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Spicy Journey

THAI RECIPES FROM

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Traditional Thai dishes include soups (tom), salads (yam), pounded dishes (tam), and curries (gaeng). Deep-fried, stir-fried, and steamed dishes were derived from other cuisines, such as Lao, Burmese, and Chinese, and adjusted to Thai taste.

There are three distinct traditional cuisines in Thailand: everyday cuisine, cuisine for auspicious days and celebrations, and the intricate Royal Thai cuisine. Additionally, there are the distinct flavors and methods of food preparation in Southern, Central, Northern, and Isan regions.

This book mostly covers everyday cuisine from Northern Thailand, however, you will also find included some of the most notable dishes from other cuisines and regions.





Appetizers



Thai appetizers can be served before the main meal, as a quick bite on the go, or with drinks. They are little bites full of delicious Thai flavors, usually served with some fresh or steamed vegetables and a dipping sauce or paste on the side.

Ranging from simple pork crackers or grilled sticky rice to more elaborate dishes, such as patties or stuffed pastries, there's a variety of choices when it comes to appetizers and they are available everywhere so you can always grab a tasty bite.



CRISPY PORK RINDS

Kaeb Moo

SERVES: 10

PREP: 30 MIN

COOK: 1 HR*

TOTAL: 1.5 HR



Kaeb Moo is a Chiang Mai speciality. It can be used as a garnish for other dishes, eaten with a chill paste (Nam Prik Ong is a good option), fresh vegetables, and sticky rice for a quick bite, or as a snack with drinks. Lard used to be the only fat available for frying, making Kaeb Moo a way to use up the pork skin so nothing went to waste.

INGREDIENTS

- ✔ 2 kg of lean pork skin
- ✔ 1 tsp salt + salt for cleaning the skin
- ✔ 1/2 Tsp black soy sauce
- ✔ 2 kg of lard
- ✔ 10 pandan leaves

COOKING DIRECTIONS

Make sure the pork skin you're using is completely fresh and odorless. Rinse it thoroughly and massage with salt. Shave any hair and scrape the skin with a razor or a sharp knife. Rinse again. Cut the pork skin into approx 4 cm thick strips.

Massage the tsp of salt and black soy sauce into the pork skin thoroughly. Marinate for approx 10 minutes.

Heat the lard in the wok over low to medium heat. When it's hot, add pandan leaves and pork. Fry for approx 30 minutes.

Take the pork out of the wok and let it rest for approx 10 minutes or until it cools down.

Heat the oil in a wok over high heat and return the pork skin. Deep fry until the skin is golden and crispy. Scoop up and set aside to cool.

*Cook time for one batch. It will take longer if you're frying the skin in batches.

DEEP-FRIED SUN-DRIED PORK STRIPS

Moo Daed Diaw

SERVES: 4

PREP: 4 HR

COOK: 10 MIN*

TOTAL: 4.5 HR

Moo Dad Deaw is a popular and authentic Thai appetizer, made by sun-drying strips of pork until some of the moisture is removed, then deep-frying them until crispy on the outside but soft and juicy on the inside. They can be served alone or with a chill paste, sticky rice, and some fresh vegetables.

INGREDIENTS

- ✓ 500 g pork tenderloin
- ✓ 5 coriander roots, chopped
- ✓ 4 large garlic cloves, chopped
- ✓ 1 tsp ground white pepper
- ✓ 1 Tsp brown sugar
- ✓ 2 Tsp oyster sauce
- ✓ 1 Tsp fish sauce
- ✓ 6 kaffir lime leaves, thinly sliced
- ✓ 4 Tsp white sesame seeds

COOKING DIRECTIONS

Cut the pork into thin strips. Pound the garlic and coriander in a mortar. Scoop the paste into a bowl and add white pepper, sugar, oyster sauce, and fish sauce. Mix and add the pork strips. Mix well and marinate for one hour.

Take the pork strips out of the marinade and place them under hot sun for three hours until slightly dehydrated.

Deep-fry on low heat with kaffir lime leaves for approx one minute. Scoop out and place on paper towels to get rid of the extra oil. Cover with sesame seeds.

Note: Choose a sunny day and select a drying location where you can lay a tray of meat in direct sun.

*Time per batch

DEEP-FRIED FISH CAKES

Tod Man Pla

SERVES: 4

PREP: 20 MIN

COOK: 1 HR

TOTAL: 80 MIN

Tod Man Pla is a common Thai street food and makes for a boldly flavored snack. Good fish cakes are well-seasoned and have a firm and bouncy texture. Western versions often lack the curry paste and are much less flavorful than the Thai version. Use a fish with tender meat (cod or bass works great) for softer cakes. If using firmer fish, you can add another egg.

INGREDIENTS

- ✓ 300 g minced fish meat
- ✓ 100 g long bean, sliced
- ✓ 5 kaffir lime leaves, sliced
- ✓ 1 tbs fish sauce
- ✓ 1 egg
- ✓ 1 tsp brown sugar
- ✓ ½ tsp stock powder

Sauce ingredients

- ✓ 3 fresh chilies
- ✓ 3 Tsp chopped garlic
- ✓ 100 ml vinegar
- ✓ 100 g palm sugar
- ✓ 1/4 tsp salt
- ✓ 4 sprigs coriander, sliced
- ✓ 100 g crushed roasted peanuts
- ✓ 2 diced cucumbers

Curry paste ingredients

- ✓ 2 tsp sliced lemon grass
- ✓ 5 small shallots, sliced
- ✓ 8 cloves garlics, sliced
- ✓ 4 slices ginger
- ✓ 4 dried chilies
- ✓ 4 slices galangal

COOKING DIRECTIONS

Prepare the dipping sauce by pounding fresh chilies with garlic. Mix in the vinegar, sugar, and salt until the sugar and salt dissolve. Mix in the peanuts, coriander, and cucumber. Set aside.

Pound curry paste ingredients in a mortar or blend until you have a fine paste.

To make the fish cakes, pound the fish meat until sticky. Add the curry paste, egg, kaffir lime leaves, fish sauce, and stock powder. Mix the ingredients well.

Shape into small patties, approx a quarter of a size of hamburger patty. Deep fry at medium heat until golden brown. Move the cakes while frying and turn them, so they don't stick to the bottom of the pan and fry evenly. When done, take them out of the oil and place them on paper towels to soak some of the oil.

Serve with dipping sauce, a lime wedge, and fresh vegetables.

MONEY BAGS

Toong Ngern

SERVES: 6

PREP: 20 MIN

COOK: 1 HR

TOTAL: 80 MIN

Toong Ngern is an ancient Thai appetizer, originating in the central region as part of Royal Thai cuisine. The name is auspicious and money bags are usually prepared for special occasions, such as for Songkran and weddings, as a blessing for those who eat them so they would never have monetary problems.

INGREDIENTS

- ✓ 4-5 spring onions
- ✓ 1/2 Tsp chopped coriander root
- ✓ 1/2 Tsp sliced garlic
- ✓ 1/2 tsp pepper
- ✓ 200 g ground pork or minced tofu
- ✓ 250 g potato (or pumpkin) peeled, finely diced
- ✓ 2 Tsp fish sauce or soy sauce
- ✓ 1/2 tsp salt
- ✓ 1 tsp sugar
- ✓ Spring roll pastry or filo pastry
- ✓ Sriracha or plum sauce for serving

COOKING DIRECTIONS

Boil some water with a little vegetable oil. Blanch the spring onions for 2-3 min until soft. Carefully scoop them out of the water and let cool.

To prepare the filling, heat some oil and stir-fry coriander root, garlic and pepper until fragrant. Add the pork or tofu, potato or pumpkin and season with fish or soy sauce, salt and sugar. Stir well until all water evaporates and set aside.

Cut the pastry sheet into circles approx 10 cm wide. Put a heaping spoon of the filling in the center of each circle. Collect the edges of the pastry and form a bag. Tie the bag using a spring onion leaf as a string. Make sure all bags are tied tightly.

Heat a wok and heat the oil for deep frying. Use medium heat to fry. Fry the bags until golden on all sides. Move and turn them around while they're frying.

Serve with Sriracha sauce or plum sauce.



Soups



There is a great variety of Thai soups to choose from: a light vegetable broth to hydrate you during a hot day, a hearty noodle soup to fill you up, or a rice soup for a quick and easy breakfast. There are even sweet soupy desserts to round off a meal!

Thais expect their soups to cover a spectrum of tastes from spicy to salty and sweet to sour. To this end, soups are served with a range of condiments, so that every diner can adjust the taste to their liking.



COCONUT SOUP WITH CHICKEN

Tom Kha Gai

SERVES: 4

PREP: 30 MIN

COOK: 30 MIN

TOTAL: 1 HR



Tom Kha Gai comes at the top of the list of the most famous Thai soups, alongside Tom Yum, but it's slightly less spicy than the latter. Although Tom Kha Gai is a soup, it is just as hearty as a curry and not eaten as an appetizer. Served with some rice or noodles, Tom Kha Gai makes a complete main course.

INGREDIENTS

- ✓ 4-5 coriander roots
- ✓ 800 g chicken breast (or whole chicken)
- ✓ 3 stalks lemon grass, crushed, sliced 2 cm long
- ✓ 20 cm sliced and peeled ginger
- ✓ 20 cm sliced galangal
- ✓ 4-5 sliced shallots
- ✓ 4-5 sliced onions
- ✓ 4-5 crushed fresh chilies
- ✓ 1 can of coconut milk
- ✓ 300-500 g mushrooms
- ✓ 2 Tsp fish sauce
- ✓ 2 tsp lime or tamarind juice
- ✓ 2 tsp meat stock powder
- ✓ 1 tsp palm/brown sugar
- ✓ 2-3 spring onions, sliced 2 cm long
- ✓ 4-5 kaffir lime leaves
- ✓ Coriander leaves
- ✓ 4-5 grilled/roasted dry chilies

COOKING DIRECTIONS

Put 1.5 liter of water in a pot and wait until it starts boiling, then add coriander roots and sliced chicken and cook on medium heat until the chicken is nearly done, approx 20 min.

Add lemon grass, ginger, galangal, shallot, onion, and fresh chili and cook for another 8 min. Add coconut milk, bring back to boiling and cook for 2 min. Add mushrooms and cook for another 2 min.

Finally, add fish sauce, stock powder, sugar, lime juice, spring onion, kaffir lime leaves, and coriander leaves and take off the heat. Serve and garnish with dry chili. You can also garnish with some sweet basil if that's your taste.

Note: The reason for cooking the chicken and coriander roots before adding the rest of the herbs is to enhance the taste of all ingredients.

NOODLE SOUP WITH CHICKEN

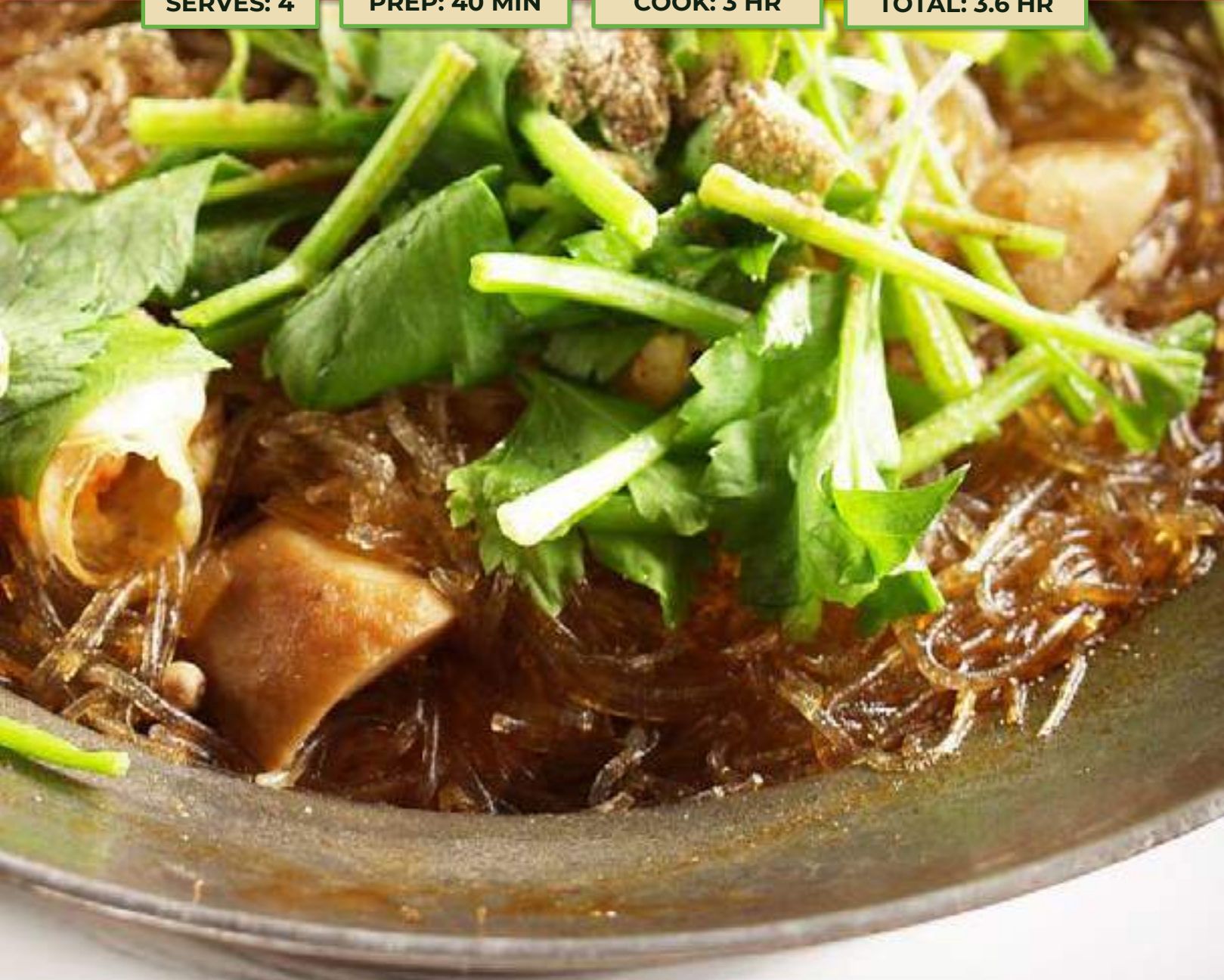
Guai Tiew Gai Toon

SERVES: 4

PREP: 40 MIN

COOK: 3 HR

TOTAL: 3.6 HR



This filling chicken stew takes a while to cook but is more than worth it. When making it at home, it should simmer for approx 2-3 hours. However, in restaurants and street stalls, cooks will usually extend the cooking time to at least 5-6 hours! The soup is usually served with sliced veggies and thin slices of fresh bitter gourd on the side.

INGREDIENTS

- ✔ 1 bitter gourd, sliced in 4-6 cm pieces
- ✔ 30 g peeled garlic
- ✔ 4-5 coriander roots
- ✔ 1 tsp whole pepper, wrapped in cloth
- ✔ 3-4 sticks of cinnamon
- ✔ 3-4 cloves
- ✔ 500g chicken drumsticks
- ✔ 2 tsp fish sauce
- ✔ 2 tsp vinegar
- ✔ 2 tsp brown sugar
- ✔ 2 tsp dried chili powder
- ✔ 2 tsp ground peanuts
- ✔ 2 tsp chicken stock powder
- ✔ 1/2 Tsp soy sauce
- ✔ 1/2 Tsp dark soy sauce
- ✔ 2 Tsp palm sugar
- ✔ 200 g rice noodles
- ✔ 100 g sliced cabbage
- ✔ 100 g bean sprouts
- ✔ For garnish: fried garlic, coriander leaves, spring onion

COOKING DIRECTIONS

Soak the bitter gourd in salty water for 20 min and rinse to reduce the bitterness. Bring it to a boil, then set aside. If the gourd is older (darker color), bring it to a boil twice.

Pound the garlic, coriander root, and pepper. Heat a pan and add a little oil. Stir fry the pounded garlic and coriander, cloves, and cinnamon until fragrant. Add chicken drumsticks and stir fry until cooked, then season with fish sauce, vinegar, sugar, chili powder, peanuts, and chicken stock.

While stir-frying the chicken, bring a pot of water or chicken broth to a boil. When the chicken is almost done, put it into the boiling water, add bitter gourd and soy sauces, and stew on low heat for 2-3 hours. Pour palm sugar in a saucepan and simmer until it starts to burn. Add the burnt sugar to the stew and remove from heat.

Before serving, dip some noodles, sliced cabbage, and bean sprouts into boiling water for a minute, drain, then place them in a serving bowl. Cover with some chicken and bitter gourd, then pour over the stew. Garnish with fried garlic, coriander leaves, pepper powder, and spring onion.

BOK CHOY SOUP

Soup Bok

SERVES: 4

PREP: 15 MIN

COOK: 30 MIN

TOTAL: 45 MIN

Bok choy is such a ubiquitous plant throughout southeast Asia that there are countless variations to this quick and easy soup. This variation is often prepared by tribes in northern Thailand and served as a daily staple that is healthy and nutritious. Served with rice, it makes for a light meal.

INGREDIENTS

- ✓ 500 gr pork ribs (or 2 blocks of tofu)
- ✓ 500 g bok choy
- ✓ 1 Tsp thinly sliced ginger
- ✓ 4-5 Tsp tamarind sauce or lemon juice
- ✓ 2 tsp (coconut) sugar
- ✓ 2 Tsp fish sauce
- ✓ 2 tsp chicken stock powder
- ✓ 3 Tsp of fried garlic

COOKING DIRECTIONS

Boil 2-3 liters of water until gently bubbling. Add the pork ribs and boil for 5 minutes.

Clean the bok choy well to get rid of any dirt between the leaves. Tear each bok choy by hand into large pieces and add to the boiling water and bring back to a boil.

Cook until the bok choy is soft, approx 15 min. Add the ginger, tamarind sauce, fish sauce and sugar, adjusting the quantities to taste.

Ladle the soup into serving bowls and sprinkle with chicken stock powder and fried garlic.



Curries

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*Thai curries are richly layered dishes that consists of a curry paste, water (northern Thailand) or coconut milk (southern), main ingredients (fruit, vegetable, and/or meat), herbs, and condiments.*

*The word for a Thai curry is 'gaeng' while Thais use the word 'curry' to refer to Indian-style curries.*

*Thai curries are usually eaten with sticky rice in northern Thailand, although some (such as Kao Soi) are prepared with noodles.*

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NORTHERN THAI PORK CURRY

Gaeng Om Moo

SERVES: 4

PREP: 25 MIN

COOK: 45 MIN

TOTAL: 70 MIN

In the times of Lanna Kingdom, Gaeng Om Moo was reserved for special occasions. In Isan area, a dish of the same name is also prepared but it differs from the Lanna version in the curry paste ingredients. Due to the variety of herbs in this curry, it is highly nutritious, nourishing, and healthfull.

INGREDIENTS

- ✓ 2 Tsp vegetable oil
- ✓ 300 g bite-sized pork chunks (can include offal)
- ✓ 10 g sliced galangal
- ✓ 10 g sliced lemon grass (soft bottom part only)
- ✓ 1 Tsp sliced coriander root
- ✓ 1 Tsp fish sauce
- ✓ 1 Tsp meat stock powder
- ✓ 4 kaffir lime leaves
- ✓ 1 Tsp sliced parsley leaves
- ✓ Spring onion and coriander leaves for garnish

For curry paste

- ✓ 7-10 dry chilies soaked in cold water for 10 min
- ✓ 2 Tsp sliced shallot
- ✓ 2 Tsp garlic
- ✓ 2 Tsp galangal
- ✓ 2 Tsp sliced lemon grass
- ✓ 1 tsp sliced coriander root
- ✓ 1 tsp kaffir lime zest
- ✓ 1 tsp roasted shrimp paste
- ✓ 1-2 Tsp turmeric root
- ✓ 1 tsp salt

COOKING DIRECTIONS

Thoroughly pound or blend all ingredients for the curry paste. Heat the oil in a pan and stir fry the paste until it starts to go brown.

Add pork and stir until it starts to cook. Add galangal, lemon grass, fish sauce, stock powder, and coriander root and stir well. Then add enough water to cover the pork and let simmer until tender.

Finally, add kaffir lime leaves and parsley, heat until boiling and take off the heat. Garnish with spring onion and coriander leaves and serve.

Note: You can substitute pork for beef in which case, the dish has to cook at a lower temperature for a longer time.

NORTHERN THAI MIXED CURRY

Gaeng Hor

SERVES: 4

PREP: 20 MIN

COOK: 30 MIN

TOTAL: 50 MIN

Gaeng Hor used to be a way to use up leftover food and varied greatly between local communities. Today, the dish is cooked with fresh ingredients and has become a northern Thai staple. Although the dish still varies in preparation, it's easily recognizable by the mix of different ingredients.

INGREDIENTS

- ✓ 2 Tsp vegetable oil
- ✓ 200 g thinly sliced pork
- ✓ 150 g sliced chicken breast
- ✓ 200 g pickled bamboo shoots
- ✓ 100 g Thai eggplant cut into 4 pieces
- ✓ 100 g sliced yardlong bean
- ✓ 150 g soaked glass noodles
- ✓ 3 Tsp chopped coriander
- ✓ 3 Tsp chopped spring onion
- ✓ 3 Tsp chopped parsley
- ✓ 5 g crushed chili
- ✓ 2 Tsp fish sauce

Curry paste ingredients

- ✓ 8 dried chillies
- ✓ 1 tsp salt
- ✓ 2 Tsp thinly sliced lemon grass
- ✓ 2 Tsp thinly sliced garlic
- ✓ 3 Tsp thinly sliced shallots
- ✓ 1Tsp thin sliced turmeric
- ✓ 1 tsp roasted shrimp paste

COOKING DIRECTIONS

Thoroughly pound or blend all ingredients for the curry paste. Heat the oil in a pan and stir fry the paste until it becomes aromatic.

Add pork, chicken breast, bamboo shoots, eggplant, and beans. Stir-fry until cooked. Then add a dash of water and glass noodles and stir-fry until well mixed.

Finally, add the coriander, spring onion, parsley, chili, and fish sauce and stir-fry until everything is well-combined. Remove from heat and serve.

NORTHERN THAI COCONUT CURRY WITH NOODLES AND CHICKEN

Kao Soi Gai

SERVES: 4

PREP: 20 MIN

COOK: 70 MIN

TOTAL: 1.5 HR

Kao Soi is one of the most famous dishes from northern Thailand and the only northern curry originally prepared with coconut milk. It has Burmese origins due to Lanna kingdom being colonised by Burma between 1558-1774. Originally, Kao Soi was prepared with chicken but a beef version is becoming increasingly popular. For an especially authentic dish, offer some sliced shallots, lime wedges, and pickled cabbage on the side.

INGREDIENTS

- ✓ ½ tsp salt
- ✓ 1 tsp Thai roasted shrimp paste
- ✓ 400 g fresh egg noodles
- ✓ 3 tsp vegetable oil
- ✓ 800 ml coconut milk
- ✓ 1 cup chicken stock
- ✓ 2 Tsp palm sugar
- ✓ 4 chicken legs
- ✓ Fish sauce

Curry paste ingredients

- ✓ 2 dry bird chilies
- ✓ 4-5 small shallots, sliced
- ✓ 4-5 garlic cloves
- ✓ 1 lemon grass stalk, soft bottom part, thinly sliced
- ✓ 1 tsp kaffir lime zest
- ✓ 4 cm sliced turmeric root
- ✓ 4-5 thin slices of ginger
- ✓ 1 bunch cilantro, thick stalks only
- ✓ 1 tsp coriander seeds
- ✓ 4-6 pods Thai black cardamom or 1 pod green cardamom

COOKING DIRECTIONS

Wrap the curry paste ingredients in aluminum foil. If you have a gas stove, hold the pouch over the flame and turn occasionally until aromatic and smoky, approx 8 min, otherwise place the pouch in a wok over high heat and turn occasionally for approx 10 min.

Let the ingredients cool slightly, then put them in a large mortar and add salt. Pound into a fine paste, then add shrimp paste and incorporate. Alternatively, use a blender. Set the paste aside.

Take approx 100g of the noodles. Heat vegetable oil in a wok over high heat and, in batches, stir fry the noodles until golden brown and crispy. Transfer to a paper towel and set aside.

Keep 1 Tsp of oil in the wok and add 2 Tsb of fat skimmed off the top of the coconut milk. At high heat, stir until the oil begins to smoke, approx 2 min. Add curry paste and stir for 1 min.

Slowly whisk in the coconut milk, chicken stock, and palm sugar. Add the chicken and bring to a simmer. Cook, turning the chicken occasionally, until tender, approx 30 min. Add fish sauce to taste.

Bring a pot of salted water to a boil. Add the remaining noodles and cook them al dente, approx 1 min. Drain the noodles and divide between four bowls, add the chicken and pour over the broth. Top with fried noodles and serve immediately.

GREEN CURRY

Gaeng Kiao Wan

SERVES: 4

PREP: 15 MIN

COOK: 35 MIN

TOTAL: 50 MIN



Green curry originated in central Thailand but is now one of the most well-known curries throughout the country. Its green color comes from the green chillies used in the curry paste. Thai words Kiao Wan translate to 'green sweet' which refers to the milky green color of the dish, not to its sweetness. Green curry can be eaten over rice or noodles and it can be made with a variety of vegetables and meats so feel free to try different ingredients.

INGREDIENTS

- ✓ 50 ml vegetable oil
- ✓ 400 ml coconut milk
- ✓ 500 ml chicken broth
- ✓ 400 g wide rice noodles
- ✓ 600 g large shrimp

Curry paste ingredients

- ✓ 4-5 green chillies
- ✓ 200 g sliced shallots
- ✓ 2 cloves sliced garlic
- ✓ 1 Tsp sliced galangal
- ✓ 1 Tsp sliced ginger
- ✓ 2 stems lemon grass, sliced, only bottom half
- ✓ 1 tsp kaffir lime peel
- ✓ 1 Tsp sliced cilantro roots or stems
- ✓ 1 tsp cumin seeds
- ✓ 1 tsp white peppercorns
- ✓ 1 tsp shrimp paste
- ✓ 2 tsp (coconut) sugar
- ✓ 3/4 tsp salt
- ✓ 1/2 tsp turmeric powder

COOKING DIRECTIONS

Pound all curry paste ingredients in a mortar until as smooth as possible or blend them in a blender for approx 1 minute.

Heat oil in a wok over medium heat and add the curry paste. Stir-fry the paste for approx 8 min until it starts to stick to the wok. Add coconut milk and broth and simmer. At this point, you can add vegetables if you'd like.

Let simmer for approx 10 min and stir occasionally until the sauce reduces a little. In the meantime, bring water to cook the noodles to a boil in a separate pot and boil the noodles according to package instructions or for approx 4 min. When they're done, rinse them under cold water and divide among 4 bowls.

Add shrimp to curry sauce and let it simmer, stirring, until just cooked through. Remove from heat and spoon over the noodles.

RED CURRY

Gaeng Ped

SERVES: 4

PREP: 15 MIN

COOK: 45 MIN

TOTAL: 60 MIN

A direct translation of Gaeng Ped is 'spicy curry' but the dish is commonly known as red curry in English. As with the green curry, the color of red curry comes from the curry paste which is based on red chili. There are many versions of this curry, so feel free to use different meats and vegetables to shake things up.

INGREDIENTS

- ✓ 200 g bamboo shoot
- ✓ 400 ml coconut milk
- ✓ 300 g chicken, cut into bite sized pieces
- ✓ 2 Tsp fish sauce
- ✓ 1.5 Tsp palm sugar
- ✓ 5-6 shredded kaffir lime leaves
- ✓ 5 fresh red chillies, sliced
- ✓ 1/2 cup fresh Thai basil leaves

Curry paste ingredients

- ✓ 5 dried red chillies
- ✓ 2 cloves sliced garlic
- ✓ 100 g sliced shallots
- ✓ 1 Tsp sliced galangal
- ✓ 1 tsp shrimp paste
- ✓ 1 tsp salt
- ✓ 1 sliced cilantro root
- ✓ 1 tsp coriander seeds
- ✓ 1/2 tsp cumin seeds
- ✓ 1/2 tsp peppercorns
- ✓ 1 stem lemon grass, sliced, only bottom half

COOKING DIRECTIONS

If using fresh bamboo shoot, cut it to a suitable size for cooking. Bring 1 ltr of water to a boil then add the bamboo shoot. Cook it for 15 minutes, drain and cut into smaller sized pieces. Set aside.

Pound all curry paste ingredients in a mortar until as smooth as possible or blend them in a blender for approx 1 minute.

Heat half of the coconut milk in a wok and bring it to a boil. Add the red curry paste and stir until fragrant. Reduce to medium heat and continue to stir and cook until a thin film of oil appears on the surface.

Add the chicken stir until it's back to boiling. Slowly add the remaining coconut milk. Bring back to a boil then add bamboo shoots and enough water to get a soupy consistency. When it's boiling again, season with fish sauce and palm sugar and cook until the chicken is done. Add kaffir lime leaves, fresh red chili and basil. Stir well and remove from heat.

Serve with steamed Thai jasmine rice.

JUNGLE CURRY

Gaeng Pa

SERVES: 4

PREP: 10 MIN

COOK: 30 MIN

TOTAL: 40 MIN

Gaeng Pa originated in mountainous areas of northern Thailand and is traditionally not made with coconut milk, although some modern versions include it. The curry is watery and very spicy and has a distinct flavor. Originally, it was made with wild boar but now it's mostly made with chicken or pork.

INGREDIENTS

- ✓ 1/2 chicken, cut into bite sized pieces
- ✓ 400 g mixed vegetables
- ✓ 400 ml coconut milk
- ✓ Coriander, basil, and red chili for garnish

Curry paste ingredients

- ✓ 1/2 onion, thinly sliced
- ✓ 3-4 Tsp sliced galangal or ginger
- ✓ 1 Tsp green peppercorns
- ✓ 2 Tsp sliced lemon grass
- ✓ 6 cloves garlic
- ✓ 6 kaffir lime leaves
- ✓ 1-2 fresh red chilies
- ✓ Juice of 1/2 lime
- ✓ 2 Tsp fish sauce
- ✓ 1/2 tsp shrimp paste
- ✓ 2 tsp (palm) sugar

COOKING DIRECTIONS

Pound all curry paste ingredients in a mortar until as smooth as possible or blend them in a blender for approx 1 minute.

Heat a wok over medium heat and add enough oil to coat. Add chicken and stir fry for a couple of minutes until lightly browned. Remove the chicken from wok and set aside.

Coat the wok in oil again and stir-fry the vegetables for a couple of minutes. Add the curry paste and stir fry for under a minute. Add coconut milk and cook for 5 minutes, stirring occasionally.

Finally, add the chicken and cook for a couple of minutes more until the chicken is done. Garnish and offer with steamed rice.

BOK CHOY CURRY

Gaeng Bok

SERVES: 4

PREP: 15 MIN

COOK: 40 MIN

TOTAL: 55 MIN



A quick and easy curry dish from northern Thailand that, like most curries from this area, doesn't use coconut milk. Compared to many other Thai curries, this one is very light but the taste is elaborate and distinct from soups. We recommend this curry when you're in the mood for something light but satiating. Gaeng Bok is served with sticky rice to make it more filling.

INGREDIENTS

- ✓ 1 tsp salt
- ✓ 4-5 dried chilies
- ✓ 4 cloves garlic
- ✓ 1 sliced shallot
- ✓ 1 stem sliced lemon grass, only bottom half part
- ✓ 1 Tsp sliced galangal root
- ✓ 2 tsp coriander seeds
- ✓ 1 tsp shrimp paste
- ✓ 400 g meat of your choice, with bone
- ✓ 250 gr bok choy
- ✓ Additional vegetables of your choice

COOKING DIRECTIONS

Using a mortar and pestle, make a paste from the salt, chilies, garlic, shallot, lemon grass, galangal, and coriander seeds. Once smooth, add the shrimp paste and pound to combine.

On high heat, add some oil to a wok and cook the paste for approx one minute, until fragrant. Add the meat and stir frequently. When it's half-cooked, add enough water to cover it.

Bring the water to a boil and cook the meat until done. Lastly, add the bok choy (and, optionally, other vegetables). Cook until the vegetables are done to your liking.

Serve with sticky rice.

NORTHERN THAI BURMESE-STYLE CURRY

Gaeng Hanglae

SERVES: 4

PREP: 70 MIN

COOK: 50 MIN

TOTAL: 2 HR

Gaeng Hanglae originated at the border with Burma and is often called Burmese curry in English. Because of the Burmese influence, the dish is made with a curry paste and a spice mix. The latter, known as Hanglae powder, is very similar to Indian garam masala and can be replaced with it. The result is a richly layered dish that is very popular in northern Thailand.

INGREDIENTS

- ✓ 800 gr pork meat (usually more fatty parts)
- ✓ 1 l water or stock of choice
- ✓ Soy sauce or salt to taste
- ✓ 100 gr ginger (sliced or grated)
- ✓ 2 Tsp crushed peanuts
- ✓ 3 Tsp tamarind paste
- ✓ 2 Tsp chopped pineapple
- ✓ 1 head of garlic, peeled
- ✓ 2 tsp Hanglae powder or garam masala

Curry paste ingredients

- ✓ 7 dry chilies
- ✓ 8 cloves of garlic
- ✓ 3 shallots
- ✓ 1 Tsp galangal
- ✓ 1 stalk lemon grass

COOKING DIRECTIONS

Cut the meat in bite sized pieces. You can leave the bones, skin and fat attached. Pound or mix the paste ingredients until smooth and massage into the meat. Leave to marinate in a fridge for at least an hour.

Take the meat out of the curry marinade and set the marinade aside. If you're using meat with a fair amount of fat, stir-fry in a pan without oil. If you're using lean meat or tofu, use oil to fry. Start frying without water and stir constantly. Afterwards keep adding a bit of water or stock and let simmer until the water is reduced. Repeat this until the meat is well cooked.

Add the leftover marinade, soy sauce or salt, ginger, peanuts, tamarind, pineapple, garlic, and Hanglae powder cover with remaining water or stock and cook for another 10 minutes. Taste and serve.

You can make this curry with potato and carrot, which you can add after the meat is cooked.

KAREN RICE CURRY

Kao Buer

SERVES: 4

PREP: 15 MIN

COOK: 60 MIN

TOTAL: 75 MIN

The name of this dish is derived from the porridge-like consistency of the rice. Kao Buer is not a curry that you will see on most restaurant menus and is a traditional dish of Karen tribes in northern Thailand. This curry is quite different from what you would expect in a Thai curry and we recommend that you give it a try. It's especially suitable for days when you're feeling under the weather and need a nutritious pick-me-up.

INGREDIENTS

- ✓ 2 Tsp oil
- ✓ 600 gr meat, cut into bite-sized pieces
- ✓ 300 gr rice
- ✓ 400 gr green leafy vegetables
- ✓ 3 kaffir lime leaves
- ✓ 5 coriander leaves
- ✓ Fish sauce or soy sauce to taste

Curry paste ingredients

- ✓ 2 stalks lemon grass
- ✓ 10 dry or fresh chillies
- ✓ 1 garlic head, peeled
- ✓ 3 shallots
- ✓ Small piece of turmeric
- ✓ 2 tsp coriander seeds
- ✓ 1 tsp shrimp paste (optional)

COOKING DIRECTIONS

Pound or mix the paste ingredients until smooth and set aside. Stir-fry the meat in a pan with oil over medium heat until half done. Mix in the paste and stir fry until fragrant then cover with water and bring to a boil.

Cook for ten minutes and add rice. Cook for 30 minutes and stir occasionally so rice doesn't stick to the pan. Add leafy vegetables and keep stirring for another ten minutes. By now the dish should be thick like porridge.

Just before the dish is done add kaffir lime leaves, coriander leaves and soy or fish sauce. Mix and taste and if you're happy, serve.



Pastes

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*Thai meals come accompanied with a variety of dipping sauces (nam jin) and chili pastes (nam prik). No meal is really complete without at least one of them. Chili pastes have to be pounded in a mortar for a real depth of flavor to come through.*

*While ubiquitous throughout Thailand, chili pastes really come into their own in the north where they accompany grilled and fried meat, sausages, pork rinds, and fresh vegetables which pair particularly well with the pastes.*

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GALANGAL CHILI PASTE

Nam Prik Kha

SERVES: 4

PREP: 10 MIN

COOK: 20 MIN

TOTAL: 30 MIN

Nam Pril Kha is a dry chili dipping sauce containing galangal as the main ingredient. The paste pairs especially well with steamed or grilled beef, angel mushroom, sticky rice, and fresh vegetables. Galangal is a great condiment for heavier dishes since it helps prevent and relieve stomach discomfort and improve blood circulation.

INGREDIENTS

- ✔ 15-20 dried chilies (preferably bird's eye chilies)
- ✔ 20 g thai garlic, peeled but for the soft inner skin
- ✔ 20 g galangal, finely sliced
- ✔ 1/2 tsp salt
- ✔ Roasted dry paprika
- ✔ Crispy fried garlic

COOKING DIRECTIONS

Roast the chili, garlic, and galangal until fragrant. Pound the chilly with salt thoroughly and spoon it into a bowl. Then pound the galangal thoroughly, and also spoon into a bowl. Finally, pound the garlic thoroughly and add the pounded chili and galangal, then pound until combined.

Scoop the paste into a serving bowl and garnish it with roasted dried paprika and crispy garlic. Serve with fresh vegetables and boiled eggs, meat-based dishes, and sticky rice.

PORK & TOMATO CHILI PASTE

Nam Prik Ong

SERVES: 4

PREP: 10 MIN

COOK: 30 MIN

TOTAL: 40 MIN

Nam Prik Ong is a staple in northern Thai cuisine that is usually available with most meals made up of several dishes, such as kantoke dinners. A vegan version is also commonly available in vegan (je) restaurants. The dip goes well with sticky rice, fresh vegetables, and fried meat and is reminiscent of a spicy bolognese sauce. You can try experimenting and use it as a pasta sauce or taco filling!

INGREDIENTS

- ✔ 8-10 chillies, depending on spice preference
- ✔ 3 shallots, diced
- ✔ 1 garlic head, peeled, smashed and chopped
- ✔ 3 Tsp cooking oil
- ✔ 500 g ground pork (Tofu for vegetarian version)
- ✔ 400 g baby tomatoes, quartered
- ✔ 2 Tsp tamarind paste
- ✔ 1 Tsp fish sauce
- ✔ 2 Tsp palm sugar
- ✔ 2 tsp shrimp paste (optional)

COOKING DIRECTIONS

Pound the chillies, half of the shallot, and half of the garlic in mortar until smooth. Alternatively, blend for approx 1 min.

Add oil to a wok and heat at medium heat, add the reserved garlic and shallots and stir-fry until brown and crispy. Remove shallot and garlic from the wok, but keep the oil.

Add the pounded paste and stir-fry for a few minutes until fragrant. Then add ground pork and mix until well-combined. When the pork starts to cook, add the tomatoes. Crush them with the back of your spatula to combine with the pork mixture. Stir until pork is cooked through. Add tamarind, fish sauce, sugar, shrimp paste, fried shallots and garlic, and mix together. Remove from heat.

You can serve with lettuce, cabbage, green beans, pork crackers, sticky rice, or if you want to make it more fusion, serve it with chips, crackers or pita bread!

MINCED PORK CHILI PASTE

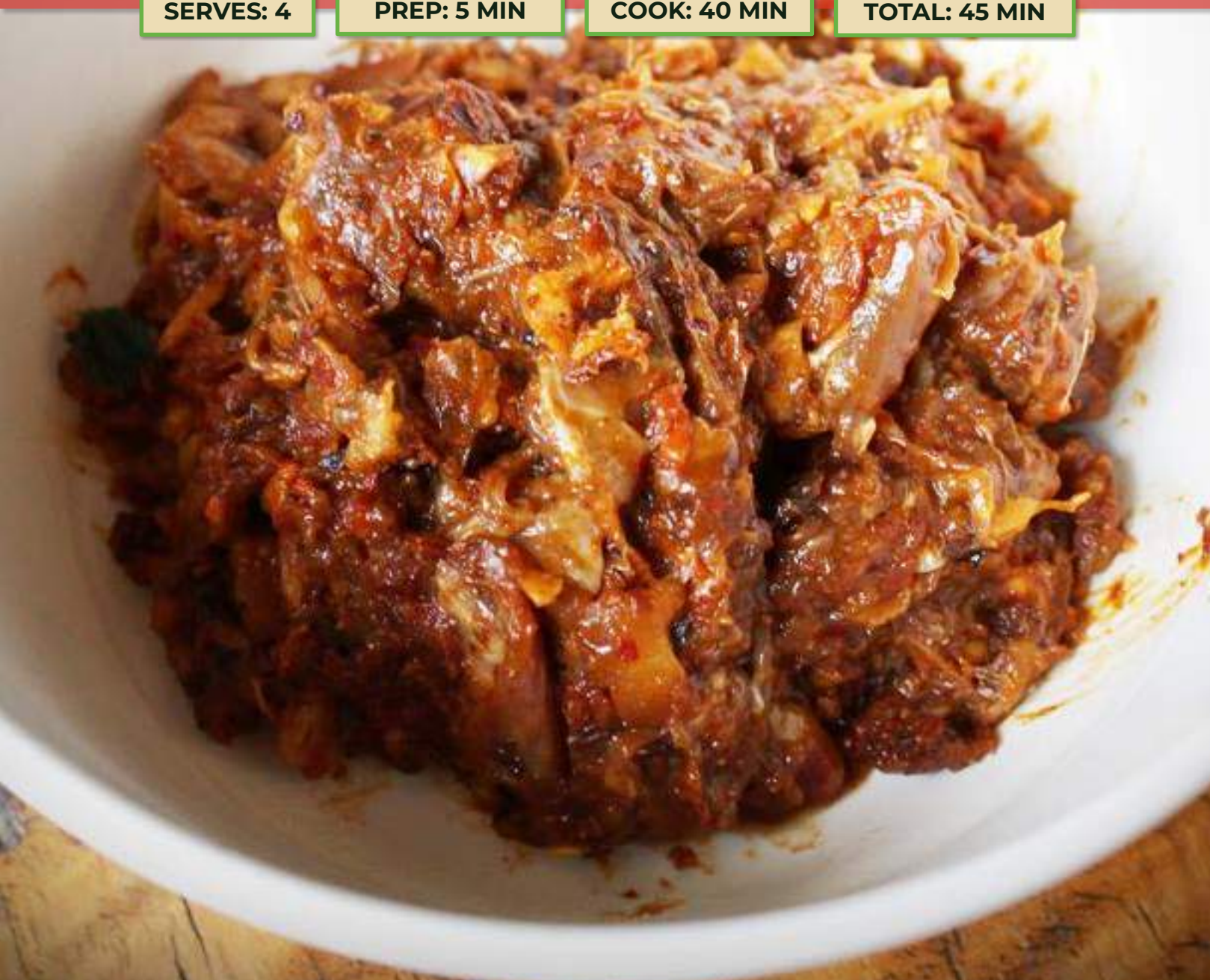
Nam Prik Moo

SERVES: 4

PREP: 5 MIN

COOK: 40 MIN

TOTAL: 45 MIN



Nam Prik Moo is another northern Thai staple that can be served instead of Nam Prik Ong or together with it. This paste is slightly less spicy since it uses sweet chillies and can be eaten as a quick snack wrapped in salad or cabbage leaves. Nam Prik Moo also lends itself well to fusion experiments.

INGREDIENTS

- ✔ 6-7 large sweet chillies
- ✔ 100 g minced pork
- ✔ 2 medium tomatoes, cubed
- ✔ 5 coriander leaves
- ✔ 5 small shallots or 1 large
- ✔ 2 cloves garlic
- ✔ Soy sauce or fish sauce to taste
- ✔ Water or stock of choice
- ✔ Steamed or fresh vegetables of choice

COOKING DIRECTIONS

Barbecue or roast the chillies until the skin is black, then peel them.

Cook the pork with a bit of water or stock. Add tomato and cook together until done.

Pound or blend coriander leaves, shallots, garlic, soy or fish sauce. Add chillies and pound until smooth. Add pork and tomato and keep pounding until it's all mixed together. Add a bit of water or stock if the paste is too dry.

Serve with steamed or fresh vegetables of choice.

Note: You can make this paste with fish but grill or barbecue the fish first. Vegetarians can prepare this paste with either minced tofu or steamed mushrooms.

EGGPLANT DIP

Nam Prik Makeua Yao

SERVES: 4

PREP: 15 MIN

COOK: 50 MIN

TOTAL: 65 MIN



Eggplant dip is a popular dish in northern Thailand. It originated in Laos and was adapted to Thai taste. The use of tomatoes is optional, some cooks use them and some don't. Try and see which version you prefer. You can eat it with sticky rice and fresh or steamed vegetables for a northern Thai experience or try using it instead of guacamole for a Mexican fusion.

INGREDIENTS

- ✓ 1 long green eggplant
- ✓ 1 tsp coriander seeds
- ✓ 3-4 whole dry red chilies (adjust to taste)
- ✓ 200 g chopped shallots
- ✓ 1 piece fresh ginger shoot, chopped
- ✓ 4 garlic cloves, chopped
- ✓ 1-2 green chilies, chopped
- ✓ 250 g chopped tomatoes
- ✓ Salt to taste
- ✓ 1 tsp oil (to drizzle on top, optional)
- ✓ Cilantro, green chilies chopped (for garnish)

COOKING DIRECTIONS

To char the eggplant, heat the stove top/grill on high, or char it over a flame. Char the whole eggplant, turning with the use of tongs to char on all sides, until the skin has blackened and the flesh is soft.

While the eggplant is roasting, pound the coriander seeds and dry red chilies using a mortar and pestle.

Peel off the charred skin from the eggplant. Using a fork, mash the flesh.

Heat oil in a wok until almost smoky, reduce heat to medium & add the chopped shallots. Sauté for approx 6-7 minutes or until the onions are translucent but not browned. Next, add the chopped ginger, garlic, green chilies and sauté for 30 seconds or until aromatic. Add the coriander & red chill mixture next and sauté for another 30 seconds. Next, add the chopped tomatoes, set the heat on high again and cook the tomatoes for 7-8 minutes until they soften (but do not mush) and you see oil separating on sides of the pan. Add the mashed eggplant and salt to taste and remove from heat.

Garnish with loads of chopped cilantro or mint and green chilies, drizzle with some oil and serve.



Salads

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*When thinking about Thai salads, the first that comes to mind is probably the famous papaya salad or som tam, however, there is much more variety here.*

*Tam salad types also include other fruit and vegetable salads, and even salads made with sausage or ant eggs. Then there is the yam family of salads which are often based on protein and noodles. Another notable family are the larb salads that originated in Laos but are very popular in Thailand. Finally, we have the phla group, which is based on rare to lightly cooked meats.*

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MASHED JACKFRUIT

Tam Khanun

SERVES: 4

PREP: 15 MIN

COOK: 65 MIN

TOTAL: 80 MIN

Tam Khanun is a popular dish in northern Thailand and is usually eaten with sticky rice as a light meal. Cooked young jackfruit contains more protein, dietary fiber, and antioxidants than raw. In northern Thailand, jackfruit is considered an auspicious tree and locals plant it around their houses so it would bring them luck and happiness.

INGREDIENTS

- ✓ 400 g young jackfruit sliced in 2 cm chunks
- ✓ 2 Tsp vegetable oil
- ✓ 1 Tsp garlic, chopped
- ✓ 100 gr minced pork
- ✓ 5 kaffir lime leaves
- ✓ 2 tsp meat/mushroom stock powder

Curry paste ingredients

- ✓ 1 Tsp coriander, chopped
- ✓ 1 Tsp spring onion, chopped
- ✓ 1 Tsp galangal, finely sliced

For garnish

- ✓ 1 Tsp fried garlic
- ✓ 5 dried chilies, roasted
- ✓ Optional: pork crackers

COOKING DIRECTIONS

Slice the jackfruit with skin on and boil it until tender, approx 45 minutes. Drain the water and remove the skin. Pound it in a mortar to chunky consistency and set aside.

Pound all of the ingredients for a paste until smooth. Heat the oil in a wok over medium heat. Add the garlic, stir fry for a minute. Add the curry paste and stir-fry until aromatic. Add the minced pork (optional), stir-fry until cooked. Add the jackfruit, stir-fry until mixed. Add the kaffir lime leaves and stock powder. Remove from heat.

Serve cooled, garnished with dried chili, fried garlic, and pork crackers.

Note: You can use canned young jackfruit. If using fresh, you can tell it apart from ripe jackfruit by the green color of the skin.

Note: Although this recipe uses pork, you can skip it since a meatless version is very common.

SPICY GRILLED PORK SALAD

Moo Yang Namtok

SERVES: 4

PREP: 10 MIN

COOK: 30 MIN

TOTAL: 40 MIN

Moo Yang Namtok is a delicious and popular Thai salad made with pork. Traditionally, the pork is roasted over coal but a grill works too. The salad is served with sticky rice and a plate of fresh raw vegetables, such as cabbage, green beans, cucumbers, and spring onions. It can also be served with jasmine rice.

INGREDIENTS

- ✓ 2 Tsp white rice
- ✓ 8 dried chillies
- ✓ 250 gr pork tenderloin (pork ridge if you prefer some fat, beef also works)
- ✓ 1 tsp soy sauce
- ✓ 1 tsp fish sauce
- ✓ 1 - 2 tsp lime juice + 1/2 lime to serve on the side
- ✓ 1/4 cup red shallots, sliced
- ✓ 3 - 4 coriander sprigs
- ✓ 1 - 2 spring onion, 1 cm slices
- ✓ 1/2 cup mint leaves
- ✓ To garnish: sliced shallot, coriander, mint, toasted chillied, ground toasted rice

COOKING DIRECTIONS

In a wok, toast the rice over medium heat with no oil, stirring constantly for approx 5 min until golden brown. Let it cool, then coarsely grind it in a mortar or food processor.

In the same way, toast the dried chillies until fragrant. Then grind half of them into a rough powder, saving the others for garnish.

Grill the pork on a barbeque until medium rare. Do not overcook the meat or it will be dry. Let the meat cool, then slice it into thin strips.

Bring approx 1/4 cup of water to a boil in a small pan. Add the sliced meat, soy sauce, fish sauce, lime juice, and ground chili. Stir and bring back to a boil. Add half of the ground rice (reserve half for garnish), stir it in, then remove from the heat.

Let the mixture cool and thicken to a consistency of a thick salad dressing. Add a bit of water if needed. When cool, add the shallots, coriander, spring onion, and mint. Mix the ingredients, but don't overdo it so the herbs remain crisp.

To serve, garnish with shallot slices, coriander, mint, whole toasted chillies, and a sprinkle of ground rice.

MINCED PORK SALAD

Larb Moo

SERVES: 4

PREP: 10 MIN

COOK: 25 MIN

TOTAL: 35 MIN

Larb might just be the most popular meat salad in Laos. It is also eaten in Isan (northeast) region of Thailand where a lot of Lao people live. In northern Thailand, a Lanna version of Larb is usually served. It differs from Lao version by omitting any sour ingredients. Larb can be made with raw or cooked meat. For safety reasons, we recommend a cooked version.

INGREDIENTS

- ✓ 400 gr minced pork (or other meat or tofu)
- ✓ 200 gr diced vegetables of choice (optional)
- ✓ 1/2 Tsp fish sauce (optional)
- ✓ 4 spring onions, chopped
- ✓ 20 leaves fresh mint
- ✓ 2 cilantro leaves

Paste ingredients

- ✓ Salt to taste
- ✓ 5 cloves garlic
- ✓ 4 medium shallots
- ✓ 1 stalk lemon grass
- ✓ 1/4 tsp turmeric
- ✓ 1/2 tsp coriander seeds
- ✓ 1 Tsp roasted chilies
- ✓ 1 tsp galangal

COOKING DIRECTIONS

Pound or blend the paste ingredients until you get a very smooth paste. Mix in minced pork and fresh vegetables of choice. Add fish sauce to taste. Mix well.

Heat a bit of oil in a frying pan and add the mixture. Stir fry and add water as needed. When the meat is cooked, add spring onion, mint and cilantro. Stir and serve.

Best served with sticky or plain rice.

MUSHROOM SALAD

Larb Hed

SERVES: 4

PREP: 10 MIN

COOK: 25 MIN

TOTAL: 35 MIN

Mushroom larb is a vegetarian version of larb that is often served in northern Thailand. The dish is usually made with a mix of mushrooms that were foraged in the woods. Eaten with sticky or steamed rice and fresh vegetables, larb is not a side dish like salads in the west, but makes for a full light meal.

INGREDIENTS

- ✓ 500 gr mushrooms
- ✓ 200 gr diced vegetables of choice (optional)
- ✓ 4 spring onions
- ✓ 20 leaves fresh mint
- ✓ 2 cilantro leaves

Paste ingredients

- ✓ Salt to taste
- ✓ 5 cloves garlic
- ✓ 4 shallots
- ✓ 1 stalk lemon grass
- ✓ 1/4 tsp turmeric
- ✓ 1/2 tsp coriander seeds
- ✓ 1 Tsp roasted chilies (less if you don't like spicy)
- ✓ 1 tsp galangal

COOKING DIRECTIONS

Clean the mushrooms to remove soil and cook them in boiling water or steam them until they're done. When they are cool enough to handle, chop them.

Pound or blend the paste ingredients until you get a very smooth paste. Mix in chopped mushrooms and fresh or cooked vegetables of choice. Mix well. Add spring onion, mint and cilantro. Mix and serve.

You can garnish with some thinly sliced onions or shallots. Best served with fresh vegetables and sticky or plain rice.

FISH SALAD

Larb Pla Duk

SERVES: 4

PREP: 10 MIN

COOK: 50 MIN

TOTAL: 60 MIN

Larb pla is a larb version that originated in Isan region and is traditionally made with catfish (pla duk). There are two versions of this salad and everyone has their opinion on which one is better. This recipe uses marinated fried fish, while the second version uses grilled fish with smoky flavor. Both are made with the same spices so you can try and see which one you prefer.

INGREDIENTS

- ✓ 1/2 kg fish with scales
- ✓ 2 limes or 1 lemon
- ✓ Soy sauce to taste
- ✓ 4 cloves garlic, chopped
- ✓ 10 mint leaves
- ✓ 3 coriander sprigs
- ✓ 10 spring onions, thinly sliced
- ✓ Optiona: choice of vegetables

Paste ingredients

- ✓ 2 stalks lemon grass, bottom half only
- ✓ Pinch turmeric powder
- ✓ 2 cm piece of ginger
- ✓ 2 cm piece of galangal
- ✓ 2 tsp crushed chili
- ✓ 1 onion or 3 shallots
- ✓ 3 kaffir lime leaves

COOKING DIRECTIONS

Clean and gut the fish. Take off the scales but keep them. Mince fish meat and add lime juice. Marinate for 10 minutes. Squeeze the lime juice out of the fish and keep it. Fry the fish in oil and add water if needed.

Pound the paste ingredients. Season with soy sauce and lime juice from marinating the fish.

Stir fry fish scales on low heat until they're crispy but not burned. Add garlic and continue to stir fry for approx a minute. Remove from heat and add cooked fish when it cools down. Add the paste and fresh mint, coriander and spring onions. Mix and taste.

Serve with fresh vegetables and sticky or plain rice.

LONG BEAN SALAD

Tam Tua

SERVES: 4

PREP: 15 MIN

COOK: 10-40 MIN

TOTAL: 25-55 MIN*



Tam Tua is a commonly eaten salad with countless variations. Several options are given in the recipe below. In northern Thailand, yard-long beans are commonly eaten raw but they can also be steamed or boiled. The most important step is to braise the vegetables with the paste so that the tastes combine. You can also include preserved eggs for some protein.

INGREDIENTS

- ✓ 400 gr yard-long beans
- ✓ Sea salt to taste
- ✓ 5 cloves garlic + 2 if stir frying
- ✓ 1 medium shallot + 1 if stir frying
- ✓ 5 dry smoked chilies
- ✓ 2 tsp fermented soy bean paste
- ✓ 200 gr cherry tomato
- ✓ 1 tsp mushroom or chicken stock powder (if not stir-frying)
- ✓ 1 Tsp fish sauce (optional)

*The time will depend on whether you're boiling the beans and stir-frying the salad

COOKING DIRECTIONS

Yard-long beans are usually used raw or quickly steamed and braised in a mortar with paste. If you prefer to cook them (or if you are using green beans), you can boil them until soft.

While the beans boil, combine the sea salt, garlic, shallot, chilies and soy bean paste using a mortar and pestle. Once the paste is smooth, add the beans (either raw, steamed, or cooked) and cherry tomato, and pound to braise the vegetables and combine the tastes.

There are two options to serve the salad: stir-fried or raw. If stir-frying, heat some oil and add garlic and shallot and stir-fry until aromatic. Add the vegetable and paste mixture and stir fry for a minute or two.

For a healthier option, instead of stir frying the beans, simply add some stock powder and fish sauce to taste.

GREEN PAPAYA SALAD

Som Tam

SERVES: 4

PREP: 10 MIN

COOK: 30 MIN

TOTAL: 40 MIN

Som Tam was adapted from Lao dish Tam Som, made with a variety of vegetables and unripe fruits. It is now prepared throughout Southeast Asia with many local variations. The Thai version is a perfect blend of all five tastes: sour, spicy, salty, umami, and sweet. The tastes blend together when the ingredients are pounded and braised in a mortar.

INGREDIENTS

- ✔ 400 gr green papaya
- ✔ 3 medium Roma tomatoes (or 200 gr cherry tomatoes)
- ✔ 4-6 fresh chilies, remove stems
- ✔ 3-4 cloves garlic
- ✔ A handful of fresh string beans cut into 2 cm pieces
- ✔ 2 Tsp dried shrimp
- ✔ 2 Tsp fish sauce
- ✔ 2 Tsp palm sugar
- ✔ 2 Tsp fresh lime juice
- ✔ 2 Tsp toasted peanuts (optional)
- ✔ 2 Tsp juice of pickled mud fish (optional)

COOKING DIRECTIONS

Peel the papaya, rinse the white milk off, pat dry, then shred. Sprinkle with a bit of salt then rinse it off again and drain. If you have more than 400 gr, you can store it in a sealed container in a fridge for a couple of days. Slice tomatoes thinly.

In a clay mortar, coarsely pound the fresh chilies and garlic. Add string beans and sliced tomato, and pound it until just lightly bruised. Add dried shrimp, fish sauce, palm sugar and lime juice. Add these ingredients spoon-by-spoon, and taste as you go. If you want to add peanuts, add now and lightly pound (optional). If you want to add pickled mud fish (pla ra), add two tablespoons of juice (optional).

Add shredded papaya in the end and pound together until mixed well and the tastes combine. Serve on a dish with fresh cabbage and string beans on the side. Eat with sticky rice.

GLASS NOODLE SALAD

Yam Wun Sen

SERVES: 4

PREP: 15 MIN

COOK: 15 MIN

TOTAL: 30 MIN

Yam Wun Sen is a popular Thai salad that is great for warm weather. The taste is refreshing and bright and the salad is light and nutritious. The mung-bean noodles have little flavor on their own but they soak up all the flavors in the sauce. The dish is served in most Thai restaurants and also often prepared at home as it's easy and quick to whip up.

INGREDIENTS

- ✓ 250 gr minced pork
- ✓ 50 gr glass noodles
- ✓ 2 medium shallots
- ✓ 2 medium tomatoes (or 8-10 cherry tomatoes)
- ✓ 1 onion
- ✓ 5 fresh green chilies
- ✓ 1/4 cup celery leaves
- ✓ 5 Tsp lime juice
- ✓ Soy sauce to taste
- ✓ Fish sauce to taste

COOKING DIRECTIONS

Cook minced pork and glass noodles in separate pots. When the noodles are cooked, wash them with cold water so they're not sticky. Drain the pork and noodles well and mix them together in a bowl.

Slice shallots, tomatoes, onion, chili, and celery and mix with lime juice, soy sauce and fish sauce. Mix everything with the pork and noodles and serve.

Thai people eat glass noodle salad as an appetizer or snack and serve it with fresh cucumber or yard-long bean.



Fish & Meat

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*Thai meat dishes are most commonly prepared with pork or chicken although duck and beef are also used.*

*Fish dishes are prepared from a variety of saltwater and freshwater fish that are readily available throughout the country.*

*Meat and fish can be prepared in a variety of ways: minced, chopped, roasted, grilled, skewered, steamed, fermented, dried, or even eaten raw.*

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STIR-FRIED CRISPY PORK WITH BASIL

Pad Krapao Moo Grob

SERVES: 4

PREP: 2 HR*

COOK: 25 MIN

TOTAL: 2.5 HR

Pad krapao is one of the most popular Thai stir-fries and is commonly ordered in restaurants for a quick meal when feeling peckish since it's whipped up in no time. There are boundless possible variations with different ingredients, such as mushrooms, tofu, and different vegetables. Restaurants will often serve this dish with a fried egg on top.

INGREDIENTS

- ✔ 800 g pork belly
- ✔ 4 fresh red or green chillies
- ✔ 8 Thai garlic cloves
- ✔ 3 Tsp vegetable oil
- ✔ 1/4 tsp fish sauce
- ✔ 1 Tsp oyster sauce
- ✔ 1/4 Tsp chicken stock powder
- ✔ 1/2 tsp brown sugar
- ✔ 1/2 tsp soy sauce
- ✔ 200 g green beans (cut into 1 cm pieces)
- ✔ 20-25 Thai holy basil leaves
- ✔ Steamed rice to serve

Prep time includes the time to marinate the meat.

COOKING DIRECTIONS

Cut the pork belly in pieces that can fit into your wok or pan. Rub the meat with salt and skin with vinegar and leave to marinate in the fridge for 1-2 hours.

Deep fry until it is golden brown and crispy. You can also grill if you prefer it less oily, but that will take longer. Cut into bite-sized slices.

Smash the chillies and garlic in a mortar. Heat the oil in a wok over medium heat. Add chili and garlic paste and stir-fry for a few seconds. Add the crispy pork, fish sauce, oyster sauce, chicken stock, brown sugar, and soy sauce.

Stir fry for a minute, then add the beans. Keep stir-frying until the pork is heated through. Lastly, add the Thai basil leaves, stir fry for approx 20-30 seconds, then take off the heat and serve piping hot with steamed rice.

Note: Holy basil is a bit spicy so if you prefer less spicy, use less chilly or don't use it at all.

STIR-FRIED PORK WITH BASIL PIZZA

Pad Krapao Moo Pizza

SERVES: 4

PREP: 15 MIN

COOK: 1 HR

TOTAL: 75 MIN

This is a delicious mix of western and Thai flavors. The traditional Pad Krapao Moo recipe is adjusted to work as a pizza topping and is layered between a spicy tomato sauce and mozzarella cheese. You can also make and layer it the same way for a pasta sauce. These types of fusion dishes are now quite common in Thai restaurants.

INGREDIENTS

- ✓ Ingredients for a pizza dough of your choice
- ✓ 2 Tsp vegetable oil
- ✓ 5-6 crushed garlic cloves
- ✓ 1 sliced onion
- ✓ 2-3 crushed fresh chillies
- ✓ 100-150 g of minced pork
- ✓ 100 g thinly sliced green bean or long bean
- ✓ 100 g thinly sliced baby corn
- ✓ 100 g thinly sliced carrot
- ✓ 1 tsp dark soy sauce (See ew dam in Thai)
- ✓ 1 tsp light soy sauce
- ✓ ½ tsp meat stock powder
- ✓ 10-15 holy basil leaves
- ✓ Home made or store bought tomato sauce
- ✓ Chili sauce to taste (such as sriracha)
- ✓ 200 g grated mozzarella cheese

COOKING DIRECTIONS

Prepare a pizza dough for a 12 inch pizza according to your favorite recipe and let it rise for 30 minutes.

While the dough is rising, prepare the Pad Krapao Moo topping. Heat the oil in a hot pan and add the garlic. Stir until brown then add the onion, chili, minced pork (or any other meat), beans, baby corn, carrot, soy sauces, and meat stock powder (mushroom powder for vegetarian dish). Stir fry until the meat is done and then add the basil leaves and remove from heat.

When your dough is ready, roll/stretch it into a small circle and let it rest for 15 minutes, then stretch it into a 25 cm wide circle. Mix the tomato sauce with the chili sauce according to the level of spiciness you like, then spread the mixture on the dough. Top with Pad Krapao and sprinkle with mozzarella cheese. Transfer the pizza into a preheated oven and bake at 240 C for 15 min.

Note: Dark soy sauce is quite sweet so consider this if adding any sugar into your tomato sauce.

Note: Holy basil is bit spicy so add less chili if you prefer less spicy.

Note: You can use any combination of vegetables you'd like.

STEAMED FISH WITH SPICY LIME SAUCE

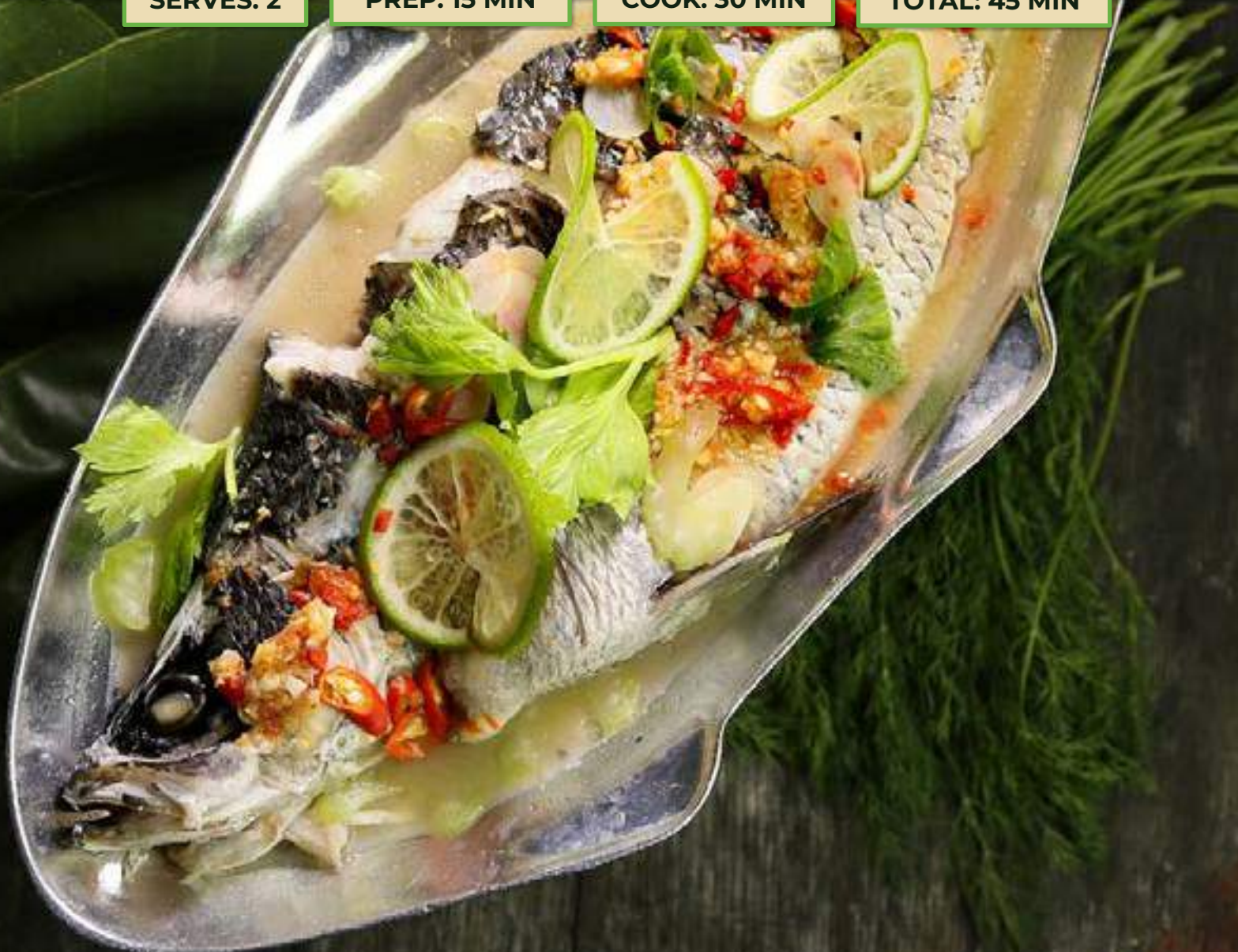
Pla Neung Manao

SERVES: 2

PREP: 15 MIN

COOK: 30 MIN

TOTAL: 45 MIN



This might just be the most popular fish dish in Thailand and for good reason. Steam gently cooks the fish until incredibly tender and the simple sauce compliments it perfectly. Not to mention that this is an extremely healthy main dish. For these reasons, Pla Neung Manao can be found on a menu at every Thai seafood restaurant and now you can easily prepare it at home as well.

INGREDIENTS

- ✓ 1 fish (red tilapia, sea bass or similar)
- ✓ 2-3 kaffir lime leaves
- ✓ 2 crushed lemon grass stalks, 3-4 inches long
- ✓ 3 leaves of Chinese cabbage
- ✓ 5 red chilies, chopped
- ✓ 10 cloves garlic
- ✓ 3 Tsp fish sauce
- ✓ 1 Tsp soy sauce
- ✓ 5 Tsp lime juice
- ✓ 1 tsp brown sugar
- ✓ Thin slices of 1 lime
- ✓ 2 tsp sliced coriander leaves
- ✓ 4-5 celery leaves

COOKING DIRECTIONS

Clean the fish by removing the scales, gills, and offal, and washing it thoroughly. Score both sides of the fish lightly and stuff it with kaffir lime leaves and lemon grass.

Place Chinese cabbage leaves in a steaming basket, then place the fish on top and steam for 20-30 minutes or until cooked.

While the fish is steaming, prepare the spicy lime sauce by pounding the chilly and garlic. Mix in the fish sauce, soy sauce, lime juice, sugar, and a bit of the broth from steaming the fish, stir well.

When the fish is done, pour the spicy lime sauce over it and continue to steam for another 1-2 minutes.

Put on a serving plate and garnish with lime slices, coriander and celery leaves.

Note: If you're cooking for someone who can't handle very spicy food, instead of pouring the sauce over the fish, serve it on the side and everyone can use it to their taste.

GRILLED FISH

Pla Pao

SERVES: 4

PREP: 15 MIN

COOK: 1 HR

TOTAL: 75 MIN

Pla Pao is popular across Thailand and it's easy to see why. The salt prevents the fish from drying out and keeps all the juices from the herbs and the fish inside. The fish softens and marinates during the slow grilling process. The fresh and spicy sauce adds a kick to the dish and can be adjusted to taste. Pla Pao can be served with sticky or steamed rice.

INGREDIENTS

- ✔ 1 kg fish with scales
- ✔ 5 kaffir lime leaves
- ✔ 3 coriander sprigs
- ✔ 1 cup Thai basil

Sauce ingredients

- ✔ 1 tsp chopped chili
- ✔ 1 head garlic, peeled
- ✔ 1 stalk lemon grass
- ✔ 1 small piece coriander root
- ✔ 4 Tsp lime juice
- ✔ 2 Tsp fish sauce
- ✔ Sugar to taste

COOKING DIRECTIONS

Wash and gut the fish. Pound kaffir lime leaves, coriander leaves and Thai basil so they bruise and release flavor. Stuff the fish with herbs and over it in a generous amount of salt. The more salt you use, the less the fish will burn.

Grill the fish at low heat and turn it every 10 minutes. Grill for approx one hour total.

While you wait for the fish to cook, prepare the sauce. Finely pound or blend all dry ingredients for the sauce. Add lime juice, fish sauce and sugar and mix well.

When the fish is done, serve it with the sauce. Break the salt crust and peel it off together with the skin before you eat it.

MEAT STEAMED IN BANANA LEAF

Hor Neung

SERVES: 6

PREP: 15 MIN

COOK: 35 MIN

TOTAL: 50 MIN

This is a traditional Lanna dish that used to be prepared as an alms offering for monks during Songkran festival (Thai New Year). Now, the dish can be found year round at food stalls in Northern Thailand. Steamed in banana leaves, all tastes are contained and blended together. The banana leaf itself also gives the dish just a hint of flavor.

INGREDIENTS

- ✓ 2 Tsp rice flour
- ✓ 400 gr meat or tofu
- ✓ 600 gr vegetables of choice, cubed
- ✓ Soy sauce to taste
- ✓ 20 sweet basil leaves
- ✓ 10 spring onions, sliced
- ✓ Banana leaves (if not available, use cloth or foil)

Paste ingredients

- ✓ 8 dry or fresh green chilies
- ✓ 10 cloves garlic
- ✓ 1 shallot
- ✓ 1 stalk lemon grass
- ✓ 1 small piece turmeric
- ✓ 1 tsp shrimp paste (optional)

COOKING DIRECTIONS

Roast rice flour in a dry pan on low heat until lightly brown. Stir constantly.

Pound or blend paste ingredients until they are nearly smooth but still just a bit chunky.

In a bowl, mix the paste, finely cut meat or tofu and vegetables of choice, rice flour, soy sauce, basil leaves, and spring onion. Mix well.

Preheat banana leaves or cloth so it's warm. Divide the mixture into four portions and wrap in double layered banana leaves, cloth, or foil. Steam the wraps for at least 20 minutes. You can also grill them on low heat.

When they're done, unwrap and taste. Serve with sticky or plain rice.

FRIED CHICKEN WINGS WITH FISH SAUCE

Pig Gai Tod Nam Pla

SERVES: 4

PREP: 1 HR*

COOK: 20 MIN

TOTAL: 80 MIN



Fried chicken wings are a popular Thai street food and can be found on street stalls across Thailand. What distinguished Thai fried chicken from the western version is the marinade which seeps into the meat, giving it a rich flavor. When eaten as a finger food, it's simply paired with a dipping sauce. When eaten as a main dish, it's accompanied with steamed rice and fresh vegetables.

INGREDIENTS

- ✔ 2 -2.5 Tsp fish sauce
- ✔ 1 Tsp soy sauce
- ✔ Black pepper and/or white pepper
- ✔ 12-15 chicken wings (mid joint and/or drumsticks)
- ✔ 1-2 Tsp tempura flour
- ✔ Vegetable oil

COOKING DIRECTIONS

Prepare a marinade by mixing the fish sauce, soy sauce, and pepper. Massage the marinade into the chicken and marinate in a fridge for 40-60 min.

When done, cover the chicken with tempura flour and mix well. Add more flour if needed.

Heat the oil in a frying pan or pot over medium high heat. When sizzling hot, carefully place the chicken in it and fry until crispy and golden brown.

Note: This dish is normally served with tomato or chili sauce. If eaten as a main course with rice, you can use a bit more marinade.

*Includes the marinating of the chicken.

NORTHERN THAI SAUSAGE

Sai Ua

SERVES: 6

PREP: 2 HR

COOK: 35 MIN

TOTAL: 2.5 HR



Sai Ua is the most well-known type of sausage in northern Thailand and along the border with Laos and Burma. Sai Ua sausages are usually served with sticky rice and fresh vegetables and eaten as a light meal. Locals cook Sai Ua for special occasions such as important Buddhist holidays, traditional New Year, and family's ancestor day.

INGREDIENTS

- ✓ 2 stalks lemon grass, bottom half only, thinly sliced
- ✓ 5 thin slices of galangal, chopped
- ✓ 4 cm turmeric root or 1 tsp turmeric powder
- ✓ 1 tsp coriander seeds
- ✓ 5 kaffir lime leaves or 1 tsp kaffir lime zest
- ✓ 5 dried chillies, soaked for 20 min
- ✓ 5-6 cloves garlic
- ✓ 5-6 small shallots
- ✓ 1/2 tsp fermented shrimp paste (optional)
- ✓ 1 kg minced belly pork, lean
- ✓ 1 Tbsp fish sauce
- ✓ 1 tsp curry powder (Hin-lay or Garam Masala)
- ✓ 100 cm soft intestine (or artificial sausage wrap)
- ✓ For garnish: 5-6 sprigs coriander

COOKING DIRECTIONS

Using a mortar and pestle (or blender), pound lemon grass, galangal, turmeric, coriander seeds, coriander roots, and kaffir lime until fine. Add soaked chilly, garlic, and shallots and continue pounding until quite fine but still a bit chunky. Add shrimp paste and pound until combined.

Transfer the paste into a bowl and add minced pork and combine. At the end, mix in fish sauce, and curry powder. Stuff your sausage casings with the filling. Let the sausages rest in the fridge for at least 1.5-2 hours or preferably overnight.

When ready to cook, cook on low heat over charcoal or grill until browned on both sides. This should take 15-20- minutes, depending on the casing and the amount of stuffing. Let rest for at least 5 minutes before cutting.

Note: You can make this as spicy or mild as you like. If using Thai dried chillies, be careful as they are quite hot! If you don't like too, remove the seeds.

Note: For vegetarian option you can use angel mushrooms as they keep moisture very well, and collagen casings.

ISAN SAUSAGE

Sai Grog Isan

SERVES: 4

PREP: 10 MIN

COOK: 30 MIN

TOTAL: 40 MIN*

Isan is north-eastern region of Thailand and their fermented sausages are very popular across the country due to their unique, slightly sour flavor which comes from fermentation in the hot sun. Sai Grog Isan sausages are sold on street stalls and Thais eat them for breakfast or for a quick snack on the go.

INGREDIENTS

- ✓ 1 kg minced pork loin
- ✓ 1/2 kg minced pork fat
- ✓ 1 cups of steamed white rice
- ✓ 2 Tsp crushed lemon grass
- ✓ 2 Tsp salt
- ✓ 1 Tsp brown sugar
- ✓ 2 Tsp crushed white pepper
- ✓ 2 Tsp crushed black pepper
- ✓ 1 kg pork intestines, well cleaned and drained

COOKING DIRECTIONS

Mix the pork loin, pork fat, cooked rice, and lemon grass. Season with salt, sugar, white pepper, and black pepper.

Stuff the mixture into the intestines and use the ends or string to tie them up. Refrigerate overnight to allow the flavors to combine. Hang outside in hot sun for another 1-3 days. The longer you leave them, the more sour they will become.

When the sausages reach your desired level of fermentation, grill them carefully on a low heat until browned on both sides.

Serve with pickled ginger or fresh ginger, chili and fresh cabbage.

Note: If you are tying the sausages with a string, be careful how you tie them so it will be easy to remove the string before cooking.

*And 2-4 days for marinating and fermenting.

FRIED FERMENTED PORK RIBS

Tod Naem Sikong Moo

SERVES: 4

PREP: 10 MIN

COOK: 30 MIN

TOTAL: 40 MIN*



Fermented pork ribs originated in Isan region where meat fermentation process using white rice as a starter is used to make several dishes. Isan sausage on the previous page uses the same process. The result is a slightly sour and tangy dish with a very distinct and delicious taste.

INGREDIENTS

- ✓ 3 Tsp cooked white rice
- ✓ 400 g pork ribs
- ✓ 1 Tsp chopped garlic
- ✓ 2 tsp salt
- ✓ 5 kaffir lime leaves

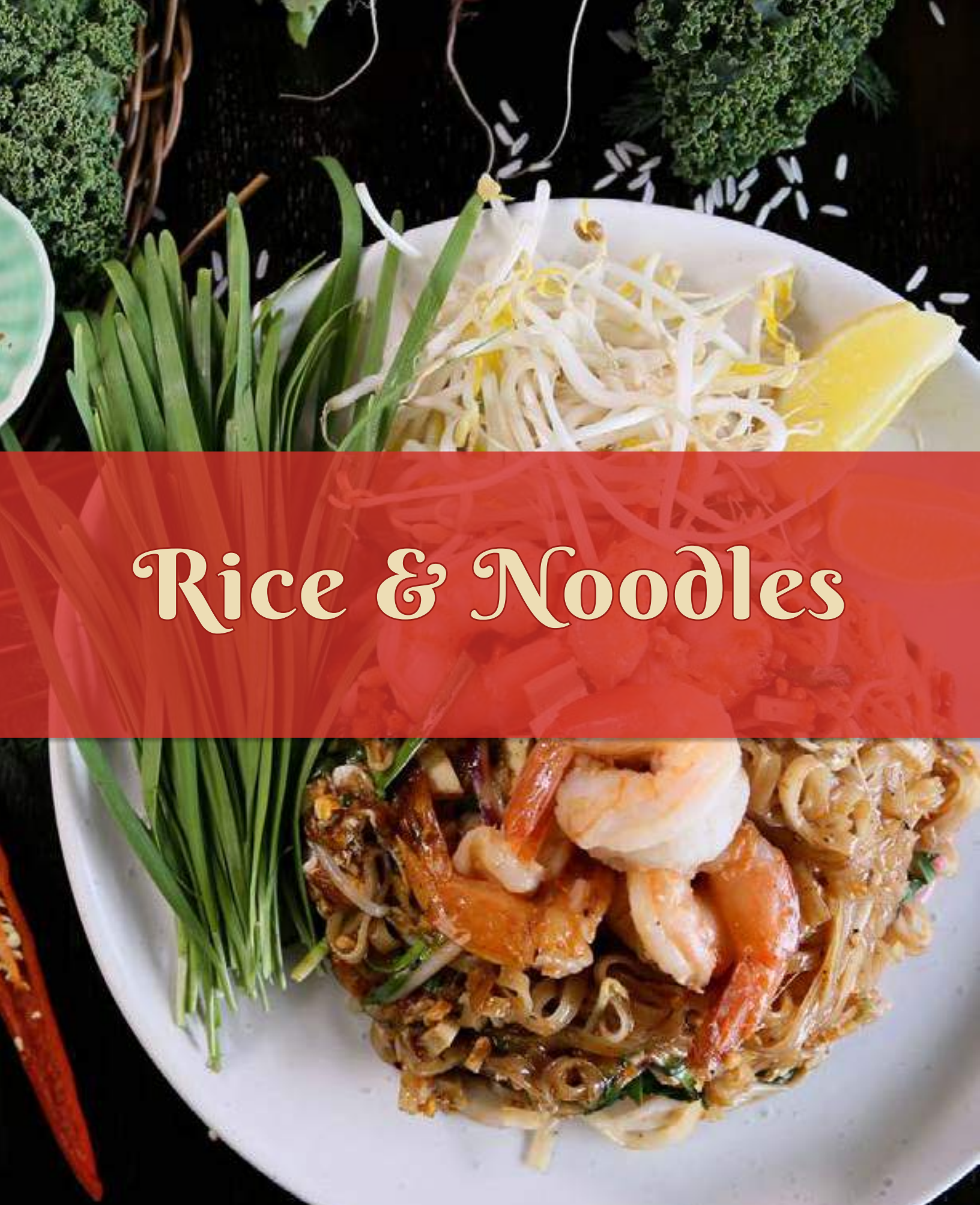
COOKING DIRECTIONS

Soak the cooked rice in water and drain well. Wash the pork ribs and pat them dry, then mix with chopped garlic, salt and cooked rice. Put in a plastic bag and squeeze the air out, then wrap and tie tightly.

Keep the bag in a warm area in the kitchen for approx two days and then fry the pork with kaffir lime leaves until cooked.

Serve with peanuts, pickled ginger, cabbage, chili paste, and sticky rice.

*And 2 days for fermentation



Rice & Noodles



It's difficult to imagine eating a meal in Thailand that doesn't include either rice or noodles. One or the other is served with or is an ingredient of soups, curries, salads, appetizers, and even desserts.

Then there are the famous Thai stir-fries that are full meals based on rice or noodles. They can be quickly made at home or bought from street-side stalls. These might well be some of the most well-known Thai dishes abroad: Pad Thai, Kao Soi, Pad See Ew, Drunken Noodles, etc.



STICKY RICE

Kao Niew

SERVES: 1

PREP: 5 MIN

COOK: 30 MIN

TOTAL: 35 MIN*



Sticky rice, true to its name, will stick to your fingers when you hold it and locals will usually eat it by hand and mold it into a sort of a laddle to spoon chilly paste with it. In the past, it was even used as a glue, especially for catching bugs and flies in a similar way the yellow sticky traps are used today.

INGREDIENTS

- ✔ 100 g sticky rice per person (we usually prepare 1 kg and have it available to eat with meals throughout the day)

COOKING DIRECTIONS

The night before you want to cook sticky rice, soak it in water. Make sure that there is plenty of water and that there's at least 10 cm between the water surface and rice.

Next day, wash the rice thoroughly and place it into a steamer basket. If your steamer has holes through which the rice could fall, cover it with thin fabric (cheese cloth or similar) first. Cover the steamer with a lid or fold the cloth over rice and then cover with lid.

Steam over boiling water for 20 - 30 minutes on a medium heat. After 20 minutes uncover the rice but be careful not to burn yourself, and check if the rice is soft. If it's still a little crunchy, steam for a few more minutes, otherwise, turn off the heat and serve hot, or transfer to an airtight container or basket.

Note: Normally locals will keep some old water that was used to soak the rice for next time and the rice will get soft faster and become more tender.

*And 8 hours for soaking the rice.

Note: Make sure the water in the pot never touches the rice when it boils. It's better the water level is low and you can add some water if it evaporates.

CHICKEN RICE

Kao Man Gai

SERVES: 4

PREP: 10 MIN

COOK: 50 MIN

TOTAL: 1 HR

Kao Man Gai is a traditional Chinese dish from southern Chinese province of Hainan. Nowadays it's very popular throughout southeast Asia. In Thailand, you can find it in most restaurants and at markets. Even vegetarian restaurants serve it with mock meat. It takes some time to prepare but is definitely worth it.

INGREDIENTS

- ✓ 2 cm sliced ginger
- ✓ 2 pandan leaves
- ✓ 300 g turnip
- ✓ 4 coriander roots
- ✓ 500 g chicken bones
- ✓ 500 g chicken breast
- ✓ 2 Tsp soy sauce
- ✓ 1/2 tsp salt
- ✓ Oil from fried chicken skin
- ✓ 2 tsp chopped garlic
- ✓ 400 g uncooked white rice (wash with cold water)
- ✓ 1 red and 1 green chili
- ✓ 2 Tsp chopped shallot
- ✓ 2 Tsp fermented soybean paste
- ✓ 1/2 Tsp palm sugar
- ✓ 1/2 Tsp dark soy sauce
- ✓ 1 Tsp mirin
- ✓ 1 tsp brine from pickled garlic (or other brine)
- ✓ A couple coriander sprigs
- ✓ 1 cucumber

COOKING DIRECTIONS

Put 4 liters of water in a pot and bring to a boil, then add 6-8 slices of ginger, 1 pandan leaf, sliced turnip, and coriander roots and boil for 10 minutes. Add chicken bones, meat, 1 Tsp soy sauce, and salt. Cook on low heat until the chicken is done. Take the chicken meat out of the broth and place it in cold water for 8 min until cool. Save the broth.

Heat the oil from chicken skin and fry 8 slices of ginger with garlic until brown. Add the rice and stir for a minute then transfer to rice cooker and cover with broth. Leave to cook.

Blend the chilies, shallot, remaining ginger, fermented soybean paste, palm sugar, dark soy sauce, 1 Tsp soy sauce, mirin, and garlic brine.

Place a portion of rice on the plate, cover with sliced chicken breast, and decorate with sliced cucumber. Serve with the sauce. Use the remaining broth as an appetizer and decorate it with coriander.

Note: If you prefer softer chicken, steam it over the broth. However, the broth won't be as tasty in this case.

STIR-FRIED RICE NOODLES

Pad Thai

SERVES: 3

PREP: 20 MIN

COOK: 25 MIN

TOTAL: 45 MIN

Pad Thai is the most well-known Thai stir-fried noodle dish. It is served as street food as well as in most Thai restaurants in Thailand and abroad. The dish is a balanced combination of sweet, salty, sour, and umami flavors that makes it such a popular meal.

INGREDIENTS

- ✔ 250 g rice stick noodles
- ✔ 3 Tsp tamarind juice
- ✔ 3 Tsp palm sugar
- ✔ 2 Tsp fish sauce
- ✔ 2 cloves minced garlic
- ✔ Vegetable oil for frying
- ✔ 1 egg lightly beaten
- ✔ 200 g fresh shrimps
- ✔ 1 Tsp sliced shallot
- ✔ 1 Tsp chopped preserved radish
- ✔ 100 g diced firm tofu
- ✔ 100 g fresh bean sprouts
- ✔ 50 g fresh chives, cut into 2 cm pieces
- ✔ 2 Tsp chopped roasted peanuts
- ✔ For garnish: fresh lime, roasted peanuts, bean sprouts, chives

COOKING DIRECTIONS

Soak the noodles in hot water for approx 15 minutes.

Heat a wok at medium heat and add tamarind juice, 3 Tsp water, palm sugar, fish sauce, and garlic. Boil for a couple of minutes and set the sauce aside.

In the same wok, heat 1 Tsp of oil at medium-high heat. Scramble and cook the egg. Remove, set aside.

Add 2 Tsp of oil in the same wok. Add shrimps and cook until done. Transfer to a bowl, set aside.

Add 1 Tsp of oil to the wok. Add shallot, radish, and tofu. Fry until aromatic. Increase the heat to medium high. Add the noodles, stir-fry quickly, then add a bit of water. Stir-fry this mixture for approx 5-6 minutes.

When the noodles get soft, add Pad Thai sauce to taste and mix well. Add the scrambled egg, bean sprouts, chives, and cooked shrimps. Stir well for another 1-2 minutes until everything blends together. Turn off the heat, transfer to serving plates and decorate with slices of fresh lime, roasted peanuts, bean sprouts, and chives.

BROAD NOODLES WITH SOY SAUCE

Pad See Ew

SERVES: 3

PREP: 20 MIN

COOK: 30 MIN

TOTAL: 60 MIN

Pad See Ew is a Chinese stir-fried noodle dish that is very popular in Thailand and, although Pad Thai is more well-known abroad, this dish is probably more often eaten by locals. Pad See Ew traditionally requires flat and broad rice noodles that give the dish its chewy texture, although any noodles can be used.

INGREDIENTS

- ✓ 200 g of pork (or other meat or seafood)
- ✓ 2 eggs
- ✓ 1 Tsp soy sauce
- ✓ 200 g thick and flat rice noodles
- ✓ 2 Tsp vegetable oil
- ✓ 5 cloves of garlic, crushed
- ✓ 100 g broccoli or cauliflower
- ✓ 100 g chinese cabbage
- ✓ 100 g carrot
- ✓ 1 Tsp black soy sauce
- ✓ ½ tsp chicken or mushroom stock powder
- ✓ 2 tsp crushed roasted peanuts
- ✓ 2 sliced limes

COOKING DIRECTIONS

Slice the pork in small pieces and marinate it in egg and soy sauce batter for 10-15 minutes.

If you are using instant noodles, prepare them first by quickly submerging them in boiling water and then washing them with cold water so they don't stick together.

Fry the garlic in the oil until brown, then add the marinated meat and stir-fry until the meat is cooked. Add the vegetables and noodles and stir-fry for a minute. Add dark soy sauce and stock powder. Mix well and taste and adjust the seasoning.

Garnish with crushed peanuts and sliced lime and serve.



Desserts



Thai sweets, kanom, can be served after a meal as desserts or eaten between meals as snacks. They come in a variety of styles, from sweet coconut soups with small chevy dumplings, through pancakes and ice creams, to deserts with sticky rice and fruit.

Some of the desserts are traditionally Thai while others were derived from foreign cuisines and given a distinctly Thai twist. Thai desserts are often light, refreshing, and always very inventive.



BANANA IN COCONUT MILK

Kluay Boud Chi

SERVES: 4

PREP: 3 MIN

COOK: 10 MIN

TOTAL: 13 MIN

Banana in coconut milk is one of the quickest and easiest desserts to whip up. The simple tastes of the two main ingredients are a perfect tropical combination and the chilled dessert is a wonderful refreshment for hot summer days. A great dessert choice in all respects!

INGREDIENTS

- ✓ 500 ml coconut milk
- ✓ 100 g palm sugar
- ✓ 1/2 tsp salt
- ✓ 10 Thai bananas, cut into bite-sized pieces
- ✓ A cup of crushed ice

COOKING DIRECTIONS

In a cooking pot, mix the coconut milk with the same amount of water and bring to a boil then set the heat to low so it simmers lightly.

Add the palm sugar, salt, and bananas and let simmer until the bananas soften slightly but still retain their shape, approx 3 minutes. Be careful to not overcook them.

Before serving, add crushed ice and wait for a couple of minutes for the dessert to cool. You can also put it in a fridge until cool.

Note: In the same way, you can also prepare another popular Thai dessert, pumpkin in coconut milk (Kaeng Boud Fak Tong), but cook the pumpkin for a while longer, until soft, approx 20 min.

Note: The recipe is for namwa bananas. If you can't get them and are using Cavendish bananas, use 6 instead.

MANGO STICKY RICE

Kao Niaw Mamuang

SERVES: 4

PREP: 5 MIN

COOK: 20 MIN

TOTAL: 25 MIN*

Kao Niaw Mamuang is a signature Thai dessert and a great example of a simple dish that perfectly combines its tastes and textures. If you have a choice of mangoes at your store, select the Nam Dok Mai or Ok Rong Damnoen varieties. Otherwise, select sweet and ripe fruits of any variety.

INGREDIENTS

- ✓ Sticky rice for 4 people
- ✓ 300 ml + 100 ml coconut cream
- ✓ 80 g palm sugar
- ✓ 1/2 tsp + a pinch of salt
- ✓ 50 g yellow mung beans
- ✓ 2 sweet yellow mangoes

COOKING DIRECTIONS

Prepare sticky rice for 4 people according to the recipe on page 93.

In a pot heat 300 ml coconut cream on medium heat, gently stirring in one direction. Add sugar and 1/2 tsp salt, and keep stirring until the mixture comes to a boil.

Put the sticky rice into a large bowl and slowly add in the coconut mixture. Add it spoon by spoon and work it slowly into the rice. Once all combined, you should have sticky rice that is similar to a grainy pudding in consistency. Cover the bowl with plastic wrap so it doesn't dry out.

Put 100 ml of coconut cream and a pinch of salt in a pot and stir slowly on low heat. Bring to a boil, then turn off the heat. You will serve this sauce on the side.

In a wok or pan dry fry the yellow mung beans at low heat for a few minutes until they turn golden and crispy.

Peel and slice the mangoes into large pieces. Put a portion of sticky rice on a plate, top it with half of the mango, sprinkle with mung beans and serve the coconut cream on the side.

*Total time does not include the time it takes to make the sticky rice.

THAI COCONUT PANCAKES

Kanom Krog

SERVES: 6

PREP: 10 MIN

COOK: 30 MIN

TOTAL: 40 MIN

Kanom Krog, famous little Thai coconut pancakes are one of the most popular street snacks in Thailand! Thais use special pans to make them, as seen in the picture. However, this recipe is adjusted so you can make them in a regular pan and enjoy them at home. If you have the pan for Thai coconut pancakes, frying time will be a bit longer than in the recipe since the batter will be thicker.

INGREDIENTS

Pancake Ingredients

- ✓ 50 g cooked jasmine rice
- ✓ 50 g rice flour
- ✓ 200 ml water
- ✓ ¼ cup coconut milk
- ✓ ¼ cup shredded fresh or dried coconut meat
- ✓ 30 g palm sugar
- ✓ A pinch of salt

Filling Ingredients

- ✓ 2 Tsp rice flour
- ✓ 2 Tsp granulated sugar
- ✓ ¼ tsp salt
- ✓ 200 ml coconut milk

Other Ingredients

- ✓ Coconut oil for frying
- ✓ Topping of choice, chopped; Thai's traditionally use green onions, sweet corn, or taro

COOKING DIRECTIONS

To make the pancake batter, blend all pancake ingredients until smooth.

To make the filling, mix the rice flour, sugar and salt until well-combined and there are no clumps. Add coconut milk and whisk until sugar and salt dissolve.

Heat a little oil in a pan at medium heat. Test if it's hot enough by dropping in a drop of batter. If it sizzles immediately, it's ready. Put a small amount of batter in the pan so it forms a thin circle about 5-6 cm in diameter. If your pan is large enough, you can make more than one pancake at a time. Let the batter dry a bit on top (a couple of seconds) and then spread 1 tsp of filling on it. Fry for another minute or so then sprinkle with your topping of choice. Fry until the bottom of the pancake is golden and crispy. If it fries too quickly, lower the heat.

Remove the pancakes and let them cool for a few minutes until you can handle them, then roll them up. Serve them fresh and warm.

RICE DUMPLINGS IN COCONUT MILK

Bua Loy

SERVES: 4

PREP: 5 MIN

COOK: 40 MIN

TOTAL: 45 MIN



Bua Loy, which directly translates into “floating lotus”, is a popular Thai dessert that combines sweetened coconut milk with chewy colorful dumplings that resemble lotus seeds in size. If you’re using glutinous rice flour, the dumplings will be chewy and soft. With tapioca flour, they will be a similar consistency to tapioca pearls that are added to drinks.

INGREDIENTS

- ✓ 400 ml coconut milk
- ✓ 200 ml water
- ✓ 1/2 pandan leaf, optional
- ✓ 150 g palm sugar
- ✓ Pinch of salt
- ✓ 100 g glutinous rice flour or tapioca flour
- ✓ 100 g cooked and mashed taro, purple sweet potato, pumpkin, beetroot, or other ingredient for color

COOKING DIRECTIONS

Put the coconut milk, water, pandan leaf, sugar, and salt into a pot and cook over medium heat, stirring until the sugar dissolves. Turn off the heat and remove the pandan leaf. Set the pot aside.

Mix the glutinous rice flour and mashed taro (or other ingredient you’re using for color) with your hands. Add water if needed, a little at a time, and knead until a dough forms. The dough should be of the consistency of play dough and not sticky. If it gets sticky, add a little more flour and knead until it no longer sticks to your fingers.

Work in manageable batches and roll them into 1 cm thick logs. Cut the logs into 1 cm long pieces and roll each piece into a little ball.

Bring a pot of water to a boil and prepare a large bowl of cold water and have it handy. Drop the Bua Loy into the boiling water in small batches. As soon as they float, in approx 1 minute, fish them out and put them in the cold water where they will sink.

Drain the Bua Loy well and add them to the coconut milk. Heat to a simmer and turn the heat off immediately. Serve warm or at room temperature.

COCONUT ICE CREAM

I-tim Gati

SERVES: 4

PREP: 5 MIN

COOK: 30 MIN

TOTAL: 35 MIN*

The first Thai ice cream, dating back a century and a half, was coconut water blended with ice and was a special treat for the high-class since ice was not widely available. When it became more readily available, shaved ice with coconut water and coconut milk became a popular treat and the current version, the famous I-tim Gati developed from it.

INGREDIENTS

- ✓ 300 ml coconut milk
- ✓ 100 g palm sugar
- ✓ A pinch of salt
- ✓ 300 ml young coconut water
- ✓ Optional: 50 g chopped young coconut meat or dried coconut meat

Optional Toppings

- ✓ Roasted peanuts
- ✓ Sticky rice
- ✓ Roasted mung beans
- ✓ Evaporated milk

COOKING DIRECTIONS

Add coconut milk, palm sugar, and salt to a pot and bring to a boil at medium heat, gently stirring. When the sugar is dissolved, stir in coconut water and remove from heat. Let cool until you can put it in the fridge.

Put the cream in a freezer for one hour, then take it out and churn for a couple of minutes using a fork or a hand mixer. Add the chopped coconut meat if using. Return to the freezer for another hour and repeat the process. Repeat about 3 times in total or until the ice cream is of the desired consistency.

When serving sprinkle with chosen toppings.

*Does not include the time it takes to freeze the ice cream, approx 4 hours.

THAI FRIED BANANAS

Kluay Tod

SERVES: 4

PREP: 5 MIN

COOK: 20 MIN

TOTAL: 25 MIN

Kluay Tod are a common street snack in Thailand and you will often find them sold on street stalls alongside fried sweet potatoes, that are prepared in the same way. The combination of flavors of banana, coconut, and sesame and the crispy texture of the dough with the soft fried banana in the center makes Kluay Tod a perfect snack.

INGREDIENTS

- ✓ 100 g rice flour
- ✓ 50 g brown sugar
- ✓ 2 Tsp white sesame seeds, toasted
- ✓ 70 g shredded coconut meat, dried or fresh
- ✓ 1/2 tsp salt
- ✓ 1 tsp baking powder
- ✓ 70 ml water
- ✓ 3 sweet plantains or Cavendish bananas or 6 Namwa bananas (Namwa are used in Thailand)
- ✓ Oil for frying

COOKING DIRECTIONS

In a mixing bowl, combine rice flour, sugar, sesame seeds, coconut meat, salt, and baking powder. Add water and mix until you have a mixture that is of a runny consistency.

Peel the bananas. If using plantains or Cavendish bananas, cut them in half vertically and then lengthwise into 4 thin strips. If using Namwa, cut them lengthwise into strips that are approx half cm thick.

Heat oil in a pan for frying until it immediately sizzles when you drop the batter in. Dip the bananas into the batter and fry for approx 5 minutes, until they are a brown and crispy. If they start getting brown too quickly, lower the heat. When they're done, fish them out and place them on a paper towel to soak up the oil.

Serve the bananas while still warm and crispy.

Note: You can use sweet potatoes instead of the bananas and prepare them the same way.

COCONUT JELLY

Wun Gati

SERVES: 6

PREP: 5 MIN

COOK: 25 MIN

TOTAL: 30 MIN*

Wun Gati is a simple dessert that is full of meaning. The two layers are made of coconut water from young coconut and coconut milk from mature coconut, representing the stages of life. Pandan adds an extra layer of taste. Feel free to experiment with the jelly layers and use other herbs and juices, or even mashed fruits.

INGREDIENTS

Coconut Milk Layer

- ✓ 200 ml coconut water
- ✓ 200 ml coconut milk
- ✓ 5 Tsp sugar
- ✓ A pinch salt
- ✓ 1.5 tsp agar powder or 1.5 Tsp agar flakes
- ✓ 10 cm pandan leaf
- ✓ Optional: chopped fresh coconut meat

Coconut Water Layer

- ✓ 400 ml coconut Water
- ✓ 3 Tsp sugar
- ✓ 1.5 tsp agar powder or 1.5 Tsp agar flakes
- ✓ 10 cm pandan leaf

COOKING DIRECTIONS

Prepare both layers following the instructions below. Keep them warm by covering the pots. If they cool too much, they will start to set and you won't be able to pour them into the mold. In that case, heat them up again so they liquify.

Coconut Milk Layer

Pour coconut water in a pot and mix in agar. Add coconut milk, sugar, salt, and pandan leaf. Bring to a boil, slowly stirring. Let simmer for a minute. If you're adding coconut meat, mix it in at this point and simmer for a couple seconds.

Coconut Water Layer

Pour coconut water in another pot and mix in agar. Add sugar and pandan leaf, then bring to a boil, slowly stirring. Let simmer for a minute while stirring.

Prepare your mold. You can use a baking pan and cut the jelly when set or small cups or glasses and make individual portions. You can make two or more layers. Pur one of the layers into the mold and remove any bubbles. Refrigerate just until the top has set, 5-10 minutes. Slowly pour the second layer over the first. Refrigerate again just until the top is set. Repeat if you're making more than two layers. Refrigerate overnight before serving.

*Total time does not include overnight refrigeration.

MUNG BEAN CUSTARD

Kanom Mo Gaeng Tua

SERVES: 8

PREP: 40 MIN

COOK: 2.5 HR

TOTAL: 3.3 HR

Kanom Mo Gaeng Tua originated in Portuguese cuisine as a flan-like custard and was adjusted to Thai taste and local ingredients in the 17th century as part of the Royal kitchen in Ayutthaya. There are several varieties of Kanom Mo Gaeng. The Tua variety in this recipe calls for mung beans. You can also make the Pueak variety by substituting beans with taro or Maled Bua variety with lotus seeds.

INGREDIENTS

- ✓ 250 g hulled mung beans
- ✓ 700 ml coconut milk
- ✓ 5 duck eggs (or 4 chicken eggs and 3 egg yolks)
- ✓ A pinch of salt
- ✓ 350 g palm sugar
- ✓ 1 Tsp oil from frying the shallot
- ✓ 1 large fried shallot

COOKING DIRECTIONS

Soak mung beans in water for 30 minutes, then wash them and place them in a steamer. If your steamer has holes the beans can fall through, cover it with cheesecloth first. Steam the beans for 30 minutes, then set them aside to cool.

Preheat the oven to 160 °C, set to lower and top heating.

When the beans are slightly warm but no longer hot, place them in a blender with half of the coconut milk and blend until smooth.

Whisk the eggs, salt, and sugar. Add the blended beans and the rest of the coconut milk. Whisk until well-combined.

Heat a baking pan in the oven for approx 5 minutes, then grease it with the oil from fried shallots and pour in the custard ingredients. Bake for 1 hour and 40 minutes then take the pan out of the oven and sprinkle the custard with the fried shallots. Put it back in the oven for 5 minutes. Remove from the oven and let cool down before you cut it.

Note: If you've never had a dessert with shallots before and aren't sure whether you or your guests will like the taste, serve the shallots on the side so everyone can try and see for themselves.

RED RUBIES DESSERT

Tubtim Grob

SERVES: 4

PREP: 10 MIN

COOK: 30 MIN

TOTAL: 40 MIN

Tubtim Grob is a delicious Thai dessert that is best served in hot weather. The “rubies” are covered in a chevy tapioca starch but the water chestnuts in the center are delightfully crunchy for contrast. The jasmine water mixed with coconut milk adds a flowery layer to the dish. If you use store-bought flower water, it will be stronger than home made, so dilute it with some water.

INGREDIENTS

- ✓ 1 can water chestnuts
- ✓ Beet juice for red color
- ✓ 1 pandan leaf
- ✓ 300 ml jasmine water* (or regular water)
- ✓ 100 g sugar
- ✓ 150 ml coconut milk
- ✓ 150 ml water
- ✓ A pinch of salt
- ✓ 6-10 Tsp tapioca starch
- ✓ Crushed ice
- ✓ Optional: young coconut meat

*Put jasmine flowers in 300 ml water and keep in the fridge overnight. Remove the flowers before use. You can use rose petals or orange blossoms instead of jasmine.

COOKING DIRECTIONS

Cut water chestnuts into small cubes. Place them in a small bowl and cover them with beet juice (or water with red food coloring).

Boil the pandan leaf in jasmine water for 10 minutes. Cover the pot so the water doesn't evaporate. Add sugar and stir to dissolve. Remove from heat and let cool to room temperature. In another pot, bring to a boil coconut milk, water, and salt, stirring slowly. Remove from heat as soon as it starts to boil and also let cool.

Drain the chestnuts and place them in a larger bowl. Sprinkle them with 2 Tsp of tapioca starch and toss to coat. Keep adding the starch until all pieces are completely coated and not sticking together, then place them in a colander and shake off any excess starch.

Prepare a bowl with cold water and have it handy. Boil water in a large pot and drop in the rubies in batches. Boil each batch for approx 2 minutes after they float to the top, then fish them out and put them in the cold water. When you're done with all batches, drain them.

Put a scoop or rubies (and a spoon of coconut meat if using) in a serving bowl. Spoon the syrup over, and top with some coconut milk. Add ice, mix everything together and serve.

RICE CRACKER

Kao Tae

SERVES: 4

PREP: 20 MIN

COOK: 40 MIN

TOTAL: 60 MIN*

Kao Taen, the popular Northern Thai rice crackers, were traditionally served during the celebrations for Northern Thai New Year and on other important Buddhist days. Today, they are readily available throughout the year at markets and in small local shops.

INGREDIENTS

- ✓ 2 Tsp black sesame
- ✓ 1 cup of watermelon juice
- ✓ ½ kg. sticky rice prepared using the recipe on page 93
- ✓ A pinch of salt
- ✓ Vegetable oil
- ✓ 80 g palm sugar
- ✓ 60 g water

COOKING DIRECTIONS

Mix black sesame seeds with the watermelon juice and pour the mixture over the sticky rice, add salt then mix well.

Shape the rice into balls and flatten them in 5 cm wide and 1 cm thick circles.

Place the circles on a baking tray covered with parchment paper and place the tray outside into the sun for 2 days.

When they're dehydrated and ready for frying, heat oil in a frying pan and drop them in in batches. Deep-fry at medium heat, flipping the crackers and moving them around until the rice puffs up and gets crispy and light brown. Fish them out and place them on paper towels to soak up the oil.

In a small pot, bring the water and sugar to boil and stir until the sugar dissolves. With a spoon, drizzle melted sugar over rice crackers.

*And 2 days for drying in the sun