



{ Pad Thai Goong Sod }

Thai Fried Noodles with Shrimps

INGREDIENTS (One serving)

5	peeled Thai shrimps
1	tsp chopped garlic
1/2	tsp red pepper flakes
3	tbsp vegetable oil
2	tbsp fish sauce
1	tbsp tamarind juice
1	tbsp finely chopped shallot
1	tbsp salted turnip, finely chopped
1	tbsp roasted peanuts
50	grams palm sugar
10	grams dried shrimps
50	grams firm tofu, thinly sliced
150	grams thin noodles
100	grams bean sprouts
20	grams chives, cut in one inch lengths
1	egg
1/4	lime

Directions: **1.** Soak the thin noodles for 5 minutes in water before cooking to soften. **2.** Heat 1 tbsp of vegetable oil in a pan, fry the garlic and shallot, then add the thin noodles and sprinkle with water until the noodles are soft. **3.** Add fish sauce, palm sugar, red pepper flakes and tamarind juice. Stir quickly to prevent the noodles from sticking together. **4.** Heat another tbsp of oil and add the salted turnip, tofu, shrimps and dried shrimps. Stir and mix together with the noodles and push to one side of the pan leaving space to heat the remaining 1 tbsp of oil. **5.** Crack the egg in to the pan and spread thinly. Mix in the prepared noodles, add chives and bean sprouts. Transfer to a serving dish and sprinkle with roasted peanuts, squeeze in fresh lime juice, and garnish with the uncooked chives and bean sprouts.

Tips: • Gradually add the cooking oil.
• Constantly check the noodles whilst cooking, if they are still dry and hard, sprinkle with water or add more oil.

HEALTH BENEFITS

Vitamin A, C, B6, K,
Calcium, Iron,
Phosphorous, Omega 3



Preparation: 15 mins
Cooking: 10 mins
Total: 25 mins
Spicy Level: 🌶️🌶️🌶️🌶️



{ Tom Kha Gai }

Chicken and Galangal in Coconut Milk Soup

INGREDIENTS (One serving)

150 grams	chicken, cut into bite-size pieces
50 grams	sliced young galangal
100 grams	lightly crushed lemongrass, julienned
100 grams	straw mushrooms
250 grams	coconut milk
100 grams	chicken stock
3 tbsp	lime juice
3 tbsp	fish sauce
2 leaves	kaffir lime, shredded
1-2	bird's eye chilies, pounded
3 leaves	coriander

Directions: **1.** Bring the chicken stock and coconut milk to a slow boil. Add galangal, lemongrass, chicken and mushrooms. When the soup returns to a boil, season it with fish sauce. **2.** Wait until the chicken is cooked, and then add the kaffir lime leaves and bird's eye chilies. Remove the pot from heat and add lime juice. **3.** Garnish with coriander leaves.

Tips:

- Keep the heat low throughout the cooking process. High heat will make the oil in the coconut milk separate and rise to the top.
- If you're using mature galangal, reduce the amount.
- Lime juice becomes more aromatic when it is added after the pot is removed from heat.
- Reduce amount of chilies for a milder taste.

HEALTH BENEFITS

Vitamin A, B1, B2, B6, C, E, K, Folate, Copper, Iron, Phosphorus



Preparation: 10 mins
Cooking: 20 mins
Total: 30 mins
Spicy Level: 🌶️🌶️🌶️🌶️



{ Som Tum }

Papaya Salad

INGREDIENTS (One serving)

200 grams	shredded papaya
4 cloves	garlic
2	bird's eye chilies
40 grams	halved cherry tomatoes
30 grams	long beans, chopped into one inch pieces
2 tbsp	roasted peanuts
1 tbsp	fish sauce
1 1/2 tbsp	lime juice
10 grams	dried shrimps
20 grams	palm sugar
2 stems	water morning glory tops
1/4	cabbage, chopped into large pieces

Directions: **1.** Roughly pound the garlic with bird's eye chilies in a mortar. Add long beans, roasted peanuts and dried shrimps. Roughly pound the mixture again. Season with palm sugar, fish sauce and lime juice. Add shredded papaya and stir. Add cherry tomatoes. **2.** Serve with fresh water morning glory tops, cabbage and long beans.

- Tips:**
- To keep the papaya fresh, clean the whole fruit and soak it in water for 30 minutes before peeling. If there is any shredded papaya left over, keep it in the fridge.
 - A wooden mortar is recommended to keep the shredded papaya in good shape.
 - If you do not have a set of mortar and pestle, mix the ingredients in a mixing bowl and serve.
 - Use crushed almonds or cashew nuts instead of peanuts in case of peanut allergy.
 - Somtum is usually served with barbecued chicken and steamed white glutinous rice.

HEALTH BENEFITS

Vitamin A, B1, B2, C, E,
K, Folate, Iron,
Manganese, Potassium



Preparation: 20 mins
Cooking: 5 mins
Total: 25 mins
Spicy Level: 🌶️🌶️🌶️🌶️



{ Yum Woon Sen Neua }

Spicy Beef Glass Noodles Salad

INGREDIENTS (One serving)

200 grams	cooked glass noodles
100 grams	grilled beef
20 grams	dried shrimps, fried until crispy
4 cloves	garlic, minced
1	onion, julienned
2-3	Thai chilies, sliced thinly
2 stalks	Thai celery, chopped
2 tbsp	fish sauce
2 tbsp	lime juice
5	cherry tomatoes, halved
1 tbsp	chopped coriander
4 tsp	chicken stock
5 leaves	coriander

Directions: **1.** Briefly grill the beef until cooked. **2.** In a bowl, mix the glass noodles, chicken stock and beef with garlic, onion, chilies, celery, fish sauce, lime juice and tomatoes. If the salad is too dry, add more chicken stock. Taste and add more fish sauce and lime juice if necessary. **3.** To serve, simply place on a serving plate. Sprinkle with fried dried shrimps and garnish with coriander leaves.

Tips: • Before cooking, soak the glass noodles in cold water for 10 minutes and drain. Pour hot water over the noodles through a strainer. After cooked in hot water, quickly soak in cold water for a few minutes and strain. Mix with other ingredients when ready to serve.
• To retain its freshness, vegetables such as tomatoes, onions and celery should be added last.
• Crushed roasted peanuts may be added as desired.

HEALTH BENEFITS

Vitamin A, B1, B2, B6,
C, K, Folate, Calcium,
Iron, Potassium



Preparation: 20 mins
Cooking: 10 mins
Total: 30 mins
Spicy Level: 🌶️🌶️🌶️🌶️



{ Gaeng Kiew Wan Goong }

Green Curry with Shrimps

INGREDIENTS (Two servings)

8	peeled Thai shrimps
100 grams	round eggplant or brinjal, chopped into four pieces
100 grams	coconut cream (the top layer of coconut milk)
500 grams	coconut milk
40 grams	Kiew Wan curry paste
20 grams	palm sugar
2 tbsps	fish sauce
2	sliced red spur chilies
4 grams	sweet basil leaves
2 leaves	kaffir lime, shredded

Directions: **1.** Simmer coconut cream in a pan until the oil separates. Add Kiew Wan curry paste and stir until it dissolves. **2.** Add shrimps and fry until well cooked. Pour into a pot then add coconut milk. Bring to full boil over medium heat. **3.** Add round eggplant or brinjal and season with fish sauce and palm sugar. When the curry returns to a boil, the round eggplant or brinjal will be cooked. **4.** Add red spur chilies, shredded kaffir lime leaves and sweet basil leaves. Serve in a bowl.

Tips:

- If the curry paste is burned while frying, the curry will be darker than usual and have a slightly bitter taste. Likewise, if undercooked, it will appear pale in color and mild in taste and aroma.
- As an alternative, shrimp can be replaced with chicken, pork or beef.
- To keep the round eggplant or brinjal fresh and green, cut and soak in slightly salted water. Only use when the curry is fully boiling.

HEALTH BENEFITS

Vitamin A, B6, C, E, K,
Magnesium, Manganese,
Phosphorus, Potassium



Preparation: 10 mins

Cooking: 25 mins

Total: 35 mins

Spicy Level: 🔥🔥🔥🔥



{ Massaman Gai }

Massaman Curry with Chicken and Potatoes

INGREDIENTS (Two servings)

300 grams	chicken rump
80 grams	Massaman curry paste
100 grams	coconut cream (the top layer of coconut milk)
300 grams	coconut milk
250 grams	chicken stock
50 grams	roasted peanuts
200 grams	potatoes, chopped into large chunks
100 grams	onion, chopped into large chunks
30 grams	palm sugar
2 tbsp	tamarind juice
1 tbsp	fish sauce

Directions: **1.** Simmer coconut cream over medium heat till the oil separates. Add Massaman curry paste and fry until the mix darkens and gives off a fragrance. **2.** Divide the coconut milk in half. Pour the first half into the pot and continue simmering until the mix starts to dry out. Then add chicken and the remaining coconut milk. **3.** Add the chicken stock and keep simmering until it comes to a boil. **4.** Add roasted peanuts, potatoes and simmer until the chicken is tender. **5.** When the potatoes are cooked, season with fish sauce, palm sugar and tamarind juice. Add onion and cook through until the soup begins to dry out. Serve in a bowl.

Tips: • To make tamarind juice, mix 1 portion of the tamarind with 3 to 3.5 portions of water.
• Different brands of instant tamarind juice have different flavors and levels of sourness.

HEALTH BENEFITS

Vitamin A, B6, C, E, K,
Calcium, Copper, Iron,
Magnesium, Potassium



Preparation: 15 mins
Cooking: 30 mins
Total: 45 mins
Spicy Level: 🌶️🌶️🌶️🌶️



{ Tom Yum Goong }

Spicy Prawns Soup with Chili Paste

INGREDIENTS (One serving)

3	peeled Thai prawns
300 grams	chicken or vegetable stock
100 grams	straw mushrooms
100 grams	lightly crushed lemongrass, chopped into one inch pieces
2 grams	coriander roots
2 tbsp	fish sauce
2 tbsp	lime juice
3 leaves	kaffir lime, shredded
1-2	lightly crushed bird's eye chilies
5 leaves	coriander
1 tbsp	chili paste
100 grams	evaporated milk

Directions: **1.** Boil the stock and add lemongrass and coriander roots. Continue boiling for a few minutes. **2.** Sieve out the ingredients. Bring the stock back to a boil and add straw mushrooms. **3.** Add prawns and wait until it returns to a full boil, then add fish sauce and kaffir lime leaves. **4.** Add lime juice and chilies. Serve Tom Yum Goong in a bowl. Garnish with coriander leaves (mix with chili paste and evaporated milk as an alternative of Tom Yum Num Khon).

Tips: • Fish sauce becomes aromatic only when it is added to the boiling soup.
• Lime juice becomes aromatic only when it is added after the soup is removed from heat.

HEALTH BENEFITS

Vitamin A, B1, B2, C, E,
K, Folate, Calcium,
Iron, Phosphorus, Zinc



Preparation: 20 mins
Cooking: 20 mins
Total: 40 mins
Spicy Level: 🌶️🌶️🌶️🌶️



{ Gaeng Som Phak Ruam }

Sour Curry with Mixed Vegetables

INGREDIENTS (One serving)

5	peeled Thai shrimps
80 grams	long beans, chopped into one inch pieces
80 grams	cauliflower, cut into bite size pieces
100 grams	cabbage, chopped two inch cubes
40 grams	Gaeng Som paste
500 grams	vegetable stock or water
4 tbsp	tamarind juice
15 grams	palm sugar
2 tbsp	fish sauce

Directions: **1.** Clean the shrimps thoroughly and devein them. Bring the vegetable stock (or water) to a boil and add Gaeng Som paste. **2.** When the soup returns to a full boil, add vegetables in this order: cauliflower, long beans and cabbage. **3.** Season with palm sugar, tamarind juice and fish sauce, making sure everything is well dissolved. **4.** Add shrimps and cook briefly.

Tips:

- As an alternative, shrimp can be replaced with fish.
- Seafood cooks quite quickly thus shrimp and fish should be in the boiling soup only briefly, and then whisked out and served to keep it fresh and juicy.
- Prepare the drier, tougher ingredients first, like cauliflower and long beans, followed by leafy vegetables like cabbage.

HEALTH BENEFITS

Vitamin A, B1, B2, B6, C, K, Folate, Calcium, Iron, Manganese, Omega 3



Preparation: 15 mins
Cooking: 30 mins
Total: 45 mins
Spicy Level: 🌶️🌶️🌶️🌶️



{ Khao Niew Dam Piek Maphrao Awn }

Black Glutinous Rice Pudding with Young Coconut Flesh

INGREDIENTS (Four servings)

2 1/2	cups	black glutinous rice
1	cup	coconut cream
2	cups	sugar
5	cups	young coconut juice
3	cups	young coconut flesh, cut into slices
1/2	tsp	salt

Directions: **1.** Rinse the black glutinous rice in water twice. Pour into a pot and add coconut juice. Place over medium heat and boil until the rice is thoroughly cooked. **2.** Add sugar and continue boiling until well dissolved. **3.** Add coconut flesh. Stir well. Bring to a boil once again and turn off the heat. **4.** Mix the coconut cream and salt together and place over low heat. Stir regularly to prevent the coconut cream from separating. When the coconut cream is well heated and salt is thoroughly dissolved, remove from the heat. **5.** Spoon the sweet glutinous rice into a serving bowl and top with some salted coconut cream.

Tips:

- The young coconut flesh can be substituted with longan.
- The black glutinous rice can be substituted with the white kind which is widely used in many Thai desserts including the popular “Mango with Sticky Rice.”

HEALTH BENEFITS

Vitamin B, C, E, K,
Folate, Iron, Magnesium,
Manganese, Selenium



Preparation: 10 mins
Cooking: 20 mins
Total: 30 mins



{ Gluai Buat Chi }

Bananas in Coconut Milk

INGREDIENTS (Two servings)

5	almost-ripe Nam Wa
	bananas
1/4	cup coconut cream
1 1/2	cups coconut milk
1/2	cup sugar
1/2	tbsp salt

Directions: **1.** Peel the bananas and slit vertically into halves, then horizontally in more halves. Pour coconut milk into a pot and turn on the heat. Once boiling, lower heat to medium and add bananas. **2.** Once bananas are tender, turn off the heat. Do not overcook. Add sugar and salt and keep stirring until well dissolved. **3.** Add coconut cream. Allow to cool down to room temperature before serving.

Tips: • As an alternative, Nam Wa bananas can be replaced with potato, sweet potato, pumpkin or tapioca. Boil until cooked only, avoid over boiling until mashed.
• When cooking unripe bananas, boil them in water for 3-5 minutes to get rid of the stickiness. Young fruits normally taste less sweet and therefore will require extra sugar in the coconut milk.

HEALTH BENEFITS

Vitamin B6, B12, C, E, K,
Folate, Iron, Magnesium,
Potassium, Zinc



Preparation: 10 mins
Cooking: 20 mins
Total: 30 mins