

All Recipes in this book will make a serving size appropriate for 2 people unless noted.

Any dishes with Chilies will be spicy. To reduce the spiciness of the dish, remove the seeds and inner membrane from the chili peppers or feel free to substitute them with a less spicy alternative.

Use caution when working with chili peppers. It is wise to wear gloves when preparing them.

Weight conversion chart

Imperial	Metric
1 ounce	28 g
4 ounces or 1/4 pound	113 g
1/3 pound	150 g
8 ounces or 1/2 pound	230 g
2/3 pound	300 g
12 ounces or 3/4 pound	340 g
1 pound or 16 ounces	450 g
1 1/3 pound	600 g

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Thai Recipe Ingredients

- * 12 medium-size shrimps, or chicken
- * 10 mushrooms, 5 cherry tomatoes(cut into half)
- * 1 stalk of lemon grass (lightly pounded and cut into 2" long)
- * 3 lime leaves
- * 1 teaspoon of salt
- * 2 tablespoons of fish sauce
- * 3 tablespoons of lime juice
- * 6 hot peppers (pounded lightly)
- * 4 cups of water
- * 1/2 cup of roughly cut coriander leaves

***** Shrimp **********Chicken*******Thai Food Preparations**

1. Remove the shrimp shell but leave the tails (for good appearance). Then cut open the back of each shrimp to remove the veins. Also clean the mushrooms with water and dry them well before wedging each into quarters.
2. Bring water to boil, and then add lemon grass, lime leaves, and shrimps. When the shrimps turn pink, add mushrooms, tomatoes and salts.
3. Remove the pot from heat after boiling. Then season with fish sauce, lime juice, and hot peppers. Serve the soup while still hot and garnish on top with pieces of coriander leaves.

FRIED CHICKEN WITH BASIL LEAVES

[Thai food : pad ka-prao kai]

Thai Recipe Ingredients

- * 450 grams chicken thighs, cut into bite-size pieces
- * 5 cloves garlic, finely chopped
- * 1/2 cup onion, sliced
- * 2 tablespoons vegetable oil
- * 2 teaspoons black soy sauce
- * 2 tablespoons fish sauce
- * 1 cup fresh holy basil
- * 7 chillies, chopped and pounded coarsely
- * Dash of ground white pepper

Note : You can add more vegetables such as carrot, string bean, baby corn as extra ingredients.



*****chicken*****



***** shrimp *****

Thai Food Preparations

1. Heat a wok until the oil is hot, then stir in the garlic, and then add onions. Stir another few seconds before adding the chicken. Continue Stir-frying until chicken is cooked throughly.
2. Add chillies and sprinkle black soy sauce over the mixture and stir-fry another 15-20 seconds.
3. Then add fresh basil leaves and fish sauce to taste. Stir and mix well. Sprinkle with white pepper. Stir and transfer to a serving dish. Normally, Thai people love to eat this dish with steamed rice and fried egg.

GREEN CURRY WITH CHICKEN

[Thai food : kang keaw wan kai]

Thai Recipe Ingredients

- * 1/4 cup green curry paste
- * 350 grams chicken breast or thigh, cut in bite-size pieces
- * 1 1/4 cups coconut milk
- * 1/4 cup Thai basil leaves, 4 lime leaves
- * 2 eggplants cut into small pieces
- * 1/2 cup chicken stock
- * 2 teaspoons sugar
- * 3 tablespoons fish sauce
- * 2 red chilies, sliced diagonally



Thai Food Preparations

1. Bring $\frac{1}{2}$ cup of coconut milk (use the thick cream off the top) to a boil in a pan. Cook over medium heat, stirring often for 3 to 5 minutes. Add green curry paste; continue to cook and stir until the mixture becomes dry and fragrant. Transfer mixture to a larger pot.
2. Add the chicken and stir for 1-2 minutes, add fish sauce, sugar, keep stirring for another minute then add cut eggplant, the remaining coconut milk and chicken stock. Cook over medium heat until the chicken is cooked and eggplant is tender.
3. Add kaffir lime leaves and Thai basil. Bring to a boil. Remove from heat and adjust the seasoning and transfer to a serving bowl.

STIR-FRIED RICE NOODLE WITH PRAWNS [Thai food : pad Thai koong]

Thai Recipe Ingredients

- | | |
|--|--|
| * 12 fresh Shrimp | * 90 gram Dry Rice Noodle (3 - 5 mm) |
| * 50 gram Fresh Bean Sprouts | * 2 tablespoons Chopped (1") Green Onion |
| * 6 tablespoons Fish Sauce | * 6 tablespoons Oyster Sauce |
| * 3 teaspoons Vinegar | * 2 tablespoons Sugar |
| * 2 Tablespoons Preserved Turnip | * 2 Tablespoons Crushed Peanuts |
| * 2 Tablespoons pad Thai paste | * 2 Eggs |
| * 1 Teaspoon Red Chili (for Spicy lover) | * 1/2 Lemon |



Thai Food Preparations

1. Soak the noodles about 30 minutes in room temperature water.
2. Heat the oil in a wok. Add pad Thai paste and the Shrimp and grill for 90 seconds. Add the Eggs. When the eggs are not quite finished, add the Noodles, Sugar, Peanuts, Turnips and Stir Fry until all ingredients are mixed well and the noodles are wilted.
3. Season with the Fish Sauce, Oyster Sauce and vinegar. Then add Bean Sprouts, Green Onions and Red Chili. Stir fry quickly ensuring everything is well combined. If you like wet noodle dishes deglaze with 5 oz. water stock. If you like firmer dry noodles deglaze with only 2 oz. water stock. Place on Serving plate and garnish with more Bean Sprouts and a Lemon wedge.

THAI PAPAYA SALAD

[Thai food : som tum]

Thai Recipe Ingredients

- | | |
|--|----------------------------|
| * 2 cups shredded green papaya | * 1/2 cup shredded carrot |
| * 1/2 cup sting bean (cut into 1"long) | * 2 tablespoons fish sauce |
| * 1 1/2 tablespoons palm sugar | * 3 tablespoons lime juice |
| * 1/2 cup tomatoes (wedged) | * 1/3 cup dried shrimps |
| * 1/4 cup peanuts | * 10 green chilies |
| * 5 cloves fresh garlic | |

Note : regular sugar can be used instead of palm sugar



Thai Food Preparations

1. Use mortar and pestle to crush the chili and garlic, add shrimps, and continue crushing.
2. Add sugar, continue beating with the pestle, then add the papaya, carrot, sting bean, fish sauce, lime juice, tomato, and peanuts. Continue beating until all ingredients mixed well.
3. Finally, season with sugar, fish sauce, or lime. The original taste this dish should be the balance taste between sweet, (pepper) hot, salty, and sour.
4. Serve with vegetables (e.g. cabbage, string bean, napa, etc.). Thai people love to eat Sticky Rice with Papaya Salad. In this case, sticky rice can be served together with finished Papaya Salad.

Goes very well with sticky rice ☺☺☺

Thai Recipe Ingredients

- | | |
|---|-------------------------------------|
| * 2 cups coconut milk | * 1 cup chicken stock |
| * 2-3 medium pieces fresh galangal, peeled and sliced(kha root) | * 3 lime leaves |
| * 3 chicken breast fillets (cut into well pieces) | * 2 teaspoons lime juice |
| * 2 teaspoons chilies, finely chopped | * 3 Teaspoons coconut chicken paste |
| * 1 tablespoon fish sauce | * 1 teaspoon sugar |
| * 1/2 cup fresh coriander leaves | * 10 mushrooms |
| * 5 tomatoes (cut in halves) | |

**Thai Food Preparations**

1. Add coconut milk, chicken stock, coconut chicken paste and galangal (kha root), lime leaves, tomatoes, mushrooms in a pan.
2. Bring to boil and simmer over low heat for 8 minutes, stirring occasionally.
3. Add chicken pieces and chili to pan, simmer for another 6 minutes. Continue stirring until cooked and all ingredients mixed well.
4. Season with fish sauce, sugar and lime juice. Add coriander leaves Before serving.

Thai Recipe Ingredients

- * 400 grams beef tenderloin, sliced
- * 2 tablespoons panang curry paste
- * 2 tablespoons vegetable cooking oil
- * 150 grams coconut milk
- * 2 tablespoons sugar
- * 2 tablespoons fish sauce
- * 10 basil leaves
- * 1 red chili, sliced
- * 3 kaffir lime leaves

**Thai Food Preparations**

1. Heat the oil in a wok and fry the curry paste for one minute, then pour in the coconut milk and boil.
2. Add beef and season with sugar and fish sauce.
3. Once the beefs are cooked, and then add basil, chili and kaffir lime leaves. Transfer to a serving bowl. Serve with steamed rice is also a good way to enjoy this recipe.

THAI FRIED RICE WITH PRAWNS

[Thai food : kao pad koong]

Thai Recipe Ingredients

- | | |
|--|---|
| * 3 cups cooked rice | * 12 medium sized shrimps |
| * 3 cloves garlic, finely sliced | * ground pepper |
| * 2 eggs | * 2 teaspoons oil |
| * 1 teaspoon lime juice | * 1 big tomato (cut into small pieces) |
| * 3 tablespoons vegetable oil | * 1 teaspoon sugar |
| * oyster sauce , seasoning sauce , soy sauce | * 3 yellow onions, finely sliced |
| * 1/2 cup fresh coriander and green onion | * 1 cucumber, sliced (on the side dish) |

*****You can add more whatever vegies you like** The options😊***



Thai Food Preparations

1. Place oil in a wok. Add garlic. Stir-fry over medium-high heat until fragrant (about 1 minute).
2. Add prawns and stir fry until cooked thoroughly.
3. Move ingredients aside and crack egg into the wok. Stir to cook and break up the egg. When egg is nearly cooked, add the rice. Stir fry, keeping the heat medium-high.
4. Add fish sauce, tomato, yellow onion, oyster sauce, seasoning sauce, soy sauce , ground pepper, sugar and lime juice continue to stir-fry for another 1-2 minutes. Before serving, sprinkle with green onion, and coriander on top and place cucumber and lemon besides the fried rice.

STIR-FRIED CHICKEN WITH CASHEW NUTS

[Thai food : kai pad med ma-maung]

Thai Recipe Ingredients

- | | |
|-----------------------------------|-------------------------------|
| * 300 g. sliced chicken thigh | * 1 1/2 tablespoon soy sauce |
| * 2 tablespoons oyster sauce | * 1/3 cup roasted cashew nuts |
| * 2 green onions, chopped | * 3 cloves garlic, minced |
| * 1/4 onion, cut into small cubes | * 4 dried chilies, chopped |
| * 1 teaspoon seasoning soy sauce | * 1 tablespoon sugar |
| * 1 tablespoon cooking wine | * 2 tablespoons vegetable oil |



Thai Food Preparations

1. Heat oil in a wok over medium heat. When oil is hot, add minced garlic, chop onion, and dried chilies, and fry until fragrant.
2. Then, add chicken, and seasoning sauce, soy sauce, oyster sauce, and sugar.
3. Stir-fry until all ingredients mix thoroughly and chicken is cooked, then adds cooking wine, roasted cashew nuts, and green onion. Stir quickly for 1-2 minutes, then remove from heat.
4. Transfer stir-fried chicken and cashew nuts to a serving dish, and serve immediately.

SWEET AND SOUR SAUCE FRIED WITH PORK

[Thai food : moo pad preaw wan]

Thai Recipe Ingredients

- | | |
|--|--|
| * 400 grams of pork or chicken, cut into bite sized pieces | * 3 cloves garlic, minced |
| * 1 cup all-purpose flour or corn straight | * 1 teaspoon sugar |
| * oyster sauce, soy sauce, seasoning sauce | * 1 onion, sliced |
| * 5 pieces pineapple, cut into small cubes | * 2 tomatoes, sliced |
| * 2 teaspoons ketchup | * green onion |
| * 1/2 teaspoon lime juice or vinegar | * salt and pepper |
| * 1 cup vegetable oil for deep frying | * green, red, yellow pepper (optional) |
| * 1 cucumber (sliced into small pieces) | * carrot (optional) |



Thai Food Preparations

1. Cut pork or chicken into bite sized pieces, and allow marinating for 30 minutes with salt, pepper and 1 tablespoon corn straight. After marinated time, put all-purpose flour or corn straight in a plate, add marinated pork and toss until flour coats on pork surface.
2. Heat oil in a pan on medium heat, when oil is hot, add pork or chicken and deep-fry until cooked. Drain on paper towel.
3. Add sugar in another wok on medium-low heat, stir until sugar dissolved, and add soy sauce, seasoning sauce, oyster sauce and ketchup, lime juice mix well.
4. Add fried pork or chicken, onion, sliced tomatoes, cucumber, pineapples (add the options in this time cooking) in sweet & sour sauce, continue stirring in the sauce until they stick together. Sprinkle with green onions and transfer to a serving dish.

Thai Recipe Ingredients

- * 450 grams fresh clams, cleaned well
- * 1 teaspoon sugar
- * 3 tablespoons vegetable oil
- * 1/2 cup sweet basil leaves
- * 2 tablespoons roasted chili paste
- * 4 fresh chilies, cut into long strips
- * 2 teaspoons garlic, finely chopped
- * 1 tablespoon fish sauce

**Thai Food Preparations**

1. Heat oil in a wok over medium-high heat. Add garlic in the hot oil and fry until it becomes golden.
2. Add clams and stir until they are cooked (clams will open when they are cooked). Season with fish sauce, sugar, and roasted chili paste.
3. Before removing from heat, sprinkle with sweet basil leaves and red fresh chili. Stir-fry for another 10 seconds. Transfer to a serving dish and served with steamed rice.

Thai Recipe Ingredients

- * 400 grams beef or chicken, cut into well pieces
- * 1/2 cup coconut milk
- * 2 tablespoons sugar
- * 1/2 tablespoon salt
- * 1 cup potato, peel and cut into big chunks
- * 1 tablespoon massaman curry paste
- * 1 tablespoon tamarind or lime juice
- * 1/4 cup cashew, peanut
- * 2 pinches cardamom, 1 cinnamon stick, 2 leaves bay leaf

Note : Instead of Beef, Other meats (chicken, Lamb, etc.) can also be used.



****Chicken****



****Beef****

Thai Food Preparations

1. Heat coconut milk and massaman curry paste in a pot over low heat, and stir until you see the red oil bubbling up (about 5 minutes).
2. Add the meat and continue stirring. Add half a cup of water or enough cover all the meat.
3. Add the rest of ingredients, except for potatoes, onion and cashew. Stew for 40 minutes or until beef is getting tender.
4. Add onion, potatoes, and cashews. Let simmer for 30 minutes more (during simmering, if the liquid is very low, add more water). Transfer to a serving bowl.

THAI VERMICELLI OR MAMA NOODLE SALAD WITH PRAWN

[Thai food : yum woon sen OR yum mama]

Thai Recipe Ingredients

- | | |
|---|--|
| * 10 medium size shrimps | * 20 grams shallot, sliced |
| * 100 grams ground pork | * 6 chilies, coarsely chopped |
| * 40 grams mushroom | * 40 grams glass noodle or mama noodle |
| * 20 grams Chinese celery, cut into 1" long | * 4 tablespoons fish sauce |
| * 1 onion, sliced | * 1 tablespoon sugar |
| * 2 tomatoes, sliced | * 5 tablespoons lime juice |



*****Glass noodle*****



*****Mama noodle*****

Thai Food Preparations

1. blanch pork and shrimp in boiling water, drain
2. blanch mushroom and glass noodle until soft, set aside
3. Mix all ingredients in a big bowl, then season with fish sauce, sugar and lime juice . Transfer to a serving dish. Serve immediately with fresh vegetable such as cabbage, cucumber, string bean, etc.

STIR FRIED RIBBON NOODLES WITH PORK

[Thai food : pad se-ew moo]

Thai Recipe Ingredients

- * 250 grams pork, thinly sliced
- * 2 tablespoons light soy sauce
- * 2 cloves garlic, chopped
- * 450 grams fresh flat rice noodles(big noodle)
- * 1 tablespoon dark soy sauce
- * 200 grams chinese kale, cut into bite-sized pieces
- * 1 medium egg, beaten
- * 2 tablespoons oyster sauce
- * 1 tablespoon sugar



Thai Food Preparations

1. Heat oil in a wok, then add garlic and sliced pork. Stir until the garlic is fragrant, and the pork is nearly cooked.
2. Add the noodles and the remaining ingredients, and stir until blended and heated through.
3. Open a spot in the middle of the wok, and drop the egg in. Scramble the egg until it is almost cooked. Fold in the noodles and mix them all.
4. Season with light soy sauce, sugar. The original taste should be the balance of flavours (it should be just on the sweet side with a salty tang. Transfer to a serving dish and serve immediately.

FRIED EGG IN CLEAR SOUP

[Thai food : kang juek kai num]

Thai Recipe Ingredients

- * 200 grams ground pork
- * 100 grams vermicelli noodle (optional)
- * 6 eggs, beaten
- * $\frac{1}{4}$ cup oil
- * 1 tablespoon. crispy fried chopped garlic (for topping)
- * $\frac{1}{2}$ cup thin sliced onions
- * 6 cups chicken stock or water
- * 1/3 cup fish sauce, 1 tablespoon sugar
- * 1/8 teaspoon white pepper
- * 300 grams chinese cabbage, cut into well pieces
- * 2 spring onions cut into 1 inch long pieces



Thai Food Preparations

1. Heat oil in a wok over low heat, and add beaten eggs, fry until golden brown (about 2 minutes on each side) and set aside, then cut into small strips.
2. In a pot, bring the chicken stock (or water) to boil. When boiling, add pork and stir until cooked.
3. Add onion, Chinese cabbages and spring onions, the egg strips, and the remaining ingredients.
4. Remove to a serving bowl. Before serving, garnish with crispy fried chopped garlic on top of the bowl.

STIR-FRIED CRAB MEAT WITH CURRY POWDER

[Thai food : poo pad pong ka-ree]

Thai Recipe Ingredients

- | | |
|---|---|
| * 250 grams crab meat | * 2 eggs |
| * 1 tablespoon garlic, minced | * 1 teaspoon curry powder |
| * 1 tablespoon soy sauce | * 2 tablespoons fish sauce |
| * 2 spring onions (scallion), sliced thinly | * 2 tablespoons shallots, sliced thinly |
| * 100 grams Chinese celery, cut 1" long | * 3 chili peppers, cut diagonally |
| * pinch of sugar | * 2 tablespoons fish stock (or water) |



Thai Food Preparations

1. Heat oil in a wok, and garlic and onions, then stir fry until the color is golden.
2. Add the fish stock (or water), soy sauce, fish sauce and beaten egg. Stir fry for 20 seconds, then add crab meat.
3. Stir fry until the crab meat is nearly cooked, then add the remaining ingredients. Stir fry for another 30 seconds and turn off the heat.
4. Transfer to a serving dish. Before serving, garnish with coriander leaves and other fresh vegetables (lettuce, sliced cucumber, etc.)

CHICKEN SATAY

[Thai food : kai sa-tay]

Thai Recipe Ingredients

- | | |
|---|------------------------------------|
| * 600 grams chicken breast | * 3 slices galangal |
| * 1/2 tablespoon lemon grass, finely chopped | * 1 tablespoon salt |
| * 1/2 teaspoon roasted coriander seeds powder | * 7 garlic cloves |
| * 1/2 teaspoon roasted cumin seeds powder | * 1/2 teaspoon white pepper |
| * 1/2 teaspoon turmeric powder | * 1/2 teaspoon curry powder |
| * 1 cup coconut milk | * 1 1/2 tablespoons vegetables oil |
| * 2 tablespoons palm sugar | * 1 pack wooden skewers |



Thai Food Preparations

1. Slice the chicken breast finely, width approximately 1".
2. Pound together all ingredients, until mixed well. Then pour the blended ingredients into the coconut milk.
3. Add the chicken slices and marinate for 90-120 minutes.
4. Thread the chicken slices onto the skewers. Pour the marinating sauce into a pot and heat until boiling.
5. Grill the chicken slices over medium heat and apply the sauce to the chicken while turning over.
6. When cooked through, serve with Satay peanut sauce and cucumber relish.

CHICKEN SATAY SAUCE

CUCUMBER RELISH + PEANUT SAUCE

[Thai food : ar-jad + sauce tua]

Thai Recipe Ingredients

Ingredients for Cucumber Relish (For Satay):

- | | |
|---|--|
| * 125 ml rice vinegar, or white vinegar | * 115 gram sugar |
| * 1/2 cucumber, finely sliced | * 2 shallots, peeled and finely sliced |
| * 1 large red chili, seeded and finely sliced | * coriander sprigs, to garnish |
| * lime wedges, to garnish | |

Ingredients for Peanut Sauce :

- | | |
|--|----------------------|
| * 2 tablespoons Red Curry Paste | * 1/4 teaspoon salt |
| * 2 tablespoons dark brown sugar | * 1 cup coconut milk |
| * 1/4 cup chopped peanuts or peanut butter | |



Cucumber Relish Preparations :

1. Place the vinegar and sugar in a small saucepan over a medium heat, and stir until the sugar has dissolved.
2. Remove from the heat and cool. Pour into a bowl, add the cucumber, shallots or onion and chili and stir to combine.

Peanut Sauce Preparations :

1. Combine the red curry paste and coconut milk together. Season with sugar, salt. The original taste should be the sweet taste and a little spicy taste.
2. Add chopped peanut. Then bring to boil over low heat.
3. Pour the sauce into a nice serving bowl and garnish with the chopped peanuts. Serve with chicken satay.

THAI GRILLED BEEF SALAD

[Thai food : yum neur yang]

Thai Recipe Ingredients

- | | |
|---|----------------------------------|
| * 400 grams beef tenderloin | * Salt and freshly ground pepper |
| * 1/4 cup water | * 3 tablespoons sugar |
| * 1 teaspoon chili-garlic sauce | * 1 garlic clove, minced |
| * 1 cucumber, peeled, halved and thinly sliced | * 1/2 onion, thinly sliced |
| * 1/2 cup shredded mint leaves | * 2 tablespoons fish sauce |
| * 2.5 tablespoons fresh lime juice | * 5 cherry tomatoes, cut halved |
| * 2 tablespoons salted dry-roasted peanuts, chopped | * 1 tablespoon oil |
| * 50 grams Chinese celery, cut into 1" long | |



Thai Food Preparations

1. Rub the steaks with the oil and season with salt and pepper.
2. Place steak on grid over medium heat. Grill, uncovered, 17 to 21 minutes for medium rare to medium or until desired doneness, turning once. After both sides cooked, let rest for 10 minutes before slicing thinly.
3. To make dressing, in a small skillet, heat the water with the sugar, stirring until dissolved. Transfer to a large bowl. Add the garlic, fish sauce, lime juice and chili-garlic sauce and let cool. Add the cucumber, onion, tomatoes, Chinese celery, mint and sliced steak and toss well. Sprinkle with the peanuts and serve right away.

THAI RICE SOUP WITH SHRIMP

[Thai food : kao tom koong]

Thai Recipe Ingredients

- * 350 grams shrimp (shelled, deveined, and butterflied) or ground pork
- * 2 cups water * 1 cup cooked rice
- * 1/2 teaspoon preserved cabbage * 2 tablespoons fish sauce
- * 1 tablespoon soy sauce * 1 tablespoon minced garlic
- * Shiitake mushrooms, sliced * 1 cup Chinese celery (including the leaves), sliced
- * 1 teaspoon pepper powder * fried garlic for topping (optional)
- * salted radish (optional)



*****Shrimp*****



*****ground pork*****

Thai Food Preparations

1. Heat a tablespoon of oil in a pot, then add garlic and stir-fry until golden color.
2. Add water, and wait until boiling. Then add celery, soy sauce, fish sauce and pepper powder, and stir until it boils again.
3. After boiling, add the cooked rice, preserved cabbage, shiitake and stirring occasionally. Wait until boiling again, then add the shrimp or ground pork, and cook until the shrimp color turns to white.
4. Transfer to a serving dish, sprinkle fried garlic over each serving, and garnish with chopped coriander leaves and Chinese celery leaves. Serve immediately.

GROUND PORK SALAD

[Thai food : larb moo]

Thai Recipe Ingredients

- | | |
|--|---|
| * 350 grams coarsely ground pork | * 2 tablespoons fresh mint leaves |
| * 3 tablespoons lime juice | * 2 tablespoons fish sauce |
| * 2 tablespoons roasted sticky rice powder | * 3 tablespoons finely chopped spring onion |
| * 2 tablespoons coarsely chopped fresh coriander | |
| * 1 tablespoon coarsely ground dried red chili | * 1/2 teaspoon sugar |
| * 1/2 cup coarsely chopped shallot | * 1 cup water (or chicken stock) |
| * 2 wedges green cabbage | * 5 green beans, trimmed and halved crosswise |



*****Ground pork*****



*****Beef** Larb neur***

Thai Food Preparations

1. Heat the water in a saucepan (or small pot). Add ground pork or beef and cook for 2 minutes, tossing often to break up the meat. When cooked, remove the pan from the heat and drain the water.
2. Transfer the cooked pork to a medium bowl. Add the shallot, spring onion, coriander, and most of the mint, reserving a few leaves for a garnish. Add the lime juice, fish sauce, rice powder, chili, and sugar. Then stir to combine everything well.
3. Before serving, garnish the serving dish with the cabbage, green bean, and mint. Thai people love to eat this dish with sticky rice and fresh vegetables.

Thai Recipe Ingredients

- * 400 grams chicken, sliced into well pieces
- * 2 1/2 tablespoons red curry paste
- * 2 cups coconut milk
- * 2 tablespoons fish sauce
- * 1/4 teaspoon salt
- * 3 fresh red chilies, sliced diagonally
- * 1/2 cup basil leaves
- * 1/4 cup kaffir lime leaves, torn
- * 1 1/2 teaspoons sugar (or brown sugar)
- * 1 can bamboo shoots, sliced

**Thai Food Preparations**

1. Heat coconut milk (1 cup only) in a wok over medium heat. Add red curry paste, and keep stirring until boiling.
2. Add the chicken and stir until cooked through.
3. Add the remaining coconut (1 cup), and bamboo shoots. Then add fish sauce, sugar, salt, and continue stirring until boiling again.
4. Sprinkle with kaffir lime leaves, and sweet basil leaves. Transfer to a serving dish and garnish with sweet basil leaves before serving.

THAI CHICKEN RICE

[Thai food : kao mun kai]

Thai Recipe Ingredients

- * 1 whole chicken (~450 grams)
- * 5 cloves of garlic, peeled and crushed
- * 1 tablespoon of salt
- * 5 cups jasmine rice (or long grain rice)
- * 3 pieces of ginger, peeled and crushed
- * coriander leaves (for garnishing)

Ingredients for Thai Chicken Rice dipping sauce

- * 1/2 cup yellow bean sauce
- * 1/4 cup dark soy sauce
- * 1/4 cup chopped fresh ginger
- * 6 chopped fresh Thai chile peppers
- * 1/2 cup soy sauce
- * 1/2 cup palm sugar
- * 1/4 cup chopped garlic



Thai Food Preparations

1. Boiling water in a large pot (put water just cover the chicken), also add 1 tablespoon of salt
2. Wait until chicken is cooked, skimming the top for scum and excess fat.
3. Remove the chicken from the pot and cut into well pieces.
4. In a rice cooker, add 5 cups of rice (rinse if necessary). Then add chicken stock to cover the 5 cup mark. Add in the garlic and ginger, then turn on the switch to cook. Wait until the rice is cooked.
5. While waiting for the rice, prepare the dipping sauce by mixing the soy sauce, dark soy sauce, yellow bean sauce, sugar, garlic, ginger and chile together. Stir until mixed well and transfer to a small serving cup.
6. Serve rice with chicken pieces, dipping sauce, and fresh cucumber (sliced thinly). Garnish with coriander leaves on top before serving.

(For 2-4 Servings)

Thai Recipe Ingredients

- | | |
|---|---|
| * 1/2 cup wide rice noodle | * 300 grams pork, sliced thinly (shrimp or chicken) |
| * 2 heads of broccoli, or chiness broccoli cut into well pieces | |
| * 4 cloves garlic, chopped | * 3/4 cup chicken stock (or water) |
| * 2 tablespoons corn starch | * 3 tablespoons sweet black soy sauce |
| * 1 tablespoon preserved black beans, lightly rinsed | * 1/2 tablespoon sugar |
| * 2 tablespoons fish sauce | * 1 teaspoon white pepper |

****Pork********Sea Food******Thai Food Preparations**

1. If you do not use fresh noodle, you need to pre-soak dried rice noodle in warm water for at least an hour. Drain well before use.
2. Add pork, fish sauce (1 tablespoon) and white pepper, and corn starch, stir until mixed well. Let marinate for 30 minutes.
3. Heat oil in a wok over medium heat, add noodle and stir it. Then, pour in thick sweet black soy sauce. Stir thoroughly to coat noodles, remove and set aside on serving plates.
4. Heat oil in a wok, add garlic and stir until aromatic. Then add pork and keep stirring until nearly cooked, add broccoli.
5. Stir until the broccoli is cooked, then pour in the chicken stock and add black bean sauce.
6. Wait until the soup is boiling, and then slowly add corn starch solution. Stir until thicken. Add sugar and fish sauce according to your desired taste.
7. Pour the thickened soup over prepared noodles and serve immediately.

FRIED CRAB AND PORK STUFFED SHELLS

[Thai food : poo ja]

Thai Recipe Ingredients

- | | |
|--|--------------------------------------|
| * 350 grams crabmeat | * 100 grams minced pork |
| * 100 grams onion, chopped | * 2 eggs, beaten and mix together |
| * 1/2 tablespoon coriander leaves, chopped | * 1/2 tablespoon garlic, chopped |
| * 1/2 teaspoon pepper | * 2 tablespoons fish sauce |
| * 1/2 tablespoon sugar | * 100 grams chili sauce |
| * 6 crab shells | * red chili, sliced (for garnishing) |
| * coriander leaves (for garnishing) | |



Thai Food Preparations

1. In a medium bowl, add chopped garlic, coriander, pepper and mix together. Then add pork, crabmeat, onion, fish sauce and sugar. Stir until all ingredients mixed well.
2. Fill the mixture into each of six crab shells and steam for about 15 minutes until cooked.
3. Dip the steamed crab in beaten eggs.
4. Heat oil in a wok over medium heat. Then deep fry by facing down the crabmeat side into the hot oil until yellow. Remove and drain.
5. Garnish with sliced fresh red chili and coriander leaves. Serve with chili sauce.

Thai Recipe Ingredients

- * 6 chicken or duck eggs, boiled and shelled
- * 3/4 cup tamarind juice
- * 1/4 cup palm sugar (or brown sugar)
- * 1/4 cup fish sauce
- * 1/4 cup of cooking oil
- * 10-15 shallots, sliced thinly
- * coriander leaves (for garnishing)



Thai Food Preparations

1. Heat oil in a wok, and fry the all eggs until they are beginning to crisp and turn to yellow color. Then put the eggs in a serving plate and put it aside for now
2. Heat oil in a wok and fry the sliced shallots until brown. Be careful not to burn it, then put it in a bowl and put it aside as well.
3. Use the left over oil from eggs and onion. Add palm sugar, tamarind juice and fish sauce. You can taste and add more if you want. However, the original taste should be sweet and sour.
4. Cut fried eggs in half and transfer to a serving dish. Sprinkle with the fried shallots, and pour the sauce over the eggs. Before serving, garnish with fresh coriander leaves on top and serve immediately.

GRILLED MARINATED BEEF WITH SPICY DIPPING SAUCE

[Thai food : seur rong-hai]

Thai Recipe Ingredients

- | | |
|---|---|
| * 400 grams top round steak | * 3 tablespoons soy sauce |
| * 1/2 teaspoon white pepper | * 1 teaspoon fish sauce for marinating |
| * 1/3 cup fish sauce for making dipping sauce | * 1/3 cup water |
| * 1/3 cup lime juice | * 2 shallots, thinly sliced |
| * 1 teaspoon chopped coriander leaves | * 1 tablespoon roasted sticky rice powder |
| * 2 teaspoons ground chili | |



Thai Food Preparations

1. In a medium size bowl, add together the white pepper, soy sauce, fish sauce (1 teaspoon) and the beef. Then marinade for at least 45 minutes
2. Grill the beef over high heat until cooked through. Then slice the meat thinly and arrange the slices on a serving platter and serve immediately with dipping sauce.
3. To make the dipping sauce, combine the fish sauce (1/3 cup), the water, lime juice, shallot, sticky rice powder, coriander leaves and ground chilies and set aside in a serving bowl.

Note: you should prepare the dipping sauce during marinating time, so that after grilling done, the beef will be served while still hot.

GARLIC PRAWNS

[Thai food : koong kra-tium]

Thai Recipe Ingredients

- * 400 grams of Cleaned Prawns
- * 1 tablespoon minced coriander root
- * 3 cloves garlic, crushed
- * 2 1/2 teaspoons fish sauce
- * 1/2 teaspoon ground pepper
- * 2 teaspoons brown sugar
- * 2 tablespoons oil for frying



Thai Food Preparations

1. Mix together, garlic, fish sauce, sugar, pepper, coriander root and cleaned prawn, then leave to marinate for 15-25 minutes.
2. Heat oil in a wok over medium heat. Add prawns and their marinade, then stir-fry for 2-4 minutes or until the color turns to white. (Tip : to get the best taste of prawns, it must not be over cooked.)
3. Transfer to a serving dish. Garnish with sliced tomatoes and cucumber, then serve immediately.

FRIED FISH WITH TAMARIND SAUCE

[Thai food : pla rad prik]

Thai Recipe Ingredients

- | | |
|--|-------------------------------|
| * 1 fish (any meaty white fish) weight 400-500 grams | * 1 tablespoon tamarind |
| * 3 tablespoons sugar | * 1 shallot, coarsely chopped |
| * 2 cloves garlic, coarsely chopped | * 3 sprigs coriander |
| * 2 tablespoons fish sauce | * 3 red or yellow chilies |



Thai Food Preparations

Fried Fish:

1. Score the fish at an angle all the way to the bones on both sides to help it cook faster.
2. Heat oil in a wok, about half a cup or at least to the side of the fish. Fry the fish on low heat, about 10 minutes on the first side. Don't try to loosen the fish from the pan until it is done, otherwise, the fish breaks up.
3. When the first side is cooked, flip and fry the other side, for 5 minutes. When the fish is cooked thoroughly, remove and set it on a plate.

TIP : For more crispiness of the fish, you just only put fried fish in the oven on 350°F for 10 minutes.

Topping Sauce:

1. Heat a teaspoon of oil in a wok over medium heat. Add the chopped mixture and stir.
2. Then add tamarind, fish sauce, sugar and a few tablespoons of water. Mix well and let boil. If the sauce gets too thick, add water. It should be the consistency of maple syrup when cooled. The original taste of sauce should be sweet, spicy and sour.
3. When cooked and mixed well, pour the sauce on top of the fish and garnish with coriander leaves.

Thai Recipe Ingredients

- | | |
|---|---------------------------|
| * 450 grams pork, slice into thin and long strips | * 2 tablespoons sugar |
| * 1 teaspoon salt | * 3 cloves garlic, minced |
| * 1 tablespoon coconut milk | * 1 tablespoon fish sauce |
| * 1 package bamboo skewer | |

**Thai Food Preparations**

1. Marinade all ingredients together about 2-6 hours before grilling (depending on how much time you have, longer marinade time will make the pork more aromatic and delicious).
2. When the pork is ready, thread a skewer through the pork. Grill the pork until it is well done. While barbequing, brush pork with marinade.
3. When done, serve with fresh vegetables and slices of cucumber and tomato. Thai people love to eat this dish with Sticky Rice. In this case, you can also serve with Sticky Rice.

Thai Recipe Ingredients

- | | |
|--|---|
| * 300 grams snapper fillet, cut into thin pieces | * 5 cabbage leaves, cut into small pieces |
| * 1 tablespoon rice flour | * 10 coriander leaves |
| * 2 fresh chilies, sliced thinly | * 3-4 kaffir lime leaves, sliced thinly |
| * 2 tablespoons red curry paste | * 1 can coconut milk |
| * 2 eggs | * 1 teaspoon fish sauce |
| * 2 teaspoons sugar | |

**Thai Food Preparations**

1. Pour 1 cup coconut milk in a mixing bowl (separate 1/4 coconut milk for topping) , and add red curry paste, keep stirring until mixed well.
2. Add fish into a mixture, stir until the mixture quite thick. Then add egg, fish sauce and sugar and stir well.
3. Heat water in a pot over medium-high heat, add Chinese cabbage into boiled water and wait for 3 minutes. Remove hot water and rinse in cold water.
4. Squeeze cabbage (to bring water out), place them at the bottom of each banaleaf cup (small cup can be used instead), fill the cup with spice mixture and steam for 30 minutes.
5. Add rice flour into coconut milk that is separated for topping, then mix well and put in microwave for 1 minute.
6. After 30 minutes or the mixture is cooked, garnish each cup with coconut cream, coriander leaves, chili and kaffir lime leaves. Then steam for another 3 minutes, and then remove from the steamer to the serving dish.

THAI FISH CAKES

[Thai food : tod mun pla]

Thai Recipe Ingredients

- | | |
|---|---------------------------------|
| * 500 grams white fish meat, minced or chopped | * 1 egg |
| * 1/2 cup string beans, sliced thinly | * 1 teaspoon sugar |
| * 3 tablespoons fresh kaffir lime leaves, chopped | * 1 teaspoon salt |
| * 1 tablespoon of red curry paste | * 3 cups cooking oil for frying |

Ingredients for Cucumber Relish :

- | | |
|-------------------------|--|
| * 1 cup cucumber, diced | * 1/2 cup ground roasted peanuts |
| * 1/2 cup sugar | * 1/2 cup white vinegar or rice wine vinegar |



Thai Food Preparations

1. Put all the ingredients in a large bowl and mix well knead with the hand until it sticks and mixed well.
2. Spoon the mixture 2 tbsp. shape into small patties about 3" in diameter and deep fry in vegetable oil until golden brown.
3. Serve with cucumber relish.

Cucumber Relish Preparations :

1. Mix sugar and vinegar in the pot and heat.
2. When the mixture boiling, remove from the heat and allow to cool.
3. Spoon into a cup, add diced cucumber and top with ground peanuts.

CHICKEN WINGS IN RED SAUCE

[Thai food : peek kai num-dang]

Thai Recipe Ingredients

- | | |
|---|-----------------------------|
| * 600 grams chicken wings (or drumsticks) | * 1 tablespoon pepper |
| * 1/4 cup chopped coriander (leaves + roots) | * 1 tablespoon fish sauce |
| * 1/4 cup lemon grass, sliced thinly | * 12 cloves garlic, crushed |
| * 2 tablespoons soy sauce | * 1 tablespoon sugar |
| * 1/4 cup tomato sauce | * 1/4 cup whisky (or wine) |
| * Fresh vegetables for garnishing (cucumber, tomato, etc.) | |



Thai Food Preparations

1. In a large bowl, add chicken wings, lemon grass, fish sauce and pepper. Stir until all mixed well and let marinate for at least 2 hours.
2. Heat oil in a wok over medium heat. Then deep fry the chicken wings until golden. Remove and drain.
3. Heat oil in a wok over high heat. Add garlic and stir fry until yellow. Then add tomato sauce, soy sauce, sugar, whisky and a little water. Stir fry quickly until all mixed well. Turn down to low heat.
4. Add fried chicken wings into the sauce. Stir fry until the chicken wings are coated with red sauce thoroughly. Transfer to a serving dish, and serve with fresh vegetables.

HOT AND SOUR CURRY WITH SHRIMPS

[Thai food : kang som koong + kai jeaw cha-om]

Thai Recipe Ingredients

- | | |
|---|---|
| * 8-10 medium sized shrimps, cleaned, peeled and deveined | * Lemon juice |
| * 200 grams fish fillet (any meaty white fish) | * 1 teaspoon of sugar |
| * 4 tablespoons hot and sour curry paste | * 4 tablespoons of tamarind juice |
| * 3 tablespoons of fish sauce | * 1 bunch of acacia leaf [Thai : cha-om] (optional) |
| * 3 eggs (optional, to make acacia omelette) | |



Thai Food Preparations

1. Put the fish fillet in boiling water and wait until it cooked. Then take out (debone, if necessary), and crush the cooked fish in a mortar with hot and sour curry paste until mixed well. Remove and set aside.
2. Heat water in a pot, wait until boiling. Add the hot and sour curry paste and season with fish sauce, tamarind juice and sugar till tasteful.
3. Add the shrimps and acacia omelet (optional, see below). When the soup boiling, remove from heat. Add lemon juice as desired taste. Transfer to a serving bowl, and serve with steamed rice.

Acacia Omelette (*kai jeaw cha-om*) : this recipe is optional. However, Thai people love to eat this omelette with hot and sour curry. (If you cannot find acacia in your local grocery store, you may try to use other fresh vegetables instead.)

1. Wash cha-om and nip the leaves and young leaves then cut into 1-inch portions.
2. Add the beaten eggs in a bowl, and also add the acacia. Stir until all mixed well.
3. Heat oil in a wok. Add the beaten eggs with acacia in the wok, fry until cooked and golden, then remove and drain. Slice into cubes.

MINCED PORK WITH TOMATO SAUCE + FRESH VEGETABLES

[Thai food : num prik ong + pak sod]

Thai Recipe Ingredients

- | | |
|---|---------------------------------|
| * 300 grams minced pork | * 200 grams cherry tomato |
| * 100 grams shallots, chopped | * 50 grams dried chili, chopped |
| * 25 grams minced lemongrass | * 30 grams shrimp paste |
| * 1 teaspoon yellow bean sauce | * 40 grams minced garlic |
| * 1/2 teaspoon salt | * 1 teaspoon sugar |
| * 30 grams coriander leaves (for garnishing) | |
| * Fresh vegetables (cucumber, carrot, cabbage, string bean, etc.) | |



Thai Food Preparations 1. In a food processor, add shallots, shrimp paste, garlic (20 grams), yellow bean sauce, chili, lemongrass and 1/2 cup water. Process until all mixed well (fine paste).

2. Heat oil in a wok over medium heat. Add garlic and stir until golden. Then add the paste and stir fry until aromatic.

3. Add pork and stir-fry until cooked thoroughly. Add tomatoes, water, salt and sugar.

4. Keep stirring until the mixture boils. Turn down to low heat and simmer for 20 minutes.

5. Transfer to a serving dish, garnish on top with coriander leaves. Serve with fresh vegetables and steamed rice (or sticky rice).

Shrimp in Dried Red Curry

[Thai food : choo chee koong]

Thai Recipe Ingredients

- * 8-10 shrimps, cleaned, peeled and deveined
- * 3 tablespoons red curry paste
- * 1 tablespoon fish sauce
- * 1 tablespoon sugar
- * 2 kaffir lime leaves, thinly sliced
- * 400 grams coconut milk
- * 1 red chili, thinly sliced
- * 3 coriander leaves (for garnishing)
- * cooking oil



Thai Food Preparations

1. Heat oil in a wok over medium -high heat, add coconut milk and red curry paste. Fry until aromatic and until the oil has clearly separated from the coconut milk.
2. Add the shrimp, and season with fish sauce and sugar.
3. Stir fry until the shrimp is cooked, then add kaffir lime leaves and stir for another 1 minute.
4. Transfer to a serving dish and garnish with red chili, and coriander leaves. Serve immediately with steamed rice

STEWED PORK AND EGG WITH FIVE SPICES

[Thai food : moo pa-lo]

Thai Recipe Ingredients

- | | |
|---|-------------------------------------|
| * 400 grams pork with fat (cut into 2" length x 1" thickness) | * 3 eggs |
| * 3 coriander roots | * 3 tablespoons soy sauce |
| * 1 tablespoon black soy sauce | * 4 tablespoons sugar |
| * 1/2 teaspoon five spices powder | * 3 cloves garlic, crushed |
| * 1 teaspoon peppercorn, crushed | * 1 tablespoon vegetable oil |
| * 3 cups water | * coriander leaves (for garnishing) |



Thai Food Preparations

1. Heat water in a pot. Add eggs in a boiling water and wait until cooked. Remove from heat and peel out the egg shells.
2. Heat oil in a wok, add garlic and peppercorn. Fry until aromatic, then add pork and keep stirring until nearly cooked.
3. Add five spices powder, black soy sauce, boiled eggs, soy sauce, sugar and water. Let simmer for at least 30 minutes.
4. Remove from heat and transfer to a serving bowl. Garnish with coriander leaves on top and serve immediately with steamed rice.

SPICY SHRIMP PATE AND FRIED MACKERAL FISH [Thai food : num prik ka-pi + pla too tod]

Thai Recipe Ingredients

- * 2 mackerel fishes, around 400 grams (or frozen salted mackerel)
- * 1 tablespoon shrimp paste * 2 tablespoons minced dried shrimps
- * 3 red shallots, peeled * 3 cloves garlic, peeled
- * 10-15 chili peppers (depends on how spicy you like) * 1 tablespoon fish sauce
- * 2 tablespoons lime juice * 1/2 teaspoon sugar
- * Steamed or fresh vegetables (cabbage, cucumber, tomato, lettuce, carrot, string bean, etc.)



Thai Food Preparations

1. Heat oil in a wok and fry the mackerel fish until cooked. Remove and drain.
2. Pound red shallots, chilies, garlic in a mortar and pestle or by using the food processor, until mixed well.
3. Add dried shrimps, shrimp paste, fish sauce, lime juice and sugar. Mix all ingredients until the mixture becomes smooth paste.
4. Transfer to a serving dipping bowl. Serve with fried mackerel fish and steamed vegetables. Thai people also love to eat this recipe with acacia omelette.

Acacia Omelette (kai jeaw cha-om) : this recipe is optional. (If you cannot find acacia in your local grocery store, you may try to use other fresh vegetables instead.)

1. Wash acacia (cha-om) and nip the leaves and young leaves then cut into 1-inch portions.
2. Add the beaten eggs in a bowl, and also add the acacia. Stir until all mixed well.
3. Heat oil in a wok. Add the beaten eggs with acacia in the wok, fry until cooked and golden, then remove and drain. Slice into cubes.

STIR-FRIED SQUID WITH ROASTED CHILI PASTE [Thai food : pla meuk pad num prik pao]

Thai Recipe Ingredients

- | | |
|---|---|
| * 350 grams squid, cut into well pieces | * 50 grams spring onion, cut into 1/2" long |
| * 2 red or yellow chilies, cut diagonally | * 1/2 onion, sliced |
| * 1 1/2 teaspoon roasted chili paste | * 1 teaspoon soy sauce |
| * 1/2 teaspoon sugar | * cooking oil |
| * coriander leaves (for garnishing) | |



Thai Food Preparations

1. Heat oil in a wok over medium heat. Add squid and onion together, stir quickly until nearly cooked. (Be careful not to overcook. You will get the best taste of squid only when the squid is nearly cooked.)
2. Add roasted chili paste, soy sauce, green onion, chilies, sugar and stir fry for another 2 minute and until all ingredients mixed well.
3. Transfer to a serving dish. Garnish with coriander leaves on top and serve immediately with steamed rice.

CHICKEN WRAPPED IN PANDAN LEAF

[Thai food : kai hor bai toey]

Thai Recipe Ingredients

- | | |
|---|---|
| * 500 grams skinless chicken breast fillet, cubed | * 5 coriander roots, cleaned and chopped |
| * 4 garlic cloves, crushed | * 1 teaspoon white pepper |
| * 1 tablespoon soy sauce | * 3 tablespoons oyster sauce |
| * 1/2 tablespoon sesame oil | * pandanus leaves, cleaned (for wrapping) |
| * vegetable oil for deep-frying | |

Dipping Sauce Ingredients :

- | | | |
|--------------------------------|-----------------------|------------------------------------|
| * 5 tablespoons sugar | * 2 tablespoons water | * 3 tablespoons soy sauce |
| * 1 tablespoon black soy sauce | * 1/2 teaspoon salt | * 1 tablespoon roasted sesame seed |



Thai Food Preparations

1. In a medium size bowl, add garlic, pepper, oyster sauce, coriander roots, soy sauce, sesame oil and chicken. Mix together and let marinade for at least 2 hours.
2. Prepare the dipping sauce by adding all dipping ingredients in the sauce pan or small wok. With low heat, stir until sugar and salt dissolved well. Wait until the sauce boils, then turn off the heat and transfer the sauce to a dipping sauce.
3. The marinated pieces of chicken are then wrapped in the prepared pandan leaves.
4. The wrapped chicken is steamed for about 10 minutes. After steaming, deep fry the steamed wrapped chicken in hot oil until the chicken is fully cooked. Remove and drain.
5. Transfer to a serving dish and serve with the prepared dipping sauce.

Thai Recipe Ingredients

- * 400 grams pork, cut into well pieces (or prawns, chicken, beef)
- * 200 grams string beans, cut into 1" long (other vegetables can also be used, such as carrot, cabbage, broccoli, etc.)
- * 2 kaffir lime leaves, sliced thinly
- * 3 tablespoons red curry paste
- * 3 tablespoons fish sauce
- * 1 tablespoon sugar
- * coriander leaves (for garnishing)

**Thai Food Preparations**

1. Heat oil in a wok over medium heat, then add red curry paste. Stir fry until aromatic.
2. Add pork and stir fry until nearly cooked (about 3-5 minutes). Then add string beans (or vegetables that you choose), fish sauce and sugar.
3. Stir fry until vegetables nearly cooked, then add sliced kaffir lime leaves, and stir fry for another 30 seconds.
4. Transfer to a serving dish. Garnish with coriander leaves and serve immediately with hot steamed rice.

Thai Recipe Ingredients

- * 500 grams chicken thigh (drumstick or wing)
- * 4 cloves garlic, minced
- * 1 teaspoon black pepper
- * 1 tablespoon soy sauce
- * 1 tablespoon of honey
- * 2 tablespoons oyster sauce
- * 1 teaspoon salt
- * 1/2 cup of coconut milk
- * 2 teaspoons pepper powder
- * coriander leaves (for garnishing)

**Thai Food Preparations**

1. In a large bowl, mix together all ingredients (except chicken), and marinate the chicken at least 120 minutes (or overnight) in the refrigerator.
2. After marinating, grill over charcoal at medium heat for 30 minutes or until cooked thoroughly, occasionally apply the marinate sauce to the chicken while turning over.
3. Remove from grill and cut the chicken into small pieces. Then transfer to a serving plate, and garnish with coriander leaves. Serve immediately with chili sauce for chicken.

STIR-FRIED SQUID WITH SALTED EGG YOLK

[Thai food : pla meuk pad kai kem]

Thai Recipe Ingredients

- * 350 gram squid, cleaned and cut into well pieces
- * 3 egg yolks of salted egg, coarsely chopped and mix with 1/4 cup of water, stir until mixed well [egg yolk sauce]
- * 1 spring onion, cut into 1" length
- * 1 red chili, cut diagonally
- * 5 garlic cloves, minced
- * 2 tablespoons oyster sauce
- * 1/2 tablespoon fish sauce
- * 1/2 tablespoon soy sauce
- * 1 teaspoon sugar
- * 1 tablespoon roasted chili paste
- * 1/4 teaspoon pepper powder
- * cooking oil



Thai Food Preparations

1. Heat water in a pot until boiling, then add squid and wait until nearly cooked. Remove and drain.
2. Heat oil in a wok over medium heat. Add garlic and stir fry until golden. Then add spring onions and squid.
3. Stir fry for 30 seconds and add oyster sauce, soy sauce, fish sauce, sugar, roasted chilli paste, pepper powder and egg yolk sauce.
4. Stir fry until all ingredients mixed well, then add half of sliced red chili and stir for another 10 seconds.
5. Transfer to a serving dish. Garnish with sliced red chili and serve immediately with hot steamed rice.

THAI GINGER CHICKEN

[Thai food : kai pad king]

Thai Recipe Ingredients

- * 400 grams chicken, cut into well pieces
- * 1 cup fresh mushrooms, sliced
- * 3 tablespoons finely sliced ginger
- * 1 tablespoon soy sauce
- * 1 teaspoon sugar
- * 2 spring onions, cut into 1" long
- * cooking oil
- * 1 tablespoon minced garlic
- * 1/2 cup red peppers, cut diagonally
- * 2 tablespoons fish sauce
- * 2 tablespoons oyster Sauce
- * 1/4 cup chopped onion
- * coriander leaves (for garnishing)



Thai Food Preparations

1. Heat oil in a wok. Add garlic and stir fry until golden.
2. Add chicken and stir fry until nearly cooked, then add fish sauce, soy sauce and oyster sauce and stir until it begins to bubble.
3. Add the rest of the ingredients and stir fry until the chicken is done.
4. Transfer to a serving dish and garnish with coriander leaves. Serve immediately with hot steamed rice.

Thai Recipe Ingredients

- | | |
|---|--|
| * 400 grams cleaned squid, cut into well pieces | * 1 tablespoon spring onion, chopped |
| * 1/2 cup mint leaves | * 1 tablespoon Chinese celery, chopped |
| * 1/2 tablespoon ginger root, finely sliced | * 2 tablespoons onion, chopped |
| * 1/2 teaspoon sugar | * 2 tablespoons fish sauce |
| * 1 tablespoon coriander, chopped | * 3-5 chili peppers, crushed |
| * 1 tablespoon lemongrass, finely sliced | * 3 tablespoons lime juice. |



Thai Food Preparations

1. Heat water in a pot until boiling. Then scald the squid in boiled water for just a short time. Remove and drain.
2. Place the squid in a medium bowl. Then add crushed chili, lime juice, fish sauce, sugar, lemongrass, Chinese celery, ginger roots, and chopped onions. Stir until all ingredients mixed well.
3. Adjust the taste according to your desired one. However, the original taste should be the sour with sufficient salty taste.
4. Transfer to a serving plate. Garnish on top with coriander leaves, mint leaves, chopped spring onions, then serve immediately.

Thai Recipe Ingredients

- * 1 pork leg (if possible choose front leg), 600 grams
- * 100 grams shitake mushroom (or other fresh vegetable)
- * 4 eggs * 3 coriander roots * 3 tablespoons soy sauce
- * 1 tablespoon black soy sauce * 4 tablespoons sugar * 1/2 teaspoon five spices powder
- * 3 cloves garlic, crushed * 1 teaspoon peppercorn, crushed * 1 tablespoon vegetable oil
- * 3 cups water * 3 coriander leaves (for garnishing)

Sauce

- * 2 yellow chilies, finely sliced * 1 teaspoon coriander roots, chopped
- * 3 tablespoons garlic, finely chopped * 1/4 teaspoon salt
- * 2 tablespoons white vinegar

**Thai Food Preparations**

1. Heat water in a pot. Add eggs and wait until cooked. Remove from heat and peel out the egg shells.
2. Heat water in a big pot. Then add pork leg, garlic, coriander roots, five spices powder, black peppercorns, and light soy sauce.
3. Wait until the water boils again, then add dark soy sauce and shitake mushroom. Let simmer for at least 30 minutes.
4. Prepare the sauce by pounding all sauce ingredients using mortar and pestle or food processor until all ingredients mixed well. Then add vinegar and stir again, set aside.
5. After 30 minutes, remove from heat, then cut the pork leg into a few pieces and transfer to a serving plate. Garnish with coriander leaves on top and serve immediately with sauce and steamed rice.

THAI SPICY MIXED VEGETABLE SOUP WITH PRAWNS

[Thai food : kang liang koong sod]

Thai Recipe Ingredients

- | | |
|--|------------------------------|
| * 350 grams prawns, cleaned, shelled, and deveined | * 1 cup baby corn, sliced |
| * 1 cup any fresh vegetables, cut into well pieces | * 1/2 cup sweet basil leaves |
| * 4 cups vegetable stock or water | |

Ingredients : Spice Mixture

- | | |
|-----------------------------|------------------------|
| * 12 pepper corns | * 12 shallots |
| * 1 tablespoon shrimp paste | * 1/2 cup dried shrimp |
| * 2 tablespoon fish sauce | |



Thai Food Preparations

1. Grind all spice mixture ingredients in a mortar and pound until mixed thoroughly (or using food processor).
2. Heat vegetable stock or water in a pot, then add spice mixture and keep stirring it.
3. When the soup boils again, add fish sauce. Wait for another 20 seconds, then add prawns, vegetables.
4. When vegetables are cooked thoroughly, taste and add fish sauce or salt as desired, then remove from heat.
5. Transfer to a serving bowl and serve immediately with hot steamed rice.

Thai Recipe Ingredients

- * 250 grams small shrimp peeled and deveined
- * 100 grams cooked ham, diced (chicken breast can also be used instead)
- * 1 fresh pineapple * 2 cup cold steamed rice * 1 teaspoon finely chopped garlic
- * 1 onions, sliced * 1/2 carrot, sliced * 1/4 cup peas
- * 1 teaspoon salt * 1 teaspoon sugar * 1 teaspoon white pepper
- * 2 tablespoons soy sauce * fried cashew nuts (for garnishing) * cooking oil

**Thai Food Preparations**

1. Cut the pineapple in half-length ways, then cut and scoop out the flesh. Chop into small pieces (need 1/2 cup, keep the rest for other dishes or desserts), discarding core, and set aside.
2. Heat oil in a wok over medium heat, add the garlic stir until golden brown. Add the shrimp and stirring occasionally until nearly cooked.
3. Add carrot and onion, stirring until the carrot is cooked. Then add rice, cooked ham, salt, sugar, white pepper, pea, soy sauce and fresh pineapple.
4. Stir until all ingredients mixed well (about 2-3 minutes). Remove from heat, transfer fried rice into hollowed-out pineapple halves. Garnish on top with fried cashew nuts and serve immediately.

THAI SPICY AND SOUR SEAFOOD SOUP

[Thai food : tom yum po-tak ta-lay]

Thai Recipe Ingredients

- * 100 grams green mussel, cleaned * 100 grams crab, chopped into small pieces
- * 80 grams red sea bass , sliced * 80 grams squid, scored and sliced
- * 80 grams medium-sized shrimps, cleaned, shelled and deveined
- * 1/4 cup mushrooms, peel black skin and cut in half * 2 tablespoons galangal, sliced
- * 2 tablespoons fish sauce * 3 tablespoons lime juice * 5-10 chilies, crushed
- * 2 lemongrass, sliced 2 inch long and crushed * 3 kaffir lime leaves, shredded
- * 1/2 cup basil leaves * 2 cup vegetable stock or water * coriander leaves (for garnishing)



Thai Food Preparations

1. Heat vegetable stock or water in a big pot. Wait until boiling, add lemongrass, galangal and kaffir lime leaves then wait for another 5 minutes.
2. Add green mussel, crab, red sea bass, squid, shrimps and mushrooms in the boiling water for 4 minutes or until all ingredients cooked.
3. Add basil and fish sauce, lime juice, crushed chilies. Remove from heat and transfer to a serving bowl. Garnish with coriander leaves and serve immediately with hot steamed rice.

Thai Recipe Ingredients

- | | | |
|---|------------------------------|--------------------------------------|
| * 300 grams medium-sized cleaned prawns | * 4 coriander roots, crushed | |
| * 20 peppercorns | * 4 cloves garlic, smashed | * 3 pieces of sliced ginger, smashed |
| * 2 tablespoons vegetable oil | * 1 teaspoon sesame oil | * 2 tablespoons soy sauce |
| * 1/2 tablespoon sugar | * 1 tablespoon oyster sauce | |
| * 2 cups mung bean noodles, soaked in hot water and cut into 3-5 inch long | | |
| * 1 cup water | | |
| * 1/2 teaspoon dark soy sauce (optional for darker color of the mung bean noodle) | | |
| * coriander leaves (for garnishing) | | |

**Thai Food Preparations**

1. Mix vegetable oil, sesame oil, peppercorns, soy sauce, sugar, water, oyster sauce and mung bean noodle in a big bowl. Stir until all ingredients mixed well.
2. In the bottom of clay-pot, put the coriander roots, ginger, and garlic. Then put the mung bean noodle above bottom layer, and lastly put prawns on top of the mung bean noodle.
3. Bake at the temperature ~ 180 C about 15 minutes or until the prawns are cooked thoroughly (but not less than 10 minutes).
4. Remove from heat and leave it for 5 minutes. Garnish on top with coriander leaves and serve immediately.

STIR-FRIED BEEF WITH OYSTER SAUCE

[Thai food : neur pad num mun hoy]

Thai Recipe Ingredients

- * 350 grams beef, sliced * 200 grams of Chinese kale, cut into 1" long
- * 1 tablespoon garlic, minced * 2 tablespoons soy sauce * 1 red chili, cut diagonally
- * 5 spring onions, cut into 1" long * 1 tablespoon sugar * 3 tablespoons oyster sauce
- * 1 tablespoon cooking wine * 1 tablespoon cornstarch
- * carrot and other fresh vegetables (optional) * cooking oil



Thai Food Preparations

1. In a medium size bowl, add beef, garlic, soy sauce, sugar and cornstarch. Stir until mixed well and let marinated for 30 minutes.
2. Heat oil in a wok over medium heat. Add marinated beef and stir fry until nearly cooked. Then add Chinese kale, chili, spring onions, cooking wine and oyster sauce. Stir fry until all ingredients mixed well and the beef cooked thoroughly.
3. Transfer to a serving dish (over fried Chinese kale). Serve immediately with hot steamed rice.

THAI WING BEAN SALAD

[Thai food : yum tua poo]

Thai Recipe Ingredients

- | | | |
|--|--|----------------------------------|
| * 250 grams wing bean, sliced | * 100 grams minced pork | * 1 tablespoon sugar |
| * 5 medium-sized prawns, cleaned, peeled and deveined | * 2 tablespoons coconut milk | |
| * 2 shallots, sliced | * 2 tablespoons fish sauce | * 3 tablespoons lime juice |
| * 2 tablespoons roasted peanut, coarsely ground | | * 2 tablespoons fried shallot |
| * 50 grams dry shredded coconut | * 1 boiled egg, cut in half lengthwise | * fried chilies (for garnishing) |
| * 1 tablespoon roasted chili paste (or use 1 roasted dried chili, 2 roasted shallots and 1 roasted garlic to make fresh roasted chili paste) | | |



Thai Food Preparations

1. Heat water in a pot until boiling. Then scald the minced pork in boiled water until cooked. Remove and drain. Then do the same for the prawns.
2. Heat water in a pot until boiling. Then scald the sliced wing beans for 3 minutes. Remove and drain.
3. To make fresh roasted chili paste : grind dried chili (remove seeds), shallots, garlic in a mortar until mixed thoroughly (or using food processor). Transfer it into a medium-size bowl.
4. Add coconut milk (1 tablespoon), fish sauce, sugar and lime juice. Stir until mixed well.
5. Add the cooked pork and prawns, then stir until all ingredients mixed together.
6. Add dry shredded coconut, peanut and sliced wing bean. Stir again until mixed well. Transfer to a serving plate. Garnish on top with coconut milk (1 tablespoon), fried shallots, fried chili and sliced boiled egg. Serve immediately.

Thai Recipe Ingredients

- * 1 catfish (or any meaty white fish) weight 400-500 grams
- * 3 tablespoons fish sauce * 4 tablespoons lime juice * 1 tablespoon sugar
- * 5-10 chilies, chopped * 1/4 cup shallot, sliced
- * 1 mango, julienned (or sour green apple) * 1/4 cup fried cashew nuts, or peanut
- * coriander leaves (for garnishing)

**Thai Food Preparations**

1. Roast the fish in an oven (at 450f) until cooked. Remove from oven and wait until cool. Then use a fork to fluff the cooked fish meat.
2. Heat oil in a wok over medium heat. Wait until hot then fry the fluffed meat in batches until golden. Remove and drain. Transfer to a serving plate.
3. In a medium-sized bowl, add fish sauce, lime juice, sugar, chilies, shallots and mango. Stir until all ingredients mixed well. You can adjust the taste according to your desired one, but the original taste should be sour, hot, and salty, with a slight sweetness at the end.
4. Before serving, sprinkle fried cashew nuts and coriander leaves on top of crispy fish. You can pour in the salad over fried fish and serve immediately. Or you can serve by putting the crispy fish on a plate and serve the salad mixture in another dipping sauce bowl.

BOILED PORK WITH LIME, GARLIC AND CHILI SAUCE

[Thai food : moo ma-nao]

Thai Recipe Ingredients

- * 300 grams pork tenderloin, sliced into well pieces * 2 tablespoons minced garlic
- * 5-10 chilies, chopped * 1 tablespoon chopped coriander leaves
- * 1 tablespoon soy sauce * 2 tablespoons fish sauce * 1 tablespoon sugar
- * 3-5 tablespoons lime juice * 1 Chinese kale (peel skin, and slice into well pieces)
- * coriander leaves (for garnishing)



Thai Food Preparations

1. In a medium-sized bowl, prepare sauce by adding minced garlic, chopped chilies, soy sauce, fish sauce, sugar and lime juice. Stir until all ingredients mixed thoroughly. Adjust the taste according to your desire.
2. Heat water in a pot until boiling. Then add sliced Chinese kale and scald it in boiled water for 2 minutes. Remove and drain. Arrange it on a serving plate.
3. After removing Chinese kale, add sliced pork tenderloin. Scald until cooked thoroughly, then remove and drain.
4. Transfer the cooked pork to the serving plate. Pour prepared sauce over the boiled pork and garnish with coriander leaves. Serve immediately with hot steamed rice.

THAI SHRIMP SPICY SALAD

[Thai food : plah koong]

Thai Recipe Ingredients

- * 400 grams medium-sized shrimps, cleaned, shelled and deveined
- * 2 lemongrasses, finely sliced * 1 onion, sliced * 2 spring onions, sliced
- * 1 tablespoon chopped coriander * 2 kaffir lime leaves, finely sliced
- * 10 mint leaves * 5-10 chilies, chopped * 2 tablespoons roasted chili paste
- * 3 tablespoons lime juice * 2 tablespoons fish sauce * 1 teaspoon sugar



Thai Food Preparations

1. Heat water in a pot until boiling. Then scald the shrimps in boiled water for just a short time. Remove and drain.
2. In a small bowl, prepare the sauce by adding lime juice, fish sauce, sugar and roasted chili paste. Stir until all ingredients mixed well.
3. In a big bowl, add the shrimps, prepared sauce, lemongrass, onion, chili, spring onion, coriander, kaffir lime leaves and mint leaves. Stir until all ingredients mixed well.
4. Transfer to a serving plate. Garnish with coriander leaves and serve immediately.

STIR FRIED GREEN MUSSELS WITH ROASTED CHILI PASTE

[Thai food : hoy ma-lang-poo pad num prik prao]

Thai Recipe Ingredients

- * 450 grams fresh green mussels, cleaned well
- * 1 teaspoon sugar
- * 3 tablespoons vegetable oil
- * 1/2 cup sweet basil leaves
- * 2 tablespoons roasted chili paste
- * 4 fresh chilies, cut into long strips
- * 2 teaspoons garlic, finely chopped
- * 1 tablespoon fish sauce



Thai Food Preparations

1. Heat water in a pot until boiling. Then scald green mussels in boiled water until cooked. Remove and drain.
2. Heat oil in a wok over medium-high heat. Add garlic in the hot oil and fry until it becomes golden.
3. Add cooked green mussels and stir for a 20 seconds. Then add fish sauce, sugar, chili and roasted chili paste.
4. Before removing from heat, sprinkle with sweet basil leaves and red fresh chili. Stir-fry for another 10 seconds. Transferred to a serving dish and served with hot steamed rice.

SWEET AND SOUR FRIED EGGS

[Thai food : kai-dao look koey]

Thai Recipe Ingredients

- * 6 chicken or duck eggs
- * 3/4 cup tamarind juice
- * 1/4 cup palm sugar (or brown sugar)
- * 1/4 cup fish sauce
- * 1/4 cup of cooking oil
- * 10-15 shallots, sliced thinly
- * coriander leaves (for garnishing)



Fried eggs



boil eggs

Thai Food Preparations

1. Heat oil in a wok, and fry the all eggs (one at a time) until crispy and turns to yellow color. Then put the fried eggs in a serving plate and put it aside for now.
2. Heat oil in a wok and fry the sliced shallots until brown. Be careful not to burn it, then put it in a bowl and put it aside as well.
3. Use the left over oil from eggs and onion. Add palm sugar, tamarind juice and fish sauce. You can taste and add more if you want. However, the original taste should be sweet and sour.
4. Pour the tamarind sauce over fried eggs and sprinkle with the fried shallots. Before serving, garnish with fresh coriander leaves on top and serve immediately.

SEAFOOD SPICY STIR-FRY

[Thai food : pad cha ta-lay]

Thai Recipe Ingredients

- * 100 grams snapper , sliced (any meaty white fish)
- * 100 grams squid, scored and sliced
- * 100 grams medium-sized shrimps, cleaned, shelled and deveined
- * 1 tablespoon chopped garlic
- * 5-10 chilies, crushed
- * 1/2 red sweet pepper, sliced
- * 50 grams wild ginger [kra-chai], finely sliced
- * 1 tablespoon fish sauce
- * 1 teaspoon sugar
- * 50 grams sweet basil leaves
- * 10-15 green peppercorns
- * 2 tablespoons roasted chili paste



Thai Food Preparations

1. Heat oil in a wok over medium-high heat. Wait until hot, add crushed chilies, garlic, and wild ginger. Stir until aromatic and golden.
2. Add shrimps, snapper, and squid and stir until nearly cooked. Then add roasted chili paste, fish sauce, and sugar, peppercorns, sweet pepper, and sweet basil leaves.
3. Stir quickly until all ingredients mixed well, then remove from heat. Transfer to a serving plate and serve immediately with hot steamed rice.

FRIED SHRIMP WITH BASIL LEAVES

[Thai food : pad ka-prao koong]

Thai Recipe Ingredients

- * 450 grams medium-sized shrimps, cleaned, shelled and deveined
- * 5 cloves garlic, finely chopped
- * 2 tablespoons vegetable oil
- * 2 teaspoons black soy sauce
- * 2 tablespoons fish sauce
- * 1 cup fresh holy basil
- * 5-10 chilies, chopped and pounded coarsely
- * Dash of ground white pepper



Thai Food Preparations

1. Heat a wok until the oil is hot, then add garlic and stir until golden and aromatic. Then add shrimp, and continue Stir-frying until shrimp is nearly cooked.
2. Add chilies and sprinkle black soy sauce over the mixture and stir-fry another 15-20 seconds.
3. Then add fresh basil leaves and fish sauce to taste. Stir and mix well. Sprinkle with white pepper. Stir and transfer to a serving dish. Serve immediately with hot steamed rice.

STIR-FRIED SWAMP CABBAGE WITH SALTED SOYA BEAN [Thai food : pad pak-boong]

Thai Recipe Ingredients

- * 300 grams swamp cabbage (water spinach [pak boong] or any kind of vegetable)
- * 10 cloves garlic, chopped
- * 3-5 chilies, crushed
- * 3 tablespoons vegetable oil
- * 1 teaspoon salted soya bean [tao-jeaw]
- * 2 teaspoons oyster sauce
- * 1 teaspoon sugar
- * fried garlic (for garnishing)
- * 1/4 teaspoon pepper powder



Thai Food Preparations

1. Wash the swamp cabbage in clean water. Remove and drain then cut into 2" long.
2. In a big bowl, add the swamp cabbage. Then add garlic, chilies, oyster sauce, salted soya bean, sugar and water over the prepared vegetables.
3. Heat oil in wok over high heat. Wait until the oil is smoky, then pour in all ingredients in the wok. Stir quickly for 15 seconds then turn down the heat.
4. Transfer to a serving dish. Garnish on top with fried garlic and also sprinkle with pepper powder. Serve immediately with hot steamed rice.

SPICY COCKLE SALAD

[Thai food : yum hoy krang]

Thai Recipe Ingredients

- * 800 grams cockles
- * 1 tablespoon shallot, sliced
- * 1 teaspoon chili, sliced
- * 1/4 cup mint leaves
- * 1 tablespoon sliced lemongrass
- * 1 1/2 teaspoon fish sauce
- * 2 tablespoon lime juice
- * 1/2 cup shredded green mango
- * mint leaves (for garnishing)



Thai Food Preparations

1. Put cockles in clean water wait until the shells open up, then clean the dirt inside.
2. Heat water in a pot until boiling. Then scald cockles in boiled water for just a short time. Remove from heat, drain and shell.
3. In a big bowl, add cockles, chili, shallot, lemongrass, fish sauce, lime juice, mint leaves and green mango. Toss until all ingredients mixed well.
4. Transfer to a serving plate. Garnish with mint leaves on top and serve immediately.

FRIED SHRIMP WITH TAMARIND SAUCE

[Thai food : koong rad sauce ma-kam]

Thai Recipe Ingredients

- | | |
|---|--|
| * 500 grams shrimps, cleaned, and shelled | * 3 tablespoons tapioca flour |
| * 2 tablespoons fried shallot | * 1 tablespoon fried garlic |
| * 3 tablespoons fish sauce | * 1 tablespoon sugar |
| * 1/2 teaspoon chopped chili | * 1/4 cup tamarind juice |
| * 1 teaspoon vinegar | * 3 cups cooking oil for deep frying |
| * coriander leaves (for garnishing) | * fresh vegetables (cucumbers, tomato, etc.) |



Thai Food Preparations

1. Toss the prepared shrimps in the tapioca flour until thoroughly coated.
2. Heat oil in a wok over medium heat. Then deep fry shrimps until crispy and golden. Remove and drain. Transfer to a serving plate
3. To make the tamarind sauce: Heat a pot over low heat, add the tamarind juice, vinegar, fish sauce, and sugar. Stir until the sauce is thickened. Then add chili, shallot and garlic. Stir until all ingredients mixed well.
4. Pour the tamarind sauce over the fried shrimps. Garnish with coriander leaves and serve immediately with fresh vegetables.

THAI SHRIMP CAKES

[Thai food : tod mun koong]

Thai Recipe Ingredients

- * 250 grams medium-sized shrimps, cleaned, shelled and deveined
- * 50 grams pork fat
- * 2 teaspoons sugar
- * 3 tablespoons fish sauce
- * 2 teaspoons white pepper
- * 3 cups oil for deep frying
- * sweet plum sauce (dipping sauce)



Thai Food Preparations

1. Place all the ingredients in food processor and blend till form smooth paste.
2. Pour the breadcrumbs in a plate. Then use a tablespoon to form small (2" wide, 1/2" thick) patties of prepared shrimp mixture and put it in the breadcrumb plate, flip it upside down with care until all patties coated with breadcrumbs.
3. Heat oil in a wok over medium heat. Wait until hot, then deep fry till golden brown and cooked thoroughly. Remove and drain.
4. Transfer to a serving plate. Serve immediately with fresh vegetable and sweet plum sauce.

THAI FRIED WONTON

[Thai food : giew tod]

Thai Recipe Ingredients

- * 15 wonton wrappers (eggroll wrappers)
- * 50 grams medium-sized shrimps, cleaned, shelled and deveined
- * 150 grams minced pork
- * 1 teaspoon sugar
- * 2 teaspoons coriander root, finely chopped
- * 2 teaspoons minced garlic
- * 1 tablespoon fish sauce
- * 1 tablespoon soy sauce
- * sweet plum sauce or sweet chili sauce (for dipping)
- * 3 cups oil for deep frying



Thai Food Preparations

1. In a big bowl, add shrimp, pork, sugar, coriander root, garlic, fish sauce, and soy sauce. Knead until it becomes smooth paste and mixed finely together.
2. Place a wonton wrapper on your palm, and put a teaspoon of prepared mixture in the center. Fold over and seal the edge with water or egg yolk.
3. Heat oil in a wok over medium heat. Wait until hot, then deep fry for 3-5 minutes until golden brown and cooked thoroughly. Remove and drain.
4. Transfer to a serving plate. Serve immediately with dipping sauce (and other fresh vegetables, such as cucumber, tomato, etc.)

THAI RED BBQ PORK WITH RICE

[Thai food : kao moo-dang]

Thai Recipe Ingredients **(For 4 Servings)**

- * 800 grams pork, cut into 1 1/2" thick x 8 " long * 2 tablespoons chinese cooking wine
- * 2 tablespoons sesame oil * 1 tablespoon sugar * 1/2 tablespoon salt
- * 1 1/2 tablespoons black soy sauce * 2 tablespoons soy sauce (light)
- * 3 tablespoons tomato sauce (or ketchup) * 2 eggs , boiled, shelled and cut into well pieces
- * 1/4 cup tapioca flour, dissolved with water * coriander leaves (for garnishing)
- * fresh vegetables (sliced cucumber and scallion)



Thai Food Preparations

1. Wash the pork in clean water, remove and drain. Marinade the pork with Chinese cooking wine, sesame oil, sugar, salt, black soy sauce, soy sauce, tomato sauce. Stir until all ingredients mixed well and let marinated for 2-3 hours.
2. Heat a wok over medium heat. Add the pork (with marinated sauce), occasionally stir, and let simmer for at least 5-10 minutes.
3. Transfer the pork to the oven. Bake it in the oven (medium heat) for 30 minutes.
4. Remove the pork from the oven. Slice the pork into well pieces and then transfer to a serving plate.
5. To make the red sauce : Heat a wok over medium heat. Add 1 cup of water with the left over marinated sauce (after simmering). Wait until boiling, then pour in tapioca flour (dissolved in water). Stir until the sauce gets thick.
6. Before serving, dress the BBQ pork with red sauce. Garnish on top with coriander leaves, serve with boiled egg, hot steamed rice and fresh vegetables (sliced cucumber, and scallion).

THAI GRILLED SQUID

[Thai food : pla-meuk yang]

Thai Recipe Ingredients

- * 500 grams fresh squid
- * 2 tablespoons butter (for marinating squids)
- * 2 tablespoons fresh lime juice (for marinating squids)
- * Fresh vegetables (cucumber, tomato, etc.)
- * coriander leaves (for garnishing)

Seafood Dipping Sauce Ingredients :

- * 2 tablespoons minced garlic
- * 10-15 chilies, crushed
- * 2 tablespoons sugar
- * 3 tablespoons fresh lime juice
- * 1/2 teaspoon salt



Thai Food Preparations

1. Wash squids in clean water. Remove the insides, eyes and black inks. Marinate clean squids with butter and lime juice for 30 minutes.
2. Prepare the seafood dipping sauce by adding all seafood sauce ingredients together. Stir until mixed well and transfer to a dipping saucer
3. After marinating, grill squids over charcoal at medium heat until cooked thoroughly, apply the marinated sauce to the squids while turning over.
4. Slice the cooked squids into well pieces. Transfer to a serving plate. Garnish with coriander leaves and serve immediately with seafood sauce and fresh vegetables.

Thai Recipe Ingredients

- * 15 wonton wrappers * 100 grams medium-sized shrimps, cleaned, shelled and deveined
- * 100 grams minced pork * 1 tablespoon water chestnuts, cut into small cubes
- * 1 tablespoon shitake mushroom, cut into small cubes * 1/2 tablespoon sugar
- * 1 teaspoon coriander root, finely chopped * 1 teaspoon minced garlic
- * 1 tablespoon fish sauce * 1 tablespoon soy sauce
- * Chinese chive leave [bai kuy chai], scald in hot water and slice into a thin line for binding wonton wrappers
- * sweet plum sauce or sweet chili sauce (for dipping) * 3 cups oil for deep frying

**Thai Food Preparations**

1. In a big bowl, add shrimp, pork, shitake, water chestnut, sugar, coriander root, garlic, fish sauce, and soy sauce. Knead until it becomes smooth paste and mixed finely together.
2. Place a wonton wrapper on your palm, and put a teaspoon of prepared mixture in the center. Gather up the corners and bind together with Chinese chive leave (or rice noodle which already soaked in water) to make a small bag.
3. Heat oil in a wok over medium heat. Wait until hot, then deep fry for 3-5 minutes until golden brown and cooked thoroughly. Remove and drain.
4. Transfer to a serving plate. Serve immediately with dipping sauce (and other fresh vegetables, such as cucumber, tomato, carrot, etc.)

Thai Recipe Ingredients

- * 400 grams pork, sliced into well pieces
- * 2 tablespoons panang curry paste
- * 2 tablespoons vegetable cooking oil
- * 150 grams coconut milk
- * 2 tablespoons palm sugar
- * 2 tablespoons fish sauce
- * 10 basil leaves
- * 1 red chili, sliced
- * 3 kaffir lime leaves

**Thai Food Preparations**

1. Heat the oil in a wok and fry the curry paste for one minute, then pour in the coconut milk and boil.
2. Add pork and season with palm sugar and fish sauce.
3. Wait until cooked, then add basil, chili and kaffir lime leaves. Transfer to a serving bowl. Serve with hot steamed rice.

STEAMED FISH WITH LIME, GARLIC AND CHILI SAUCE [Thai food : pla neung prik ma-nao]

Thai Recipe Ingredients

- * 1 fish (any meaty white fish) weight 400-500 grams
- * 2 scallions, cut into 1" long
- * 3-5 chilies, chopped
- * 6 cloves garlic, chopped
- * 2 tablespoons fish sauce
- * 4 tablespoons lime juice
- * 1/2 cup chicken stock
- * coriander leaves (for garnishing)



Thai Food Preparations

1. Clean and score the fish at an angle all the way to the bones on both sides to help it cook faster. Set fish on a heat-proof plate which is able to put in a steamer.
2. Heat water in a steamer until boiling. Then put the prepared fish in the steamer and leave it for 10-15 minutes.
3. In a medium-sized bowl, add chicken stock, chilies, garlic, fish sauce and scallions. Stir until mixed well.
4. Remove the steamed fish from the steamer, then pour the prepared sauce over the fish and garnish with coriander leaves. Serve immediately with hot steamed rice.

THAI STEAMED FISH IN SOY SAUCE

[Thai food : pla neung se-ew]

Thai Recipe Ingredients

- * 1 fish weight 400-500 grams (or fish fillets)
- * 3 cloves garlic, sliced into thin pieces
- * 3 scallions, finely sliced
- * 3 Chinese celery, chopped
- * a small knob of fresh ginger , peeled and finely sliced
- * 2-4 red chilies, sliced
- * 1/2 tablespoon sesame oil
- * 2 tablespoons soy sauce
- * 1 teaspoon sugar
- * 1/2 cup chicken stock



Thai Food Preparations

1. Clean and score the fish at an angle all the way to the bones on both sides (not necessary to score if you use fish fillets).
2. In a heat-proof plate, arrange the sliced garlic at the bottom of the plate and put cleaned fish over the garlic. Then add the scallion, Chinese celery and ginger over the fish.
3. In a medium-sized bowl, add sesame oil, chicken stock, soy sauce, and sugar together. Stir until mixed well and pour over the fish.
4. Heat water in a steamer until boiling. Then put the prepared fish in the steamer and leave it for 10-15 minutes (whole fish takes longer time to cook than fish fillets).
5. Remove the steamed fish from the steamer, then garnish on top with sliced chilies. Serve immediately with hot steamed rice.

STUFFED BITTER GOURD IN CLEAR SOUP [Thai food : tom ma-ra yud sai moo-sub]

Thai Recipe Ingredients

- * 2 bitter gourds (momordica) * 300 grams ground pork * 1 tablespoon minced garlic
- * 2 coriander roots, finely chopped * 2 tablespoons soy sauce * 2 teaspoons oyster sauce
- * 2 teaspoons sugar * 3 shitake mushrooms, sliced into well pieces
- * 1 carrots, sliced into well pieces * salt (to remove bitter taste from bitter gourd)
- * 3 cups chicken stock (or water) * white pepper powder
- * coriander leaves (for garnishing)



Thai Food Preparations

1. Clean the bitter gourds and cut into pieces (2" length). Scoop out the seed and the inside part. Sprinkle the salt inside and outside part of the sliced bitter gourds. Leave it for 10-15 minutes, then wash with clean water.
2. In a medium-sized bowl, add ground pork, garlic, coriander roots, soy sauce (1 tbsp.), oyster sauce (1 tsp.) and sugar (1 tsp.). Knead until all ingredients mixed well. Then stuff the ground pork inside the sliced bitter gourd.
3. Heat chicken stock (or water) in a pot over medium heat. Add stuffed bitter gourds, shitake mushrooms, carrot, soy sauce (1 tbsp.), oyster sauce (1 tsp.) and sugar (1 tsp.). Wait until boiling then turn down the heat to low level. Let simmering for at least one hour (the longer time the better taste, recommend 1-2 hours).
4. Remove from heat and transfer to a nice bowl. Sprinkle with white pepper powder and garnish with coriander leaves. Serve immediately with hot steamed rice.

Thai Recipe Ingredients

- * 2 eggs, beaten
- * 1/2 onion, finely chopped
- * 250 grams ground pork
- * 1 tomato, finely sliced
- * 1 tablespoon fish sauce
- * 1 tablespoon soy sauce
- * 1/2 cup oil
- * dipping sauce (chopped chili in fish sauce, chili sauce or tomato sauce)
- * coriander leaves (for garnishing)

**Thai Food Preparations**

1. In a medium-sized bowl, add beaten egg, onion, ground pork, tomato, fish sauce and soy sauce. Stir until all ingredients mixed well.
2. Heat oil in a wok over medium heat. Then pour in the egg mixture. Fry until golden brown (about 2 minutes on each side).
3. Transfer the omelette to a plate. Garnish on top with coriander leaves and fresh vegetables (cucumber, tomato, etc.) Serve immediately with dipping sauce and hot steamed rice.

Thai Recipe Ingredients

- * 1 fish (any meaty white fish) weight 400-500 grams (or fish fillets)
- * 2 teaspoons oyster sauce
- * 1 tablespoon fish sauce
- * 1 teaspoon sugar
- * cooking oil
- * fresh vegetable (tomato, cucumber, cabbage, etc. for garnishing)

**Thai Food Preparations**

1. Score the fish at an angle all the way to the bones on both sides to help it cook faster.
2. Heat oil in a wok, about half a cup or at least to the side of the fish. Fry the fish on low heat, about 10 minutes on the first side. Don't try to loosen the fish from the pan until it is done, otherwise, the fish breaks up.
3. When the first side is cooked, flip and fry the other side, for 5 minutes. When the fish is cooked thoroughly, remove and set it on a plate.
4. To make the sauce : Heat one tablespoon of the leftover oil (after deep frying fish). Wait until hot then add sugar, fish sauce, and oyster. Stir until mixed well then remove from heat.
5. Garnish the fresh vegetables with fried fish. Before serving, pour the sauce on top of fried fish then serve immediately with hot steamed rice.

Thai Recipe Ingredients

- * 4 eggs, beaten
- * 1/2 cup tomato, cube
- * 1 tablespoon soy sauce (of fish sauce)
- * 2 cups chicken stock (or water)
- * 1 tablespoon scallion, finely chopped
- * 1/2 teaspoon pepper powder
- * 1 teaspoon fried garlic (optional)
- * coriander leaves (for garnishing)

**Thai Food Preparations**

1. Beat the eggs in the medium-sized bowl. Add the chicken stock (or water), tomato, pepper powder and soy sauce. Stir until all ingredients mixed well.
2. Heat water in a steamer. Wait until boiling, then place the bowl and turn down to medium heat. Steam for 15 minutes or until cooked.
3. Remove from heat. Sprinkle with chopped scallions and coriander leaves (and fried garlic : optional). Serve immediately with hot steamed rice.

Thai Recipe Ingredients

- * 500 grams beef, cut into well pieces (thickness 1 cm x length 7 cm)
- * 2 cloves garlic, crushed
- * 5 coriander roots, crushed
- * 1 teaspoon pepper powder
- * 3 tablespoons white sesame seeds
- * 2 teaspoons sugar
- * 1 tablespoon fish sauce
- * 2 tablespoons oyster sauce
- * 1 tablespoon beef flavor soup base

**Thai Food Preparations**

1. In a big bowl, add beef, garlic, coriander roots, pepper powder, sugar, fish sauce, oyster sauce, white sesame seeds and beef flavor soup base. Knead until all ingredients mixed well and leave it for one hour.
2. Arrange the marinated beef on a rack and leave in the sun for 3-4 hour. Turn the beef occasionally.
3. Heat oil in a wok. Until hot then fry the marinated beef until cooked. Remove and drain.
4. Transfer to a serving plate. Serve immediately with fresh vegetable (cucumber, tomato, cabbage, etc.), dipping sauce (chili sauce) and hot sticky rice.

THAI SPICY LIVER SALAD

[Thai food : tub wan]

Thai Recipe Ingredients

- * 200 grams pork liver (or beef liver)
- * 1 tablespoon ground roasted sticky rice
- * 1 tablespoon ground chili
- * 2 tablespoons lime juice
- * 1 tablespoon fish sauce
- * 1 tablespoon chopped scallion
- * 1/2 cup mint leaves
- * 4 shallots, thinly sliced



Thai Food Preparations

1. Wash the liver in clean water and sliced into well pieces.
2. Heat water in a pot. Then scald sliced liver until nearly cooked. Remove and drain.
3. In a medium-sized bowl, add liver, sugar, lime juice, fish sauce, chopped scallion, ground chili, ground roasted sticky rice and shallots. Stir until all ingredients mixed well.
4. Transfer to a serving plate. Garnish with mint leaves and serve immediately with fresh vegetable (cabbage, cucumber, etc.) and hot steamed rice (or sticky rice).

THAI FRIED MUSSELS WITH EGG

[Thai food : hoy tod]

Thai Recipe Ingredients

* 10-15 green mussels	* 1 egg, beaten	* 2 tablespoons tapioca flour
* 1 tablespoon rice flour	* 1 tablespoon limewater	* 1 tablespoon minced garlic
* 1 tablespoon fish sauce	* 1/2 teaspoon sugar	* 1 tablespoon soy sauce
* 1/2 cup bean sprout	* 1/2 teaspoon pepper powder	* 1 tablespoon scallion, chopped
* 3 tablespoons water	* cooking oil	* coriander leaves (for garnishing)
Dipping Sauce : Mix all below ingredients in a small pot and heat it until boiling. Remove and set aside.		
* 1/4 cup chili sauce	* 1/2 tablespoon sugar	* 1/4 teaspoon salt
* 2 tablespoons white vinegar	* 2 tablespoons water	



Thai Food Preparations

1. Wash green mussels with clean water. Then scald it in boiling water. Remove and drain. Then remove shell, and set aside.
2. In a medium-sized bowl, add tapioca flour, rice flour, limewater and water together. Stir until mixed well.
3. Heat oil in a fry pan until hot. Pour in the flour mixture in the pan and add the green mussels over the mixture. Do not stir or try to flip it until nearly cooked.
4. Pour beaten egg over the mixture. Fry until the mixture is golden brown. Then turn it over to another side and fry until cooked. Remove from heat and transfer to a serving plate.
5. Heat oil in a fry pan until hot. Add garlic and stir until fragrant. Then add bean sprouts, scallion, soy sauce and sugar. Stir until cooked well then transfer to a serving plate (besides fried mussels).
6. Sprinkle with pepper powder and coriander leaves. Serve immediately with dipping sauce.

Baked Pork Spare Rib with Tomato Sauce [Thai food : See-krong moo ob sauce]

Thai Recipe Ingredients

- * 800 grams pork spare ribs, cleaned and chopped into well pieces
- * 4 tablespoons tomato sauce (or ketchup) * 1 teaspoon ginger, finely chopped
- * 1 tablespoon minced garlic * 1/2 teaspoon powder pepper
- * 1 tablespoon sugar * 1 teaspoon soy sauce
- * 1 tablespoon oyster sauce * 1 tablespoon corn starch, dissolved in water
- * 2 tablespoons cooking oil * fresh or steamed vegetables (for garnishing)



Thai Food Preparations

1. Prepare the marinated sauce by heating oil in a wok, wait until hot then add garlic. Stir until golden and aromatic. Add the rest ingredients and stir until all mixed well. Lastly add corn starch (dissolved in water), then stir again and remove from heat.
2. Add pork spare ribs in marinated sauce. Stir until mixed well. Let marinate for 1 hour (at least 30 minutes).
3. Transfer the marinated spare ribs to the oven. Bake it in the oven (350 F) for 20 minutes or until cooked well. Apply the marinated sauce occasionally to the spare ribs.
4. Transfer to a serving plate. Garnish with coriander leaves and vegetables. Serve immediately with hot steamed rice.

Mackerel in Dried Red Curry

[Thai food : choo-chee pla too]

Thai Recipe Ingredients

- * 500 grams mackerel fish
- * 3 tablespoons red curry paste
- * 1 tablespoon fish sauce
- * 1 tablespoon sugar
- * 2 kaffir lime leaves, thinly sliced
- * 400 grams coconut milk
- * 1 red chili, thinly sliced
- * coriander leaves (for garnishing)
- * cooking oil



Thai Food Preparations

1. Heat oil in a wok over medium-high heat, add coconut milk and red curry paste. Fry until aromatic and until the oil has clearly separated from the coconut milk.
2. Add the mackerel, and season with fish sauce and sugar.
3. Stir fry until the fish is cooked, then add kaffir lime leaves and stir for another 1 minute.
4. Transfer to a serving dish and garnish with red chili, and coriander leaves. Serve immediately with steamed rice.

Baked Pork Spare Rib with Honey

[Thai food : see-krong moo ob num-peung]

Thai Recipe Ingredients

- * 800 grams pork spare ribs, cleaned and chopped into well pieces
- * 3 tablespoons honey
- * 1 tablespoon sugar
- * 1 tablespoon red wine (or cooking wine)
- * 1/4 teaspoon salt
- * 1/4 teaspoon powder pepper
- * 4 cup water
- * coriander leaves (for garnishing)
- * cooking oil



Thai Food Preparations

1. Heat oil in a wok. Wait until hot then add pork spare ribs, fry until nearly cooked. Remove from heat and drain.
3. Heat water in a big pot over medium heat, wait until boiling then add fried pork spare ribs.
4. Add the rest ingredients, and turn down to low heat. Simmer for 30-40 minutes until the spare ribs are tender. Remove from heat.
5. Transfer to the serving plate. Garnish on top with coriander leaves. Serve immediately with hot steamed rice.

Green Mussels Curry with Pineapple

[Thai food : kang kua sup-pa-rod]

Thai Recipe Ingredients

- * 2 tablespoons Kang Kua Curry Paste
- * 2 cups green mussels (or 8-10 shrimps)
- * 80 grams pineapple, cut into well pieces
- * 2 cups coconut milk
- * 2 tablespoons fish sauce
- * 1 tablespoon sugar
- * 1 tablespoon tamarind concentrate



Thai Food Preparations

1. Wash green mussels (or shrimps) in clean water. Then drain and shell.
2. Heat oil in a wok over medium heat. Add kang kua curry paste and coconut milk, fry until aromatic and until the oil has clearly separated from the coconut milk. Then add pineapple, and stir it.
3. Season with fish sauce, sugar and tamarind concentrate. Then add green mussels (or shrimps) Stir until mixed well and cooked thoroughly. Remove from heat.
4. Transfer to a serving bowl, serve immediately with hot steam rice.

Spicy Soup with Chicken and Lemongrass

[Thai food : tom yum kai]

Thai Recipe Ingredients

- * 350 grams chicken, cut into well pieces
- * 2 stalk of lemongrass (lightly pounded and cut into 2" long) * 3 kaffir lime leaves
- * 5 small pieces of galangal * 10 mushrooms, cleaned and cut into well pieces
- * 5 tomatoes * 5 fresh chilies, smashed * 2 dried chilies
- * 2 tablespoons garlic, smashed * 2 tablespoons red shallots, smashed
- * 3 tablespoons lime juice * 2 tablespoons fish sauce * 3 cups chicken stock (or water)
- * coriander leaves (for garnishing)



Thai Food Preparations

1. Heat chicken stock (or water) in a pot over medium heat. Add garlic, red shallot, lemongrass, galangal and kaffir lime leaves. Wait until boiling, then add chicken.
2. Wait until the chicken is nearly cooked, then add mushroom and tomatoes. Stir until all ingredients mixed well and chicken is done. Remove from heat.
4. Season with fish sauce, lime juice and fresh chili. Transfer to a serving bowl. Garnish on top with coriander leaves and dried chili. Serve immediately with hot steamed rice.

Stir Fried Pork with Oyster Sauce

[Thai food : moo pad num mun hoy]

Thai Recipe Ingredients

- * 350 grams pork, cut into well pieces
- * 100 grams straw mushroom (halve)
- * 1 tablespoon minced garlic
- * 2 tablespoons soy sauce
- * 1 red chili, sliced diagonally
- * 5 scallions, cut into 1" long
- * 1 tablespoon sugar
- * 3 tablespoons oyster sauce
- * 1 tablespoon cooking wine
- * 1 tablespoon corn starch, dissolved in water
- * any vegetable (if do not use straw mushroom)
- * cooking oil



Thai Food Preparations

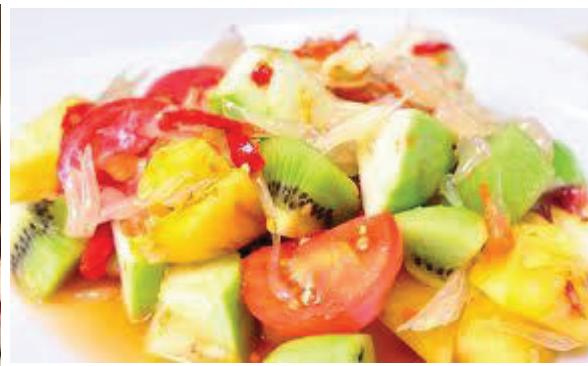
1. In a big bowl, mix together pork, garlic, soy sauce, sugar and corn starch (dissolved in water). Stir until mixed well. Let marinate for at least 30 minutes.
2. Heat oil in a wok over medium heat. Add marinated pork, and stir until nearly done. Then add straw mushroom, red chili, scallion and cooking wine. Stir until all ingredients mixed well and the pork is cooked thoroughly. Turn off the heat.
3. Transfer to a serving plate. Serve immediately with hot steamed rice.

Thai Fruit Spicy Salad

[Thai food : som tum fruit]

Thai Recipe Ingredients

- * 1 cup fresh fruit, cut into well pieces (apple, pineapple, rose apple, pomelo, grape, guava, etc.)
- * 1/4 cup shredded carrot
- * 3-5 sherry tomatoes
- * 1 tablespoon dried shrimp
- * 5 cloves garlic
- * 3 chilies
- * 1 1/2 tablespoons fish sauce
- * 1 1/2 tablespoons lime juice
- * 3 teaspoons palm sugar
- * 1 tablespoon peanut
- * Fresh vegetable for serving with salad (cabbage, string bean, etc.)



Thai Food Preparations

1. Use mortar and pestle to crush the chili and garlic.
2. Add fruit, tomato, carrot, peanut and dried shrimp into mortar, continue beating with the pestle.
3. Season with fish sauce, lime juice, tomato, and palm sugar. The original taste this dish should be the balance taste between sweet, hot, salty, and sour. Then continue beating until all ingredients mixed well.
4. Transfer to a serving plate. Serve with vegetables (e.g. cabbage, string bean, napa, etc.) and sticky rice.

Thai Recipe Ingredients

- * 2 tablespoons hot and sour curry paste
- * 2 cups water mimosa (or any vegetable)
- * 1 fish (any meaty white fish) weight 400-500 grams
- * 2 teaspoons palm sugar
- * 2 tablespoons fish sauce
- * 3 tablespoons tamarind concentrate
- * 3 cups soup (or water)
- * Fresh vegetables (string bean, baby corn, cabbage, etc.)



Thai Food Preparations

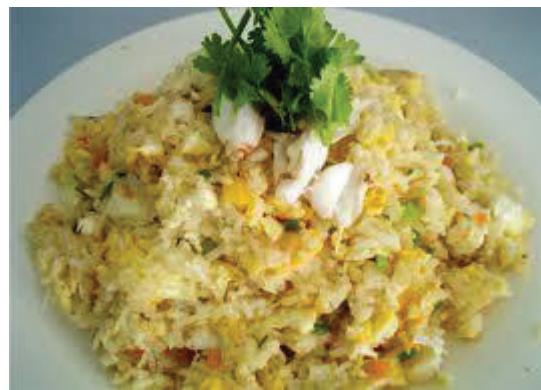
1. Wash the fish in clean water. Remove inside parts and cut the fish into well pieces.
2. Heat soup (or water) in a pot over medium heat. Wait until hot, add hot and sour curry paste and stir it.
3. Wait until the soup is boiling again, add fish into the pot. Leave and do not stir it until nearly done, otherwise the soup will have bad smell. Then season with sugar, fish sauce and tamarind concentrate. (If you do not want to boil the fish, you can fry it and put in the soup instead)
4. Add prepared vegetables and wait until the soup is boiling again and the vegetables are done. Remove from heat.
5. Transfer to a serving bowl. Serve immediately with hot steamed rice.

Thai Fried Rice with Crab

[Thai food : kao pad poo]

Thai Recipe Ingredients

- | | |
|---|--------------------------------|
| * 1 cup steamed rice | * 1/4 cup crab meat |
| * 1/4 onion, sliced thinly | * 1 scallion, chopped |
| * 1 egg | * 1/2 tablespoon minced garlic |
| * 1 teaspoon soy sauce | * 1 teaspoon seasoning sauce |
| * 1/2 teaspoon sugar | * 1/4 teaspoon ground pepper |
| * cucumber, lemon (halve), scallion for serving with fried rice | |
| * tomato, sliced (for serving with fried rice) | |
| * cooking oil | |



Thai Food Preparations

1. Heat oil in a wok over medium heat. Add garlic and stir until golden and aromatic. Then add egg and stir until nearly done.
2. Turn up to high heat. Add steamed rice, onion, crab meat and chopped scallion.
3. Season with soy sauce, seasoning sauce, and sugar. Stir until all ingredients mixed well. Remove from heat.
4. Transfer to a serving plate. Sprinkle with ground pepper. Serve immediately with tomato, cucumber, lemon and chopped chili.

Soya Bean Dipping Sauce

[Thai food : tao jiew lon]

Thai Recipe Ingredients

- * 70 grams ground pork
- * 2 cups coconut milk
- * 5 tablespoons soya bean sauce
- * 2 lemongrasses, sliced thinly
- * 3 red shallots, sliced thinly
- * 2 red chilies, sliced diagonally
- * 3 tablespoons sugar
- * Fresh vegetables (cabbage, baby corn, string bean, cucumber, etc.)



Thai Food Preparations

1. Heat coconut milk in a pot over medium heat. Then add soya bean sauce, and stir until mixed well.
2. Wait until boiling, then add ground pork, lemongrass, red shallot and red chili. Leave it boiling for 3 minutes.
3. Season with sugar. Stir until all ingredients mixed well and the pork is done. Remove from heat.
4. Transfer to a small bowl. Serve with prepared fresh vegetables and hot steamed rice

Stir Fried Crispy Basil with Pork and Black Preserved Egg

[Thai food : kai yeaw-ma ka-prao krob]

Thai Recipe Ingredients

- | | |
|---|--|
| * 3 - 4 black preserved eggs | * 100 grams ground pork (or chicken) |
| * 1 tablespoon minced garlic | * 2 tablespoons coarsely chopped chili |
| * 1 tablespoon fish sauce | * 1/2 tablespoon black soy sauce |
| * 1/2 tablespoon sugar | * 1 tablespoon oyster sauce |
| * 3 red chilies, sliced diagonally
(for deep fry 1/2 cup + stir fry 1 cup) | * 1 1/2 cup basil leaves |
| | * cooking oil |



Thai Food Preparations

1. Heat water in a pot, then add the black preserved eggs. Wait until cooked (10-15 minutes), drain, shell and cut into 4 pieces/egg (quarter).
2. Heat oil in a wok, add prepared eggs and fry until golden and crispy. Remove and drain. Transfer to a serving plate.
3. In the same wok, after frying eggs, then add 1/2 cup of basil leaves. Fry until crispy, then remove and drain.
4. Heat oil in a wok over medium heat (use the leftover oil from frying eggs and basil leaves). Add garlic and stir fry until golden and aromatic. Then add coarsely chopped chili, pork, red chili, and 2 tablespoons of water. Stir fry until the pork is nearly cooked.
5. Season with oyster sauce, fish sauce, sugar and black soy sauce. Add 1 cup of basil leaves and stir until all ingredients mixed well and the pork is done. Remove from heat.
6. Pour over the stir fried pork with basil over the fried black preserved egg. Finally sprinkle with the fried crispy basil leaves (step 2). Serve immediately with hot steamed rice.

Stir Fried Pumpkin with Pork

[Thai food : pad fak-tong moo]

Thai Recipe Ingredients

- * 300 grams pork, cut into well pieces
- * 400 grams sliced pumpkin
- * 2 tablespoons minced garlic
- * 6 tablespoons soup (or water)
- * 2 tablespoons fish sauce
- * 2 tablespoon oyster sauce
- * 1/2 teaspoon sugar
- * 2 eggs
- * cooking oil



Thai Food Preparations

1. Heat oil in a wok over medium heat. Add garlic, pumpkin and soup (or water). Leave it for 3-5 minutes or until the pumpkin is soft.
2. Add pork and stir until almost done, then season with oyster sauce, fish sauce and sugar.
3. Add egg and break the yolk. Wait until nearly done then turn up to high heat and stir quickly until all ingredients mixed well. Remove from heat.
4. Transfer to a serving plate. Serve immediately with hot steamed rice.

Thai Recipe Ingredients

- * 10 - 15 green chili peppers
- * 60 grams garlic
- * 7 - 10 red shallots
- * 1/4 teaspoon Thai shrimp paste
- * 1/4 teaspoon salt
- * 1 teaspoon fish sauce
- * Fresh vegetables for serving with dipping sauce (cabbage, baby corn, string bean, cucumber, etc.)



Thai Food Preparations

1. Grill chili pepper, garlic and red shallots until done and aromatic, then peel off the outside skin.
2. Use mortar and pestle to crush all ingredients. Season with salt and fish sauce. You may add lime juice a little bit if you want.
3. Transfer to a dipping sauce bowl. Serve with prepared fresh vegetables (or steamed vegetables) and hot steamed rice (or sticky rice).

Stir Fried Prawns with Asparagus

[Thai food : koong pad nor-mai fa-rang]

Thai Recipe Ingredients

- * 250 grams medium-sized prawns, cleaned, shelled and deveined
- * 300 grams asparagus (cut into 1" long) * 100 grams carrot, sliced
- * 100 grams shitake mushroom, sliced
(if you use dried shitake, soak in warm water 10-15 minutes until soft before cooking)
- * 2 tablespoons minced garlic * 1/2 teaspoon sugar
- * 1 tablespoon corn starch (dissolved in water) * 2 tablespoons soy sauce
- * 3 tablespoons oyster sauce * 2 tablespoons sesame oil * 1/4 teaspoon ground pepper
- * 1/2 cup soup (or water) * coriander leaves for garnishing * cooking oil



Thai Food Preparations

1. Heat water in a pot until boiling. Then add prepared prawns and scald it in boiled water until cooked. Remove and drain.
2. Heat oil in a wok over medium heat. Add garlic and stir until golden and aromatic. Then add asparagus and carrot. Stir until soft and cooked thoroughly (3 - 5 minutes).
3. Season with soy sauce, oyster sauce, pepper, sesame oil and sugar. Then add prawns, shitake mushroom and soup. Stir until all ingredients mixed well (about 1 minute).
4. Turn up to high heat. Add corn starch (already dissolved in water). Stir quickly until the sauce is thickened and all ingredients mixed well. Remove from heat.
5. Transfer to a serving plate. Garnish with coriander leaves. Serve immediately with hot steamed rice.

Tempura Vegetable

[Thai food : pak choob pang tod]

Thai Recipe Ingredients

- * 150 grams wheat flour (or all-purpose flour)
- * 1 egg
- * 3/4 cup water
- * 1/4 teaspoon baking powder
- * fresh vegetables, cut into well pieces
(any vegetables, baby corn, onion, string bean, etc.)
- * cooking oil



Thai Food Preparations

1. In a big bowl, mix together flour, egg and water. Then add baking powder and stir again until all mixed well.
2. Dip the prepared vegetables in the flour mixture.
3. Heat oil in a wok over medium heat. Add vegetables (already coated with flour mixture) and fry until golden and crispy. Remove and drain.
4. Arrange fried vegetables in a serving plate. Serve immediately with dipping sauce (ketchup, plum sauce or chicken dipping sauce).

Stir Fried Chicken with Green Curry Paste

[Thai food : pad kang kiew wan kai]

Thai Recipe Ingredients

- | | |
|---|--|
| * 300 grams chicken, cut into well pieces | * 3 tablespoons Green Curry Paste |
| * 5 eggplants, cut into small pieces | * 100 grams pea eggplant |
| * 4 kaffir lime leaves | * 3 tablespoons chicken stock (or water) |
| * 50 grams sweet basil leaves | * 2 red chili peppers, sliced diagonally |
| * 1/2 cup coconut milk | (keep 2 tablespoons for topping before Servings) |
| * 1 1/2 tablespoons sugar | * 1 tablespoon fish sauce |
| * 1 tablespoon soy sauce | * cooking oil |

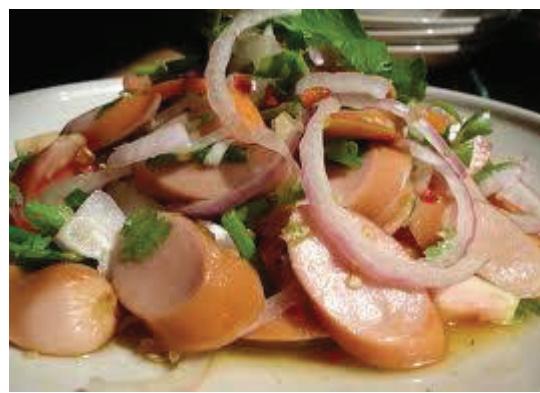


Thai Food Preparations

1. Heat oil in a wok over medium heat. Add Green Curry Paste and stir fry until aromatic.
2. Add chicken and stir until nearly done. Then add eggplants, pea eggplants and kaffir lime leaves. Stir fry for 1 minute.
3. Season with soy sauce, fish sauce and sugar. Then add chicken stock. Turn up to high heat. Add sweet basil leaves and coconut milk. Stir fry quickly until all ingredients mixed well. Remove from heat.
4. Transfer to a serving plate. Pour coconut milk over (2 tablespoons) and serve immediately with hot steamed rice.

Thai Recipe Ingredients

- * 300 grams sausage (pork or chicken)
- * 10 - 15 chilies, thinly sliced
- * 3 red shallots, thinly sliced
- * 2 tablespoons lemongrass, thinly sliced
- * 2 tablespoons minced garlic
- * 2 tablespoons lime juice
- * 2 tablespoons fish sauce
- * 1 teaspoon sugar
- * 3 tomatoes, cut into well pieces
- * 2 cucumbers, sliced
- * 1/2 teaspoon salt
- * 2 scallions, cut into 1" long
- * coriander leaves(for garnishing)



Thai Food Preparations

1. Heat water in a pot until boiling. Then add sausage and scald it in boiled water until cooked. Remove, drain and cut into well pieces.
2. In a big bowl, mix together all ingredients. Season with fish sauce, lime juice, salt and sugar. Stir until all mixed well.
3. Transfer to a serving plate. Garnish with coriander leaves. Serve immediately with hot steamed rice (Note: after mixing all ingredients, serve immediately, otherwise the taste will change)

Stir Fried Mung Bean Noodle

[Thai food : pad woon-sen]

Thai Recipe Ingredients

- | | |
|--|---|
| * 150 grams mung bean noodle | * 100 grams cabbage, cut into well pieces |
| * 200 grams pork, cut into well pieces | * 1 tablespoon sugar |
| * 3 eggs | * 3 tablespoons oyster sauce |
| * 1 onion, sliced | * 2 tablespoons, fish sauce |
| * 3 tomatoes, sliced | * 1/2 teaspoon pepper |
| * 1 tablespoon, coarsely chopped | * coriander leaves (for garnishing) |
| * 3 scallions, cut into 1" long | * cooking oil |



Thai Food Preparations

1. Soak mung bean noodle in warm water for 15 minutes. Remove, drain and set aside.
2. Heat oil in a wok over medium heat. Add garlic and stir until golden and aromatic.
3. Add pork and onion. Stir until nearly done, then add egg and brake the yolk. Wait until the egg is cooked. Add mung bean noodle, tomato, cabbage and scallion. Continue stirring until the cabbage is nearly cooked.
4. Season with oyster sauce, fish sauce, sugar and pepper. Stir until all ingredients mixed well. Remove from heat.
5. Transfer to a serving plate. Garnish with coriander leaves. Serve immediately with hot steamed rice.

Stir Fried Chicken with Green Peppers

[Thai food : kai pad prik]

Thai Recipe Ingredients

- * 300 grams chicken, cut into well pieces
- * 2 tablespoons minced garlic
- * 1 onion, cut into pieces
- * 3 green peppers, sliced diagonally
- * 1 tablespoon chopped chili
- * 1/2 teaspoon pepper
- * 5 scallions, cut into 1" long
- * 2 tablespoons oyster sauce
- * 1 tablespoon soy sauce
- * 1/2 teaspoon sugar
- * cooking oil



Thai Food Preparations

1. Heat oil in a wok over medium heat. Add garlic and chopped chili. Stir until golden and aromatic.
2. Add chicken and stir until nearly done. Then add green peppers, onion and scallion.
3. Season with oyster sauce, soy sauce, pepper and sugar. Turn up to high heat. Stir quickly until all ingredients mixed well. Remove from heat.
4. Transfer to a serving plate. Serve immediately with hot steamed rice.

Thai Chili and Shrimp Dipping Sauce

[Thai food : num prik koong sod]

Thai Recipe Ingredients

- * 8 - 10 medium-sized shrimps, cleaned, shelled and coarsely chopped
- * 1 teaspoon garlic * 3 red shallots * 20 grams pea eggplants
- * 1 teaspoon shrimp paste * 3 - 5 chilies * 1 tablespoon palm sugar
- * 1 1/2 tablespoons fish sauce * 2 tablespoons lime juice
- * boiled egg, fresh or steamed vegetables

(String beans, cabbage, cucumber, etc.)



Thai Food Preparations

1. Heat water in a pot until boiling. Then add prepared shrimps and scald it in boiled water until cooked. Remove and drain.
2. Roast chili, red shallot and garlic in the wok over medium heat until aromatic. Then use mortar and pestle to crush with shrimp paste until mixed well.
3. Season with sugar, fish sauce and lime juice. Then add prepared shrimps and pea eggplants. Stir until all ingredients mixed well.
4. Transfer to a dipping sauce bowl. Serve immediately with fresh (or steamed) vegetables, boiled egg and hot steamed rice.

Thai Recipe Ingredients

- * 400 grams Chinese kale, cleaned and cut into well pieces
- * 2 tablespoons garlic, coarsely chopped
- * 1 teaspoon ground pepper
- * 5 tablespoons oyster sauce
- * 2 tablespoons soy sauce
- * 1/4 teaspoon sugar
- * 1/2 cup soup (or water)
- * cooking oil

**Thai Food Preparations**

1. Heat oil in a wok over medium heat. Add garlic and Chinese kale. Stir until aromatic and the vegetable is soft.
2. Season with oyster sauce, soy sauce, and sugar. Add soup (or water) and turn up to high heat. Stir quickly until all ingredients mixed well. Remove from heat.
3. Transfer to a serving plate. Sprinkle with ground pepper. Serve immediately with hot steamed rice.

Stir Fried Rice Noodle with Coconut Milk

[Thai food : mee ka-ti]

Thai Recipe Ingredients

- | | |
|--|--------------------------------|
| * 500 grams rice noodle | * 4 cups coconut milk |
| * 1 cup medium-sized prawns, cleaned, shelled and deveined | * 150 grams yellow tofu, cubed |
| * 1/4 cup soya bean sauce, coarsely chopped | * 1 tablespoon ground chili |
| * 2 cups red shallot, sliced | * 2 tablespoons minced garlic |
| * 2 tablespoons tamarind concentrate | * 1/4 cup sugar |
| * 1/4 cup fish sauce | * 300 grams bean sprout |
| * 1/4 cup tomato sauce | * 100 grams Chinese chives |
| * Fresh vegetables
(bananablossom, Chinese chives, lemon, etc.) | |



Thai Food Preparations

1. Soak rice noodle in warm water for 10 minutes. Remove and drain. Set aside.
2. Prepare the sauce by heating 2 cups of coconut milk over medium heat. Add red shallot and shrimps. Stir until nearly cooked, then add ground chili, soya bean sauce and yellow tofu. Season with sugar, fish sauce and tamarind concentrate. Stir until all ingredients mixed well and the mixture becomes dry and fragrant. Remove from heat.
3. Prepare the noodle by heating 2 cups of coconut milk over medium heat. Add tomato sauce and stir until mixed well. Then prepared noodled (1st step), bean sprout and Chinese chives. Stir fry until all ingredients mixed well. Remove from heat.
4. Transfer the prepared noodle in a serving plate. Also transfer the sauce in a dipping sauce bowl. Sprinkle with fresh bean sprout and Chinese chives over the stir fried noodle. Serve immediately both noodle and sauce with fresh vegetables.

Thai Recipe Ingredients

- * 200 grams egg tofu, cut into 1/2" long
- * 200 grams medium-sized shrimps, cleaned, shelled and deveined
- * 100 grams minced pork * 50 grams carrot, cubed
- * 50 grams baby corn, cut into small pieces * 50 grams shitake mushroom, cut into small pieces
- * 1/2 cup chopped scallions * 1/2 cup chopped Chinese celery
- * 2 tablespoons minced garlic * 2 tablespoons oyster sauce
- * 1 tablespoon seasoning sauce * 1/4 teaspoon ground pepper
- * 1/4 teaspoon sugar * 1 tablespoon corn starch, dissolved in water
- * cooking oil

**Thai Food Preparations**

1. Heat oil in a wok over medium heat. Add egg tofu and fry until golden. Remove, drain and arrange in the serving plate.
2. Prepare the sauce by heating oil in a wok over medium heat. Add garlic and stir until aromatic. Then add shrimps, minced pork, continue stirring until nearly done.
3. Add carrot, shitake mushroom, scallion, Chinese celery and baby corn. Stir for 2-3 minutes, then season with oyster sauce, seasoning sauce, pepper and sugar. Add corn starch (already dissolved in water). Stir until all ingredients mixed well. Remove from heat.
4. Pour the sauce over the fried egg tofu in the serving plate. Serve immediately with hot steamed rice.

Thai Clear Soup

[Thai food : kang jeud look-rok]

Thai Recipe Ingredients

- | | |
|--|------------------------------|
| * 200 grams pig chitterling (small intestines of a pig) | * 5-7 eggs |
| * 5 - 8 medium-sized shrimps, cleaned, shelled and deveined | * 250 grams minced pork |
| * 5 cups soup (or water) * 1 tablespoon minced garlic | * 1/2 teaspoon ground pepper |
| * 1 tablespoon finely chopped coriander root | * 2 tablespoons fish sauce |
| * 1 teaspoon fried garlic | |
| * chopped scallions, coriander leaves, chopped Chinese celery (for garnishing) | |



Thai Food Preparations

1. Prepare Look-Rok by cleaning pig chitterling both inside and outside. Then soak with vinegar for 5 minutes in order to remove unwanted smell. Then pour in the water in order to check whether there is any crack. If there is any crack (water leaks out), then cut it out. Finally bind chitterling tightly one side.
2. Pour beaten egg in the prepared chitterling then bind it. Check again whether there is any leak or not.
3. Heat water in a pot over low heat. Add the prepared chitterling. Boil until the beaten egg is done. Remove and wait until cool down. Cut into 1.5 cm thick, and cross cut the upper and bottom side.
4. In a big bowl, mix together minced garlic, chopped coriander root, ground pepper and minced pork. Let marinate for at least 15 minutes. Then knead into small pieces of round shape (pork balls).
5. Heat soup (or water) in a pot over medium heat. Add pork balls, and shrimps then season with fish sauce.
6. Add prepared Look-Rok. Stir until all ingredients mixed well. Remove from heat.
7. Transfer to a serving bowl. Sprinkle with chopped scallion, coriander leaves, chopped Chinese celery and fried garlic. Serve immediately with hot steamed rice.

Rich Noodle Paste with Bean Sprout

[Thai food : kuay-tiew lord song krueng]

Thai Recipe Ingredients

- * 500 grams noodle paste * 250 grams minced pork * 1 cup dried shrimp
- * 3 eggs (make omelette and thinly sliced) * 100 grams yellow tofu, cubed
- * 2 cups bean sprout (scald in boiling water) * 1 tablespoon finely chopped coriander root
- * 1/2 tablespoon minced garlic * 1/4 teaspoon ground pepper
- * 2 tablespoons black soy sauce * 2 tablespoons soy sauce * 2 tablespoons sugar
- * 5 red + green chili peppers, coarsely chopped * 3 tablespoons vinegar
- * coriander leaves, chopped Chinese celery, fried garlic (for garnishing) * cooking oil



Thai Food Preparations

1. Prepare the dipping sauce by mixing together sugar, black soy sauce (1 tbsp.), soy sauce (1 tbsp.) and vinegar. Then heat it in a pot over low heat until sugar is thoroughly dissolved. Remove from heat and mix with red and green chili peppers. Transfer to a dipping sauce bowl. Set aside.
2. Prepare the sauce : Heat oil in a wok over medium heat. Add garlic and chopped coriander root. Stir until fragrant then add minced pork and ground pepper. Keep stirring until the pork is nearly cooked.
3. Add yellow tofu and dried shrimp. Season with black soy sauce (1 tbsp.) and soy sauce (1 tbsp.). Stir until all ingredients mixed well. Remove from heat.
4. Arrange noodle paste, bean sprout and sliced omelette in a serving plate. Pour the prepared sauce over and sprinkle with coriander leaves, chopped Chinese celery and fried garlic. Serve immediately with prepared dipping sauce.

Stir Fried Spicy Noodle with Seafood

[Thai food : sen-yai pad kee mao]

Thai Recipe Ingredients



Thai Food Preparations

1. Wash prepared seafood in clean water. If you use fish fillet or squid, cut into well pieces before cooking. Or if you use green mussels, you may need to scald in boiling water before cooking.
 2. Heat oil in a wok over medium heat. Add garlic, and stir until golden and fragrant. If you like hot taste, you may add chopped chili and stir fry with garlic during this process. Then add prepared seafood, and keep stirring until nearly cooked.
 3. Add noodle paste and baby corn. Season with soy sauce, fish sauce, ground pepper and sugar. Lastly add holy basil and red and green chili peppers. Turn up to high heat. Stir fry quickly until all ingredients mixed well. Remove from heat.
 4. Transfer to a plate and serve immediately.

Baked Crabs with Mung Bean Noodle

[Thai food : poo ob woon-sen]

Thai Recipe Ingredients

- * 300 grams sea crabs * 4 coriander roots, crushed * 20 peppercorns
- * 4 cloves garlic, smashed * 3 pieces of sliced ginger, smashed
- * 2 tablespoons vegetable oil * 1 teaspoon sesame oil * 2 tablespoons soy sauce
- * 1/2 tablespoon sugar * 1 tablespoon oyster sauce
- * 2 cup mung bean noodles, soaked in hot water and cut into 3-5 inch long * 1 cup water
- * 1/2 teaspoon dark soy sauce (optional for darker color of the mung bean noodle)
- * coriander leaves (for garnishing)



Thai Food Preparations

1. Mix vegetable oil, sesame oil, peppercorns, soy sauce, sugar, water, oyster sauce and mung bean noodle in a big bowl. Stir until all ingredients mixed well.
2. In the bottom of clay-pot, put the coriander roots, ginger, and garlic. Then put the mung bean noodle above bottom layer, and lastly put sea crabs on top of the mung bean noodle.
3. Bake at the temperature ~ 180 C about 15 minutes or until the crabs are cooked thoroughly (but not less than 10 minutes).
4. Remove from heat and leave it for 5 minutes. Garnish on top with coriander leaves and serve immediately

Stuffed Chicken Wings

[Thai food : peek kai yud sai]

Thai Recipe Ingredients

- * 8 - 10 chicken wings * 200 grams minced pork
- * 200 grams medium-sized shrimps, cleaned, shelled, deveined, and cut into small pieces
- * 5 coriander roots * 10 peppercorns * 3 tablespoons minced garlic
- * 2 tablespoons soy sauce * 1/2 teaspoon sugar * cooking oil
- * dipping sauce (tomato sauce, chili sauce, plum sauce)
- * Fresh vegetables (cucumber, tomato, etc.)



Thai Food Preparations

1. Grind coriander root, garlic and peppercorn in a mortar and pound until mixed thoroughly (or using food processor). Then mix with minced pork, shrimps, soy sauce and sugar. Let marinate for 30 minutes.
2. Wash chicken wings in clean water and take out the bone (be careful not to make the skin torn).
3. Put in the marinated mixture inside the chicken wings (already deboned).
4. Heat oil in a wok over medium heat. Add stuffed chicken wings, and fry until golden and crispy. Remove and drain.
5. Arrange fried stuffed chicken wings with prepared vegetables. Serve immediately with dipping sauce and hot steamed rice.

Stir Fried Maccaroni with Shrimp

[Thai food : pad maccaroni koong]

Thai Recipe Ingredients

- * 5 - 8 medium-sized shrimps, cleaned, shelled, and deveined * 300 grams macaroni
- * 2 eggs * 1 onion, sliced * 2 tomatoes, cut into well pieces
- * 1 tablespoon minced garlic * 1 tablespoon soy sauce * 3 tablespoons tomato sauce
- * 1/2 teaspoon sugar * 1/4 teaspoon salt * 2 scallions, cut into 1" long
- * cooking oil * fresh vegetables (cucumber, sliced tomato, etc.)



Thai Food Preparations

1. Heat water in a pot. Until boiling, add macaroni. Stir until soft and cooked thoroughly. Remove, drain and set aside.
2. Heat oil in a wok over medium heat. Add garlic and onion. Stir until aromatic, then add shrimp. Continue stirring until the shrimp is nearly cooked.
3. Add egg, and break the yolk. Wait until the egg is cooked, then add prepared macaroni, tomato and scallion. Stir for 3 - 5 minutes.
4. Season with sugar, soy sauce, salt and tomato sauce. Stir fry until all ingredients mixed well. Remove from heat.
5. Transfer to a serving plate. Serve immediately with prepared fresh vegetables.

Thai Egg Salad

[Thai food : salad kai]

Thai Recipe Ingredients

- * 2 boiled egg, cut into well pieces
- * 100 grams chicken (or shrimp)
- * 1 onion, finely sliced
- * 1/2 carrot, finely sliced
- * 1/2 lettuce, cut into pieces
- * 1/4 cabbage, finely sliced
- * 50 grams corn

+ Salad Dressing +

- * 2 eggs, yolk only
- * 4 tablespoons lime juice (or vinegar)
- * 5 tablespoons condensed milk
- * 1 teaspoon salt
- * 1 cup vegetable oil (or olive oil)



Thai Food Preparations

1. Heat water in a pot. Until boiling, add chicken or shrimp. Stir until cooked thoroughly. Remove, drain, and finely sliced (for chicken) and set aside.
2. Wash fresh vegetables in clean water, also cut into well pieces (if needed). Then, arrange in a serving plate.
3. Prepare salad dressing : Mix together egg yolk, condensed milk, lime juice (or vinegar), oil and salt. Stir until all ingredients mixed well.
4. Serve prepared vegetables with chicken (or shrimp) and salad dressing (pour dressing on top or separate).

Soup with Tofu and Seaweed

[Thai food : tom jued tao-hoo sa-rai]

Thai Recipe Ingredients

- * 150 grams minced pork
- * 30 grams black dried seaweed, cut into well pieces
- * 200 grams tofu, cut into well pieces
- * 2 scallions, cut into 1" long
- * 1 Chinese celery, cut into 1" long (keep 2-3 leaves for garnishing)
- * 1/2 teaspoon dry-pickled vegetable
- * 1/4 teaspoon sugar
- * 1 teaspoon fish sauce
- * 1/2 teaspoon soy sauce
- * 1/2 teaspoon ground pepper
- * 1 tablespoon fried garlic (for garnishing)
- * 2 cups soup (or water)



Thai Food Preparations

1. In a big bowl, mix together minced pork, sugar and fish sauce (1/2 teaspoon). Let marinate for 30 minutes.
2. Heat soup (or water) in a pot over medium heat. Add marinated minced pork (use spoon to make round shape pork balls). Stir until the pork is nearly done.
3. Add tofu, scallions, dry-pickled vegetable, Chinese celery and seaweed. Then season with fish sauce (1/2 teaspoon), and pepper. Stir until all mixed well. Remove from heat.
4. Transfer to a serving bowl. Sprinkle with Chinese celery leaves and fried garlic. Serve immediately with hot steamed rice.

Noodle in Fish Curry Sauce

[Thai food : ka-nom jeen num-ya]

Thai Recipe Ingredients

- * 1 cup cooked fish fillet * 150 grams fish balls *1 teaspoon salt
- * 2 tablespoons dried chili (soak in water, remove and drain)
- * 5 - 8 dried red chili peppers (soak in water, remove and drain)
- * 2 teaspoons finely sliced galangal * 1/2 tablespoon finely sliced lemongrass
- * 1/2 tablespoon garlic, coarsely chopped * 1/2 tablespoon tumeric, finely sliced
- * 1/2 tablespoon finger root * 3 tablespoons shrimp paste * 2 red shallots
- * 1/2 cup undiluted coconut milk * 2 cups diluted coconut milk * 2 garcinias (som-kak)
- * 1/4 cup fish sauce * 2 tablespoons sugar * 800 grams noodle
- * Boiled egg and fresh vegetables (string bean, bean sprout, mint leaves, cucumber, etc.)



Thai Food Preparations

1. Grind dried chili, dried red chili pepper, salt, lemongrass, galangal, red shallot, garlic, finger root and tumeric in a mortar and pound until mixed thoroughly (or using food processor). Then add cooked fish fillet and shrimp paste. Grind again until mixed well.
2. Heat diluted coconut milk in a pot over medium heat. Add prepared mixture (1st step) and stir until dissolved. Add fish balls and season with fish sauce, sugar and garcinia.
3. Turn down to low heat. Add undiluted coconut milk and simmer for 15 minutes. Wait until boiling again, remove from heat and transfer to a serving bowl.
4. Arrange noodle with prepared vegetables. Serve immediately with prepared hot soup and boiled egg.

Fried Shrimp Salad

[Thai food : salad koong tod]

Thai Recipe Ingredients

- * 5-8 medium-sized shrimps, cleaned and shelled
- * fresh vegetables and fruits
(Cucumber, tomato, cabbage, cantaloupe, etc.)
- * 150 grams wheat flour (or all-purpose flour), dissolved in water
- * 1/2 tablespoon mayonnaise (for dressing salad)
- * 1 tablespoon salad cream (for dressing salad)
- * 1 tablespoon condensed milk (for dressing salad)
- * cooking oil



Thai Food Preparations

1. Heat oil in a wok over medium heat. Dip the shrimp in prepared flour (already dissolved in water), then add in the wok. Fry until golden and crispy. Remove, drain and set aside.
2. Wash vegetables and fruit in clean water. Cut into well pieces. Arrange in the serving plate.
3. Prepare the dressing by mix together mayonnaise, salad cream and condensed milk. Stir until mixed well.
4. Put the fried shrimp over prepared vegetables + fruits. Pour the dressing over the shrimp and serve immediately.

Thai Mackerel Salad

[Thai food : yum pla too]

Thai Recipe Ingredients

- * 2 mackerels
- * 1/2 tablespoon chili
- * 1 tablespoon sliced scallion
- * 3 red shallots, sliced
- * 3 tablespoons sliced lemongrass
- * 1 tablespoon coriander leaves
- * 2 tablespoons fish sauce
- * 2 tablespoons lime juice
- * mint leaves (for garnishing)
- * fresh vegetables (cucumber, tomato, etc.)
- * cooking oil



Thai Food Preparations

1. Heat oil in a wok over medium heat. Add mackerel and fry until golden and cooked thoroughly. Drain and remove the bone.
2. In a big bowl, mix together fish, red shallot, scallion, lemongrass and chili.
3. Season with fish sauce and lime juice. Stir until mixed well.
4. Transfer to a serving plate. Sprinkle with mint leaves. Serve immediately with fresh vegetables and hot steamed rice.

Thai Recipe Ingredients

- * 1000 grams beef
- * 1 tablespoon five spice powder
- * 1 tablespoon marinated powder
- * 1/2 tablespoon sweet black soy sauce
- * 1 tablespoon peppercorn
- * 5 coriander roots
- * 3 tablespoons garlic



Thai Food Preparations

1. Cut beef into pieces and remove the fat.
2. Add water and all ingredients in a big pot. Simmer with low heat until the beef is tender.
3. Cut the beef into well pieces. Transfer to small brass pot and continue simmering.
4. Mix the soy sauce, sugar with the soup from the second step. This soup can be used as the noodle soup with stewed beef.

Marinated Tips : Mix beef with marinated powder (1 tbsp.), soy sauce (2 tbsp.), and sugar (1 tbsp.). Leave to marinate for 30 minutes.

Stir Fried Bamboo Shoots with Egg

[Thai food : nor-mai pad kai]

Thai Recipe Ingredients

- * 5-8 medium-sized shrimps, cleaned, and shelled (or use pork or chicken)
- * 300 grams bamboo shoots, cleaned and scalded in boiling water
- * 3 eggs
- * 5 red and green chili peppers, sliced diagonally
- * 1 tablespoon minced garlic
- * 1 tablespoon fish sauce
- * 1/2 teaspoon sugar
- * cooking oil
- * coriander leaves (for garnishing)



Thai Food Preparations

1. Heat oil in a wok over medium heat. Add garlic and stir fry until golden and aromatic. Then add shrimp (or pork or chicken) and bamboo shoots. Stir until the shrimp almost cooked and the bamboo shoots are soft.
2. Move ingredients aside and crack egg into the wok. Stir to cook and break up the egg. Wait until the egg is thoroughly cooked.
3. Season with fish sauce, sugar and chili. Turn up to high heat. Stir quickly until all ingredients mixed well. Remove from heat.
4. Transfer to a serving plate. Sprinkle with coriander leaves. Serve immediately with hot steamed rice.

Rice Porridge with Pork

[Thai food : joke moo]

Thai Recipe Ingredients

- * 300 grams minced pork *3 cups soup *2 tablespoons corn starch
- * 100 grams pork liver, scalded until cooked and cut into well pieces
- * 200 grams pig chitterling * 1 cup grist (or plain rice) * 1 tablespoon minced garlic
- * 1/4 cup finely chopped ginger
- * 50 grams scallion, chopped * 50 grams coriander leave, chopped
- * 4 tablespoons soy sauce * 2 tablespoons seasoning sauce * 2 tablespoons oyster sauce



Thai Food Preparations

1. In a big bowl, mix together minced pork, garlic, oyster sauce, soy sauce (2 tbsps.), and seasoning sauce and corn starch. Knead until mixed thoroughly. Let marinate for 15 - 20 minutes.
2. Heat water in a pot over low heat. Add grist (or plain rice). Boil with low heat, keep stirring until soft and cooked.
3. Transfer the cooked rice to another pot. Add prepared soup and heat it over medium heat. Wait until boiling then add marinated pork and pork liver.
4. Wait until the pork is nearly cooked, season with soy sauce (2 tbsps.). Crack egg into the pot (if you want). Boil until the pork, liver and egg are thoroughly cooked. Remove from heat.
5. Transfer to a serving bowl. Sprinkle with chopped scallion, coriander leaves and ginger. Serve immediately with crispy rice noodle or bread.

Stir Fried Spicy Spaghetti with Seafood

[Thai food : spaghetti pad kee mao]

Thai Recipe Ingredients

- * 400 grams seafood (shrimp, fish fillet, green mussel, squid, etc.)
- * 400 grams spaghetti, soak in hot water until done * 2 tablespoons minced garlic
- * 2 tablespoons soy sauce * 2 tablespoons fish sauce * 1/2 teaspoon sugar
- * 1/4 teaspoon ground pepper * 3 red and green chili peppers, coarsely chopped
- * 50 grams baby corn * 1/2 cup holy basil * cooking oil



Thai Food Preparations

1. Wash prepared seafood in clean water. If you use fish fillet or squid, cut into well pieces before cooking. Or if you use green mussels, you may need to scald in boiling water before cooking.
2. Heat oil in a wok over medium heat. Add garlic, and stir until golden and fragrant. If you like hot taste, you may add chopped chili and stir fry with garlic during this process. Then add prepared seafood, and keep stirring until nearly cooked.
3. Add spaghetti and baby corn. Season with soy sauce, fish sauce, ground pepper and sugar. Lastly add holy basil and red and green chili pepper. Turn up to high heat. Stir fry quickly until all ingredients mixed well. Remove from heat.
4. Transfer to a plate and serve immediately.