

Green Curry Paste

Green chili and chili leaf

Onion

Garlic

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Kaffir lime rind

Coriander root

Pepper

Fennel seeds

Lemon grass

Salt

shrimp paste

Red Curry Paste

Red Chili ***ripe chili***

Onion

Garlic

Galangal

Kaffir lime rind

Coriander root

Pepper

Fennel seeds

Lemon grass

sait

shrimp paste

NOTE

RED CURRY

(KEANG PED) Thai name

INGREDIENTS

red curry paste

coconut milk

water

chicken

egg plant / aubergine

fish sauce, sugar, cumin powder

Thai sweet basil

PREPARATION

Heat the oil first and put the red curry paste in the pot

(stir it until the mixture is smooth)

Add the chicken in the pot, put a little bit cumin powder (stir it)

Put coconut milk in the pot (stir it until mixed up)

Add the egg plant / aubergine in the pot and add some water

(put some sugar ,fish sauce) (stir and wait about 2-3 minutes)

Add Thai sweet basil and turn the stove off

GREEN CURRY

(KAENG KEAUY WAN) Thai name

INGREDIENTS

green curry paste

coconut milk

water

chicken

egg plant / aubergine

fish sauce, sugar, cumin powder

Thai sweet basil

PREPARATION

Heat the oil first and put the green curry paste in the pot

(stir it until the mixture is smooth)

Add the chicken in the pot, put a little bit cumin powder (stir it)

Put coconut milk in the pot (stir it until mixed up)

Add the egg plant / aubergine in the pot and add some water

(put some sugar ,fish sauce) (stir and wait about 2-3 minutes)

Add Thai sweet basil and turn the stove off

STIR-FIRED CHICKEN WITH SPICY BASIL

(KAPAO KAI)Thal marne

INGREDIENTS

oil

garlic , onion

chicken

long beans

soybean sauce

sugar

fish sauce (if you

oyster sauce

chicken curry powder (if you like)

sweet ketchup mayo

spicy basil (purple basil / holy basil)

PREPARATION

Heat the oil in the wok

Stir fry garlic and onion, (chili) in the wok

Add chicken in the wok (cook the chicken first)

Add the long beans in the wok (stir it)

Put some soybean sauce , oyster sauce , chicken curry powder,
(fish sauce),sweet ketchup mayo, and sugar in it

Add the spicy basil (purpie basil) in the wok (stir it)

STIR-FRIED RICE NOODLE

(PAD THAI) Thai name

INGREDIENTS

rice noodle

bean sprouts

spring onion

fish sauce, soybean sauce

oyster sauce

tamarind juice or lemon juice

sugar

peanuts

chili powder

tofu or pork or shrimp

lemon

PREPARATION

Soak the noodle about 30 minutes in room temperature water

Heat oil in the wok and add the eggs then stir it

Add tofu/pork/onion and stir them

Add the noodles stir it

Add tamarind juice or lemon juice / oyster sauce / fish sauce

Add bean sprouts , spring onion

Add tamarind juice or lemon juice again

Add some soybean sauce

Stir fry until ail ingredients are mixed well and noodles are wilted

Serving plate with bean sprouts - spring onion - lemon - sugar -

chili powder - peanuts

FRIED MORNING GLORY (Thai fast food)

(PAD PUK BUNG FAI DANG) Thai name

INGREDIENTS

morning glory

** It 's a vegetable name, In Thai we called it PAG BUNG **

oil

garlic

onion

soybean sauce

salted soybean

oyster sauce

chicken curry powder

sugar

chili *for spicy taste*

fish sauce (if you like)

PREPARATION

put all of ingredients and morning glory(vegetable name) in the bowl (such as : garlic ,onion, chili, soybean sauce , salted soybean , oyster sauce , chicken curry powder, sugar ,and fish sauce)

Heat oil until it's the hottest

Add them in the wok (stir it up)

PAPAYA SALAD

(SOM TAM) Thai name

INGREDIENTS

garlic

chilli

long bean

papaya

- tomato

peanut

tamarind juice / lemon juice

fish sauce (if you like)

- sugar

PREPARATION

Put garlic in the mortar (If you like spicy ,add some chillies)

Put long beans in the mortar (pound it)

Put tamarind juice , lime juice , fish sauce (if you like) , sugar in the mortar (stir and pound it)

*** for Thai people, we'll put some fermented fish , pickie crab , dry shrimp in papaya salad ***

Add papaya and carrot in the mortar (stir and pound it)

Add peanuts - tomatoes in the mortar (stir it up)

*** If you want more taste you can put more lemon juice , fish sauce , sugar or chilly in the papaya salad ***