

ผัดไทยกุ้งสด (Pad Thai)



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Pad Thai is a stir-fried rice noodle dish commonly served as a street food and at casual local eateries in Thailand. It is made with soaked dried rice noodles, which are stir-fried with eggs and chopped firm tofu, and dried shrimp, garlic or shallots, red chili pepper and palm sugar, and served with lime wedges and often chopped roast peanuts. It may also contain other vegetables like bean sprouts, garlic chives, coriander leaves, pickled radishes and raw banana flowers. It may also contain fresh shrimp, crab, squid, chicken or other proteins. Vegetarian versions may substitute soy sauce for the fish sauce and omit the shrimp.

Ingredients

8 ounces Thai rice noodles, 4 tablespoons fish sauce, 6 tablespoons white vinegar, 1 tablespoon tomato paste, 6 tablespoons sugar, 4 green onions, 1 cup dry-roasted unsalted peanuts, ½ cup vegetable oil, 2 garlic cloves, ½ lb skinless chicken breasts (cut in small pieces), egg, bean sprouts, 2 tablespoons crushed red pepper flakes, 2 limes, cut into wedges

Directions

1. Soak rice noodles in warm water for 20 - 25 minutes - they should be soft but not mushy; they will soften when they are cooked in the liquid.
2. Peel and deveign the shrimp, leave the tails intact - cut the chicken and/or pork into 1/8 inch x 1 inch pieces.
3. Mix together fish sauce, sugar, vinegar and tomato puree until sugar is dissolved, set aside.
4. Slice the scallions on the diagonal 1/4 inch thick, set aside.

5. Heat a wok and add the oil, then stirfry the meat and garlic - when meat is cooked (no longer pink) add the drained noodles and quickly stir to coat with oil - quickly add the sauce and stir carefully to avoid breaking the noodles.
6. Move the noodles to the side and add eggs - let them set a bit then break them up and continue to stir fry - add additional oil if necessary to keep noodles from sticking- continue to toss until eggs are nicely distributed.
7. Add 3/4 Cup peanuts, bean sprouts and scallions - toss.
8. Remove to serving platter, garnish with 1/4 Cup ground peanuts, sprinkle with the chili flakes and serve with lime wedges to squeeze over the top.

