



**COOKING CLASSES**  
AT SUR LA TABLE

**PAD THAI**

WITH SUR LA TABLE CHEF

## Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please see recipe notes for substitution recommendations.

### Proteins

- 3 eggs
- 6 ounces fried tofu (see recipe for protein alternative)

### Produce

- 3 garlic cloves
- 1 small bunch green onions
- 1 1/2 cups bean sprouts
- 1 lime

### Pantry Items

- 6 ounces Chantaboon rice noodles
- Peanut or vegetable oil
- 1/3 cup white vinegar
- Soy sauce
- Sea or kosher salt
- 1/2 cup palm sugar or light brown sugar
- Garlic powder
- Sriracha or other Asian-style hot sauce
- Fish sauce

### Dry/Canned Goods

- 1/4 cup peanuts (plus more for garnishing)
- 1/3 cup tamarind concentrate (Thai brands)

### Other

- Preserved radish (often found in the Asian foods refrigerated section, see recipe for substitutions)

## **Equipment Needed**

Below is a list of tools you'll need to make the recipes in this packet.

### **Cutlery**

- Chef's knife
- Paring knife
- 2 cutting boards

### **Hand Tools/Gadgets**

- Large mixing bowl
- Colander
- Wok spoon or wooden spoon
- Small and medium prep bowls
- Bench scraper
- Whisk
- Measuring cups and spoons

### **Cookware**

- Wok or large skillet
- Medium saucepan
- Small skillet, for toasting peanuts

# Pre-Class Mise en Place and Notes

**Please gather all ingredients prior to class if you will be cooking along.**

It is helpful to organize the ingredients by recipe on rimmed baking sheets.

Feel free to pre-measure ingredients, but it is not necessary.

## **Pad Thai and Pad Thai Sauce**

1. Wash and pat dry vegetables.

## **THAI CUISINE**

The cuisine of Thailand is heavily influenced by geography, religion and history. Both Chinese and Indian ingredients and cooking methods have made their way into Thai dishes. The heavily Buddhist population of Thailand also shaped the cuisine with an emphasis on vegetables and smaller portions of meat. A typical Thai meal features steamed jasmine rice, a variety almost exclusively native to Thailand. Several different dishes, including stir-fries, noodle dishes, grilled or roasted items, and salads are presented at the same time and shared by everyone at the table.

The flavor profiles of Thai cuisine include sweet, sour, salty and spicy, all carefully balanced to produce harmonious dishes. Though some of the flavors and ingredients may not be familiar, most are easily found in Asian markets and grocery stores. Many of these ingredients can be substituted with commonly found items, making Thai food simple to prepare at home.

## THAI INGREDIENTS GLOSSARY

**Chantaboon Rice Noodles:** Translucent when dried, these flat noodles are used to make Pad Thai. They are soaked in water before cooking. Available in many grocery stores and Asian markets.

**Fish Sauce:** A condiment made from fermented and pressed anchovies, a defining flavor of Thai food. Easily found in most grocery stores and Asian markets.

**Fried Tofu:** Deep fried tofu that is creamy on the inside and slightly spongy on the outside. Can be found in most Asian groceries or made by frying firm tofu in 350°F oil until crispy.

**Palm Sugar:** Made from the sap of the palm tree, palm sugar is light brown in color and often sold in round, flat disks in Asian markets. When unavailable, substitute equal amounts of light brown sugar.

**Sriracha Hot Chili Sauce:** A hot sauce named for a seaside town in Thailand. It includes chiles, salt, sugar and vinegar, and is used as a condiment in a variety of dishes. Widely available at grocery stores and Asian markets.

**Sweet Preserved Radish:** A key ingredient in Pad Thai, this salted and sweetened radish is available whole or shredded in Asian grocery stores.

**Tamarind:** A sour paste made from the pulp of tamarind seed pods, typically used to flavor sauces. Tamarind can be purchased as pulp or concentrate in Asian markets. Only purchase Thai-style tamarind concentrate as brands vary widely in taste and texture.

## PAD THAI

***Yield: 2 to 4 servings***

No need to call for takeout when this classic noodle dish is easy to make. Look for trays of fried tofu at Asian supermarkets and choose bean sprouts grown from mung beans for the best flavor and texture. Be sure to have each ingredient prepped and measured before beginning this recipe!

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*6 ounces Chantaboon rice noodles*  
*1/3 cup peanut or vegetable oil*  
*3 large eggs, lightly beaten*  
*3 garlic cloves, minced*  
*1/2 cup Pad Thai Sauce (recipe included)*  
*6 ounces fried tofu, cut in 1/4-inch cubes*  
*1/4 cup sweet preserved radish, thinly sliced (optional)*  
*1/2 cup green onion, thinly sliced*  
*1 1/2 cups bean sprouts, rinsed thoroughly, divided*  
*1/4 cup peanuts, unsalted, skillet toasted and finely chopped, plus more for garnish*  
*1 lime, cut into wedges, for garnish*

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**1. *To soften the Chantaboon rice noodles:*** Place noodles in a large bowl and cover with hot water. Soak for 30 minutes or until tender and soft. Drain in a colander and set aside; cover with a clean dish towel.

**2. *To prepare the Pad Thai:*** Heat a wok over high heat, add the oil and swirl to coat the sides. Add the eggs and stir fry for 30 seconds. Stir in garlic and noodles, followed by the Pad Thai Sauce. Simmer noodles in the sauce until cooked through, 1 to 2 minutes. Stir in the tofu and radish.

**3.** Check the noodles; if they are not tender, add 1/4 cup water. When the noodles are tender, stir in green onions, 1 cup of bean sprouts and peanuts; remove the wok from the stove. Be careful not to overcook the noodles or they will stick together. If this happens, add small amounts of water to separate them. When the water is absorbed, take the wok off the heat immediately.

4. **To serve:** Place Pad Thai in a large serving bowl and garnish with remaining bean sprouts, lime wedges and peanuts.

***Pad Thai variations:***

- Substitute fried tofu with 6 ounces of firm tofu, 6 ounces of thinly sliced chicken breast or thigh, or 6 ounces of peeled and deveined shrimp.
- Thinly sliced fresh radish can be substituted for preserved radish.

## PAD THAI SAUCE

**Yield:** 1 1/2 cups (enough for 2 Pad Thai recipes)

This makes more than enough sauce for one recipe of Pad Thai (see previous recipe). Store leftovers in the fridge for up to 2 weeks or freeze in 2/3-cup batches.

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*1/3 cup tamarind concentrate (Thai brands only)*

*1/3 cup white vinegar*

*2 tablespoons soy sauce*

*2 tablespoons fish sauce*

*1/2 teaspoon sea salt*

*1/2 cup grated palm sugar or light brown sugar*

*2 teaspoons garlic powder*

*2 to 3 tablespoons Sriracha chili sauce, depending on preference*

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1. Place all ingredients in a medium saucepan and bring to a boil over medium heat. Cook sauce until it thickens and coats the back of a spoon, about 10 minutes. Set aside.

### ***Pad Thai Sauce variations:***

- Can't find palm sugar? Substitute with light brown sugar.
- Tamarind concentrate may be tricky to find. Look for it at Asian grocery stores; well-stocked grocery stores may also carry it. It can also be purchased online. In a pinch, prepared ketchup can be used.