

Masman Curry Paste (Nam prik Kaeng Masaman)

Ingredients :

- | | |
|---|---|
| 1 tbs. Galagal - peeled and chopped | 5 Lar dried red chilies - seeds removed and soaked in |
| 2 ts. Lemongrass - lower part 1/3 chopped | water for 15 minutes |
| 3 tbs. Shallts - chopped | 10 Small dried chilies |
| 2 tbs. Gar - crushed and chopped | 1 ts. Cloves, pepper corns, cumin, coriander seeds, |
| 2 ts. Salt | fennel seeds - roasted & ground |
| 1 tbs. Shrimp paste | 1 pce Cinnamon - roasted and ground |
| | 1 ts. Cardamon seed-ground |

preparation :

1. In a wok over low heat put a little bit oil, shallots, garlic, gaiangal, lemongrass and fry until browned.
2. Put this and 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 mixing method)

Red Curry Paste (Nam Prik Kaeng Ped)

Ingredients:

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

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)

Mussam Curry With Chicken, Beef or pork (Kheng Mussamun) 3

Tom Yam Paste (Nam Prik Pao)

Ingredients:

1/2cup Red curry

3 tbs. Fish sauce

2 tbs. Tamarind juice

2 tbs. Palm sugar

1/2cup Dried shrimps

1 ts. Salt

1/2cup Oil

2 Bay leaves

1 Cinnamon 1 cm long - roasted

(in wok without oil)

3 tbs. Fish sauce

2 tbs. Palm sugar

3 tbs. Tamarind juice

A pinch of salt

Preparation:

Heat the oil in a wok and fry all the ingredients until the paste is golden brown

Masman Curry With Chicken, Beef or pork (Kheng Masaman)

Ingredients:

- | | |
|---|--------------------------------|
| 3 tbs. Masaman curry paste | 2 Bayleaves |
| 1/2 kilo Chicken, pork or beef - cut into | 1 Cinnamon 1 cm long - roasted |
| 2 inch Chunks (3 - 4 cm) | (in wok without oil) |
| 2 cup Coconut milk | 3 tbs. Fishsauce |
| 2 tbs. Roasted peanuts | 2 tbs. Pslm sugar |
| 5 Small potatoes - peeled | 3 tbs. Tamarind juice |
| 2 Small onions - (100 grams) - peeled and chopped | A pinch of salt |

Preparation:

Heat the coconut, milk In a frying pan. Add masaman paste, roasted peanuts, chicken, potatoea and onions. Fry until fragrant and add coconut milk one more time, Add fishsauce, palm sugar, tamarind juice and salt. Taste flavour until sweet, salty and sour. Add bayleaves, cinnamon and simmer until tender.

Chicken In Red Curry With Bamboo Shoot or Pumpkin

Ingredients:

300 gr. Diced boneless chicken - cut into thin long slices
 3 tbs, Red curry paste (see page 3)
 2 cups Coconut milk
 300 gr. Bamboo shoots - sliced lengthwise
 2 tbs. Fishsauce
 1 ts. Palm sugar
 1/2 ts. Salt
 5 Kaffir lime leaves - halved
 1 Fresh red chili - sliced
 5-6 Sweet basil leaves
 A pinch of salt

Preparation:

Fry curry paste in coconut milk until fragrant. Reduce the heat and add chicken and torn kaffir lime leaves and cook until chicken is slightly browned. Pour the curry into a pot, add the coconut milk, sugar and fish sauce to taste. Add the bamboo shoots 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 2 tbs. coconut cream at the end of cooking.

Chicken With cashewnuts

Ingredients:

Chicken with cashew nuts.

Chicken 300 g.

-marinade

- { 1 tbsp. soy sauce
- { 1 tblp. oyster sauce
- { 1 tbsp. suger
- { 2 tbsp. cooking sherry
- or whiskey
- optional

1/4 cup cashew nuts (fried)

2 large dry chili

2 tbsp. drinking water

1 tbsp. sugar

1/4 large white onion

1 spring onion

2 tbsp. cooking oil

2 tbsp. tamarind sauce

(suvstitute white wine vinegar)

1 tbsp. shallpts

2 tbsp. cornflour mixed water

Preparation:

1. Put cooking oil (2 tbsp.) in wok
2. Add shallots, cook until brown
3. Add chicken
4. When chicken cooked add
Tamarind, Sugar, soy sauce, water mix
5. Add white onion, cashew nut+spring onion
6. Add comflour a sprinkle of pepper

Chicken + mint salad

Can use chicken / Beef / Pork boog diced

Rice Powder 2 tbsp. (see below)

Chilli Powder 1 tbsp.

Shallots 3 tbsp.

1 handful off mint leaves

1 spring onion diced

2 tbsp. fishsauce

3 tbsp. tamarind sauce

1 tsp. white sugar

1/4 cup water

1. Put water in wok + Heat - Not boil

2. Add chicken, Cook until done

3. Add all other ingredients

Rice Powder (same for Chilli Power)

1. Toast the rice on dry pan (no oil) until brown

2. Grind into powder

Hot and Sour Prawn Soup (Tom Yam Goong Nam Khon)

Ingredients:

2 tbs.	Tom Yam paste	2	Tomatoes - cut each into 8 pieces
300 gr.	Prawns - washed, peeled and deveined. Keep the peelings.	5	Thin slices of galangal - peeled
2 cups	Chicken stock or water	200gr.	Straw mushrooms - halved
2 stem	Lemon grass - lower part . 1/3 only, sliced into small pieces	5-6	Hot Chillies cut lengthwise
5	Kaffir lime leaves - torn into pieces, discarding the stem	4 tbs.	Fish sauce
3	Shallots - sliced	1 ts.	White sugar
		3 tbs.	Lime or lemon juice
		1 stem	Coriander leaves - chopped
		3 tbs.	Coconut milk or Fresh milk

Preparation:

Heat the stock until boiling. Add the lemon grass, galangal, shallots, prawns and mushrooms. Season to taste with lime juice, fish sauce and chilies. Add kaffir lime leaves and chopped coriander. Remove from heat and serve hot. Eat with boiled rice. Only soups are served hot in Thailand. All other dishes are eaten at room temperature.

* Tom Yam Goong Nam sai - same as above but without curry paste and coconut

Fried Spicy Chicken / Pork with Basil leaves

Fried Spicy Chicken With Basil Leaves (Phand Ka - Pao Kai)

Ingredients:

300 gr. Chicken breasts - thinly sliced
10-20 Basil Leaves
60 gr. Tender green beans - chopped fine

2 Big red and green Chillies - thinly sliced
3 tbs. Fishsauce
1 tbs. Sugar
Discard the stems
2-3 Aweet basil leaves
2 tbs. Oil

Marinade:

1 tbs. Oyster sauce
1 tbs. Pepper
2 tbs. Cooking sherry or whisky - optional

Preparation:

Preparation:

Put 2 tablespoons of oil into the wok. Add the chicken and fry for 2 minutes, stirring constantly. Add half the red Chillies, Stir and the fishsauce to taste,. Add the green beans and basll leaves just before you remove from the heat and garnish with the remaining red Chillies.

Sweet and Sour Vegetables with Chicken (Phat Prial Wan Kai)

Ingredients:

- | | |
|-------------------------------------|--------------------------------------|
| 300 gr. Chicken | 3 tbs. Soybean oil - any lil will do |
| 200 gr. Pineapple | 5 tbs. Chicken or fish stock |
| 1 Onion - roughly chopped | 1 tbs. Sugar |
| 2 Tomato - cut into 8 pieces | 2 tbs. Vinegar or tamarind juice |
| 1/2 cup Cucumber - sliced | 2 tbs. Fishsauce |
| 1/2 Carrot - sliced | 3 tbs. Ketchup for colouring |
| 2-3 Spring onion - roughly chopped | 2 tbs. Corn flour |
| 3 Cloves of garlic - finely chopped | A pinch of salt |

Marinade :

- | | | | |
|--|---------------|-------------------|--------------|
| 1 tbs. Oyster sauce | 1 tbs. Pepper | 1 tbs. Soya sauce | 1 tbs. Sugar |
| 2 tbs. Cooking sherry or whisky - optional | | | |

Preparation:

Mix together oyster sauce, Soya sauce, sugar and ground pepper together with the chicken and marinate for 10 minutes. Mix 3 tablespoons water with the corn flour in a separate bowl. Put the Soya bean oil into the wok and all the garlic. Cook until the garlic turns yellow. add the chicken and pineapple (so the flavour of the pineapple flows into the dish) and cook for 2 minutes. Then add the carrot and cucumber, tomatoes, stock, sugar, vinegar or tamarind juice, fishsauce and ketchup. Mix together and cook for 3 minutes until the vegetables are cooked. Add a pinch of salt and ground pepper, add corn flour and water mixture and stir until the sauce is thickened. Remove from heat. Add spring onions for decoration.

Fried Rice with Shrimp or Egg (Khao Phad)

Ingredients:

1 cups cooked rice
200 grams shrimp, shelled and deveined
1 egg
2 tbsp. cooking oil
1 Garlic
1 tbsp. Sugar
2 tbsp. Light soy sauce

1/2 head cabbage
1 spur chilli, sliced
2 cucumbers
6 spring onion
1 lime
1 tomato

Preparation:

Heat the oil in a work when the oil is hot, fry the garlic then the shrimp, sugar and soy sauce, Fry with stirring until the shrimp is done and then add the rice, scraping the bottom of the work regularly to guard against sticking until the desired degree of dryness is reached then spoon the rice from the work. Return the work to the heat, add 1 tbsp. Of oil, allow it to heat and then break the egg into the work. With the spatuaia, break, spread, and turn the egg and when done, cut into strips. Add the fried rice, and mix well. Put the fried rice on a plate, shreds of chilli, and serve with cucumber, spring onions, cabbage and wedges of lime.

Stir-Fried Spicy Chicken with Green Peppercorns (Kai Phad Pet)

Ingredients:

300 gr. Chicken breasts-thinly sliced	3 tbs. Fishsauce
3/4 cup Coconut milk	1 tbs. Sugar
2 tbs. Red curry paste	5 Kaffir lime leaves-torn into pieces. Discard the stems
30 gr. Young green peppercorns	2-3 Aweet basil leaves
60 gr. Tender green beans-chopped fine	2 tbs. Oil
2 Big red and green chilies-thinly sliced	

Preparation:

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

Perfect Rice - Ya Style

Ratio rice

- 1 cup rice : 2 cup water
- more rice = more water

- Wash the rice well under running water until all the starch is removed (water runs clear)
- Add rice and water to pot and heat over a medium flame until boiling. Stir well
- Reduce heat to the lowest heat setting. Cover and cook for exactly 13 minutes. Do not remove the lid during this time!
- 13 minutes remove the lid, turn off the heat, and "fluff" the rice with a fork
- Cover for 2 minutes with heat turned off
- Perfect rice

Salad
Cucumber Salad
Ingredients:

1 cups Cucumber peeled and split	3 Clove of gralic
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 bean cut into 5 cm. pieces	

Preparation:

Put garlic and a little bit of the chillies crush in the mortar and mix thoroughly, add peanuts and beans. Add tomatoes, fish sauce, tamarind sauce and sugar and mix more. Add lemon juice to mixture, Add cucumber and mix together.

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)

Fried Chicken with ginger
Ingredients:

300 g Chicken breasts - cut into chunks	1 tbsp	Soy sauce
2 tbsp Garlic	1 tbsp	Oyster sauce
100 g Chinese Mushroom	1 tbsp	Sugar
100 g Ginger cut into strips	2 tbsp	Oil
50 g spring onion cut into 1 inch size		

Preparation:

Preheat the wok, add adequate oil and garlic and stir well until fragrant. Add chicken and stir fry until the chicken are cooked, Add ginger, stir well until fragrant follow by ear mushroom, season with sugar, soy sauce, oyster sauce Add sweet pepper, goat pepper, spring onion and stir well

Sticky Rice With Mango

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 Seperate Bowl place 1 cup of Rice on the Bottom
- 3) Place 1 cup of Supar Milk Mixture until the Rice is Coveed
- 4) Cover with plate 4 let it fet 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

Soup

Chicken in Coconut milk Soup (Tom Ka Kai)

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.

Salad
Papaya Salad (Som Tam)
Ingredients:

- 1 cups peeled and shedded green papaya+carrol (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. I'hen 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)