

Sammy's Organic

Thai Cooking School





THAI FOOD

The Taste of Thai Food is easy to identify: Lemon Grass, Fish Sauce, Coriander, Galangal, Garlic, Sweet Basil and Coconut Milk all combine to make a harmony that is unforgettable.

Partially it is Thailand's geographical location, reflected in its food and the way it corresponds to recent nutritional thinking that has made Thai food so popular. The largest element being quickly cooked vegetables that remain firm with all their flavors preserved. Thai food is seldom cooked for long and is always fresh. Usually a Thai meal is served for several people. Thai believe that life should be "**SANOOK**" or fun, so we seldom eat alone and enjoy sharing our food with friends.

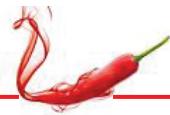
Thai Cooking is about flavors and methods and not about rituals, and these methods can be applied to whatever ingredients are available locally. So if you can not get oriental vegetables then use what seems the nearest local equivalent. Any Thai Cook would do the same quite happily, as they love to experiment.

The Recipes in this book have been adapted to give you the best recipes to cook Thai food overseas.

Warning!

Thai Food is addictive, you may not want to eat Thai Food every day, but you will certainly return to it very often.

Best Wishes,
Sammy's Organic Team



INGREDIENT FUNCTIONALITY



GARLIC - antibacterial, fights heart disease, lowers blood pressure, lowers cholesterol, helps prevent stroke



GINGER - heating (therefore helps cold, flu), anti-inflammatory, promotes bile production, relieves nausea, abdominal cramps



LEMONGRASS - uplifting, relaxing, revitalizing, cleansing



GALANGAL - similar to ginger



CHILLIES - anti-inflammatory, digestive aid, pain killer, stimulates circulation



TURMERIC - anti carcinogen, anti inflammatory, digestive aid



ONIONS - anti carcinogen, anti inflammatory, improves respiratory congestion



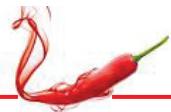
CUMIN - Iron, aids in digestion, anti carcinogen



CORIANDER - lowers LDL and total cholesterol, is phytonutrient dense (flavanoids, phenols), Iron, Magnesium, Manganese, antibacterial

CLOVE - prevents toxicities from environment, anti inflammatory, flavanoids, omega 3, Manganese, Calcium, Magnesium





CINNAMON - anti clotting, anti microbial, helps type 2 diabetics respond to insulin (blood sugar control). aroma helps boost brain function (cognitive processing), helps prevent heart disease, improves colon health

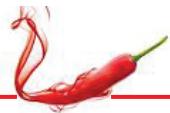
BASIL - flavanoids, antibacterial, anti inflammatory, good for heart health

PEPPER - improves intestinal health, digestive aid, antibacterial, antioxidant

BELL PEPPER - antioxidant, helps prevent cardiovascular disease, anti carcinogen, protects against emphysema, improves eyesight, helps alleviate arthritis

CABBAGE - anti carcinogen, helps prevent ulcers (peptic)

CAULIFLOWER - contains glucosinolates (helps liver function), anti carcinogen, helps alleviate arthritis



CELERY - vitamin c, contains pthalides (improve vasodilation), controls cholesterol, is a good diuretic, anti carcinogen

CUCUMBER - cooling, helps preserve connective tissue, high in fiber, lowers blood pressure

EGGPLANT - contains nasunins that protect lipids in brain cell membrane, is an antioxidant (phenols), prevents cardiovascular disease and cancer

SQUASH - anti carcinogen, helps the prostate, helps prevent cardiovascular disease, anti inflammatory

TOMATO - antioxidant, anti carcinogen, helps prevent cardiovascular disease, is a blood thinner, vitamin K, Chromium (controls blood sugar), helps alleviate migraines

LEMON/LIME - antibiotic, anti carcinogen (limonis), antioxidant, lowers cholesterol, helps prevent macular degeneration, helps prevent arthritis



ORANGE - vitamin C, boosts immune, helps prevent cardiovascular disease, anti carcinogen, lowers cholesterol, helps prevent kidney stones, fiber, helps prevent ulcers, helps prevent macular degeneration, helps prevent lung cancer, helps prevent arthritis

PAPAYA - helps prevent cardiovascular disease, helps prevent cancer, boosts immune, anti inflammatory, helps prevent macular degeneration, helps prevent arthritis, helps prevent emphysema

PINEAPPLE - boosts immune, antioxidant, anti inflammatory, is a digestive aid, Manganese, Thiamin, helps prevent macular degeneration

SESAME SEEDS - Copper, Calcium, improves vascular health, improves respiratory health, Zinc, improves bone health, helps prevent osteoporosis, alleviates migraine, alleviates PMS, anti carcinogen

Healing Food Tables

Apples	Protects your heart	Prevents constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against Prostate Cancer	Combats Breast Cancer	Strengthens bones	Banishes bruises	Guards against heart disease

Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats Cancer	Controls blood pressure
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats Cancer	Boosts immune system
Fish	Protects your heart	Boosts memory	Protects your heart	Combats Cancer	Supports immune system
Garlic	Lowers cholesterol	Controls blood pressure	Combats cancer	Kills bacteria	Fights fungus
Honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies

Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
Mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
Onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
Oranges	Supports immune systems	Combats cancer	Protects your heart	Strengthens respiration	

Peanuts	Protects against heart disease	Promotes weight loss	Combats prostate cancer	Lowers cholesterol	Aggravates diverticulitis
Pineapple	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stops strokes
Strawberries	Combats cancer	Protects your heart	Boosts memory	Calms stress	
Sweet potatoes	Saves your eyesight	Lifts mood	Combats cancer	Strengthens bones	

Water	Promotes Weight loss	Combats cancer	Conquers kidney stones	Smoothes skin
Watermelons	Protects prostate	Promotes Weight loss	Lowers cholesterol	Helps stops strokes Controls blood pressure



C O N T E N T

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COOKING JUSMIN RICE AND STICKY RICE

Cooking Jusmin Rice (with rice cooker)

Put 3 cups of jusmin rice in a rice cooker and wash for 1 or 2 times to get rid of any impurity. Add fresh water about 3 cups and turn the switch on. The rice will be cooked approximately in 20 minutes.



Cooking Sticky Rice

Soak the sticky rice grains in fresh water for at least 4 hours or even better overnight. Drain, rinse and put the rice in a bamboo steamer. Steam for about 30 minutes until the rice is soft and the grain becomes clearer. Remove from heat and put in a hot box or a bamboo basket to keep warm.

GREEN CURRY PASTE (Nam Prik Gaeng Kiew Waan)

Ingredients

- 4 green big chillies
- 1 Tbsp chopped lemongrass
- 1 tsp chopped galangal
- 1 Tbsp chopped shallot
- 1 tsp chopped garlic
- 1 tsp chopped finger root or galingale (Kra - Chai)
- $\frac{1}{2}$ tsp chopped kaffir lime rind
- $\frac{1}{2}$ tsp roasted coriander seeds
- $\frac{1}{2}$ tsp roasted cumin seeds
- $\frac{1}{2}$ tsp peppercorns
- $\frac{1}{2}$ tsp shrimp paste
- $\frac{1}{4}$ tsp salt



Method

1. Put all of the seeds in a mortar and grind with a pestle into powder.
2. Add the rest of the ingredients except shrimp paste. Pound together until everything is good combined and smooth.
3. Add shrimp paste and continue pound to mix well.
4. Put the paste in a jar and chill until needed.

"It is possible to keep cool for one month."

RED CURRY PASTE (Nam Prik Gaeng Phed)

Ingredients

- 4 dried chillies
- 1 Tbsp chopped lemongrass
- 1 tsp chopped galangal
- 1 Tbsp chopped shallot
- 1 tsp chopped garlic
- 1 tsp chopped finger root or galingale (Kra - Chai)
- $\frac{1}{2}$ tsp chopped kaffir lime rind
- $\frac{1}{2}$ tsp roasted coriander seeds
- $\frac{1}{2}$ tsp roasted cumin seeds
- $\frac{1}{2}$ tsp peppercorns
- $\frac{1}{2}$ tsp shrimp paste
- $\frac{1}{4}$ tsp salt



Method

1. Put all of the seeds in a mortar and grind with a pestle into powder.
2. Add the rest of the ingredients except shrimp paste. Pound together until all ingredients are good combined and smooth.
3. Add shrimp paste and pound to mix well.
4. Put the paste in a jar and chill until needed.

"It is possible to keep cool for one month."

Notes - This red curry paste can apply to cook several Thai dishes such as red curry (gaeng phed), panaeng curry, steamed curry (hor mok) , etc. ...

YELLOW CURRY PASTE (Nam Prik Gaeng Kari)

Ingredients

- 4 dried chillies
- 1 Tbsp chopped lemongrass
- 1 tsp chopped galangal
- 1 Tbsp chopped shallot
- 1 tsp chopped garlic
- $\frac{1}{2}$ tsp chopped kaffir lime rind
- $\frac{1}{2}$ tsp roasted coriander seeds
- $\frac{1}{2}$ tsp roasted cumin seeds
- $\frac{1}{2}$ tsp peppercorns
- 1 tsp chopped turmeric
- 1 tsp yellow curry powder
- $\frac{1}{2}$ tsp shrimp paste
- $\frac{1}{4}$ tsp salt



Method

1. Put all of the seeds in a mortar and grind with a pestle into powder.
2. Add the rest of the ingredients except shrimp paste and yellow curry powder. Pound until all ingredients are mixed thoroughly.
3. Add shrimp paste and yellow curry paste then pound until it becomes a fine paste.
4. Put the paste in a jar and chill until needed.

"It is possible to keep cool for one month."

GREEN CURRY WITH CHICKEN (Gaeng Kiew Waan Gai)

Serve 1 to 2

Authentic Taste : Creamy, spicy, salty and a bit sweet

Ingredients

- 2 Tbsp green curry paste
- 100 g sliced chicken breast
- $\frac{1}{2}$ cup coconut cream
- 1 cup coconut milk
- 2 eggplants, quartered
- $\frac{1}{4}$ cup pea eggplant (Ma Kheau Phuang)
- $\frac{1}{4}$ cup sliced onion
- 1 large red chilli, cut lengthwise and seeded
- 2 stems sweet basil
- 2 kaffir lime leaves
- 1 Tbsp fish sauce
- 1 tsp grated palm sugar



Method

1. Heat and reduce the coconut cream over medium heat. When it is boiling add green curry pasted and stir for a minute until fragrant.
2. Add sliced chicken breast, cook until almost done. Add Coconut Milk and bring to a boil.
3. Add all of eggplants, onion and seasoning. Simmer on medium heat until the eggplants are cooked.
4. Put sweet basil leaves, kaffir lime leaves and garnish with red chillies then remove from heat immediately.
5. Serve hot with steamed jusmin rice.

JUNGLE CURRY WITH CHICKEN (Gaeng Par Gai)

Serve 1 to 2

Authentic Taste : Hot , spicy, and salty

Ingredients

- 2 Tbsp red curry paste
- 100 g sliced chicken breast
- 2 cup fresh water or chicken stock
- 2 long beans, cut into 3 cm. pieces
- $\frac{1}{4}$ cup pea eggplant (Ma Kheau Phuang)
- 1 large red chilli, cut lengthwise and seeded
- $\frac{1}{4}$ cup fresh peppercorn
- 2 kaffir lime leaves
- $\frac{1}{4}$ cup holy basil leaf
- 1 Tbsp fish sauce
- $\frac{1}{2}$ tsp grated palm sugar
- 1 Tbsp cooking oil



Method

1. Heat oil in a sauce pan until slightly hot. Put in the curry paste and stir fry until fragrant.
2. Add sliced chicken and cook until almost done. Pour in fresh water and bring to a boil.
3. Add all of eggplants, long beans, fresh peppercorn and season with fish sauce and palm sugar.
4. Continue cook for 2 minutes or until the vegetables are cooked, put kaffir lime leaves, holy basil leaves and garnish with red chilli to finish.
5. Serve hot with cooked jusmin rice.

YELLOW CURRY WITH CHICKEN (Gaeng Kari Gai)

Serve 1 to 2

Authentic Taste : Creamy, rich aroma, salty and a bit sweet

Ingredients

- 2 Tbsp yellow curry paste
- 100 g sliced chicken breast
- $\frac{1}{2}$ cup coconut cream
- 1 cup coconut milk
- $\frac{1}{2}$ onion, peeled and sliced
- 1 cup potato, peeled and diced into bite - sized pieces
- 1 stem spring onion, cut into 3 cm. pieces
- 1 Tbsp fish sauce
- 1 tsp grated palm sugar



Method

1. Put yellow curry paste into boiling coconut cream and stir fry to release strong aroma.
2. Add sliced chicken breast and pour in coconut milk when the chicken is just cooked then bring to a boil.
3. Add potatoes and onion. Stew on a low heat, stirring occasionally until the potatoes are desired tender.
4. Season with fish sauce and palm sugar. Cook for about 2 minutes then add spring onion and remove from heat.
5. Serve hot with steamed jusmin rice.

HOT AND SOUR PRAWN SOUP (Tom Yum Goong)

Serve 1 to 2

Authentic Taste : Spicy, salty and sour

Ingredients

- 5 prawns, shelled with tails intact and deveined
- $\frac{1}{2}$ cup straw mushroom, halved or oyster mushroom
- 1 stalk lemongrass, cut into 3 cm. pieces and softly smashed
- 3 slivers galangal
- 2 cherry tomatoes, halved
- $\frac{1}{2}$ onion, cut quarter
- 2 kaffir lime leaves, tear the middle stem off
- 1 stem spring onion, sliced
- 1 Tbsp chopped coriander
- 3 bird chillies or to taste, smashed or finely chopped
- 1 Tbsp fish sauce
- $\frac{1}{2}$ tsp sugar
- 1 Tbsp lime juice a pinch of salt
- 1 tsp roasted chilli paste (Nam Prik Phao)
- 2 cups fresh water or chicken stock

Method

1. Put water in a sauce pan over high heat. Add the lemongrass, galangal and onion then bring to a boil.
2. When boiling add mushroom and tomatoes , season with roasted chilli paste, fish sauce, sugar salt lime juice and chillies.
3. Add prawns and kaffir lime leaves then heat until the prawns are just cooked.
4. Ladle soup into a warm soup bowl. Place prawns on top and garnish with coriander and spring onion.

Notes - Seafood and tofu (for vegetarian) can use instead of chicken.



CHICKEN IN COCONUT MILK SOUP (Toom Kha Gai)

Serve 1 to 2

Authentic Taste : Light creamy, sour and a bit sweet

Ingredients

- 100 g sliced chicken breast
- $\frac{1}{2}$ cup straw mushroom, halved or oyster mushroom
- 1 stalk lemongrass, cut into 3 cm. pieces and softly smashed
- 3 slivers galangal
- 2 cherry tomatoes, halved
- $\frac{1}{2}$ onion, cut quarter
- 2 kaffir lime leaves, tear the middle stem off
- 1 stalk spring onion, sliced
- 1 Tbsp chopped coriander
- 3 bird chillies (or to taste), smashed or finely chopped
- 1 Tbsp fish sauce
- 1 tsp sugar
- 1 Tbsp lime juice A pinch of salt
- 2 cups coconut milk



Method

1. Put coconut milk in a sauce pan over medium heat. Add the lemongrass, galangal and onion, stir occasionally.
2. When boiling add chicken and heat until chicken is cooked.
3. Add mushroom and tomatoes, wait until mushroom is cooked.
4. Put kaffir lime leaves and season with fish sauce, sugar, salt, lime juice and chillies.
5. Ladle soup into a bowl and garnish with coriander and spring onion.

THAI VEGETABLE HOT SOUP (Gaeng Leang Phak Sod)

Serve 1 to 2

Authentic Taste : Peppery, salty and healthy

Ingredients of the paste

- 1 tsp shrimp paste
- 1 tsp peppercorn
- 2 Tbsp sliced shallot
- 1 Tbsp dried shrimp, ground Preparation of the paste
- 1. Put all ingredients in a mortar and pound with a pestle.
- 2. When everything is mixed well add shrimp paste and pound until smooth.

Main ingredients

- $\frac{1}{2}$ cup pumpkin, peeled and cut into bite - size pieces.
- $\frac{1}{2}$ cup straw mushroom, halved or oyster mushroom.
- 3 baby corns, cut lengthwise half
- 1 cup ivy guard
- $\frac{1}{2}$ cup hairy basil leaf
- 1 Tbsp fish sauce
- $\frac{1}{2}$ tsp sugar a pinch of salt
- 2 cups fresh water or stock

Method

1. Put the paste mixture with water in a sauce pan over high heat.
2. When boiling add pumpkin and mushroom, cook until pumpkin is slightly soft.
3. Add baby corns and ivy guard then season with fish salt, sugar and salt.
4. Add hairy basil leaves at the last minute and remove from heat.

Notes

- Can put prawn for more flavour.
- For strong aroma put some finger root (galingale) in the paste mixture.



STIR FRIED MINCED CHICKEN WITH HOLY BASIL

(Phad Ka Prow Gai Sab)

Serve 1 to 2

Ingredients

100 g minced chicken
 $\frac{1}{4}$ cup finely chopped long bean
2 baby corns, sliced thinly
1 Tbsp chopped garlic
1 tsp chopped fresh hot chilli
 $\frac{1}{2}$ onion, sliced thinly
 $\frac{1}{2}$ cup holy basil leaf
1 Tbsp oyster sauce
1 Tbsp fish sauce
 $\frac{1}{2}$ tsp sugar
2 Tbsp cooking oil
 $\frac{1}{4}$ cup fresh water or chicken stock



Method

1. Put the oil in a wok over medium heat.
2. When the oil is hot add garlic and chilli, stir fry until fragrant.
3. Add minced chicken and onion, fry until the chicken is cooked.
4. Add long bean and baby corn, then followed by oyster sauce, fish sauce, sugar and stock.
5. Put basil leaves when all ingredients are cooked. Stir to combine and turn off.
6. Serve with rice in same dish or can serve separate for share.

STIR FRIED CHICKEN WITH CASHEW NUT (Gai Phad Med Mamuang Himmapharn)

Serve 1 to 2

Ingredients

- 100 g sliced chicken breast
- $\frac{1}{4}$ cup long bean, sliced into 3 cm. pieces
- 2 baby corns, sliced thinly
- 1 stalk spring onion, cut into 3 cm. pieces
- $\frac{1}{2}$ onion, sliced thinly
- 50 g. roasted cashew nuts
- 1 big dried chilli, roasted and cut into 2 cm. pieces
- 1 Tbsp chopped garlic
- 1 Tbsp oyster sauce
- 1 Tbsp fish sauce
- $\frac{1}{2}$ tsp sugar
- 2 Tbsp cooking oil
- $\frac{1}{4}$ cup water or chicken stock



Method

1. Heat the oil in a wok over medium heat. Stir in garlic and fry until fragrant.
2. Add chicken and onion, fry until the chicken is cooked.
3. Add long bean, baby corn and roasted dried chilli, stir occasionally.
4. Put oyster sauce, fish sauce, sugar and stock.
5. When vegetable is cooked put roasted cashew nuts and spring onion. Stir briefly and turn off.

Notes - Roasted peanut and roasted almond can be substituted for cashew nut.

THAI FRIED NOODLES (Phad Thai)

Serve 1 to 2

Ingredients

- 100 g thin rice noodles
- $\frac{1}{4}$ cup firm tofu, cut into small cube
- 1 chicken egg
- 1 Tbsp dried shrimp
- 1 Tbsp chopped pickled radish
- 1 cup bean sprouts
- $\frac{1}{4}$ cup Chinese chive or spring onion, cut into 3 cm. pieces
- 1 Tbsp chopped shallot
- 1 Tbsp roasted peanut, crushed.
- 2 Tbsp tamarind juice
- 1 Tbsp fish sauce
- $1\frac{1}{2}$ tsp palm sugar
- 3 Tbsp cooking oil
- $\frac{3}{4}$ cup water a pinch of chilli powder or to taste



Method

1. Heat the oil over low heat and fry tofu until it turns to light brown and a bit crispy.
2. Add shallot, dried shrimp and pickled radish and fry until fragrant.
3. Put egg, scramble and stir altogether.
4. Add noodles and water then turn the heat to medium.
5. When the noodles are soft season with tamarind juice, fish sauce and palm sugar.
6. Add bean sprouts and chive, stir fry briefly and turn off.
7. Serve warm with fresh bean sprouts, banana flower and spring onion on the side.

For more flavour sprinkle some ground roasted peanut and chilli powder.



DEEP FRIED VEGETABLE SPRING ROLLS (Poh Pia Phak Tod)

Serve 1 to 2

Ingredients

- $\frac{1}{4}$ cup glass noodles, soaked in cold water until soft
- $\frac{1}{4}$ cup grated carrot
- $\frac{1}{4}$ cup finely sliced cabbage
- $\frac{1}{4}$ cup bean sprouts
- 4 spring roll wrappers
- $\frac{1}{4}$ tsp ground pepper
- 2 tsp light soy sauce
- 1 tsp sugar
- 1 beaten egg
- 1 tsp cooking oil Palm oil for deep frying



Method

1. Put the oil in a wok over medium heat. Add carrot, cabbage, bean sprouts, pepper, soy sauce and sugar.
2. Stir fry until all ingredients are cooked then reduce heat to low.
3. Put glass noodles and stir to combine. Put the mixture into a tray and spread to cool.

How to wrap a spring roll

1. Divide the filling equally into 5 groups. Put one group of the filling on a spring roll wrapper.
2. Starting with the bottom end, fold the wrapper over the filling and a bit roll.
3. Fold in two side edges, then roll up tightly and use beaten egg to seal the edge.
4. Place the spring rolls gently into hot palm oil over low heat and deep fry until it just begins to brown.
5. Serve warm with some sweet chilli sauce or plum sauce.

Notes - For meat lovers, put some minced pork, minced chicken or chopped prawn.

CHICKEN IN PANDANUS LEAVES (Gai Hor Bai Toey)

Serve 1

Ingredients

- 100 g chicken breast, sliced
- 1 tsp roasted sesame seeds, smashed
- $\frac{1}{4}$ tsp ground pepper
- $\frac{1}{2}$ Tbsp sesame oil
- $\frac{1}{2}$ Tbsp light soy sauce
- $\frac{1}{2}$ Tbsp tapioca flour
- enough pandanus leaves
- palm oil for deep frying

Method

1. Season the chicken with all ingredients except palm oil and mix them together well.
2. Marinate chicken for 10 minutes.
3. Wrap each piece of chicken with a pandanus leaf.
4. Deep fry the wrapped chicken in hot oil over medium heat until the chicken is cooked.
5. Serve warm with some sweet chilli sauce.



PAPAYA SALAD (Som Tam)

Serve 1

Ingredients

- 1 cup green papaya, finely shredded
- $\frac{1}{2}$ tomato, cut into 4 wedges
- 1 stalk long bean, cut into 3 cm. pieces
- 1 Tbsp dried shrimp
- 1 Tbsp roasted peanut
- 1 tsp garlic
- 2 Thai hot chillies or to taste
- 1-2 lime wedges
- 1 Tbsp fish sauce
- 1 Tbsp melted palm sugar



Method

1. Put the garlic, chillies and long beans in a mortar and pound gently just to break them a little bit.
2. Add fish sauce, palm sugar and lime juice.
3. Put the shredded papaya and tomato and pound softly to combine.
4. Add dried shrimp and roasted peanut, mix together.
5. Serve with fresh vegetables : cabbage, long bean or lettuce.

Notes - Carrot, cucumber, green mango or mixed fruit can be substituted for green papaya.

MANGO WITH STICKY RICE (Khao Neaw Mamuang)

Ingredients

- 1 cup hot cooked sticky rice
- $\frac{1}{2}$ cup coconut cream
- 2-3 Tbsp palm sugar
- $\frac{1}{4}$ tsp salt
- 1 ripe mango , peeled and sliced without stone

Method

1. Combine the coconut cream, sugar and salt in a sauce pan and bring to a boil, stirring often. Remove from heat.
2. Stir in the hot steamed sticky rice and mix well with the cream. Then cover with a lid for 20 minutes until the cream has been absorbed.
3. Let cool and serve with sliced mango.



Notes

- If you like creamy, put some more coconut cream on top.
- Ripe papaya, pineapple or your seasonal fruit can be substituted for ripe mango.

PUMPKIN CUSTARD (Sung Khaya Fak Thong)

Serve 1 to 2

Ingredients

- ½ cup pumpkin, peeled and thinly sliced
- 2 eggs
- 1 cup coconut milk
- ½ cup palm sugar
- 1 Tbsp corn flour
- ¼ tsp salt

Method

1. Beat eggs and palm sugar until becomes creamy.
2. Add coconut cream, corn flour and salt, mix altogether well.
3. Divide the mixture into 3 cups and put sliced pumpkin on top.
4. Steam over high heat for 20 minutes.



Notes - Taro root, coconut flesh or sliced almond can be substituted for pumpkin.

BANANA IN COCONUT MILK (Gluay Buad Chee)

Serve 1

Ingredients

- 2 ripe bananas, cut into bite - size pieces
- 1½ cup coconut milk
- 1 Tbsp sugar
- a pinch of salt

Method

1. Steam whole bananas with peel until well cooked. Peel and cut the steamed bananas.
2. Heat the coconut milk until boiling.
3. Add bananas, sugar and salt, simmer until the bananas are slightly soft.
4. It can be served either hot or cold.



Notes - Instead of banana can substitute with pumpkin, taro root, sweet potato or black bean.

STICKY RICE PORRIDGE WITH LONGAN (Khao Neaw Piak Lamyai)

Serve 1 to 2

Ingredients

- $\frac{1}{2}$ cup sticky rice
- $\frac{1}{2}$ cup longan, peeled and seeded
- $\frac{1}{2}$ cup coconut cream
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ tsp salt
- 3 cups fresh water



Method

1. Boil the sticky rice with water and simmer until the rice softens, stirring frequently.
2. Put sugar and longan and simmer for 3 minutes. Turn the heat off.
3. Simmer coconut cream with salt and stir until dissolved.
4. Spoon the rice porridge in a bowl and top with coconut cream.
5. It can be served either hot or cold.

Notes - Instead of longan can substitute with taro root, coconut flesh, sweet corn or job's tear because longan

SWEET POTATO IN GINGER SYRUP (Mun Tom Jek)

Serve 1

Ingredients

- 1 cup sweet potato, peeled and cut into bite - size pieces
- 4 slices ginger
- 2 Tbsp sugar or to taste
- 2 cups fresh water

Method

1. Heat water in a sauce pan until boiling.
2. Add potatoes and ginger, cook until the potatoes are quite cooked.
3. Put sugar and simmer for a few minutes.
4. Serve warm in a dessert bowl.



Notes - Serve hot for good healing because ginger will release more essence in high temperature.

WATER CHESTNUTS IN COCONUT MILK (Tab Tim Krob)

Ingredients

- $\frac{1}{2}$ cup water chestnut, cut into small cube
- $\frac{1}{2}$ cup tapioca flour
- $\frac{1}{4}$ cup grenadine, mixed with $\frac{1}{4}$ cup of water
- $\frac{1}{2}$ cup coconut milk

Syrup

- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup water

Some crushed ice

2-3 pandanus leaves, sliced

Method (water chestnut)

1. Soak the water chestnuts in the grenadine for 20 minutes or until the water chestnuts become nicely coloured.
2. Drain and put them in the tapioca flour bowl. Shake until the water chestnuts are well coated.
3. Drop the coated water chestnuts into boiling water and spoon them out when they float.
4. Suddenly, put in cold water for a few minutes to cool. Drain and set aside.



Method (Syrup)

1. Boil water with sugar and pandanus leaves over medium heat until the sugar has dissolved. Sieve and set aside to cool.
"To serve, spoon the water chestnuts into a bowl and put some syrup, followed by coconut milk. Top with some crushed ice and serve at once."

Notes - Yam bean can be substituted for water chestnut.

- Pandanus leaves have put just for nice smell, they are unedible.

SWEET CHILLI SAUCE (Nam Jim Gai)

Ingredients

- 2 Tbsp chopped garlic
- 1 Tbsp large red chilli, finely chopped
- $\frac{1}{2}$ cup white vinegar
- $\frac{1}{4}$ cup sugar
- 1 tsp salt
- 1 cup fresh water

Method

1. Simmer water with vinegar, sugar and salt over medium heat until dissolved.
2. Add garlic and chilli, simmer until the mixture becomes thick. Stir occasionally.
3. Turn the heat off and allow to cool then store in a bottle or a jar until needed.

THAI STYLE SEAFOOD SAUCE (Nam Jim Talay)

Ingredients

4 cloves garlic
3-5 hot chillies or to taste
2 Tbsp fish sauce
2-3 lime wedges
a pinch of salt

Method

1. Put garlic, chillies and salt in a mortar and pound with a pestle.
2. Spoon them out and put in a sauce dish.
3. Season with fish sauce and lime juice to taste. Mix together.

Notes - This sauce is very nice to have with seafood or barbecue.

- Can not keep overnight. It is good to



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