcinctus

Order: Synbranchiformes

Family: Mastacembelidae

LA	<u>Pa loth</u>	
KH	<u>Tray chlowin bongkong</u>	
TH	<u>Pla lod kang lai</u>	
VN	<u>Ca chach ran</u>	<u>Cá chạch rắn</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta. It is 15cm long with a slender body and a long snout. There are 15 to 19 dark vertical lateral stripes.



25 Jul. 2010 Warin Chamrap Market,
Ubon Ratchathani, Thailand

Macrognathus semiocellatus

Order: Synbranchiformes

Family: Mastacembelidae

LA	<u>Pa loth</u>	
KH	<u>Tray chlowin kaeo</u>	
TH	<u>Pla lod saai, Pla lod lai</u>	
VN	<u>Ca chach com</u>	<u>Cá chạch côm</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta, Chao Phraya delta, and Mae Klong delta. It is 19cm long with a slender body and a long snout. There are rows of unclear circular mottles under dorsal fin.



25 Jul. 2010 Warin Chamrap Market,
Ubon Ratchathani, Thailand

Mastacembelus armatus

Order: Synbranchiformes

Family: Mastacembelidae

LA	<u>Pa lath</u>	
KH	<u>Tray k'chung</u>	
TH	<u>Pla lard, Pla kra ting</u>	
VN	<u>Ca chach lau, Ca chach bong</u>	<u>Cá chạch lấu, cá chạch bông</u>
JP		

Remarks

Basic Information

It is distributed from Pakistan to Vietnam and Indonesia. It is 70cm long with a slender body and a long snout. It has irregular reticulated pattern on its lateral side, but it does not reach the ventral aspect.



22 Jul. 2008 Dong Makkai Market,
Vientiane Capital, Laos

Mastacembelus favus

Order: Synbranchiformes

Family: Mastacembelidae

LA	<u>Pa lath</u>	
KH	<u>Tray k'chung t'moo</u>	
TH	<u>Pla kra ting, Pla lard</u>	
VN	<u>Ca chach lau</u>	<u>Cá chạch lấu</u>
JP		

Remarks

Basic Information

It is distributed from Indo-China Peninsula to Malay Peninsula. It is 70cm long with a slender body and a long snout. It has an irregular reticulated pattern on its lateral side, and it reaches the ventral side.



26 Apr. 2009 Vientiane Capital, Laos

Parambassis siamensis

Order: Perciformes
Family: Ambassidae

LA	<u>Pa khap khong</u>	
KH	<u>Tray kanchan chrah toi(ch)</u>	
TH	<u>Pla kra jok, Pla pan</u>	
VN	<u>Ca son xiêm</u>	<u>Cá sơn xiêm</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia), Chao Phraya delta, Mae Klong delta, and Malay Peninsula. It is the fish which is called glass fish in general. It is 5cm long with laterally compressed and almost transparent body. There is a black mottle posterior to the eye. It lives in slow currents of rivers, waterways, lakes and ponds, and marshes.

Use

It is served stir-fried and cooked in a pot. It is also used as a fish sauce ingredient, and is commonly sighted in the markets. As it loses freshness, the transparent body becomes cloudy. There is also a demand for its aquarium use.

It is caught by draw net, trap, hand-held lift net, cast net, and fixed net. It is often caught in rivers and lakes, but also frequently seen around a paddy field.



27 Jul. 2008 Nathone, Vientiane Capital,
Laos



10 Sep. 2007 Phoxai, Vientiane Capital,
Laos

Nandus oxyrhynchus

Order: Perciformes
Family: Nandidae

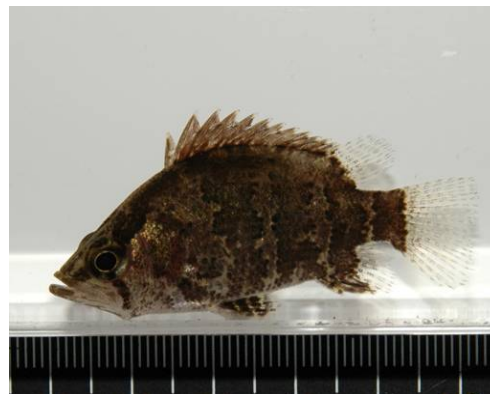
LA	<u>Pa moh</u>	
KH	<u>Tray khlaa bang</u>	
TH	<u>Pla kha baeung phaeng mor,</u> <u>Pla doom set, Pla sue daam</u>	
VN		
JP		
Remarks		

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), Chao Phraya delta, and Mae Klong delta. It is 7cm long with a deep and laterally compressed body. It has a large mouth which upper jaw reaches posterior end of the eye.

Use

It is served roasted and fried. It is used as a fish sauce ingredient in Laos. It is sold at the market, often mixed with other fish or aquatic insects. It is caught by draw net, hand-held lift net, push net, hand net, and trap.



10 Sep. 2007 Phoxai, Vientiane Capital,
Laos



10 Sep. 2007 Phoxai, Vientiane Capital,
Laos

Pristolepis fasciata

Order: Perciformes
Family: Nandidae

LA	Pa ka	
KH	Tray kontrop	
TH	Pla mor chang yead, Pla kha	
VN	Ca ro bien	Cá rô biển
JP		
Remarks		

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), Chao Phraya delta, Malay Peninsula, Sumatra Island, and Borneo Island. It is 18cm long with a deep body. There are rows of dark vertical stripes. It resembles *Nandus oxyrhynchus*, but can be distinguished by the shorter snout, smaller mouth, and rounder body. It lives in a slow to stagnant water, and can be found where aquatic plants are abundant.

Use

It is served roasted, fried, and dried. It is used as a fish sauce ingredient in Laos. It is often sold at the market. It is caught by draw net, hand-held lift net, hand net, fishing, gill net, and fixed net.



03 Sep. 2010 Vang Hou, Vientiane
Capital, Laos



05 Sep. 2010 Muang Fuang Market,
Vientiane Province, Laos

Oreochromis niloticus

Order: Perciformes
Family: Cichlidae

LA	<u>Pa nin</u>	
KH	<u>Tray tilapia chhnout</u>	
TH	<u>Pla nil</u>	
VN	<u>Ca rô phi van</u>	<u>Cá rô phi vằn</u>
JP	<u>Nile-tilapia</u>	<u>ナイルティラピア</u>

Remarks

Basic Information

It originates in Nile River system north of Lake Tanganyika, Niger River system in Western Africa, and Yarkon River in Israel. Those found in Southeast Asia are imported. It grows up to 50cm with 20 to 30cm ones being the most abundant. There are 8 to 10 unclear dark, vertical, lateral stripes. The caudal fin has clear vertical stripes. During egg laying season, the vertical stripes of males disappear, and the edges of dorsal and caudal fins turn to pale red. It lives in rivers, ponds, and lakes, and also spotted along waterways among paddy field. Males build a circular nest at the bottom of sandy mud in which females lay eggs during season. Females incubate eggs and grow juveniles in their mouth.

Use

Although it is imported fish, it is one of the most important edible fish in Indo-China. It is served roasted, fried, steamed, in salad (Laap), and in soup. When it is steamed, herbs are put into the abdomen to rid the smell. It is also used as a fish sauce ingredient. Among many methods of cooking this fish, salted roasting is the most popular, and it is even seen at the restaurants for foreign tourists. It is widely cultivated; therefore, it is available in markets throughout a year. It is often sold alive in a tank, so that people can obtain one fresh. Wild caught individuals are also sold that are caught by draw net, gill net, hand-held lift net, cast net, fishing, and drying ponds.



10 Sep. 2007 Namxouang Aquaculture
Development Center,
Vientiane Capital, Laos



12 Sep. 2007 Thong Khan Kham Market,
Vientiane Capital, Laos



Koi pa nin
27 Jun. 2010 Phonekeo,
Vientiane Province, Laos



19 Nov. 2009 Thong Khan Kham Market,
Vientiane Capital, Laos



26 Nov. 2009 Vientiane Capital, Laos



08 Nov. 2008 Tha Heua Market, Louang
Phrabang, Laos



11 Nov. 2008 Thong Khan Kham Market,
Vientiane Capital, Laos



19 Nov. 2009 New Nong Neow Market,
Vientiane Capital, Laos



05 Nov. 2010 Laos



12 Sep. 2007 Vientiane Capital, Laos

Oxyeleotris marmorata

Order: Perciformes
Family: Eleotridae

LA	<u>Pa bou</u>	
KH	<u>Tray domray</u>	
TH	<u>Pla boo</u>	
VN	<u>Ca bong tuong</u>	<u>Cá bóng tương</u>
JP		

Remarks

Basic Information

It is distributed from Indo-China Peninsula to Indonesia. It is 65cm long with a stout body. The pelvic fin is divided into two, and left and right one does not merge. There are 2 dorsal fins, and its caudal fin is round. Distinctive lateral mottles which are black to dark gray in color are present. It lives in slow to stagnant water, but also seen at the mouth of a river.

Use

It is served roasted, fried, steamed, and cooked in a pot. It is treated as a gourmet fish in Thailand and Cambodia, but since it can be caught near the villages, it is also available for ordinary households. Some restaurants in town that are equipped with a fish tank serve it very fresh.

It is caught by draw net, gill net, cast net, fishing, and trap.



27 Jul. 2008 Nathone, Vientiane Capital, Laos



03 Nov. 2008 Phnom Penh, Cambodia

Its cultivation is also being studied.

Anabas testudineus

Order: Perciformes
Family: Anabantidae

LA	<u>Pa kheng</u>	
KH	<u>Tray kran</u>	
TH	<u>Pla mor, Pla sadet, Pla kheng</u>	
VN	<u>Ca ro dong</u>	<u>Cá rô đồng</u>
JP	<u>Kinoboriuo</u>	<u>キノボリウオ</u>

Remarks

Basic Information

It is distributed in Sri Lanka to China, Indonesia and the Philippines. It is 25cm long, but 10 to 15cm individuals are the most abundant. It has an olive colored body and the bases of dorsal and anal fins are long. The caudal fin is round. There is a dark mottle above the origin of pelvic fin. It lives in wide range of slow to stagnant water, such as a paddy field, marsh, waterway, river, lake, and pond. Its ability to air-breathe enables it to tolerate dryness; thus, it is often seen in temporary water bodies such as puddles in a paddy field or streets. It is also adaptable to various water qualities, and can be found in soiled water with water buffalo dungs. It is able to walk on a land when the ground is wet.



12 Nov. 2008 Namxouang Aquaculture
Development Center, Vientiane Capital,
Laos



24 Oct. 2009 Vientiane Capital, Laos

Use

It is one of the most important edible fish in Indo-China. Since it lives near towns and villages, it is used frequently as a daily dish. It is served fried, roasted, cooked in a pot, and in Laap. It is also used as a fish sauce ingredient. It can be sold fresh because of its ability to survive outside water. Sometimes ones escaped from a container in a market can be seen walking on the ground. It is caught by gill net, hand-held lift net, fish basket, by hands, grains, fixed net, fishing, overnight hook fishing, drying pond, and trap. Smaller scale fishing is more popular.



09 Sep. 2010 Thating Hang,
Savannakhet, Laos



07 Aug. 2010 Phonekeo,
Vientiane Province, Laos



23 Jun. 2011 Vientiane, Laos



30 May 2009 Thong Khan Kham Market,
Vientiane Capital, Laos



31 Jan. 2010 Vientiane Capital, Laos



28 Jul. 2010 Dong Makkai,
Vientiane Capital, Laos

Betta spp.

Order: Perciformes
Family: Osphronemidae

LA	Pa kath	
KH	Tray kroem chul	
TH	Pla kad	
VN	Ca lia thia	Cá lia thia
JP	Betta	ベタ類

Remarks

Basic Information

It belongs to *Osphronemidae*, and it has a smaller and shallower body than others within the family. It resembles genus *Trichopsis*. The base of anal fin is long, and the caudal fin is round. It lives in slow current water. Due to the ability to air-breathe, it can live in waters with low oxygen level. It is very aggressive.

Use

It is served fried, roasted, cooked in a pot, steamed, dried or in soup. Usually, it is cooked with other small fish. Other than culinary use, its demand as an aquarium fish or fighting fish is high, and individuals which are bred and have bright colors for such purpose are often seen sold in a bottle.

Since its aggressive nature, it has to be kept separately in the bottles. There are people who catch the fish near their house and keep it as a pet in a container. In this research, we confirmed use of *Betta smaragdina* and *B. splendens*.



Betta smaragdina

16 Sep. 2007 Arak Svay, Siem Reap,
Cambodia



Betta spp.

08 Nov. 2008 Louang Phrabang, Laos



Betta smaragdina
31 May 2009 Na Ngom,
Vientiane Capital, Laos



Betta smaragdina
31 May 2009 Vientiane Capital, Laos



Betta splendens
24 Jul. 2008 Keun Market,
Vientiane Province, Laos



Betta splendens
25 Jul. 2008 Keun Market,
Vientiane Province, Laos



Betta splendens
25 Jul. 2008 Keun Market, Vientiane Province,
Laos

Trichopodus trichopterus

Order: Perciformes
Family: Osphronemidae

LA	<u>Pa ka deuth</u>	
KH	<u>Tray komphliein srae</u>	
TH	<u>Pla kra dee mor,</u> <u>Pla ka derd</u>	
VN	<u>Ca sac buom</u>	<u>Cá sặc bươm</u>
JP		
Remarks		

Basic Information

It is distributed in Southeast Asia. It is 10cm long. Its soft rays of pelvic fin become strings and extend as long as its body. The end of caudal fin has a slit, and there are numerous dark lateral oblique stripes. Bluish black spots are present in the center and at the origin of the caudal fin. Together with the eye, which is used to resemble a third blotch, those spots give its aquarium name of “three spot gourami”. It lives in marsh, waterways, and ponds.

Use

It is served fried, roasted, cooked in a pot, dried, and in soup. It is also used as a fish sauce ingredient in Laos. They are found in abundance around a paddy field and other surrounding areas, so it is frequently used in a daily dish.

It is caught by draw net, hand-held lift net, cast net, fixed net, and trap. Other species in genus *Trichopodus* are used in a same manner, but this species is more common in nearby environment.



22 Jul. 2008 Sikeud, Vientiane Capital, Laos



23 Jun. 2011 Vientiane Capital, Laos



Trichopodus trichopterus
17 Sep. 2007 Wat Preah Yesu, Siem Reap,
Cambodia



Trichopodus trichopterus
22 Jul. 2008 Phangheng, Vientiane Capital,
Laos



01 Aug. 2010 Napuheuy, Vientiane Province,
Laos



30 Jul. 2010 Khun Neua, Vientiane Province,
Laos



30 Jul. 2010 Khun Neua, Vientiane Province,
Laos



22 Jul. 2008 Phangheng, Vientiane Capital,
Laos



30 May 2009 Nong Chanh Market, Vientiane
Capital, Laos

Trichopodus microlepis

Order: Perciformes
Family: Osphronemidae

LA	<u>Pa ka deuth</u>	
KH	<u>Tray kom phliein phluk</u>	
TH	<u>Pla kra dee nang,</u> <u>Pla ka derd</u>	
VN	<u>Ca sac diep</u>	<u>Cá sặc diệp</u>
JP		

Remarks

Basic Information

It is 13cm long with a silvery body. The end of its caudal fin is slit.



16 Sep. 2007 Arak Svay, Siem Reap,
Cambodia

Trichopodus pectoralis

Order: Perciformes
Family: Osphronemidae

LA	<u>Pa ka deuth, Pa sa lit</u>	
KH	<u>Tray konthoo</u>	
TH	<u>Pla sa lid, Pla bai mai</u>	
VN	<u>Ca sac ran</u>	<u>Cá sặc rằn</u>
JP		

Remarks

Basic Information

It is 17cm long with a slit on the edge of caudal fin. Numerous black oblique lateral stripes are present. Some individuals have a black band running through the eye to the caudal fin.



30 May 2009 Hou Kua Market, Vientiane
Capital, Laos

Trichopsis schalleri

Order: Perciformes
Family: Osphronemidae

LA	<u>Pa math</u>	
KH	<u>Tray kram tonsai</u>	
TH	<u>Pla krim see, Pla maud</u>	
VN	<u>Ca bai trau</u>	<u>Cá bãi trầu</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos and Thailand) and grows up to 4cm. Soft rays of the pelvic fin are thread-like, but shorter than the body. Soft rays of the anal fin extend to middle of caudal fin. The caudal fin is round and tapered at the end. There are 1 to 2 black lateral stripes. Edge of the caudal, anal, and dorsal fins is red with scattered blue spots. It resembles *Trichopsis vittata*, but can be distinguished by lack of the black stripe under the eye. It lives in stagnant water body such as marsh, pond, and paddy field.

Use

It is served steamed, cooked in a pot, and stir-fried. It is also used as a sh sauce ingredient in Laos.

Since it is found in abundance near houses such as a paddy field and marsh, it is frequently used in a daily dish. It is often cooked with other small fish or aquatic insects or animals. It is caught by hand net, hand-held lift net, fixed net, and trap. It is caught often around a paddy field. *T. vittata* is used in the same manner.



09 Sep. 2010 Thating Hang,
Savannakhet, Laos



29 May 2009 Norng Yao, Vientiane
Capital, Laos



Trichopsis schalleri
09 Sep. 2010 Thating Hang, Savannakhet,
Laos



Trichopsis vittata
17 Sep. 2007 Wat Preah Yesu, Siem Reap,
Cambodia



Trichopsis vittata
02 Sep. 2010 Norng Bon, Vientiane Capital,
Laos



Trichopsis vittata
12 Sep. 2007 New Nong Neow Market,
Vientiane Capital, Laos

Channa lucius

Order: Perciformes

Family: Channidae

LA	Pa ii jone, Pa ka chon	
KH	Tray kanchoun chev	
TH	Pla e-jaun, Pla ka song	
VN	Ca day	Cá dầy
JP		

Remarks

Basic Information

It is distributed in Southeast Asia. Its length exceeds 30cm. Its lateral side has black mottles, and the ventral side has rows of oblique stripes. It lives in slow currents of rivers, lakes, marshes, and ponds.

Use

It is served fried, roasted, cooked in a pot, steamed, dried and in soup. It is caught by draw net, gill net, long-line fishery, and hand net.



30 May 2009 Dong Makkai Market,
Vientiane Capital, Laos



30 May 2009 Nong Chanh Market, Vientiane
Capital, Laos



30 May 2009 Vientiane Capital, Laos



26 Nov. 2009 Dong Borng, Vientiane Capital, Laos

Channa gachua

Order: Perciformes
Family: Channidae

LA	<u>Pa khor kang</u>	
KH	<u>Tray k'saan</u>	
TH	<u>Pla kang</u>	
VN	<u>Ca chanh duc</u>	<u>Cá chành dục</u>
JP		

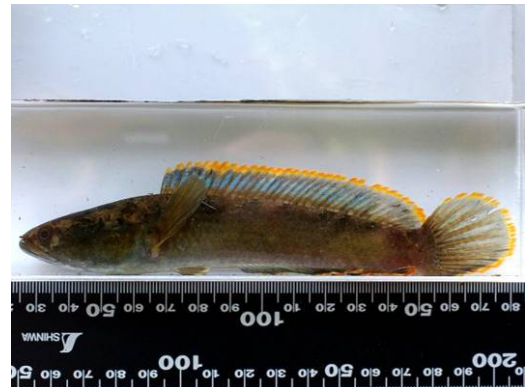
Remarks

Basic Information

It is distributed from Sri Lanka to Mekong delta (Laos, Thailand, Cambodia, Vietnam, and Yunnan Province in China) and Bali Island. Its length exceeds 17cm. Adult has light orange to yellowish or white tip of dorsal, anal, and caudal fin. A black eclipse-shaped mottle is present at the origin of the pectoral fin. It lives in rivers, small streams, lakes, marshes, and ponds.

Use

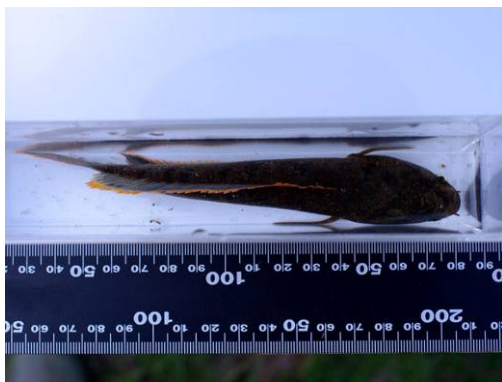
It is served fried, roasted, cooked in a pot, steamed, dried and in soup. Compared to the other species in *Channidae*, it is less often sold in the market, but it is a familiar fish around the villages and is used daily. It is caught by draw net, gill net, hand net, and cast net.



26 Nov. 2009 Dong Borng,
Vientiane Capital, Laos



13 Feb. 2010 Tha Heua Market,
Louang Phrabang, Laos



26 Nov. 2009 Dong Borng,
Vientiane Capital, Laos



26 May 2009 Nakha,
Louang Phrabang, Laos



26 Nov. 2009 Dong Borng,
Vientiane Capital, Laos



24 Feb 2010 Phonekeo,
Vientiane Province, Laos



17 Jul. 2010 Phonekeo,
Vientiane Province, Laos



24 Aug. 2010 Phonekeo,
Vientiane Province, Laos

Channa micropeltes

Order: Perciformes
Family: Channidae

LA	Pa do	
KH	Tray diep, Tray chhdao	
TH	Pla doh, Pla chado, Pla melang pu	
VN	Ca loc bong	Cá lóc bông
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), Chao Phraya delta, Malay Peninsula, Sumatra Island, and Borneo Island. Its length exceeds 90cm. Bold and black lateral stripes are present. Juveniles have 2 black lateral lines and the space between the lines is colored bright orange. It lives in slow current and stagnant water.

Use

It is served fried, roasted, cooked in a pot, steamed, dried, and in soup. It is often seen in the market, and sometimes individuals over 50cm are found. This species and *Channa striata* are more popular as food source among *Channidae* family. It is caught by draw net, gill net, trap, and long-line fishery.



18 Sep. 2007 Old Market, Siem Reap, Cambodia



20 Sep. 2011 Thong Khan Kham, Market, Vientiane Capital, Laos

Channa striata

Order: Perciformes
Family: Channidae

LA	<u>Pa khor</u>	
KH	<u>Tray phtoah, Tray roh</u>	
TH	<u>Pla chon, Pla khor</u>	
VN	<u>Ca loc dong, Ca loc den</u>	<u>Cá lóc đồng, Cá lóc đen</u>
JP		

Remarks

Basic Information

It is distributed from Sri Lanka to Indonesia, the Philippines, and China. It can grow up to 90cm long, but typical individuals are 30 to 70cm. It has a dark body with white ventral side. Adults have oblique black lateral stripes. Juveniles have an orange-colored body. It lives in a paddy field, marsh, waterway, river, pond, and lake. Sometimes it migrates to temporary a water such as puddles.

Use

It is the most frequently used species within *Channidae* family, and it can represent the food in Indo-China. It is found in abundance around a paddy field, so it is easy for people to catch and use it daily.

There are several ways of using the fish, including its juveniles and hatchlings. It is mainly fried, roasted, steamed, cooked in a pot, dried, in soup, and ground to make a paste. It is particularly popular to fry or make a soup with it. Hatchlings are wrapped in banana leaves and steamed. It is caught by drying of pond, gill net, bag net, hand-held lift net, fish basket, by hands, fishing, fixed net, and trap. In Laos, there is even a trap that is named after this species (Chan-Pa khor). It is cultivated both commercially and individually. Individual small scale farms are often extensive, but locals prefer wild-caught over farmed ones, and they differ in market prices as well.



14 Sep. 2011 Houyyon, Khammouane, Laos



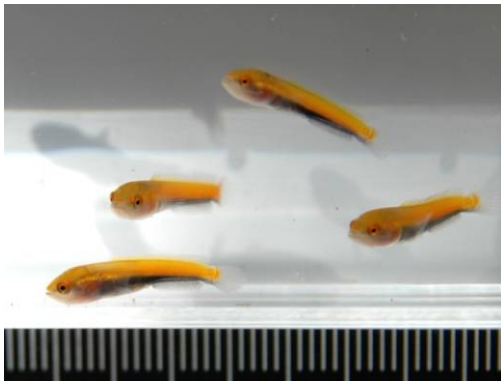
04 Nov. 2008 Phnom Penh, Cambodia



19 Nov. 2009 Thong Khan Kham Market,
Vientiane Capital, Laos



27 Jul. 2008 Nathone,
Vientiane Capital, Laos



17 Sep. 2007 Wat Preah Yesu,
Siem Reap, Cambodia



03 Aug. 2010 Phonekeo,
Vientiane Province, Laos



17 Sep. 2007 Wat Preah Yesu,
Siem Reap, Cambodia



29 May 2009 Norng Bon,
Vientiane Capital, Laos



19 Nov. 2009 New Nong Neow Market,
Vientiane Capital, Laos



28 Jul. 2008 Thong Khan Kham Market,
Vientiane Capital, Laos



12 Sep. 2007 Vientiane Capital, Laos



27 Jul. 2009 Vientiane Capital, Laos



17 Sep. 2007 Tonle Sap,
Siem Reap, Cambodia



17 Sep. 2007 Tonle Sap,
Siem Reap, Cambodia



Chan-Pa khor
29 May 2009 Norng Bon,
Vientiane Capital, Laos



28 Nov. 2009 Vientiane Capital, Laos



26 Apr. 2009 Vientiane Capital, Laos



29 May 2009 Norng Bon,
Vientiane Capital, Laos

Brachirus harmandi

Order: Pleuronectiformes
Family: Soleidae

LA	Pa pam, Pa line maa	
KH	Tray ondat chhkae khmau	
TH	Pla lin maa, Pla line kwai	
VN	Ca lui meo	Cá lưỡi mè
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia), Chao Phraya delta, and Malay Peninsula. It is 8cm long with a flat body. Its pectoral fin is rudimentary. It lives in the sand and muddy bottom of large rivers.

Use

It is used in soup. It is caught by draw net, trawling, fixed net, and cast net.



Nov. 2008 Phnom Penh, Cambodia



05 Nov. 2008 Phnom Penh, Cambodia

Tetraodon turgidus

Order: Tetraodontiformes
Family: Tetraodontidae

LA	<u>Pa pao</u>	
KH	<u>Tray kompot para</u>	
TH	<u>Pla pak pao</u>	
VN	<u>Ca noc</u>	<u>Cá nóc</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos and Thailand). It is 18.5cm long. Numerous dark orange to reddish mottles are present on the lateral side.

Use

It is used as food in Laos and Cambodia, but it is not a popular cooking fish. Although not frequent, it is sold at the market. It is served roasted, steamed, and in soup. Many species of *Tetraodontidae* family are known to have poison, but details about freshwater species in Indo-China Peninsula remain unknown. During an interview in Laos, there were tales of people having stomach ache or died after consuming pufferfish, but the truth needs confirmation.

It is caught by cast net, hand-held lift net, hand net, fixed net, and trap. Other than this species, use of *T. cambodgiensis*, *T. cochinchinensis*, and *T. suvattii* are confirmed.



24 Jul. 2008 Khun Neua, Vientiane
Province, Laos



24 Jul. 2008 Khun Neua, Vientiane
Province, Laos



23 Nov. 2009 Nam Song,
Vientiane Province, Laos



Tetraodon cambodgiensis
13 Nov. 2008 Thaheua Market,
Vientiane Province, Laos



Tetraodon cochinchinensis
06 Aug. 2010 Vientiane Capital, Laos



Tetraodon cochinchinensis
12 Sep. 2010 Sivilay, Vientiane Capital, Laos



Tetraodon suvattii
23 Nov. 2009 Hin Kham Mad Market,
Vientiane Province, Laos

Other cooking fish

There are many fish being used in Mekong delta, other than those introduced in this report. It is assumed that fish that are not frequently used remain unconfirmed. In this chapter, the pictures, scientific names, and the local names of fish that are confirmed of their use, but lack detailed information, are introduced.

Anguilla marmorata

Order: Anguilliformes

Family: Anguillidae

LA	<u>Pa lai fai faa</u>	
KH		
TH	<u>Pla ian hoo</u>	
VN	<u>Cá chình hoa</u>	<u>Cá chình hoa</u>
JP		オオウナギ

Remarks

Basic Information

It is not often found in market. It is served in soup



21 Jan. 2013 Pakse New Market,
Champasak, Laos

Clupeichthys aesarnensis

Order: Clupeiformes

Family: Clupeidae

LA	<u>Pa mak phang, Pa sanak</u>	
KH	<u>Tray kbok</u>	
TH	<u>Pla mak phang</u>	
VN	<u>Cá trích xiêm</u>	<u>Cá trích xiêm</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It lives in large rivers without much current. It is dried and served in stir-fry. It is also used as a fish sauce ingredient.



19 Nov. 2009 Hou Kua Market, Vientiane
Capital, Laos

Tenuالosa thibaudeaui

Order: Clupeiformes

Family: Clupeidae

LA Pa mak phang, Pa sanak

KH Tray kbok

TH Pla mak phang

VN Ca chay nam Cá chày nam

JP _____

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia and Vietnam). It has a deep body, and adults have rows of black spots on the upper lateral body. It feeds on phytoplankton and other small food.



Tenuالosa thibaudeaui

26 Jun. 2010 Vientiane Capital, Laos

Boraras micros

Order: Cypriniformes

Family: Cyprinidae

LA Pa sill

KH Tray changwa la-et

TH _____

VN _____

JP _____

Remarks

Basic Information

It is stir-fried or steamed with other small fish. It is not eaten as a single cooking fish, but rather is cooked as small fish collectively.



25 Jul. 2008 Naphang, Vientiane
Province, Laos

Danio roseus

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pasill, Pa vien fai, Pa sill</u>	
	<u>dang</u>	
KH		
TH	<u>Pla siew</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (North of Laos, Thailand and Myanmar). It is 3.5cm long with a pinkish to orange colored band on pelvic and anal fin. It has long barbels, and is served steamed or cooked in a pot.



26 May 2009 Nakha, Louang Phrabang,
Laos

Devario gibber

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa sill khao</u>	
KH	<u>Tray changwaa phlieng</u>	
	<u>phnom</u>	
TH	<u>Pla siew</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos). It is 6.5cm long with 3 to 4 dark blue lateral stripes.



Phonekeo, Vientiane Province, Laos

Discherodontus ashmeadi

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa sill hang deang</u>	
KH	<u>Tray kontoy krohom</u>	
TH	<u>Pla haang dang, Pla dangnoi</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is 13.5cm long with a black tip of dorsal fin. Part of the caudal fin turns bright red. It is served fried, roasted, and steamed. It is also used as a fish sauce ingredient in Laos.



11 Nov. 2008 Thong Khan Kham Market,
Vientiane Capital, Laos

Hemiculterella macrolepis

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa kang</u>	
KH		
TH		
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos and Yunnan Province in China). It is 13.5cm long. Between the base of the pelvic fin and the anal fin becomes keel. Dried fish are sold, and they are served fried and stir-fried.



17 Feb. 2010 Pakse New Market,
Champasak, Laos

Hypsibarbus lagleri

Order: Cypriniformes

Family: Cyprinidae

LA Pa pak mon, Pa pak

KH Tray chhpin sdaeng

TH Pla pak, Pla pak nuad

VN

JP

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is 35cm long with a laterally compressed and deep body.



13 Feb. 2010 Phoshy Market,
Louang Phrabang, Laos

Hypsibarbus pierrei

Order: Cypriniformes

Family: Cyprinidae

LA Pa pak ta leung

KH Tray ch'pun miah

TH Pla pak

VN

JP

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Vietnam, and Cambodia), Dong Nai delta and Malay Peninsula. It is 25cm long.



21 Jun. 2009 Vientiane Capital, Laos

Hypsibarbus malcolmi

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa pak kom</u>	
KH	<u>Tray ch'pun moul</u>	
TH	<u>Pla pak, Pla tapak</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia), Chao Phraya delta, Mae Klong delta, and Malay Peninsula. It is 40cm long.



22 Jul. 2008 Nong Chanh Market,
Vientiane Capital, Laos

Labiobarbus leptocheila

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa khilam</u>	
KH	<u>Tray khnong veng , Tray ai(ch)kok</u>	
TH	<u>Pla khui larm, Pla laung khon</u>	
VN	<u>Ca linh ray</u>	<u>Cá linh rây</u>
JP		

Remarks

Basic Information

It is distributed in Southeast Asia. It is 26cm long with dark caudal and dorsal fins. Usually it has rows of dark spots on the lateral side. It is served fried and roasted.



22 Jul. 2010 Vientiane Capital, Laos

Labiobarbus siamensis

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa poth, Pa ithai</u>	
KH	<u>Tray ai(ch)kok, Tray khnong veng</u>	
TH	<u>Pla sa, Pla moliluay</u>	
VN	<u>Ca linh ria xiêm</u>	<u>Cá linh rìa xiêm</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia), and Chao Phraya delta. It is 16.5cm long with dark caudal and dorsal fins. Usually it has rows of dark spots on lateral side.



15 Sep. 2007 Kampong Phluk, Siem Reap, Cambodia

Onychostoma gerlachi

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa khing</u>	
KH	<u>Tray ronoung ch'nout</u>	
TH	<u>Pla soi</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (North of Laos and Yunnan Province in China), Ma delta, Red River delta, and Nanpan delta. It is 26.5cm long.



24 Nov. 2009 Vang Vieng Market, Vientiane Province, Laos

Opsarius pulchellus

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa khan heua</u>	
KH	<u>Tray ongkot krophom</u>	
TH	<u>Pla nam mueng</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Yunnan Province in China), Ma delta, and Chao Phraya delta. It is 10cm long with 7 to 10 dark blue vertical mottles. It lives in rivers and small streams.



24 Nov. 2009 Vang Vieng Market,
Vientiane Province, Laos

Parachela siamensis

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa tab houa bith</u>	
KH	<u>Tray chuntia phlok</u>	
TH	<u>Pla taeb kaew, Pla tong prus</u>	
VN	<u>Ca lanh canh xiêm</u>	<u>Cá lành canh xiêm</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia) and Chao Phraya delta. It is 12cm long with its ventral side being keel.

The pectoral fin is long, but does not reach the edge of the pelvic fin. It is served fried and roasted. It is also used as a fish sauce ingredient.



30 May 2009 Vientiane Capital, Laos

Poropuntius laoensis

Order: Cypriniformes

Family: Cyprinidae

LA Pa jath

KH Tray kroh phnom

TH Pla jard, Pla kavao

VN _____

JP _____

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is served fried, roasted, and steamed. It is used as a fish sauce ingredient.



13 Feb. 2010 Tha Heua Market, Louang Phrabang, Laos

Poropuntius normani

Order: Cypriniformes

Family: Cyprinidae

LA _____

KH Tray kroh phnom

TH Pla jard

VN _____

JP _____

Remarks

Basic Information

It is served fried, roasted, and steamed. It is used as a fish sauce ingredient.



22 Nov. 2009 Mueng Song Market, Vientiane Province, Laos

Probarbus jullieni

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa eune</u>	
KH	<u>Tray trosok</u>	
TH	<u>Pla yeesok, Pla urn</u>	
VN	<u>Ca tra soc</u>	<u>Cá trà sóc</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia), Chao Phraya delta, Mae Klong delta, and Malay Peninsula.

It is 1m long with distinct black lateral stripes. The caudal fin is black and forked. It is served roasted, in soup, and Laap, and as a stake.



14 Oct. 2009 Vientiane Province, Lao

Puntius sp. (cf. masyai)

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa khao</u>	
KH	<u>Tray ongkot prak</u>	
TH	<u>Pla tapien sai</u>	
VN	<u>Ca ram</u>	<u>Cá rắm</u>
JP		

Remarks

Basic Information

It has a black blotch in the middle of base of dorsal fin and caudal peduncle. It is served fried, roasted, cooked in a pot, and steamed. It is used as a fish sauce ingredient.



24 Jul. 2008 Naphang, Vientiane Province, Laos

Rasbora sp. (cf. *steineri*)

Order: Cypriniformes
Family: Cyprinidae

LA	<u>Pa sill</u>	
KH	<u>Tray chongwa ch'nout</u>	
TH	<u>Pla siew hang daeng</u>	
VN	<u>Ca long tong</u>	<u>Cá long tong</u>
JP		

Remarks

Basic Information

It is distributed in Ma delta, North to Central Vietnam, and Southeast China. It is 6cm long with a dark lateral band that reaches the edge of caudal fin.



Rasbora sp. (cf. *steineri*)
28 Jun. 2010 Phone Ngeun,
Vientiane Province, Laos

Scaphiodonichthys acanthopterus

Order: Cypriniformes
Family: Cyprinidae

LA		
KH		
TH	<u>Pla moom</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, Vietnam, and Yunnan Province in China), Nam Xam delta, Da delta, and Chao Phraya delta. It is 31cm long. It lives in clear streams in the mountains.



29 Sep. 2009 Phonekeo, Vientiane
Province, Laos

Scaphognathops bandanensis

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa pian tadam</u>	
KH	<u>Tray paphak</u>	
TH	<u>Pla ta dam, Pla ta pean</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, and Cambodia). It is 18cm long with a pale yellow caudal fin. It has no barbels and has a blunt sharp snout. It lives in rivers during the dry period and migrates to the branches of river or flood plains during rain season. It is served roasted, in soup and Laap, and dried.



08 Nov. 2008 Tha Heua Market, Louang
Phrabang, Laos

Sikukia gudgeri

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa mok mang</u>	
KH	<u>Tray kombot chromoh, Tray phneik krohom</u>	
TH	<u>Pla kra mang, Pla si kook</u>	
VN	<u>Ca danh</u>	<u>Cá danh</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Yunnan Province in Chin) and Chao Phraya delta. It is 15cm long with a silver body.

It is served fried, roasted, cooked in a pot, and steamed. It is used as a fish sauce ingredient.



10 Jul. 2009 Vientiane Capital, Laos

Thynnichthys thynnoides

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa kaum</u>	
KH	<u>Tray lin</u>	
TH	<u>Pla soi kred tee</u>	
VN	<u>Ca linh cam</u>	<u>Cá linh cá</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), Chao Phraya delta, Malay Peninsula, Sumatra Island, and Borneo Island.

It is 20cm long with a laterally compressed body and keeled ventral side. It is silvery with fine scales. It lives in rivers, waterways, and flood plains. It is roasted and cooked in a pot. It is used as a fish sauce ingredient.



15 May 2009 Vientiane Capital, Laos

Tor tambroides

Order: Cypriniformes

Family: Cyprinidae

LA	<u>Pa daeng</u>	
KH	<u>Tray k'ao</u>	
TH	<u>Pla wien</u>	
VN	<u>Ca ngựa xám</u>	<u>Cá ngựa xám</u>
JP		

Remarks

Basic Information

It is distributed in Southeast Asia. It is 55cm long with a bright ventral side and dark dorsal side. Its scales are large. It is served roasted, steamed, cooked in a pot, in Laap and soup.



07 Nov. 2008 Phoshy Market, Louang Phrabang, Laos

Helicophagus leptorhynchus

Order: Siluriformes

Family: Pangasiidae

LA	<u>Pa naa nou</u>	
KH	<u>Tray pra kondol</u>	
TH	<u>Pla sa wai noo</u>	
VN	<u>Ca tra chuot</u>	<u>Cá tra chuột</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam) and Chao Phraya delta. It lives in rives and river branches. It is 47cm long with 2 pairs of relatively short barbels.



13 Feb. 2010 Morpou, Champasak, 2010

Pseudolais pleurotaenia

Order: Siluriformes

Family: Pangasiidae

LA	<u>Pa yone thong kom</u>	
KH	<u>Tray chhwiet kdaa</u>	
TH	<u>Pla vorn taa po</u>	
VN	<u>Ca xac bau</u>	<u>Cá xác bầu</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam), Chao Phraya delta, Mae Klong delta, and Tapi delta.

It is 30cm long with a laterally compressed body and keeled ventral side. It is served fried and cooked in a pot.



16 Feb. 2010 Lak2 Market,
Champasak, Laos

Clupisoma sinensis

Order: Siluriformes

Family: Schilbeidae

LA	<u>Pa ngon thong</u>	
KH	<u>Tray chhwiet prak luang</u>	
TH	<u>Pla vorn thong</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, Vietnam, and Yunnan Province in China) and Malay Peninsula. It is 27cm long with 4 pairs of barbels.



Clupisoma sinensis

14 Oct. 2009 Vientiane Capital, Laos

Laides longibarbis

Order: Siluriformes

Family: Schilbeidae

LA	<u>Pa yone ta loh</u>	
KH	<u>Tray chhwiet prak</u>	
TH	<u>Pla vorn mauk</u>	
VN		
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, Vietnam, and Yunnan Province in China), Chao Phraya delta, and Mae Klong delta. It is 14cm long with 3 pairs of barbels.



22 Jul. 2008 Dong Makkai Market,
Vientiane Capital, Laos

Polynemus aquilonaris

Order: Perciformes
Family: Polynemidae

LA	_____	_____
KH	<u>Tray pream sor</u>	_____
TH	_____	_____
VN	<u>Cá phen song</u>	<u>Cá phèn sông</u>
JP	_____	_____

Remarks

Basic Information

It was sold in Cambodian water market.



15 Sep. 2007 Tonle Sap, Siem Reap,
Cambodia

Boesemania microlepis

Order: Perciformes
Family: Sciaenidae

LA	<u>Pa kouang</u>	_____
KH	<u>Tray promar</u>	_____
TH	<u>Pla kuang</u>	_____
VN	<u>Cá suu</u>	<u>Cá sừu</u>
JP	_____	_____

Remarks

Basic Information

It is cooked in a pot or put in soup.



19 Jan. 2013 Lak2 Market, Champasak,
Laos

Brachygobius mekongensis

Order: Perciformes

Family: Gobiidae

LA	<u>Pa bou</u>	
KH	<u>Tray ka-san boeung</u>	
TH		
VN	<u>Ca bong dieu</u>	<u>Cá bông diều</u>
JP		

Remarks

Basic Information

It is cooked in a pot, stir-fried, or steamed with other small fish and aquatic animals.



22 Jul. 2008 Phangheng, Vientiane
Capital, Laos

Osphronemus exodon

Order: Perciformes

Family: Osphronemidae

LA	<u>Pa men</u>	
KH	<u>Tray romeas</u>	
TH	<u>Pla mhen</u>	
VN	<u>Ca tai tuong</u>	<u>Cá tai tượng</u>
JP		

Remarks

Basic Information

It is served fried, roasted, cooked in a pot, or stir-fried. It is also used as an ingredient for fish sauce and fermented sushi.



18 Feb. 2010 Lak14 Market, Champasak,
Laos

Datnioides undecimradiatus

Order: Perciformes

Family: Lobotidae

LA	<u>Pa seu</u>	
KH	<u>Tray kontrop khla</u>	
TH	<u>Pla sua</u>	
VN	<u>Ca huong ven</u>	<u>Cá hương vên</u>
JP		

Remarks

Basic Information

It is distributed in Mekong delta (Laos, Thailand, Cambodia, and Vietnam). It is 24cm long with 4 to 5 distinct vertical black stripes. It is served fried, roasted, and in soup.



2010.Feb.16 Lak2 Market,
Champasak, Laos

Reference

- 秋道智彌・黒倉寿 編 (2008) 人と魚の自然誌 母なるメコン河に生きる. 世界思想社.
- 石毛直道・ケネス, ラドル (1987) 東南アジアの魚醤 -魚の発酵製品の研究(5)-. 国立民族学博物館研究報告, vol. 12-2 : 235-314. 国立民族学博物館.
- 石毛直道・ケネス, ラドル (2009) 魚醤とナレズシの研究. 岩波書店.
- 岩田明久・大西信弘・木口由香 (2003) 南部ラオスの平野部における魚類の生息場利用と住民の漁労活動. アジア・アフリカ地域研究, 3:51-86.
- 川那部浩哉・水野信彦・細谷和海 (2002) 山溪カラー名鑑 日本の淡水魚. 山と溪谷社.
- 河野博 編 (2001) 東南アジア市場図鑑 魚貝篇. 弘文堂.
- 環境省自然環境局野生生物課 (2003) 改訂・日本の絶滅のおそれのある野生生物ーレッドデータブックー4 汽水・淡水魚類. 自然環境研究センター.
- 多紀保彦 (1993) 魚が語る地球の歴史. 技報堂出版.
- 多紀保彦 監・自然環境研究センター 編著 (2008) 日本の外来生物. 平凡社.
- 多紀保彦 (2012) 世界で出逢った魚と人と言いたいもの -わが魚類研究の軌跡-. 五葉書房.
- 中坊徹次 編 (2013) 日本産魚類検索 全種の同定 第三版. 東海大学出版会.
- 山崎浩二・阿部正之 (2007) 最新図鑑 熱帯魚アトラス. 平凡社.
- Davidson, A. (2003) Fish and Fish Dishes of Laos. Prospect Books.
- Kottelat, M. (2001) Fishes of Laos. WHT Publications (Pte) Ltd.
- Phia Sing. (2000) Traditional Recipes of Laos. Prospect Books.
- Rainboth, W. J. (1996) FAO Species Identification Field Guide for Fishery Purposes. Fishes of the Cambodian Mekong. Food and Agriculture Organization of the United Nations.
- 「Cultured Aquatic Species Information Programme *Hypophthalmichthys molitrix* (Valenciennes, 1844)」 http://www.fao.org/fishery/culturedspecies/Hypophthalmichthys_molitrix/en
- 「Fish Base A Global Information System on Fishes」 <http://www.fishbase.org/home.htm>