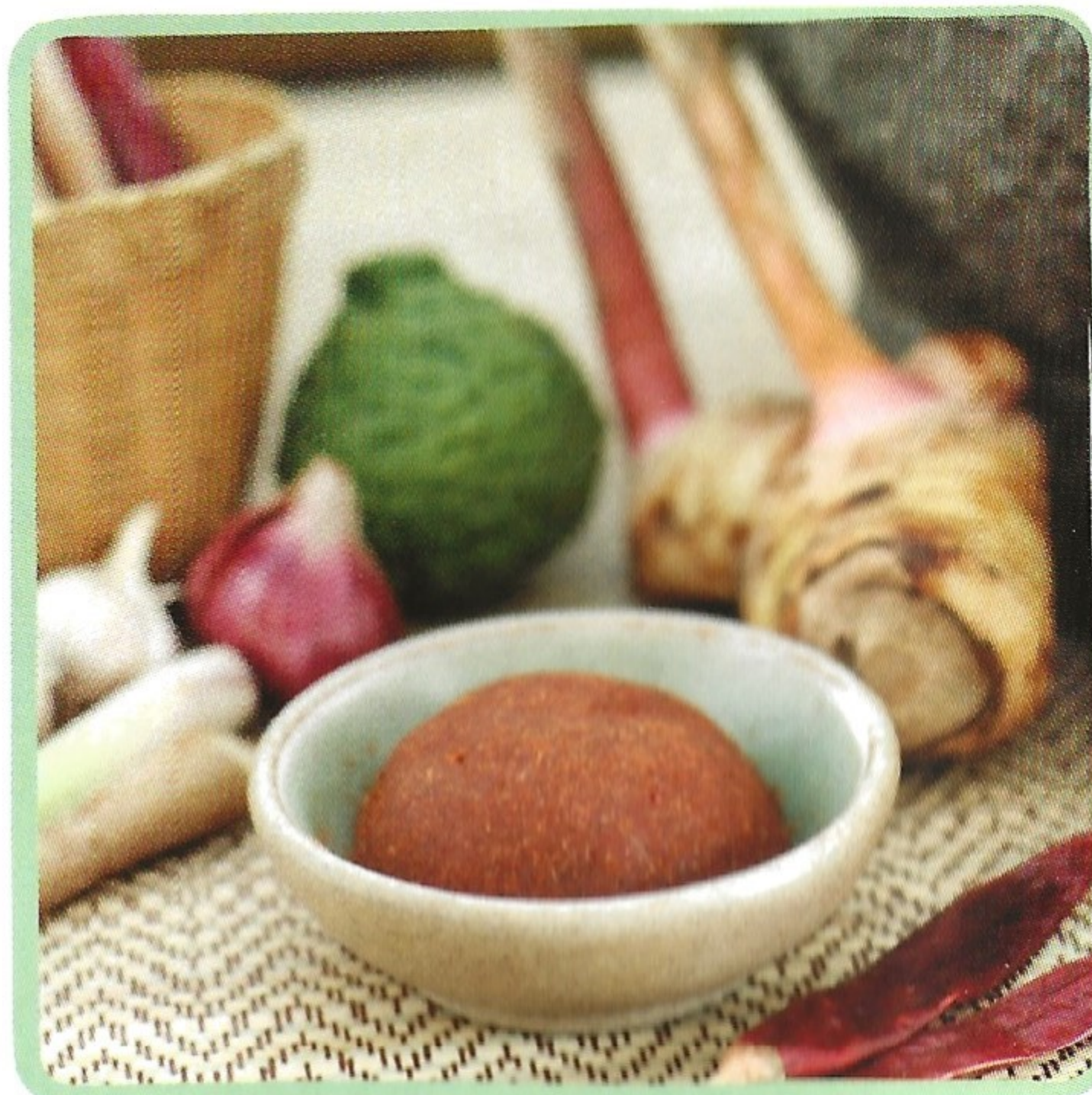




## Red Curry Paste

[ namphrik - gaeng - phet ]  
น้ำพริกแกงเผ็ด



Serves 3

## Ingredients:

- 5 red dried chillies, *soak in water*
- 3 tbsp. chopped shallots
- 1 tbsp. minced garlic
- 50 g. chopped galangal(Thai ginger)
- 1/2 tbsp. chopped lemongrass
- 1 tsp. lesser ginger(Kra - Chai)
- 1 tsp. shrimp paste / salt
- 1/2 tsp. chopped kaffir lime peel
- 1 tsp. coriander root / coriander stem
- 1 tsp. tumeric root / tumeric powder

## Method:

1. Soak the dried red chillies in the hot water for 10 minutes
2. Put garlic, lemongrass, kaffir lime peel, galangal, coriander root into the mortar and pound well
3. Add lesser ginger, tumeric root, shallot and pound well
4. Add red chillies and pound well
5. Add shrimp paste and pound until smooth and fine

## Tips:

*The red curry paste may be used to make red curry and can be kept in a sealed glass jar in a refrigerator for up to 4 months.*

*To apply Red Curry Paste to Yellow Curry Paste, add Indian curry powder but leave out the shrimp paste and lesser ginger*

## Ingredients:

- 15 green fresh chillies
- 3 tbsp. shallot
- 1 tbsp. garlic
- 50 g. chopped galangal (Thai ginger)
- 1/2 tbsp. chopped lemongrass
- 1 tsp. lesser ginger (Kra - Chai)
- 1 tsp. shrimp paste / salt
- 1/2 tsp. chopped kaffir lime peel
- 1 tsp. chopped coriander root
- 1 tsp. tumeric root / tumeric powder



Serves 3

## Method:

1. Put garlic, green chillies and tumeric root into the mortar and pound well
2. Add lemongrass, galangal, coriander root, kaffir lime peel and pound well
3. Add shallot, lesser ginger and pound well
4. Add shrimp paste and pound until smooth and fine

## Tips:

*The green curry paste may be used to make green curry and can be kept in a sealed glass jar in a refrigerator for up to 4 months.*

*You can substitute shrimp paste by salt if the shrimp paste is not available.*





## Chiang Mai Curry Paste

[namphrik - gaeng - hung - lay]

น้ำพริกแกงฮังเล

### Ingredients:

- 10 red dried chillies
- 5 tbsp. shallot
- 2 tbsp. garlic
- 1/2 tbsp. finely chopped galangal  
(Thai ginger)
- 2 tbsp. finely chopped lemongrass
- 1 tsp. shrimp paste / salt
- 1 tsp. finely chopped kaffir lime peel
- 1 tsp. coriander root / coriander stem



Serves 3

### Method:

1. Soak the red dried chillies in the hot water for 10 minutes
2. Put garlic, lemongrass, galangal, kaffir lime peel, coriander root into the mortar and pound well
3. Add shallot, red dried chillies and pound well
4. Add shrimp paste and pound until smooth and fine

### Tips:

The Chiang Mai curry paste is used for making Chiangmai curry and can be kept in a sealed glass jar in a refrigerator for up to 4 months.

## Green Curry With Chicken

[gaeng-keau-waan-kai]

แกงเขียวหวานไก่

### Ingredients:

- 200 grams chicken(Veg: tofu)
- 1 tbsp. green curry paste
- 2 eggplants(or aubergine), *cut quarter*
- 2 baby corns(or carrot or broccoli),  
*cut half and cut into 1 cm. width*
- 2 cups coconut milk
- 10 leaves sweet basil
- 2 leaves kaffir lime leaf, *tear the stem off*
- 1 red spur chilli
- 2 tbsp. fish sauce(Veg: soy sauce)
- 1 tsp. sugar
- 3 tbsp. oil



Serves 1

### Method:

1. Put the oil into the wok over low heat
2. Add green curry paste and stirring continuously until fragrant
3. Add chicken, pour 1/2 cup of coconut milk and stirring constantly until the chicken is cooked
4. Add the remain coconut milk and bring to the boil
5. Add eggplant and baby corn, stirring occasionally
6. Season to taste with fish sauce and sugar
7. Add the sweet basil leaf, kaffir lime leaf and decorate with red chillies
8. Pour into a bowl, serve with rice





## Steamed Curried Chicken Or Fish

[hor - mok]  
ห่อหมก

### Ingredients:

- 1/2 tbsp. red curry paste
- 50 g. filleted chicken, or fish  
(Veg: straw mushroom)
- 1 cup coconut cream
- 1/2 tsp. rice flour
- 1 egg
- 1 tbsp. soy sauce
- 1 tbsp. oyster sauce
- 1 tsp. sugar
- 7 sweet basil leaves
- 1 leaf of shredded cabbage
- 1 tbsp. shredded kaffir-lime leaves
- 1 finely sliced red chilli
- 1 banana leaf cup / aluminium foil bowl



Serves 1

### Method:

1. Cut chicken into small pieces; Slice fish fillets into thin slices
2. Skim 3/4 cup coconut cream from the coconut milk, add rice flour, bring to a boil, remove from the heat and set aside for topping
3. In the bowl, break the egg in, add chicken or fish, curry paste, soy sauce, oyster sauce and sugar
4. Place the cabbage and sweet basil leaves in the bottom of banana leaf cup
5. Fill each cup with the spice mixture, topping with kaffir lime leaves and red chilli and steam for 15 minutes
6. Remove the cup from the steamer, top with coconut cream
7. Return to the steamer to steam for one minute, and then remove from the steamer

\* Fresh milk may be substituted for coconut cream

## Chiangmai Noodle

[Kao-Soy]  
ข้าวซอย

### Ingredients:

- 50 g. deep-fried egg noodle
- 100 g. boiled egg noodle
- 2 tbsp. pickled cabbage
- 50 g. chicken(Veg.: T.V.P. or tofu)
- 2 tbsp. oil
- 2 cups coconut milk
- 3 chopped shallots
- 2 tbsp. fish sauce(Veg: soy sauce)
- 1 tsp. sugar
- 1 tsp. indian curry powder
- 1 tbsp. red curry paste
- 1 tbsp. finely chopped coriander leaf and  
spring onion
- 1 lime, cut into quarter



Serves 1

### Method:

1. Put the boiled egg noodle in a bowl
2. Mix the red curry paste with indian curry powder
3. Place the wok over low heat, put the oil, red curry paste and stir continuously until fragrant
4. Add chicken, add 1/4 cup of coconut milk and stir constantly until the chicken is cooked
5. Add the remain coconut milk, turn to medium heat and stir constantly
6. Add fish sauce, sugar
7. Pour into the bowl and top the deep-fried egg noodle on the bowl
8. Serve with pickled cabbage, lime and shallots

### Tips:

For more flavour, add condiment(chilli powder + hot oil) to the Chiang Mai noodle





## Chiangmai Curry

[gaeng - hung - lay]

แกงฮังเล

### Ingredients:

- 200 g. chopped pork(1/2 inch wide)
- 3 tbsp. Chiang Mai curry paste
- 1 tbsp. Hunglay curry powder / Masara-powder
- 1 tbsp. finely chopped ginger
- 20 g. pickled garlic
- 6 pieces garlic
- 4 shallots
- 2 tbsp. fish sauce
- 1 tbsp. tamarind juice
- 1 tbsp. palm sugar
- 3 cups water
- 1 tbsp. black soy sauce

### Method:

1. Mix Chiang Mai curry paste, Hunglay curry powder and black soy sauce with pork. Leave for 1 hour
2. Put the portion with pork in the wok, turn on the gas with low heat. Wait until the pork is cooked
3. Add water above the pork
4. Stir until the curry is boil and keep stir for a few minutes
5. Add ginger, garlic and shallot
6. Add fish sauce and palm sugar
7. Keep boiling until the pork is tender(about 1 hour). Fill some water over the pork to prevent the curry from burning
8. Add tamarind juice and stir well
9. Transfer to the serving bowl



Serves 1

## Panaeng Curry With Pork

[ pha - naeng - moo ]

พะเนียงหมู

### Ingredients:

- 75 g. pork, cut for 1/2 cm. thick  
(Veg.: T.V.P.)
- 1 tbsp. red curry paste
- 1 cup coconut milk
- 3 kaffir lime leaves, *tear the stem off*
- 1 tbsp. ground roasted peanut
- 25 g. pea egg plant
- 1 tbsp. palm sugar
- 2 tbsp. fish sauce(Veg: soy sauce)
- 1 tsp. mixed spices powder  
(Pha-Naeng Powder)
- 2 sliced red chilli
- 2 tbsp. oil



Serves 1

### Ingredients (mixed spices powder) :

- 1/6 tsp. cumin
  - 1/6 tsp. cardamon
  - 1/6 tsp. coriander seed
  - 1/6 tsp. clove
  - 1/6 tsp. nutmeg
  - 1/6 tsp. black pepper
- (pound all the ingredients together)

### Method:

1. Heat the wok and put the oil to the wok over low heat
2. Put the red curry paste and mixed spices powder and stir continuously until fragrant and oil surfaces
3. Add the pork, add 1/4 cup of coconut milk and stir until cooked
4. Add the remain coconut milk and pea egg plant
5. Add fish sauce, palm sugar and ground roasted peanut, stir continuously until coconut milk becomes thick and the pork is tender
6. Pour to the dish, topping with kaffir lime leaves, red chilli and serve with rice





## Sweet And Sour Vegetable

[pat - preaw - waan]

ผัดเปรี้ยวหวาน

### Ingredients:

- 50 g chicken (Veg: oyster mushroom)
- 50 g sliced pineapple
- 1/2 cucumber, *slice into 1/2 cm. width*
- 1/2 tomato, *cut quarter*
- 2 baby corns, *slice into 1/2 cm. width*
- 1/4 carrot, *slice into 1/2 cm. width*
- 1 spring onion, *slice into 1 inch width*
- 1/2 onion
- 1/2 tbsp. fish sauce (Veg: soy sauce)
- 2 tbsp. oyster sauce  
(Veg: mushroom sauce)
- 1 tbsp. tomato ketchup
- 1 tsp. sugar
- 1 tbsp. garlic
- 2 tbsp. oil



Serves 1

### Method:

1. Put the oil in a wok, add garlic and fry until golden.
2. Add chicken and stir continuously.
3. Then add oyster sauce, fish sauce, tomato ketchup and sugar, stir constantly.
4. Put pineapple, cucumber, tomatoes, large onion and baby corn in the wok
5. Stir until the fresh vegetables are tender and cooked, add spring onion.
6. Flavour to taste and serve with rice.

### Tips:

*You may topping with grounded pepper*

## Fried Noodles Thai Style

[phad - thai]

ผัดไทย

### Ingredients:

- 250 grams rice noodle
- 50 grams chicken(Veg.: T.V.P.)
- 3 tbsp. oil
- 20 grams Chinese chive or spring onion
- 1 tsp. sugar
- 2 tbsp. fish sauce(Veg.: soy sauce)
- 2 tbsp. oyster sauce  
(Veg.: mushroom sauce)
- 1 egg
- 30 grams bean sprouts or cabbage
- 1 tbsp. chopped garlic
- 50 grams tofu, *cut into 1cm. width cube*
- 1/2 cup water



Serves 1

### Method:

1. Heat the oil over low heat, add garlic and fry until fragrant
2. Add chicken, tofu and stir it until the chicken is cooked
3. Break the egg in and spread the egg with chicken
4. Add noodles and water, stir until tender
5. Season with fish sauce, oyster sauce and sugar
6. Add the bean sprouts and Chinese chives
7. Turn off the heat
8. Serve with fresh vegetables (cabbage, bean sprout, spring onion) and you can add lime juice, topping with grounded peanut and grounded chillies Season to taste



## Fried Mince Pork With Holy Basil

[ pat - kra - phao ]

ผัดกระเพรา

### Ingredients:

- 50 g minced pork , minced chicken  
(Veg: minced tofu)
- 1 tbsp. chopped garlic
- 1 tbsp. chopped fresh chilli
- 1 tbsp. fish sauce(Veg: soy sauce)
- 1 tbsp. oyster sauce  
(Veg: mushroom sauce)
- 1 tsp. sugar
- 3 tbsp. holy basil
- 2 tbsp. finely chopped long bean
- 2 baby corns, *slice into 1/4 cm. width*
- 2 tbsp. sliced onion
- 2 tbsp. oil



Serves 1

### Method:

1. Heat the oil in a wok
2. Add garlic and chilli in a wok, stir-fry until spicy smelt
3. Add minced pork and stir until cooked
4. Add onion, long bean and stir continuously
5. Add fish sauce, oyster sauce and sugar
6. Put the holy basil. Turn off the heat
7. Serve with rice and top with the fried egg

## Fried Cashew Nut With Chicken

[ kai - pat - med - ma - maung - him - ma - pan ]

ไก่ผัดเม็ดมะม่วงหิมพานต์

### Ingredients:

- 50 g chicken(Veg: T.V.P.)
- 50 g cashew nut or almond
- 30 g jelly mushroom, *slice into 1 cm. width*
- 2 baby corns, *slice into 1/2 cm. width*
- 1/2 large onion
- 2 tbsp. spring onion, *slice into 1 inch width*
- 1 tbsp. chopped garlic
- 5 g. dried chilli, *slice into 1 cm. width*
- 1/2 tbsp. fish sauce(Veg: soy sauce)
- 2 tbsp. oyster sauce  
(Veg: mushroom sauce)
- 1 tsp. sugar
- 2 tbsp. oil



Serves 1

### Method:

1. Put oil in the wok and stir-fry cashew nuts until brown
2. Put the cooked cashew nuts into the bowl, leave the oil in the wok
3. Fry garlic until golden
4. Add chicken and fry until chicken is cooked
5. Add jelly mushroom, large onion, baby corn and dried chilli
6. Put oyster sauce, fish sauce and sugar
7. Add spring onion and cooked cashew nuts
8. Stir until cooked. Serve with rice

### Tips:

*If you have the cooked cashew nut or almond you can skip step 1 and 2.*





## Stir Fried Prawn with Curry Powder

[ kung - phat - pong - ka - ree ]

กุ้งผัดผงกระหรี่

### Ingredients:

- 100 g. prawn
- 1 tbsp. spring onion
- 1 tbsp. Chinese celery
- 2 tbsp. onion
- 1 tbsp. chopped garlic
- 1 tsp. curry powder
- 1 tsp. soy oil
- 1/2 tsp. pepper
- 1 tsp. sugar
- 1 tbsp. fish sauce
- 1 tbsp. roasted chilli paste



Serves 1

### Method:

1. Put the oil in the wok. When the oil is hot, add the garlic and pepper then stir until fragrant.
2. Add prawns, curry powder and roasted chilli paste, mix together
3. Add fish sauce and sugar
4. Add spring onion and Chinese celery

## Fried Rice

[ khao - phat ]

ข้าวผัด

### Ingredients:

- 1 cup cooked rice
- 50 g. pork (Veg: straw mushroom or T.V.P.)
- 1 egg
- 2 tbsp. oil
- 1/2 onion
- 1 tbsp. oyster sauce  
(Veg: mushroom sauce)
- 1 tsp. sugar
- 2 tbsp. light soy sauce (or fish sauce)
- 1/2 cabbage
- 1 kale, chop into 1 inch width
- 1/2 tomato, slice into 1/2 cm. width
- 1 tbsp. carrot, cut into 1 cm. cube
- 1 tbsp. chopped garlic
- 1 cucumber, slice into 1/2 cm. width
- 1 spring onion
- 1 lettuce
- 1 lime, cut into quarter



Serves 1

### Method:

1. Heat the oil in a wok; when the oil is hot, fry the garlic
2. Add the pork in a wok and stir constantly until cooked
3. Add onion, carrot, cook for 1 minute
4. Add kale and tomato and stir well
5. Beat the egg into the wok, stir continuously
6. Add the rice, stirring and scraping the bottom of the wok regularly to prevent sticking until the desired degree of dryness is reached
7. Add sugar, soy sauce and oyster sauce
8. Serve with cucumber, spring onion, cabbage, lettuce and wedges of lime





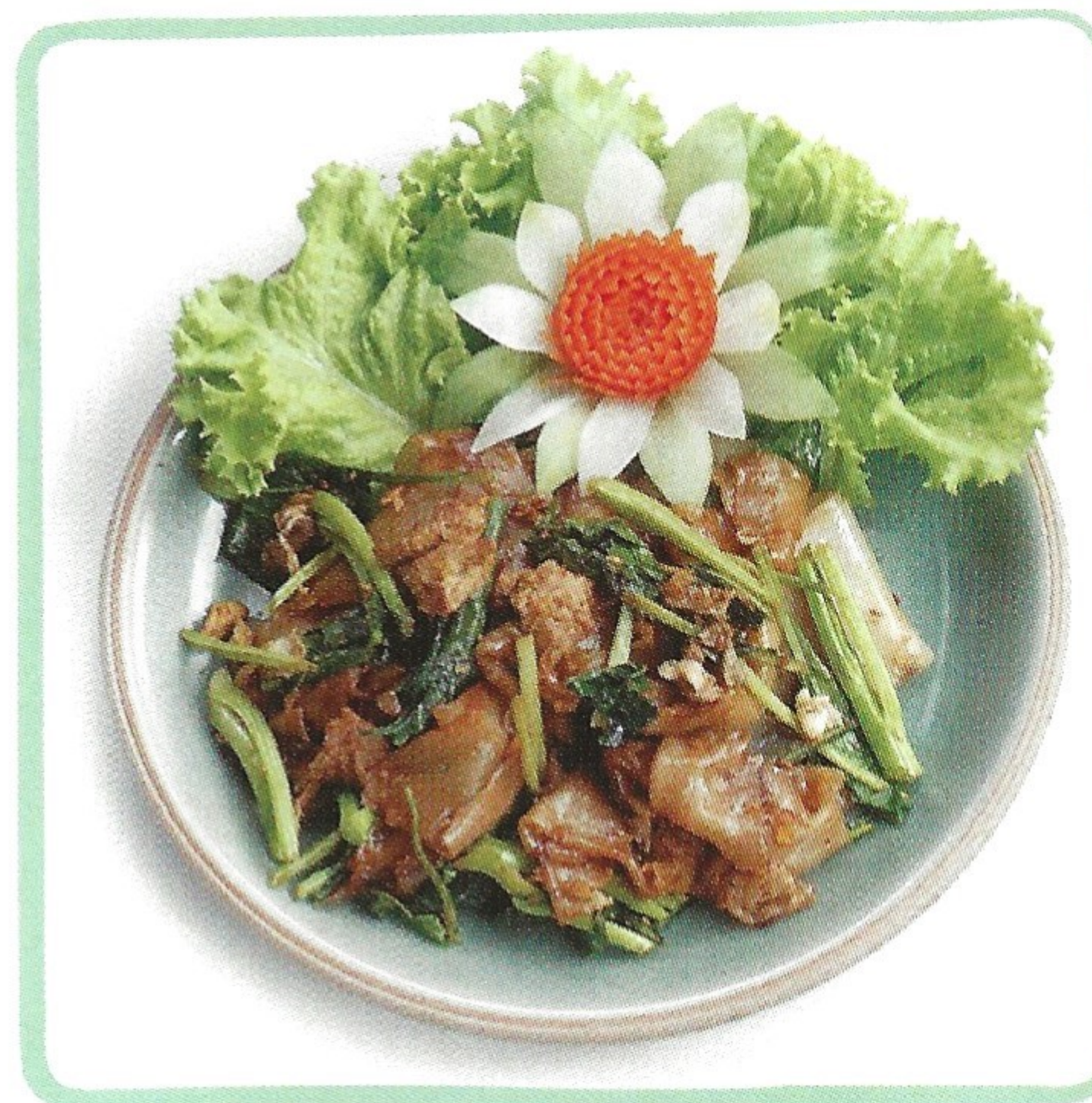
## Stir fried Fresh Noodle with Chicken

[ Phat - See - Ew ]

ผัดซีอิ้ว

### Ingredients:

- 250 g. fresh rice noodle
- 50 g. chicken
- 1 egg
- 1 Chinese Kale, *chop into 1 inch width*
- 1 tbsp. chopped garlic
- 2 tbsp. fish sauce
- 1 tsp. sugar
- 1 tsp. dark soy sauce
- 3 tbsp. oil



Serves 1

### Method:

1. Mix noodles with the dark soy sauce until the noodle is light brown.
2. Heat the oil in a wok. When the oil is hot, fry the garlic.
3. Add the chicken and stir constantly until cooked.
4. Add the noodles and stir to break up the noodles.
5. Add fish sauce and sugar then stir to mix the seasoning into the noodles and chicken
6. Break the egg in and scramble.
7. Add kale and cook for 1 minute.

## Chicken In Coconut Milk

[ tom - kaa - gai ]

ต้มข่าไก่

### Ingredients:

- 75 g chicken / sea food  
(Veg: oyster mushroom)
- 30 g straw mushroom / oyster mushroom
- 2 cups coconut milk
- 3 fresh chillies / dried chillies
- 1/2 onion, *cut quarter*
- 1/2 tomatoes, *cut quarter*
- 3 kaffir lime leaves
- 1 lemongrass, *slice diagonally*
- 2 sliced galangal
- 3 tbsp. lime juice
- 3 tbsp. fish sauce (Veg: soy sauce)
- 1 tsp. sugar
- 1 finely sliced coriander
- 1 finely sliced spring onion



Serves 1

### Method:

1. Place the coconut milk in the pot over low heat
2. Put the lemongrass, Siamese ginger and kaffir lime leaf in the pot
3. Add chicken and wait until the chicken is cooked
4. Add large onion, tomato and mushroom
5. Add fish sauce, sugar and lime juice according to taste
6. Serve into a dish and top with chopped coriander, spring onion and chillies

### Tips:

\*The fresh milk can be mixed with the coconut milk in half portion for better flavour

\*\* For seafood add sweet basil (about 7 leaves) after all





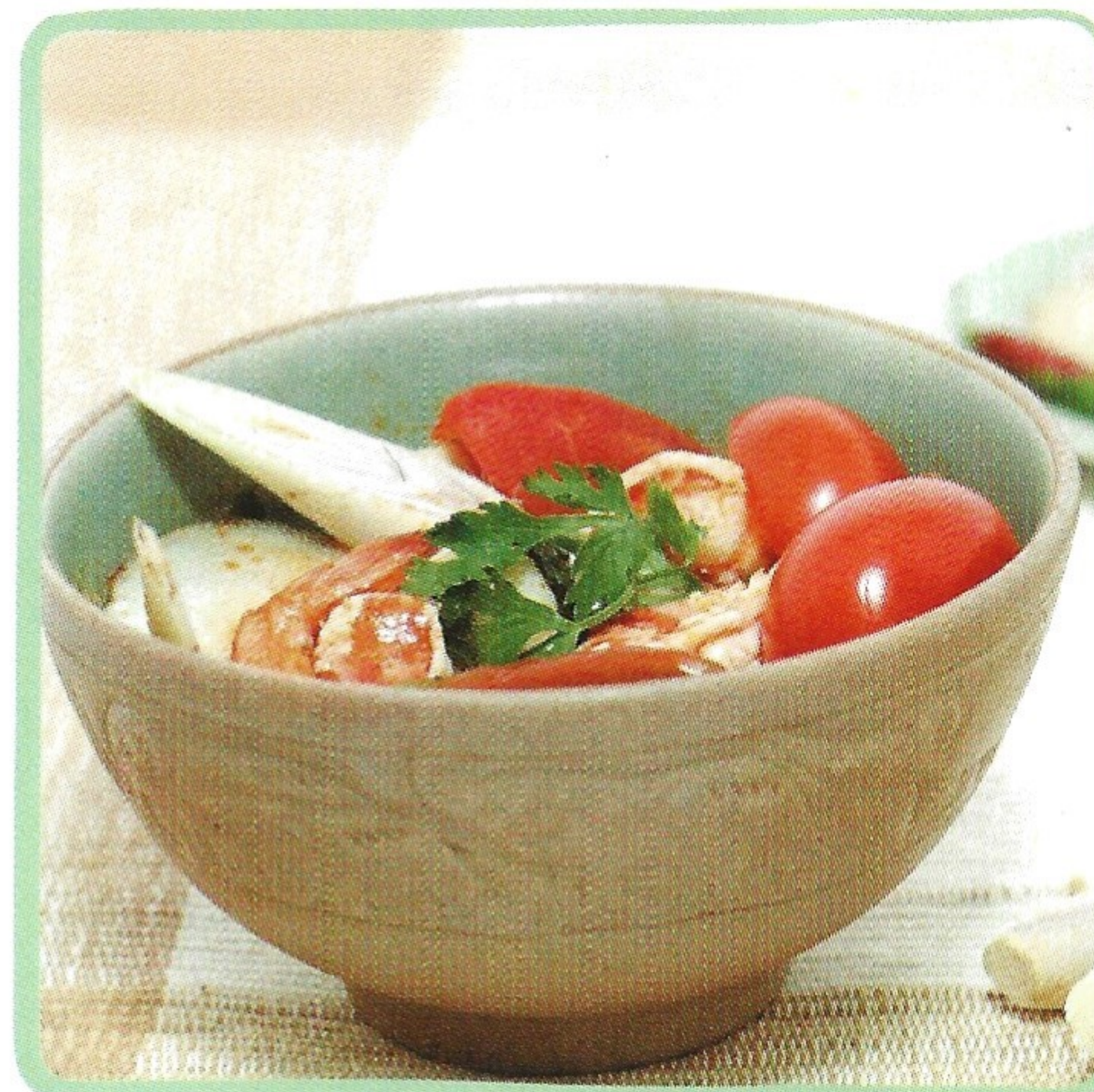
## Hot & Sour Prawn Soup

[ tom - yum - kung ]

ต้มยำกุ้ง

### Ingredients:

- 75 g prawn or chicken or sea food  
(Veg: oyster mushroom)
- 30 g straw mushroom / oyster mushroom
- 2 cups water
- 3 fresh chillies / dried chillies
- 1/2 onion, *cut quarter*
- 1/2 tomatoes, *cut quarter*
- 3 kaffir lime leaves
- 1 lemongrass, *slice diagonally*
- 2 sliced galangal
- 3 tbsp. lime juice
- 3 tbsp. fish sauce(Veg: soy sauce)
- 1 tsp. sugar
- 1 tsp. roasted chilli paste for Tom-Yum
- 1 finely sliced coriander
- 1 finely sliced spring onion



Serves 1

### Method:

1. Place the water in a pot over high heat
2. Add kaffir lime leaves, galangal and lemongrass
3. When boiling add chicken and wait until the chicken is cooked
4. Add straw mushroom, large onion and tomato
5. Put lime juice, fish sauce, sugar, chillies and chilli paste for Tom-Yum
6. When cooked pour into a serving bowl and top with coriander and spring onion

### Tips:

\*Coconut milk or fresh milk can be added into a pot for more flavour.

### Ingredients:

- 250 g cucumber
- 100 g minced-pork or chicken  
(Veg: minced tofu)
- 1 tbsp. fish sauce(Veg: soy sauce)
- 1 tbsp. oyster sauce  
(Veg: mushroom sauce)
- 2 cup pork or chicken stock  
(Veg: Veg. stock)
- 1 tbsp. finely chopped coriander leaf
- 1 tbsp. chopped Thai celery
- 1 tsp. coriander root
- 1 tbsp. garlic
- 1 tsp. pepper



Serves 1

### Method:

1. In the mortar, pound the coriander root, pepper and garlic together
2. Mix the pounded portion with the minced pork
3. Add fish sauce and oyster sauce to the meat
4. Peel cucumber and core the cucumber to remove the seeds
5. Stuff the meat filling inside the core of cucumber
6. Prepare the soup stock. Put 2 cups of stock into a pot
7. Place the stuffed cucumber into the stock
8. Boil for 10 minutes with no lid; add the stock soup sometime to prevent from drying
9. Keep boiling until the meat is cooked
10. Pour into the bowl, top with the coriander leaf and Thai celery



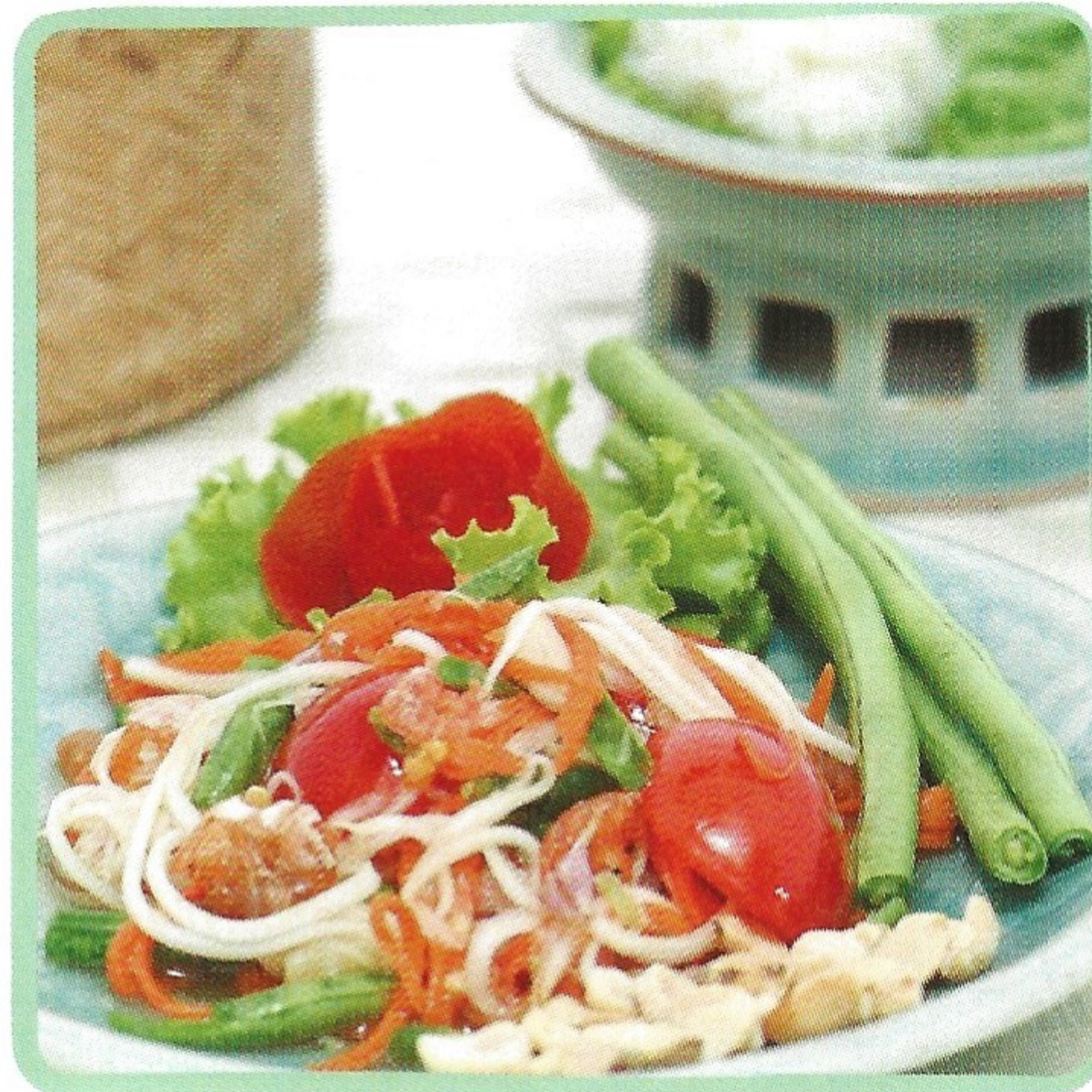
## Papaya Salad

[ som-tam ]

ส้มตำ

### Ingredients:

- 50 g. papaya or carrot or cucumber
- 10 garlicks
- 1-3 chillies
- 1/2 tomato, *cut quarter*
- 1 Chinese long bean, *cut 1 inch width*
- 20 g peanut
- 2 tbsp. fish sauce (Veg: 1 tsp. of salt)
- 1-2 limes, *cut quarter*
- 1 tbsp. palm sugar / brown sugar



Serves 1

### Method:

1. Put garlic, chilli and Chinese long bean in the mortar pound together (tenderly).
2. Add palm sugar, lime, fish sauce and pound until the palm sugar is dissolved.
3. Put in the papaya and tomato and mix well.
4. Pour to the dish and top with peanut and serve with fresh vegetable.

### Tips:

*\*The Block sugar and brown sugar can be substituted with the palm sugar*

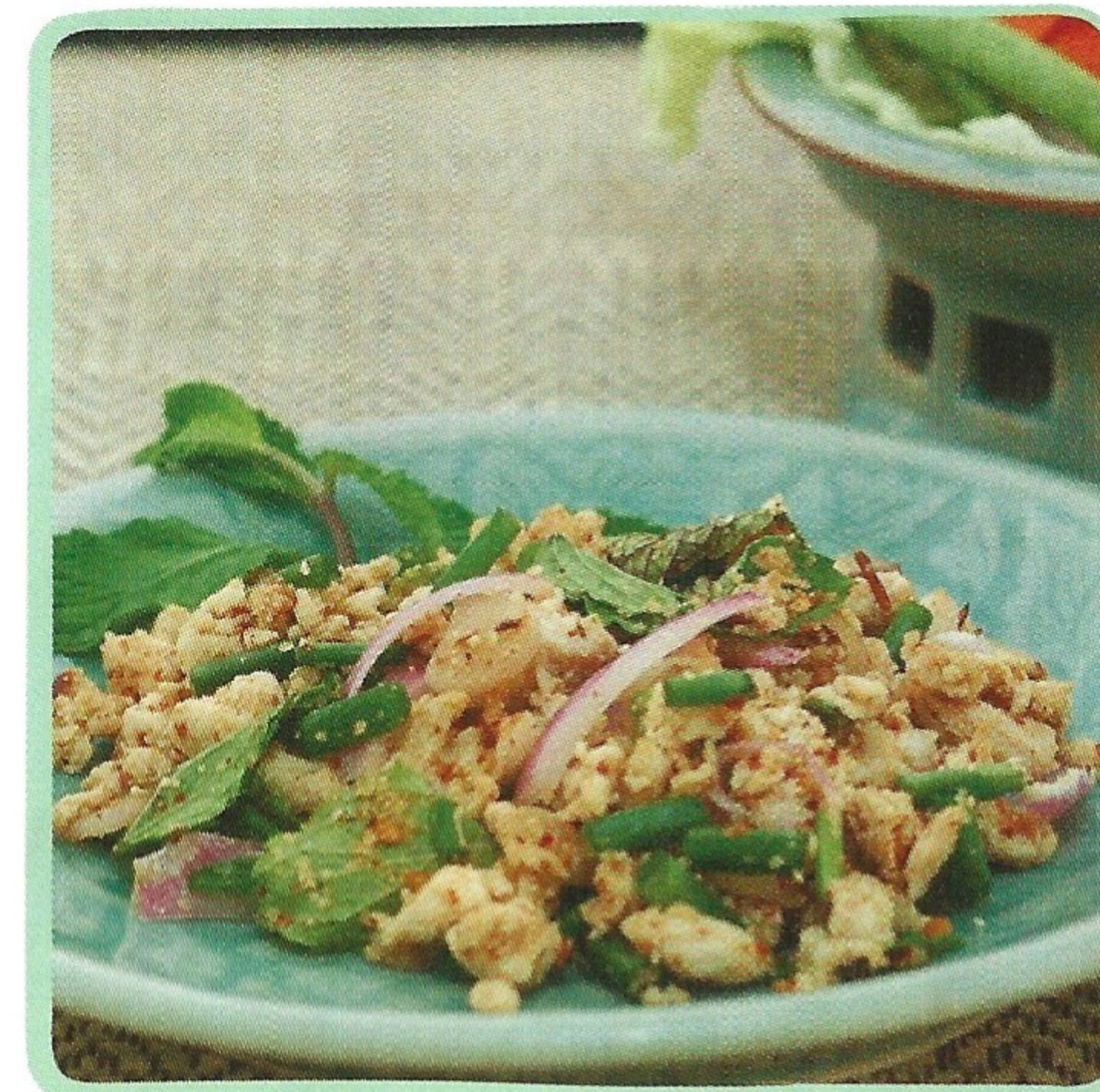
## Savoury Minced Chicken Salad

[ laab-kai ]

ลาบไก่

### Ingredients:

- 150 g. boiled minced chicken  
(Veg: minced tofu)
- 1/2 tsp. ground chilli
- 2 tbsp. ground roasted rice  
(or dry breadcrumbs)
- 5 thinly sliced shallots
- 3 sliced spring onions
- 1 tbsp. fish sauce (Veg: soy sauce)
- 2 tbsp. lime juice
- 1/2 tsp. sugar
- 7-10 mint leaves
- 2 tbsp. finely sliced coriander leave



Serves 1

### Method:

1. Put the minced chicken in the boiled water until cooked
2. Remove from the pot and allow to cool
3. In the dish, add the ground chilli, roasted rice, shallots, spring onions, fish sauce and lime juice; toss gently
4. Add the mint leaves and coriander, toss once again
5. Serve with lettuce, Chinese cabbage, cucumber, yard-long bean and spring onion



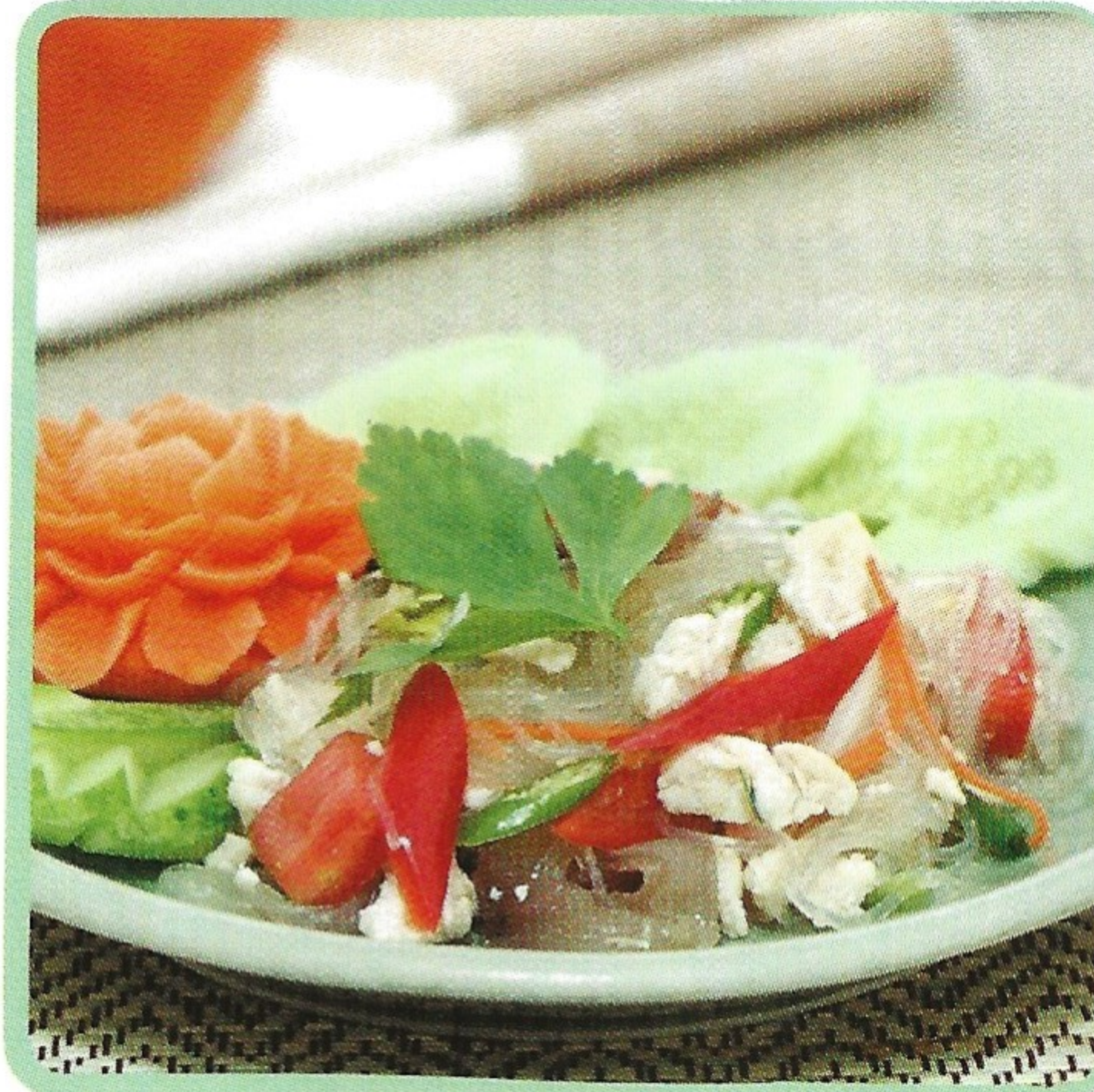
## Spicy Noodle Salad

[yam - woon - sen]

ยำวุ้นเส้น

### Ingredients:

- 50 g soaked glass noodle
- 20 g boiled minced pork / chicken  
(Veg: oyster mushroom, angel-mushroom, jelly mushroom)
- 10 g boiled straw mushroom
- 1 tsp. finely sliced coriander
- 1 tsp. finely sliced spring onion
- 10 g. Thai celery
- 30 g sliced large onion
- 5 g finely sliced carrot
- 30 g sliced tomato
- 3-4 sliced fresh chillies
- 3 tbsp. fish sauce(Veg: soy sauce)
- 1 tsp. sugar
- 2-3 tbsp. lemon juice



Serves 1

### Method:

1. In the bowl, mix the glass noodle and the boiled minced pork together
2. Add Thai celery, large onion, tomato and chilli
3. Add lemon juice, fish sauce and sugar
4. Add straw mushroom
5. Mix well and seasoning to taste
6. Top with the coriander and spring onion
7. Place the salad on a bed of lettuce

## Crispy Catfish Salad

[Yam - Pla - Dook - Foo]

ยำปลาสุกฟู

### Ingredients:

- 200 g. grilled catfish
- 1 tbsp. peanut
- 2 tbsp. shredded green mango
- 1 tbsp. sliced shallot
- 1 tsp. palm sugar
- 1 tbsp. fish sauce
- 1 tbsp. lime juice
- 1 tbsp. garlic
- 1 tsp. green fresh chilli



Serves 1

### Method:

1. Mince the catfish fillet.
2. Heat up the oil in a wok on medium heat and deep fry the fish until golden brown and crispy.
3. Mince the green fresh chilli and garlic. Mix the minced chilli, minced garlic, palm sugar, fish sauce and lime juice together.
4. Mix all ingredients together and serve with cabbage or lettuce leaves.





## Spring Roll

[ pho - pea - thod ]

ปอเปี๊ยะทอด

### Ingredients (filling):

- 100 g glass noodle
- 100 g bean sprout
- 50 g minced pork (Veg: minced tofu)
- 4 Chinese chives
- 1 tbsp. garlic
- 4 tbsp. oil
- 1/2 tbsp. sugar
- 2 tbsp. fish sauce (Veg: soy sauce)
- 2 tbsp. oyster sauce  
(Veg: mushroom sauce)
- 1/2 cup water



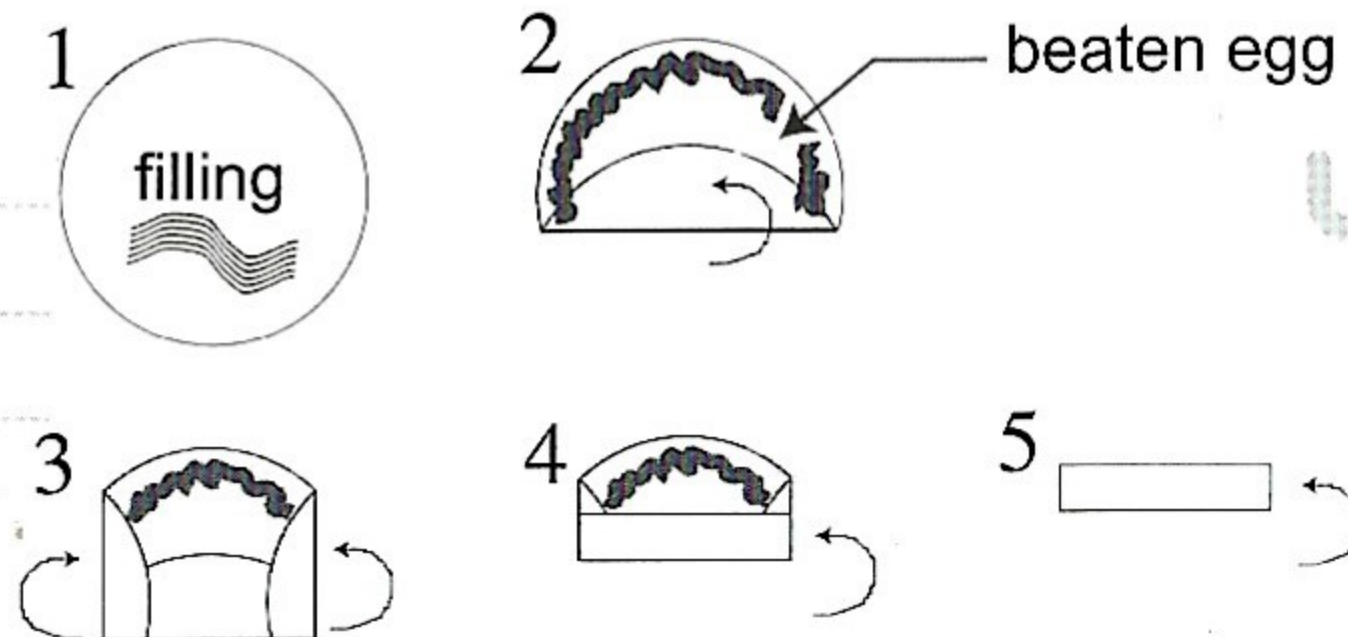
Serves 3

### Method (filling):

1. Put the oil in the wok, fry garlic until golden
2. Add minced pork, fry until the pork is almost cooked
3. Put fish sauce, oyster sauce and sugar
4. Add the glass noodles, bean sprout and spring onion
5. Stir until the fresh vegetables are cooked, set aside to cool

### Preparation:

- 10 spring roll wrappers
- 1 beaten egg



### Method:

1. Place a tablespoonful of the filling on a spring roll wrapper
2. Fold the sheet over the filling, fold about half a turn; fold in the ends, then roll up tightly, sealing the sheet closed with the beaten egg
3. Deep fry in plenty of oil over a low heat until golden
4. Serve with a sweet chilli sauce

## Fried Fish Cakes

[ thod - man - pla ]

ทอดมันปลา

### Ingredients:

- 500 grams minced white fish meat  
(Veg: corn)
- 1 tbsp. red curry paste
- 1 egg
- 1 tbsp. tempura flour
- 1 long bean, *sliced finely*
- 3 tbsp. finely sliced kaffir lime leave
- 1 tsp. salt
- 1 tsp. sugar
- 3 cups palm oil (for deep fry)



Serves 3

### Method:

1. Put all the ingredients except oil in the large bowl and mix well with hand
2. Spoon the mixture 2 tbsp.; shape into small patties about 3 inches in diameter
3. Deep fry in palm oil until golden brown
4. Serve with sweet chilli sauce





## Deep Fried Bread With Pork

[ ka - nom - pang - naa - moo ]

ขนมปังหน้าหมู

### Ingredients:

- 10 pieces sliced bread, *cut into quarters*
- 100 g minced pork / minced chicken  
(Veg: minced tofu)
- 3 tsp. coriander root
- 1 tsp. garlic
- 1 tsp. pepper
- 1 tsp. coriander leave
- 1 beaten egg
- 1 tbsp. fish sauce(Veg: soy sauce)
- 1 tbsp. oyster sauce  
(Veg: mushroom sauce)
- 1/2 tsp. sugar
- 2 cups palm oil



Serves 3

### Method:

1. In the mortar, put the coriander root, garlic and pepper, pound and mix together
2. Blend the minced pork with pounded spice, fish sauce, oyster sauce and sugar
3. Place about 1 tablespoon of the pork spread on each piece of bread and decorate with coriander leaf on top
4. Heat the oil in a wok. Keep the bread spread side downward, dip in the bowl of beaten egg and put to the wok. Deep fry until golden brown
5. Remove from the oil and drain
6. Serve with chilli dipping sauce and thin sliced fresh cucumber

## Deep Fried Banana

[ gluay-thod ]

กล้วยทอด

### Ingredients:

- 4 bananas(or sweet potato)
- 200 g. coconut meat
- 1 tsp. sesame seed
- 1 tsp. salt
- 1 tsp. sugar
- 100 g. rice flour
- 50 g. wheat flour
- 1/2 cup water
- 1 1/2 cup palm oil



Serves 3

### 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.*





## Mangos With Sticky Rice

[ kao - neeaw - ma - muang ]

ข้าวเหนียวมะม่วง



Serves 3

### Ingredients:

- 1 1/2 kg. cooked sticky rice
- 6 tbsp. palm sugar(or brown sugar)
- 1 1/2 tsp. salt
- 1 litre coconut milk
- 1 sliced ripe mango

### Method:

1. Heat the coconut milk, add palm sugar and salt and stir well
2. Pour coconut milk into a bowl
3. Add the sticky rice, mix together
4. Turn to low heat and leave for 30 minutes
5. Stir one more time and serve on a plate with sliced mango

### Tips:

- \*Mangos and sticky rice is the Thai version of rice pudding. Instead of using fresh milk as a normal rice pudding, substitute coconut cream and use any fruit native to your home.

- \*\* Lychee or ripe papaya can substitute with mango.

## Banana In Coconut Milk

[ gluay - buat - chee ]

กล้วยบัวดี



Serves 4

### Ingredients:

- 6 ripe bananas, cut into 1 inch pieces\*
- 4 cups coconut milk
- 3 tbsp. sugar
- 1/2 tsp. salt

### Method:

1. Heat the coconut milk
2. Add sugar and salt, boil for 3 minutes
3. Add bananas and simmer until the bananas are cooked
4. Serve in dessert bowls

### Tips:

- \*Substitute with pumpkin, sweet corn, etc. if desired





## Water Chestnut In Coconut Milk

[ tub - tim - krawp ]

ทับทิมกรอบ

### Ingredients:

- 1 cup water chestnut
- 3 tbsp. grenadine
- 1 cup tapioca flour
- 1 cup coconut milk
- 3 tbsp. sugar
- 1/2 tsp. salt
- 1/2 cup water

### Method (Water chestnut):

1. Cut the water chestnut into small pieces (about 1 cubic cm.)
2. In the bowl, pour the grenadine and mix with the water chestnut, soak for 20 minutes
3. Add tapioca flour. Add water occasionally and stir until the mixture is stick to the water chestnut
4. Put the water chestnut in the boiled water for about 2-3 minutes until the flour around the water chestnut is changed to translucent. Then, put in the cold water immediately
5. Put the water chestnut into the bowl

### Method (Coconut milk):

1. Boil the coconut milk in low heat
2. Add sugar and salt
3. Leave the coconut milk until warm
4. Pour into the bowl with water chestnut
5. Put in the ice



Serves 2

### Ingredients (Satae pork):

- 500 g. pork loin
- 1/2 cup. coconut cream
- 2 tbsp. curry powder
- 1 tsp. salt
- 2 tsp. sugar
- bamboo skewers

### Ingredients (peanut sauce):

- 1/4 cup red curry paste
- 2 cups coconut milk
- 1/2 cup ground peanut
- 1 tbsp sugar
- 1/2 tsp salt

### Ingredients (cucumber relish):

- 2 cucumbers
- 1 finely sliced shallot
- 2 tbsp sugar
- 1/4 tsp salt
- 1 cup vinegar

### Method (peanut sauce):

1. Put 1 cup of coconut milk over medium heat until oil surfaces
2. Add the curry paste and stir well
3. Add the peanut, sugar, salt
4. Reduce the heat and stir constantly, add some coconut milk to prevent from sticking

### Method (cucumber relish):

1. Cut half the cucumber and slice thinly, put to the dipping cup
2. Add shallot to the dipping cup
3. Simmer the vinegar over medium heat, add sugar and salt until dissolved
4. Remove from the heat and leave it cool
5. Pour the mixture to the dipping cup

## Satae Pork

[ moo - satae ]

หมูสะเต๊ะ



Serves 4

### Method (Satae pork):

1. Cut the pork into thin slices
2. Mix the coconut cream, sugar, salt and curry powder together
3. Toss with the pork
4. Grill with medium heat until done

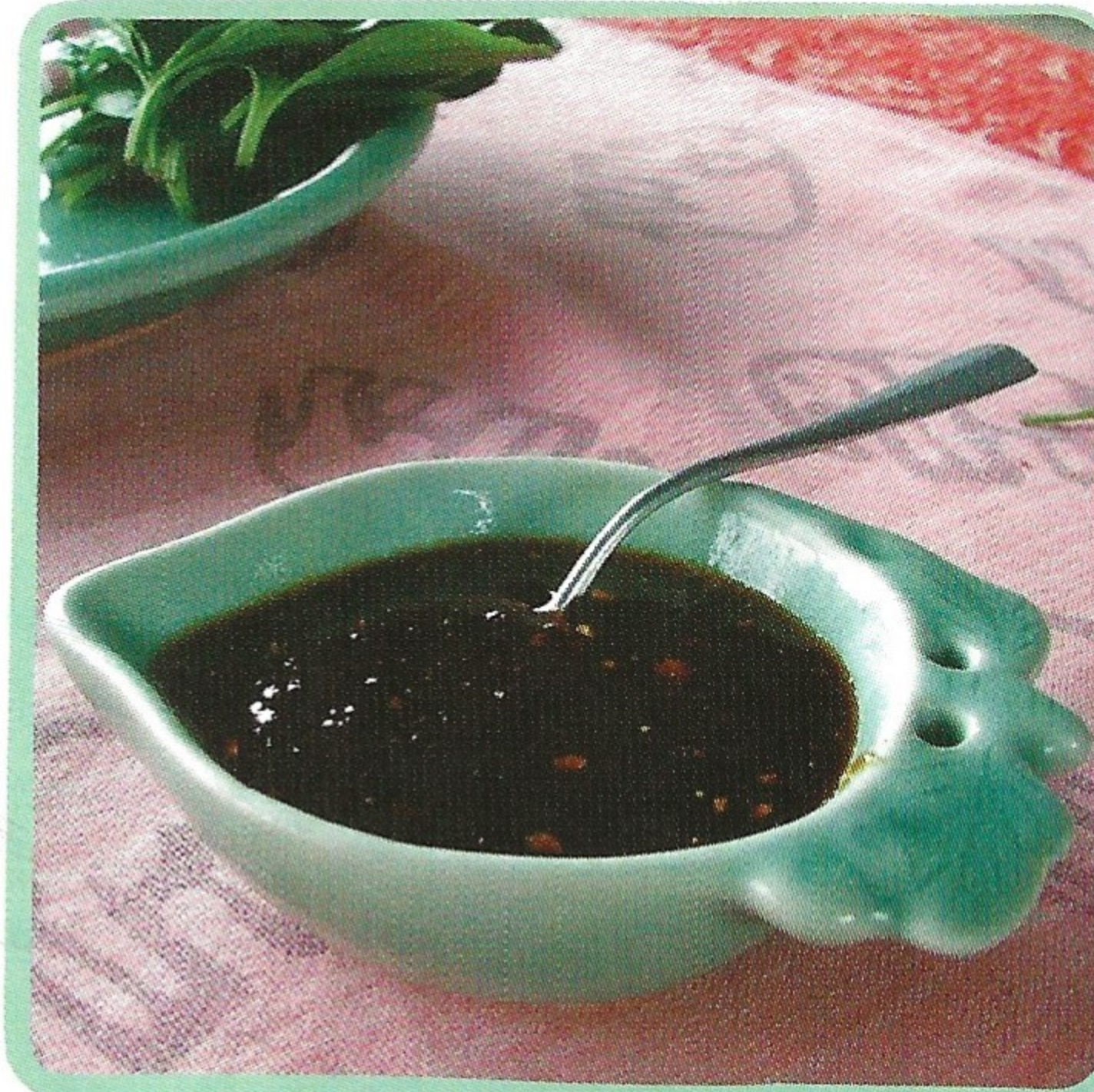


## Thai Welcome Snack

[ mieng - kum ]  
เมืองคำ

### Ingredients (sauce):

- 50 g roasted coconut flesh
- 25 g finely chopped dried shrimp
- 1 tbsp. finely chopped ginger
- 1 tbsp. finely sliced shallot
- 1/2 tbsp. shrimp paste
- 50 g palm sugar
- 1 tbsp. fish sauce
- 1/2 cup water
- 30 g ground roasted peanut



Serves 8



### Method:

1. In the mortar, put roasted coconut flesh in and pound well, transfer to the bowl
2. In the mortar, put ginger, shallot, dried shrimp, shrimp paste and pound well
3. Put the ingredients in step 1 and 2 into the pot
4. Add palm sugar and water in the pot
5. Place the pot over medium heat, stir continuously until boiling, add ground peanut occasionally
6. Keep boiling for 15 minutes, then put fish sauce
7. Keep boiling 5 more minutes or until the sauce becomes thick
8. Allow to cool and transfer to the bowl

### Ingredients:

- 100 g. roasted coconut flesh
- 25 g. ginger (cut in cube )
- 25 g. shallot (cut in cube )
- 40 g. lime ( cut in cube )
- 50 g. dried shrimp
- 25 g. roasted peanut
- 100 g. sliced chilli
- 16 Cha-Plu leaves (Piper Samentosum)
- / Spinach / Brussels sprouts /
- / Cabbage / Lettuce may used instead

### How to eat:



Serves 8



1. Fold Cha-Plu leave into cone shapes



2. Put roasted coconut flesh, ginger, shallot , lime, dried-shrimp, peanut, chilli into the cone



3. Topping with sweet sauce







## Sweet Chilli Sauce

[ nam - jim - kai ]

น้ำจิ้มไก่

### Ingredients:

- 1/4 cup water
- 6 tbsp. sugar
- 1/2 tbsp. chopped red spur chilli
- 1/2 tsp. salt
- 1/4 cup vinegar
- 1 tsp. chopped garlic



Serves 4

### Method:

1. Simmer vinegar, sugar, salt, chillies and water over medium heat.
2. Add garlic and simmer until the sauce is thick
3. Remove from the heat and top with red spur chilli

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