

Krabi Thai Cookery School

Home : 269 Moo 2 Ao Nang Beach, Krabi 81180 Thailand

Tel :081-9790677 And 075-662155

E-mail : krabicookeryschool@hotmail.com

thaicookery@yahoo.com

Website : <http://www.thaicookeryschool.net>

Index

Curry Pastes

Green Curry Paste	(Nam Prik Kaeng Kiaw Wan).....	1
Red Curry Paste	(Nam Prik Kaeng Ped).....	2
Panaeng Curry Paste		3

Curry

Green Curry Chicken	(Kaeng Kiaw Wan Kai).....	4
Panaeng Chicken Curry	(Panaeng Kai).....	5

Soup

Chicken in Coconut Milk Soup	(Tom Ka Kai).....	6
------------------------------	-------------------	---

Stir Fry

Pad Thai	(Fried Noodles Thai Style).....	7
Stir Fried Chicken with red Curry Paste	(Pad Ped Kai).....	8
Moning Glory	(Pad Pak Boong Fi-Daeng).....	9

Salad

Papaya Salad	(Som Tam).....	10
--------------	----------------	----

Other Information

Information on Foods.....	11-16
---------------------------	-------

Curry Pastes

Green Curry Paste (Nam Prik Kaeng Kiaw Wan)

Ingredients:

- 1 tbsp. Galangal - peeled and chopped (substitute ginger) *before*
- 2 tsp. Lemongrass - lower part 1/3 chopped *→ smash it to release flavor*
- 1 tsp. Kaffir lime - peeled and chopped (substitute orange peel)
- 2-3 tsp. Whole Coriander - chopped (also add to make a green colour)
- 3 tbsp. Shallots - chopped
- 2 tbsp. Garlic - crushed and chopped
- 2 tbsp. Salt
- 1 tbsp. Shrimps paste (substitute anchovy paste)
- 15 Small green chillies (to make it spicy) for less spicy curry reduce chillies
- 1 tsp. Peper corn, cumin, coriander seeds- roasted and ground
(in mortar or mixer) use equal amounts

Preparation:

Put all other ingredients in a mortar and grind until the paste is smooth.
Add water when you use blender (Do not add water when you use Thai maxing method)

Red Curry Paste (Nam Prik Kaeng Ped)

2

Ingredients:

- 1 tbsp. Galangal - peeled and chopped (substitute ginger)
- 2 tsp. Lemongrass - lower part 1/3 chopped
- 1 tsp. Kaffir lime - peeled and chopped (substitute orange peel)
- 1 tbsp. Coriander - root chopped
- 3 tbsp. Shallots - chopped
- 2 tbsp. Garlic - crushed and chopped
- 2 tsp. Salt
- 1 tbsp. Shrimps paste (substitute anchovy paste)
- 10 Small dried red chillies (to make it spice)
- 3 Large dried chillies - seeds removed and soaked in water for 15 mins
(For red colour)
- 1 tsp. Pepper cumin, coriander seeds - roasted and ground (in mortar or mixer)
- 3-4 Cardamom pods - roasted and ground

Preparation:

Put all other ingredients in a mortar and grind until the paste is smooth.
Add water when you use blender (Do not add water when you use Thai maxing method)

Panaeng Curry Paste; (Red Curry Paste + Crushed Peanuts)

Ingredients:

- 1 tbsp. Galangal - peeled and chopped (substitute ginger)
- 2 tsp. Lemongrass - lower part 1/3 chopped
- 1 tsp. Kaffir lime - peeled and chopped (substitute orange peel)
- 1 tbsp. Coriander - root chopped
- 3 tbsp. Shallots - chopped
- 2 tbsp. Garlic - crushed and chopped
- 2 tsp. Salt
- 1 tbsp. Shrimps paste (substitute anchovy paste)
- 10 Small dried red chillies (to make it spice)
- 3 Large dried chillies - seeds removed and soaked in water for 15 mins
(For red colour)
- 1 tsp. Pepper cumin, coriander seeds - roasted and ground (in mortar or mixer)
- 3-4 Cardamom pods - roasted and ground

Preparation:

Put all other ingredients in a mortar and grind until the paste is smooth.
Red curry paste can be Panaeng curry paste after mix with 2 tbsp. crushed peanuts/2 tbsp. of Red curry paste. Add water when you use blender.

(Do not add water when you use Thai maxing method)

Green Curry Chicken (Kaeng Kiaw Wan Kai)

4

Ingredients:

- 2 tbsp. Green curry paste (see page 1)
- 300 g Chicken - cut into long thin slices
- 2 ½ cups Coconut milk
- 2 Kaffir lime leaves
- 2 Stems sweet basil - take only leaves
- 2-3 Red chillies - cut into strips
- 1-2 tbsp. Fish sauce
- 1 tsp. Palm sugar
- A pinch of salt

→ boil ½ cup coco milk with paste
→ add rest ingredients
→ add coco milk + small leaves
+ chicken stock = 2 big spoons
(leaves)
→ let it boil then after medium fire
+ cover partially with lid
→ check eggplant = must be soft

Preparation:

Fry chillies in coconut milk until fragrant. Reduce the heat and add chicken, coconut milk, egg plant, palm sugar, fish sauce, a pinch of salt and then taste it. When the meat is cooked through add the sweet basil leaves and remove from heat. Pork or beef can be used instead of chicken.

add kaffir lime leaves

Panaeng Chicken Curry (Panaeng Kai)

Ingredients:

- 300 g Chicken breasts - cut into chunks
- 2 tbsp. Panage curry paste (Red curry paste + crushed peanuts)
- 1 cup Coconut milk
- 5-6 Sweet basil leaves
- 3 Green chillies
- 3 Red chillies
- 2 tbsp. Fish sauce
- 1 tbsp. Palm sugar
- 3 tbsp. Tamarind juice (substitute lemon or lime juice)

Preparation:

Add peanut to the red curry paste, mix thorough and set aside. Heat $\frac{1}{2}$ a cup of the coconut milk, add the red curry paste/peanut mixture and heat over a hot flame until the chicken is tender and cooked. Add $\frac{1}{2}$ cup of coconut milk, fish sauce, sugar and tamarind juice to taste and cook for a further minute. Add the kaffir lime leaves. Cubed pork or beef may be substituted.

Soup

Chicken in Coconut milk Soup (Tom Ka Kai)

6

Ingredients:

- 300 g. Boneless, chicken meat - sliced
- 5 slices Young galangal - thinly sliced
- 2 cups Coconut milk
- 1 stem Lemon grass - cut into sections and crushed
- 5-6 Hot chillies - just broken
- 2 tbsp. Tamarind juice or lemon juice or without
- 3-4 Kaffir lime leaves
- 100 g. Straw mushroom - halved
- 2 tbsp. Fish sauce
- A pinch of salt
- Coriander leaves

Preparation:

Heat the coconut, milk and once boiling add the galangal, the lemon grass, kaffir lime leaves, chicken and fish sauce. Simmer over low heat, when the chicken is cooked add the coconut milk and stir till it boils. Immediately remove from the heat. Seasonal with fish sauce, lime juice and crushed hot chillies. Gamish with coriander leaves. This can be eaten with boiled rice as a soup and has to be service hot.

→ serve in a bowl where you previously disposed
cut onion springs

Stir Fry Pad Thai (Fried Noodles Thai Style)

Ingredients:

300 g.	Narrow rice noodles	2	tblsp.	Garlic & shallots	
4	tblsp.	Oil	2	tblsp.	Vinegar or tamarind juice
3		Egg	1	tblsp.	Dried shrimp
3	tblsp.	Sugar	2	tblsp.	Fish sauce
1	tblsp.	Light soy sauce	½	cup	Tofu
1	tblsp.	Dark soy sauce	1	tblsp.	Dried chillies (optional)
1	tblsp.	Peanuts - roasted and grond	2		Lime - cut in wedges
1	cup	Bean sprouts			Pepper
¼	cup	Chives - roasted chopped (1 inch pieces)			

Preparation:

First of all, soak the noodles in water at room temperature for about 20 minutes (depending on brand). Heat 4 tblsp. of oil in a wok and fry garlic and shallots until yellow, then add tofu, fish sauce, soy sauce, dark soy sauce, sugar, vinegar or tamarind juice and dried chillies. Add noodles and fry until noodles cooked. Put 2 tbs. of oil in the wok. When heated break the egg. Add bean sprouts and chives. Mix thoroughly and move to one side in the wok or remove. Take off the heat add peanuts and pepper and garnish with fresh lime.

Stir - Fried Spicy Chicken with Green Peppercorns (Kai Pad Ped) ⁸

Ingredients:

- 300 g. Chicken breasts - thinly sliced
- 2 tbsp. Oil
- $\frac{3}{4}$ cup Coconut milk
- 2 tbsp. Red curry paste
- 30 g. Young green peppercorns
- 60 g. Tender green beans - chopped fine
- 2 Big red and green chillies - thinly sliced
- 3 tbsp. Fish sauce
- 1 tbsp. Sugar
- 5 Kaffir lime leaves - torn into pieces (discard the stems)
- 2-3 Sweet basil leaves

Preparation:

Put 2 tbsp. of oil into the wok. Add the red curry paste and fry for 2 mins. Add the chicken and fry for 2 mins, stirring constantly. Add about 3 tbsp. of coconut milk and bring back to boil. Add the green beans, green peppercorns and half of the red chillies and add 3 tbsp. of coconut milk again, stir and add the fish sauce, sugar to taste and add one more time 3 tbsp. of coconut milk. Add kaffir lime leaves and let simmer for 2 mins. Add the basil leaves just before you remove from the heat and garnish with remaining red chillies.

Morning Glory

Ingredients:

- 1 Full bunch (300 g.) of morning glory
- 3 Clover garlic, amashoo (bang bang)
- 5 Chillies red + green, smashed
- 2 tbsp. Soy bean paste
- 1 tbsp. Soy sauce
- 1 tbsp. Oyster sauce
- 1 tbsp. White sugar
- 3 tbsp. Drink water

Preparation:

Place above ingredients on a plate in order mentioned. Heat 2 tbsp. cooking oil in a wok until it is smoking hot. Add everything together and cook 2 mins. (It will be a big flame)

Salad

Papaya Salad (Som Tam)

10

Ingredients:

- 3 cups peeled and shedded green papaya+carrot (for colourful)
- 6 Clove of garlic
- 2-3 Chillies or dried chillies
- 3 tbsp. Palm sugar
- 2 tbsp. Tamarind sauce
- 2 tbsp. Lime juice
- 2 tbsp. Roasted peanuts
- 2 Tomatoes
- 50 g Green beans - cut into 10 cm. pieces
- 2 Lime or lemon-cut into small cubed

Preparation:

Put garlic and a little bit of the chillies crush in the mortar and mix thoroughly. Then add peanuts and beans. Add tomatoes, fish sauce, tamarind sauce and sugar and mix more. Add lemon juice, to mixture. Add papaya and lemon cubes and mix together. A carrot or garnish cucumber can be substituted (instead of green papaya)

Yellow Curry with Chicken and Pineapple

11

Ingredients:

- 1 Cup of Coconut Milk
- 300 gr Chicken Breasts
- 1/2 Cup of Pineapple parts
- 2 Leaves of Kaffir Lime leaf
- 2 Tbs Fish Sauce
- 1 Tea Spoon Palm Sugar

Pre Paration:

- 1) Add 1/2 Cup of Coconut milk in the pot
- 2) Add 2 Table spoon of Yellow Curry paste
- 3) Cook for 2 Minutes
- 4) Add Chicken until Brown
- 5) Cook for 2 Minutes
- 6) Add 1/2 Cup Coconut milk
- 7) Add Pineapple With Kaffir lime Leaves
- 8) Cook For 2 Minutes
- 9) Add Fish Sauce and palm sugar and cook for 2 or 3 minutes.

Spring Roll

12

Ingredients:

Chicken minced

Onion

Carrot

Cabbage

Chinese Mushrooms

Glass Noodles

2 or 3 Coriander Root

Black or White Pepper

2 Cloves Garlic

1/2 Tea Spoon Salt

*** Mash until Fully Combined (Approx 5 Min)**

Spring Roll

13

- 1) Add 2 table spoon of oil In wok
- 2) After 2 Minutes Ass 1 tablespoon of Cilantro Paste
- 3) Add 2 Minced Chicken Breast
- 4) Cook on Migh Meat for 1 Minutes
- 5) Add Shallots+Cook for 1 Minute
- 6) Add Carrots+Cook for 1 Minute
- Add Cabbage
- 7) Add mushrooms+Cook for 1 Minute
- 8) Add 2 table spoon of soy sauce
- 9) Add Glass Noodles
- 10) Add 1/2 Spoon of white sugar
- 11) Cook for 2 Minutes until fully Incorporated
- 12) Place 1/2 Cup Mix in spring roll wrapper
- 13) Using Egg Mixtrue (1 egg) glue sparing roll togetter
- 14) Place Oil in Wok + Heat at 350F Pook until Brawn + Feeve

Cook in Wok

14

- 1) Add 2 table spoon of oil In wok
- 2) After 2 Minutes Add 3 tablespoon of Cilantro Paste
- 3) Add 2 Minced Chicken Breast
- 4) Cook on Migh Meat for 3 Minutes
- 5) Add Shallots + Cook for 1 Minute
- 6) Add Carrots + Cook for 1 Minute
- 7) Add mushrooms + Cook for 1 Minute
- 8) Add 5 table spoon of soy sauce
- 9) Add Glass Noodles
- 10) Add 1/2 Spoon of white sugar
- 11) Cook for 2 Minutes until fully Incorporated
- 12) Place 1/2 Cup Mix in spring roll wrapper
- 13) Using Egg Mixture (1 egg) glue sparing roll togeter
- 14) Place Oil in Wok + Heat at 350F Pook until Brawn + Feeve

Sticky Rice With Mango

15

Ingredients:

- 1 Cup Sugar
- 1 T Salt
- 3 Cups Coconut milk
- 1 Cup of Sticky Rice
- 1/2 Cup of Mango (Sliced)

Directions:

- 1) In Saute Pan Combine Sugar, Salt, + Coconut Milk until you reach a Simmer
- 2) In a Separate Bowl place 1 cup of Rice on the Bottom
- 3) Place 1 cup of Sugar Milk Mixture until the Rice is Covered
- 4) Cover with plate & let it set for 10 minutes
- 5) Place Mango Slices in the left over Milk and let it set for 10 Minutes As well
- 6) Uncover and Serve

Green Pepper:

These are almost mature pepper berries which are pruned from the vines in thinning so that the remaining berries can develop in the sun.

Basil:

There are two main types of basil in Thailand: Holy Basil: The stems break easily, and when picked, new stems quickly sprout.

Sweet Basil: This plant has deep green leaves, and often reddish stems, and a taste like anise.

Lime:

Limes are small spherical fruits which are green or yellow, and have their own distinctive citrus flavour. Lemon may be used as a substitute.

Tamarind Paste:

A paste made from the flesh, seeds and veins of the tamarind Paste, and leave to cool. Mash pulp with a fork and strain liquid through a sieve, and retain the liquid. Discard the solids.

Mushrooms:

There are many types which are available fresh. Rich Straw Mushrooms are the most common. Ear Mushrooms are dark grayish-brown fungi Shitake Mushrooms are available dried, in markets.

Tomatoes:

These are mainly used in Northern and North-Eastern dishes, and can come in many sizes, ranging from cherry size to those the size of tennis balls. Green tomatoes (not fully ripened) can be used for pickles, and fully ripened, rich-red tomatoes can be used in salads and cooking.

Sauces and pastes

Fish Sauce:

This is a clear brown liquid, derived from a brew of fish, shrimp or prawns mixed with salt. It is sold in bottles and high quality fish sauce has a rich aroma and taste.

Oyster Sauce:

This is a sweetened soy sauce to which an oyster extract has been added.

Light Soy Sauce:

This is a clear brown liquid, used in much the same way that fish sauce is used. Light soy sauce comes in regular and salt-reduced varieties.

Dark Soy Sauce:

This is opaque, black, viscous, and sweet. It is a mixture of soy sauce and molasses.

Shrimp Paste:

This is shrimp which are salted, and perhaps brewed for a time, and allowed to dry in the sun. They are then ground into a fine textured paste, which is fragrant and slightly salty.