

ART OF THAI COOKING

Authentic Thai Food



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Thai Cottage Home Cookery School

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The Thai tradition of communal eating

The most commonly heard Thai greeting is *Tan Khao Ma Rue Yung*? Which mean "have you eaten yet ? " If the answer is *Yung* ("not yet") You will almost certainly be invited into the house and offered a meal or a snack. The importance of food and hospitality permeates Thai culture so thoroughly that to the stranger it can appear Thais are eating or snacking all the time. But in fact it is all part of the Thai warmth, the desire to welcome and help others, the sharing of general happiness that is such an integral part of the Thai personality. Most nationalities have their own favorite topic of conversation, and for the Thais it is food. Nearly all social occasions involve eating, Visit a Thai house in the city or the provinces, in the tiniest village, and someone will be preparing the ingredients for the next meal. With so many fresh ingredients on hand, every household seems to have its own culinary speciality.

There is, it appears to the visitor, no shortage of people to sit down at a meal. The extended family is very much part of the Thai lifestyle, but neighbors, friends, casual acquaintances, even someone who may have called past to sell or repair something, all are invited to dine.

Traditionally, a cloth is laid on the floor, so there is always physically room for plenty of people to sit down. The women sit with their legs tucked to one side, the men cross-legged. Each dish is shared from a common plate, which comes with its own spoon that is used to serve others or to help oneself.

As most of each of these dishes are placed on the rice that is served individually. This eating from common platters enhances the togetherness of a Thai meal, with the diners courteously serving each other, and discussing the merits of each dish.

Thailand's varied cuisine

Until relatively recent times, Thailand's rich culinary heritage was one of its best-kept secrets. Discovery by the outside world came first with the advent of tourism to the Kingdom, later through the phenomenal popularity of Thai restaurants that opened in cities as diverse as Los Angeles and London, Sydney and Tokyo. Now it seems that no city, town or suburb is complete without a Thai restaurant. Even first-time visitors to Thailand are likely to have some prior experience of the subtle blend of tastes and textures that make a Thai meal so memorable. Many people find it surprising to discover how diversified this country's cooking really is. Each of the four major regions of Thailand has its own special creations often revealing foreign influences assimilated over the centuries but always with a distinctive Thai flavor.

Eating a Thai meal

Eating Thai style is usually a social affair that involves a group of people sitting around a table or in a circle on the floor. A typical meal is comprised of a number of dishes, either in the form of soups or served in bite-sized pieces. Each person dining uses only a fork and a spoon. In fact, a century or so ago no cutlery, apart from serving utensils, was used during traditional meals. Instead, sticky rice was pressed into small balls with the fingers and dipped into the other dishes. Ordinary rice was spooned onto individual dishes with a utensil made of wood or coconut and also eaten with the fingers.

European spoons and forks appeared during the 19th century, first among royalty and later adopted by the general population. The custom today is to eat with a soup-sized spoon, using the fork to push food onto the spoon. A Chinese-style ceramic spoon may be provide if there is soup, which is served in a separate small bowl. Chopsticks are used primarily with noodle dishes.

The meal is comprised of a variety of dishes in order to achieve the blend of flavour Thais like. A large bowl of rice is always the centerpiece, except for sweets, all the dishes are served at the same time and may be eaten in any order desired.

Ideally a Thai meal offers a combination of tastes : sweet ,salty and sour, with spicy-hot and bitter often as minor accents to the flavours. Sometimes several of these are presented in a single dish, subtly blended, while in other dishes one flavour predominates. Most often, in addition to the obligatory bowl of rice, there will be a soup, a curry, a steamed dish and/or a fried dish with several basic sauces used to adjust the flavour to suit each individuals taste. Sweets for a formal meal may also consist of several dishes: fresh fruit that is in season, as well as one or more of the traditional confections made of egg yolk and coconut cream. The preferences of each individual cook dictate how strongly the various flavors are emphasized. Thai restaurants abroad, for instance, often serve food that is milder, less salty and less spicy than found in Thailand.

Adaptation of Thai food

The basic methods and ingredients of cooking Thai food have proven highly versatile and can be used in many of the world's noted cuisines.

Some restaurants have adjusted recipes to conform with the strict dietary rules of Jewish and Muslim cuisines.

Many Thai dishes can be made strictly vegetarian. Western chefs have also incorporated Thai flavours into their own classic dishes to create a type of fusion-food that has proven popular the world over.

Ingredients and herbs for Thai cooking

In Thai cooking, a variety of ingredients are employed to produce its unique blend of flavours. Here are some of the more common ones found in every Thai market and increasingly, in other parts of the world as well.

Chili (พริก : *Phrik*) Several different types of the chilli are used in Thai cooking. As a general rule, the smaller the chilli, the hotter it is. The hottest are the tiny red or green *Phrik Khi Nu*, followed by the slightly larger *Phrik Chi Fa*. Dried chillies, *Phrik Khi Nu Haeng*, and ground chilli powder, *Phrik Khi Nu Pon*, are also used.



Chili



Galangal

Galangal (ข่า : *Kha*) A relative of the ginger root, *Galanga* or *Saimese Ginger*, imparts a delicate, unique flavour. It is used fresh, dried or powdered.

Ginger (ขิง : *Khing*)

In addition to galanga, two other varieties of Ginger are used in Thai cooking, the familiar one *Khing* and another *Krachai* which has a milder flavour.



Ginger

Lemon grass (ตะไคร้ : Ta-khrai)

This tall, grass-like plant, has small, bulbous roots and a lemony flavour and aroma. The bud and base leaves are chopped and pounded for many dishes as well as for a refreshing herbal tea.



Lemongrass

Kaffir Lime (มะกรูด : Ma-Krut)

Both the fruit and leaves of this shrub, lend a distinctive taste to many Thai foods, especially curry pastes. There is no real substitute though.



Kaffir lime

Lime (มะนาว : Ma-nao) Used principally as a garnish for fish and main dishes, lime is also freshly squeezed and mixed with water and sugar syrup as a beverage.



Lime



Turmeric

Turmeric (ขมิ้น : Kha-min)

Another member of the ginger family, Turmeric provides a bright yellow colour to some Thai curries.

Basil (Three different varieties)

When these are not available western sweet basil may be used, though the taste will be somewhat different.

Sweet Basil (ใบโหระพา : Bai Ho-ra-pha) The most commonly used and has a slight aniseed flavour and a reddish purple colour.



Sweet basil

Holy Basil (ใบกระเพรา : Bai Kha-prao)

A spicier flavour only released when cooked.



Holy basil

Lemon Basil (ใบแมงลัก : Bai Maeng-luk)

Milder and often sprinkled over soup and salads.



Lemon basil



Coriander

Coriander (ผักชี : Phak-chi)

Coriander (Cilantro) is essential to many Thai dishes. Not only are the leaves used but also the stems, roots and seeds, all of which impart different flavours.



Garlic

Garlic (กระเทียม : Kra-thiam)

Thai garlic is smaller and sweeter than the Western variety. It is used both fresh and pickled in a large number of classic dishes.

Peppercorns (พริกไทย : Phrik Thai)

Used fresh (green), dried (black)
and ground (black) to add a peppery flavour
to many dishes.



Pepper corns

Mint (ใบสะระแหน่ : Bai Sa-ra-nea)

Fresh leaves are used as a vegetable,
for flavoring and as a garnish
to a number of dishes.



Mint

Onions (หอมหัวใหญ่ : Hom Yai)

In addition to the large, bulbous common variety:

Shallot (หอมแดง : Hom Daeng)

Small, zesty, sweet and aromatic.

An essential ingredient in many Thai dishes

Spring Onions (ต้นหอม : Ton Hom)

used as vegetables and for garnishing many dishes.



Onions

Tamarind (มะขาม : Ma-kham)

The pulp of the pod of the tamarind tree
adds a sour taste to numerous meat and fish
dishes (no to be confused with sweet tamarind).

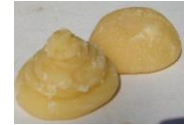


Tamarind

Seasoning

Palm Sugar (น้ำตาลปีบ : Nam-taan Peep)

Palm Sugar is derived from the fruit of the Palmyra or sugar palm. After collecting the sap from its large rough trunks, the sap is boiled until the liquid has evaporated. The sugar that remains is a light golden-brown paste with a distinctive flavor and fragrance and comes in the form of dry cubes or thick paste.



Palm sugar

Fish sauce (น้ำปลา : Nam Pla)

Made from fermented fish mixed with salt. It is rich in protein and vitamin B and its use is widespread. The best quality sources are dark in color, tasting more of fish and have a pungent fishy aroma. It comes in bottles and plastic jugs. Fish sauce is served with nearly every meal and is also used in almost every dish of Thai food. It can be substitute with Light Soy Sauce or Salt.



Fish sauce

Oyster Sauce (น้ำมันหอย : Nam-man Hoy)

This is made from concentrated oysters and their brine cooked with salt and soy sauce. It is thick, brown, rich and salty. It is used in stir-fries.

It can be substituted with **Mushroom Sauce**.



Oyster sauce
Mushroom sauce



Shrimp paste

Shrimp Paste (กระปิ : Ka-pi)

A strong-smelling pungent paste made from dried shrimp and salt. Rich in vitamin B, it is added to many curry pastes and can be substituted with Anchovy or Soybean paste.

Hot & sour prawns soup (Tom yam kung)

Ingredients :

50 g	prawns (can substitute with seafood or chicken or tofu)
2 - 3 pieces	sliced lemon grass
2 - 3 pieces	thinly sliced galangal (Thai ginger)
1 - 2	kaffir lime leaves, torn a half
1 - 3	fresh or dried chilies, crushed
30 g	straw mushrooms , cut into quarters
30 g	large onion, cut into quarters
30 g	tomatoes, cut into quarters
1 tsp	sliced coriander
1 tsp	sugar
1 tbsp	lemon juice
1 tbsp	fish sauce (Veg. : soy sauce)
1 cup	chicken stock (Veg. : vegetable stock)



Method :

1. Boil chicken stock in a pot, add lemon grass, galangal, kaffir lime leaves, cook until boiling.
(** Add the chicken or tofu in.)
2. Add straw mushrooms & onion in the pot with gentle stir. Wait for a few minutes.
3. Add tomatoes, prawns (seafood) in and wait until everything done
4. Add season with fish sauce, sugar, lemon juice and chili to taste.
5. Turn off the heat. Sprinkle coriander and ready to serve.

Chicken in coconut milk soup (Tom kha kai)

Ingredients :

50 g	boneless chicken breast, sliced 3 cm thick
2 - 3 pieces	sliced lemon grass
2 - 3 pieces	thinly sliced galanga (Thai ginger)
2	kaffir lime leaves, torn a half
1 - 3	fresh chilies, crushed
30 g	large onion, cut into quarters
30 g	oyster mushrooms, torn into pieces
1 tsp	sliced coriander
1 - 1½ tsp	sugar
1 tbsp	lemon juice
1 tbsp	fish sauce (Veg. : soy sauce)
1 cup	coconut milk



Method :

1. Boil coconut milk in a pot, add lemon grass, galangal, kaffir lime leaves in.
2. Add the chicken, oyster mushrooms and large onion in the pot with gentle stir.
3. Wait for a few minutes until everything done.
4. Add season with fish sauce, sugar, lemon juice and chili to taste.
5. Turn off the heat. Sprinkle coriander and ready to serve.

Local hot & sour chicken soup (Tom Zab)

Ingredients :

50 g	boneless chicken breast (or tofu), sliced 3 cm thick
2 - 3 pieces	sliced lemon grass
2 - 3 pieces	thinly sliced galangal (Thai ginger)
2	kaffir lime leaves, torn a half
1 - 3	sliced dire chilies
30 g	straw mushrooms , cut into quarters
30 g	sliced shallots
30 g	tomatoes, cut into quarters
10 g	sweet basil
1 tsp	sliced coriander
$\frac{1}{2}$ tsp	sugar
1 - $1\frac{1}{2}$ tbsp	lemon juice
1 tbsp	fish sauce (Veg. : soy sauce)
1 cup	chicken stock (Veg. : vegetable stock)



Method :

1. Boil chicken stock in a pot, add lemon grass, galangal, kaffir lime leaves and shallots in.
2. Add the chicken or tofu in.
3. Add straw mushrooms and wait until everything done.
4. Add tomatoes and sweet basil
5. Add season with fish sauce, sugar, lemon juice and chili to taste.
6. Turn off the heat. Sprinkle coriander and ready to serve.

Tumeric Chicken soup (Tom Kha-min)

Ingredients :

50 g	boneless chicken breast (or tofu), sliced 3 cm thick
1 - 2 pieces	smashed lemon grass
1 pieces	smashed tumeric
1 - 2 pieces	thinly sliced galangal (Thai ginger)
2	kaffir lime leaves, torn a half
10 g	smashed garlic
20 g	smashed shallots
1 tsp	sliced coriander
1 - 1½ tbsp	tamarind sauce or lemon juice
1 tbsp	fish sauce (Veg. : soy sauce)
1 cup	chicken stock (Veg. : vegetable stock)



Method :

1. Boil chicken stock in a pot.
2. Add all herbs : lemon grass, turmeric, galangal, kaffir lime leaves, garlic and shallots in.
3. Add the chicken or tofu in.
4. Add season with fish sauce, lemon juice to taste.
5. Turn off the heat. Sprinkle coriander and ready to serve.
6. To taste sour and slightly salty.
 - * Ready to serve..
 - ** If you like spicy, you can add more chili.

Thai style fried noodles with chicken (Pad Thai)

Ingredients :

50 g	narrow rice noodles
30 g	sliced chicken small strips (or prawns)
20 g	hard or firm tofu, sliced into small pieces
10 g	Chinese chives or spring onion, cut into 3 cm. lengths
30 g	bean sprouts or cabbage
1 tsp	chopped shallot
1 tsp	dried shrimp
1 tsp	pickled radish
1	egg
2 tbsp	cooking oil
1 tbsp	oyster sauce (Veg. : mushroom sauce)
1 tbsp	fish sauce (Veg. : soy sauce)
1 tsp	tamarind sauce
1 tsp	sugar
$\frac{1}{4}$ cup	water



Method :

1. Fry tofu until lightly golden. Add shallot and chicken in, fry until fragrant.
2. Break the egg in, and turn them over.
3. Add the noodles, dried shrimp, pickled radish and water, stir well.
4. Season oyster sauce, fish sauce, tamarind sauce, sugar and stir until the noodles is tender.
5. Add bean sprouts, Chinese chives and mix them together.

**Fricé rice with chicken
(Khaw Pad)**

Ingredients :

80 g	rice
30 g	sliced chicken small strips (or prawns)
20 g	Onion
20 g	kale
20 g	Carrot or any vegetable
1 tsp	chopped garlic
1	egg
2 tbsp	cooking oil
1 tbsp	soy sauce
1 tbsp	fish sauce
1 tsp	sugar



Method :

1. Fry garlic until fragrant, add chicken in stir well.
2. Add vegetable, seasoning and mix well together.
3. Add rice and stir well until everything cook.
4. Add bean sprouts, Chinese chives and mix them together.

**** Serve with lime and fish sauce with chilli.**

Stir-fried chicken with holy basil

(Phat kra-prao kai)

Ingredients :

80 g	boneless chicken breast (or tofu), thinly sliced or minced chicken
30 g	large onion, sliced diagonally
20 g	holy basil
2 - 3	chopped fresh chili
1 tbsp	chopped garlic
1½ tbsp	oil
3 tbsp	water
1 tbsp	oyster sauce (Veg. : mushroom sauce)
½ tbsp	fish sauce (Veg. : soy sauce)



Method :

1. Fry garlic and fresh chili, until fragrant.
 2. Add chicken and stir until cooked.
 3. Add holy basil and seasoning with fish sauce, oyster sauce, water and mix well.
 4. Turn off the heat.
- ** Serve on rice topped with a fried egg.**

Stir-fried chicken with cashew nuts

(Kai phat met-ma-maung)

Ingredients :

50 g	boneless chicken breast (or tofu), thinly sliced
30 g	baby corns (or carrot), cut into sliced
30 g	onion, sliced diagonally
30 g	ear mushrooms, thick sliced
10 g	spring onion, cut into 3 cm length
1	red diced chili
1 tbsp	cashew nuts (or almonds)
1 tbsp	chopped garlic
1½ tbsp	oil
½ tsp	sugar
1 tbsp	oyster sauce (Veg. : mushroom sauce)
½ tbsp	fish sauce (Veg. : soy sauce)
¼ cup	water



Method :

1. Fry garlic and red diced chili until fragrant.
2. Add the chicken stir until cooked.
3. Add baby corn, onion, ear mushroom, red diced chili and stir well.
4. Add water and season with sugar, oyster sauce, fish sauce and stir again.
5. Add cashew nuts & spring onion, mix well.
6. Turn off the heat.

**** Serve with hot rice**

Green curry paste

(Nam-phrik Gaeng khiaw-waan)

Ingredients : (for 2 - 3 people, depend on how spicy their love)

7 chilies	chopped fresh tiny green chilies
2 tbsp	chopped garlic
2 tbsp	chopped shallots
1 tbsp	chopped lemon grass
$\frac{1}{2}$ tsp	chopped galanga (Thai ginger)
1 tsp	chopped coriander root
$\frac{1}{2}$ tsp	chopped kaffir lime peel
1 tsp	chopped turmeric
$\frac{1}{2}$ tsp	roasted peppercorns
2 tsp	roasted coriander seeds
1 tsp	roasted cumin seeds
$\frac{1}{2}$ tsp	salt
$\frac{1}{2}$ tsp	shrimp paste



Method :

1. Put peppercorns, coriander seeds and cumin seeds in a mortar, pound well.
2. Add the remaining ingredients except shrimp paste, pound until mixed well.
3. Add shrimp paste, pound until fine and smooth.

Red curry paste
(Nam-phrik Gaeng phet)

Ingredients : (for 2 - 3 people, depend on how spicy their love)

7 chilies	chopped red dried chilies
2 tbsp	chopped garlic
2 tbsp	chopped shallots
1 tbsp	chopped lemon grass
1 tsp	chopped galanga (Thai ginger)
1 tsp	chopped turmeric
1 tsp	chopped coriander root
$\frac{1}{2}$ tsp	chopped kaffir lime peel
$\frac{1}{2}$ tsp	roasted peppercorns
1 tsp	roasted coriander seeds
$\frac{1}{2}$ tsp	roasted cumin seeds
$\frac{1}{2}$ tsp	salt
$\frac{1}{2}$ tsp	shrimp paste



Method :

1. Put peppercorns, coriander seeds and cumin seeds in a mortar, pound well.
2. Add the remaining ingredients except shrimp paste, pound until mixed well.
3. Add shrimp paste, pound until fine and smooth.

Green and Red curry with chicken
(Gaeng khiaw-waan)

Ingredients :

50 g	boneless chicken breasts (or tofu), thick sliced
30 g	eggplant, cut into wedges
3	peaeggplant
2	kaffir lime leaves, torn a half
6	sweet basil leaves
1 tbsp	green curry paste
1 cup	coconut milk
1½ tbsp	oil
1 tsp	sugar
1 tbsp	fish sauce (Veg. : soy sauce)



Method :

1. Put the oil in the wok on low heat.
2. Add green curry paste and add some coconut milk to stop burning and stir until fragrant.
3. Add chicken, stir until chicken is cooked.
4. Add all coconut milk, eggplant, peaeggplant and kaffir lime leaves in.
5. Season with sugar and fish sauce to taste then.
6. Sprinkle sweet basil leaves and turn off the heat.
7. Garnish with red chilies.

Note: Substitute red curry paste for the green one, to make red curry chicken.

Phanaeng Curry Paste
(Nam Phrik Gaeng Phanaeng)

Ingredients: (Note : It's for 2 - 3 people, depend on how spicy they love)

7 chilies	chopped red dried chilies
2 tbsp	chopped garlic
2 tbsp	chopped shallots
1 tbsp	chopped lemon grass
1 tsp	chopped galangal (Thai ginger)
1 tsp	chopped coriander root
1 tsp	chopped kaffir lime peel
$\frac{1}{2}$ tsp	roasted peppercorns
2 tsp	roasted coriander seeds
$\frac{1}{2}$ tsp	roasted cumin seeds
1 tsp	salt
$\frac{1}{2}$ tsp	shrimp paste
1 tbsp	ground peanut



Phanaeng curry paste

Method :

1. Put peppercorns, coriander seeds and cumin seeds in a mortar, pound well.
2. Add the remaining ingredients except shrimp paste, pound until mixed well.
3. Add shrimp paste, pound until fine and smooth.

Phanaeng curry with Chicken

(Gaeng Phanaeng)

Ingredients:

150 g	chicken breasts (or tofu), thick sliced
1 tbsp	ground roasted peanuts
2 leaves	kaffir lime leaves, tinny sliced fresh
3 pieces	red fresh chilies, sliced
1 tbsp	Phanang curry past
1½ cup	coconut milk
1 tsp	palm sugar (or any sugar)
½ tbsp	fish sauce (Veg. : soy sauce)



Method:

1. Cook $\frac{1}{4}$ cup of coconut milk over medium heat until some of the oil surfaces add the curry paste and bring to a boil, stirring constantly.
2. Add chicken, cook for 3 minutes and then add the rest of the coconut milk
3. Season with fish sauce, sugar, sliced kaffir lime leaf to taste
4. Add ground roasted peanuts, toss well. Turn the heat off.
5. Decorate with sliced kaffir lime leaf and red chili.

Yellow curry paste

(Nam-phrik Gaeng Ka-ri)

Ingredients : (for 2 - 3 people, depend on how spicy their love)

$\frac{1}{2}$ tsp	roasted peppercorns
1 tsp	roasted coriander seeds
$\frac{1}{2}$ tsp	roasted cumin seeds
$\frac{1}{2}$ tsp	curry powder
1 tsp	salt
1 tbs	chopped garlic
2 tbs	chopped shallots
1 tbs	chopped lemon grass
1 tsp	chopped galanga (Thai ginger)
1 tsp	chopped ginger
1 tsp	chopped turmeric
1 tsp	chopped coriander root
1 tsp	chopped kaffir lime peel
7 chilies	chopped red dried chilies
$\frac{1}{2}$ tsp	shrimp paste



Method :

1. Put peppercorns, coriander seeds, cumin seeds and salt in a mortar, pound well.
2. Roasted fresh ingredients and pound until fine.
3. Add shrimp paste and mixed well.

Yellow curry with chicken
(Gaeng Ka-ri)

Ingredients :

80	boneless chicken breasts (or tofu), thick sliced
1 - 2 tsp	yellow curry paste
30 g	potatoes, carved and boiled
30 g	onion, carved
1½ tbsp	oil
1 cup	coconut milk
1½ tsp	sugar
1 tbsp	fish sauce (Veg. : soy sauce)



Method :

1. Put the oil in the wok on low heat.
2. Add yellow curry paste, add some coconut milk and stir until fragrant.
3. Add chicken, stir until chicken is half-cooked.
4. Add potatoes and onion in.
5. Add season with fish sauce, sugar and keep stirring.
6. Simmer until everything is cooked.

Khao-soi curry with chicken

(Khao-soi gai)

Ingredients :

50 g	flat egg noodles, boiled
20 g	flat egg noodles, fried
100 g	boneless chicken breasts (or tofu), thick sliced
1 tbsp	khao-soi curry past
1 - 1½ tbsp	oil
1 cup	coconut milk
1 - 1½ tsp	sugar
1 tbsp	fish sauce (Veg. : soy sauce)
1 tsp	sliced coriander
20 g	shallots, cut into sliced



Method :

1. Put the oil in the wok on low heat.
2. Add yellow curry paste and add some coconut milk to stop burning and stir until fragrant.
3. Add chicken, stir until chicken is cooked.
4. Add season with fish sauce, sugar and keep stirring.
5. Add flat egg noodles, boiled, toss well. Turn the heat off.
6. On top with fried flat egg noodles, sliced coriander.

Note: *Serve with pickled Chinese mustard, sliced shallots and lime*

Masaman curry paste
(Nam-phrik Gaeng matsaman)

Ingredients : (for 2 - 3 people, depend on how spicy their love)

5 chilies	red chilies, seeded and soaked
2 tbsp	roasted chopped garlic
2 tbsp	roasted chopped shallots
1 tbsp	roasted chopped lemon grass
1 tsp	roasted chopped galangal (Thai ginger)
1 tsp	roasted coriander root
$\frac{1}{2}$ tsp	roasted shrimp paste
$\frac{1}{2}$ tsp	salt

Dried Ingredients :

1 tsp	roasted coriander seeds
$\frac{1}{2}$ tsp	roasted cumin
$\frac{1}{2}$ tsp	peppercorns
3	roasted cloves
3	roasted cardamom pods



Method :

1. Put all the dried ingredients in a mortar, pound until fine.
2. Add the remaining ingredients, pound until a fine paste

Masaman curry with chicken

(Gaeng masaman kai)

Ingredients :

100 g	chicken, cut into $1\frac{1}{2}$ " * $1\frac{1}{2}$ "
$\frac{1}{2}$ - 1 tbsp	massaman curry paste
30 g	potatoes, carved and boiled
30 g	onion, carved
1 tbsp	roasted peanut
3	roasted cardamom
1" long	roasted cinnamon stick
1 - $1\frac{1}{2}$ tbsp	oil
1 cup	coconut milk
1 tbsp	fish sauce
1 tsp	palm sugar
1 tsp	tamarind sauce



Method :

1. Put the oil in a wok, on low heat add massaman curry paste, bring it to a simmer, add some coconut milk to stop burning and stir until fragrant.
2. Add the chicken, potatoes, onion, peanut, coconut milk and stir again.
3. Add season with palm sugar, fish sauce, tamarind juice and mix them.
3. Add the remaining ingredients and simmer until everything is cooked.

Spring rolls
(Paw-pia thod)

Ingredients : (Filling)

20 g	soaked glass noodles, cut into 6 cm length
20 g	bean sprouts
10 g	Chinese chives, cut into 3 cm length
10 g	carrot
20 g	minced tofu
1 tbsp	minced garlic
2 tbsp	cooking oil
1 tbsp	oyster sauce (Veg. : mushroom sauce)
$\frac{1}{2}$ tbsp	fish sauce (Veg. : soy sauce)
$\frac{1}{2}$ - 1 tsp	sugar
2 tbsp	water
1	beaten egg
6 pieces	spring roll wrappers



**Serve with a sweet chilies sauce
or plum sauce**

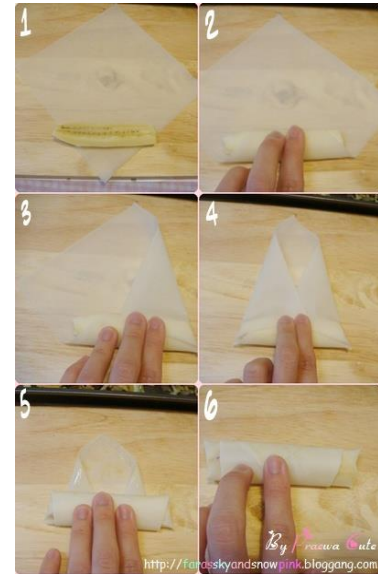
Method :

1. Fry garlic and minced tofu until fragrant. Add the vegetables and mix well.
2. Add glass noodles, water and season with oyster sauce, fish sauce, sugar and stir until cooked.
3. prepare 6 pieces of spring roll wrappings.
4. Place 1 tsp of the filling on a spring roll wrapping.
5. Fold the sheet over the filling and then roll up tightly,
6. Sealing the sheet closed with the beaten egg.
7. Deep-fry in medium heat until golden brown.

Banana Spring rolls (Paw-pia gluay)

1. Peel bananas and slice them in half lengthwise
2. Place one piece of banana diagonally across the corner of a spring roll wrapper.
3. Roll from the corner to the center, then fold top and bottom corners in, and continue rolling.
4. Dip your finger in water and brush the last edge to seal. Repeat with remaining banana pieces.
5. Fry a few banana rolls at a time in the hot oil until evenly browned. Remove to paper towels to drain.

* **Serve hot or cold**



Deep fried banana

(Gluay thod)

Ingredients

2	bananas (or sweet potato)
1 tbsp.	rice flour
1 tbsp.	wheat flour
1 tbsp.	coconut meat
1 tsp.	sesame seed
$\frac{1}{4}$ tsp.	salt
1 tsp.	sugar
$\frac{1}{4}$ cup	water
$2\frac{1}{2}$ cup	palm oil



Method :

1. Remove the banana peel.
2. Cut the banana lengthwise into 3 pieces each.
3. Mix the rice flour, wheat flour, water, salt, sugar, coconut meat and sesame seed together.
4. Put the banana in and mix together.
5. Deep fry in plenty of palm oil over a medium heat until golden.

Tips : You must choose the banana that is not too old because the old banana will stick to the wok when deep fry.

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Papaya salad
(Som tam)

Ingredients :

100 g	sliced green papaya (or any fruit)
1 - 3 cloves	garlic
1 - 3	fresh chilies
20 g	long beans, cut into 3 cm length
30 g	tomato, cut into wedges
$\frac{1}{2}$ - 1 tbsp	palm sugar (or any sugar)
1 tbsp	fish sauce (Veg. : soy sauce)
1 tbsp	lime juice
1 tsp	tamarind sauce
1 tbsp	roasted peanuts



Method :

1. Put garlic and chili in the mortar, pound well.
2. Add long bean, pound until broken.
3. Add season with palm sugar, fish sauce and lime juice, pound until palm sugar separates.
4. Add tomato and papaya (any fruit) mix well.
5. Top with peanuts

- * May be you can at more boiled prawns or sea food.
- ** Serve with sticky rice and fresh vegetables.

Banana or pumpkin in coconut milk

(Gluay Buat Chee or Buat Fak Thang)

Ingredients :

40 g	Banana, cut into 1 inch (substitute : pumpkin or sweet potatoes)
200 ml.	coconut milk
2 tbsp	coconut cream
1 - 1½= tbsp	sugar
¼ tsp	salt



Method:

1. Mix coconut milk with sugar, salt and bring to boil.
2. Add bananas, bring back to the boil for a few minutes.
3. Add coconut cream in.
4. Remove from heat.

**** Serve hot or cold**



Sweet sticky rice with mangoes
(Khao-niao ma-muang)

Ingredients :

50 g	sliced fresh mangos
50 g	sticky rice
50 ml.	coconut milk
2 tsp	coconut cream
2 tsp	sugar
$\frac{1}{4}$ tsp	salt



Method :

1. Soak the sticky rice in water 3 - 4 hours and then cooked by steaming around 30 minutes
2. Mix coconut milk with sugar, salt and heated without boiling.
3. Add cooked sticky rice, mix together and leave for 10 minutes.
4. Stir one more time and serve on a plate with sliced mangoes.
5. Pour the coconut cream over the sweet sticky rice.

* sometimes topped with crispy yellow mung beans.

** You can substitute mangoes with jack fruits or sweet fruits.

Name :

Date :

Instructor :

Note

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