



THAI COOKING RECIPES

TASTE OF THAI
THAI GROCERIES AND VEGETABLES
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THAI RED CURRY 'GAENG-PED'

Ingredients

- 📖 1-3 desertspoons red curry paste (depending on how hot you like it!)
- 📖 6-7 cherry tomatoes
- 📖 2 tins coconut milk
- 📖 1 cup pineapple (cubed)
- 📖 2-3 desertspoons fish sauce (light soy sauce for vegetarians)
- 📖 ½-1 desertspoons palm sugar paste
- 📖 300-400 gm chicken/pork/prawns (button mushrooms for vegetarians)
- 📖 6-8 kaffir lime leaves
- 📖 ½ tin bamboo shoot strips (optional)
- 📖 4-5 Thai chilli, slightly crushed (optional)
- 📖 15-20 fresh sweet basil leaves

Methods

- 📖 Peel and behead the shrimp, leaving only the small tail shells on. For chicken, slice it into small pieces.
- 📖 Put a little oil in a medium hot wok or saucepan, cook the curry paste briefly to develop the aroma, then add half a tin of the coconut milk
- 📖 Stir until you can see a thin layer of oil coming out from the coconut milk, then add the chicken pieces, stir fry for a while until chicken is partly cooked.
- 📖 Add the remainder of the coconut milk, cover, and bring to a boil, then season with palm sugar and fish sauce to suit your taste.
- 📖 Add pineapple cubes, cherry tomatoes, lime leaves, sweet basil/holy basil leaves, and fresh chilli
- 📖 Wait for a couple of minutes for the smells of herbs to come out.
- 📖 Transfer to a serving dish and serve with steamed Thai jasmine rice

Note: if you particularly like your curries hot, add 'nam pla prik' (chilli marinated in fish sauce) onto your rice whilst serving

Nam pla prik

- 📖 Finely cut chilli up and soak with fish sauce (For the chilli to be fully soaked up in fish sauce, it is better to leave it for few hours).

THAI GREEN CURRY 'GAENG-KIEW-WAN'

Ingredients

- ✎ 1-3 desertspoons green curry paste (depending on how hot you like it!)
- ✎ 1 desert spoon cooking oil
- ✎ 2 tins (440ml each can) coconut milk
- ✎ 300-400 gm sliced chicken breast/pork/prawns (button mushrooms for vegetarians)
- ✎ 6-8 kaffir lime leaves
- ✎ 2-3 desert spoon fish sauce (light soy sauce for vegetarians)
- ✎ $\frac{1}{2}$ -1 desert spoon sugar/palm sugar
- ✎ 4-5 Thai chilli, slightly crushed (optional)
- ✎ 10-20 pea aubergines/ 4-5 eggplants cut in four pieces (optional)
- ✎ $\frac{1}{2}$ tin bamboo shoots (optional)
- ✎ 15-20 fresh sweet basil leaves

Methods

- ✎ In a wok or saucepan, medium heat the oil and fry the curry paste for one minute. Add half a tin of coconut milk and keep frying until it forms and thin layer of oil.
- ✎ Add chicken, fry until chicken is half cooked, then add all the coconut milk, bring it to a boil.
- ✎ Season with fish sauce and sugar, then add lime leaves and eggplants/bamboo shoots/pea aubergines
- ✎ Wait for a couple of minutes, then add sweet basil and chilli. Serve with freshly-steamed Thai jasmine rice.

Note: if you particularly like your curries hot, add 'nam pla prik' (chilli marinated in fish sauce) onto your rice whilst serving.

Nam pla prik

- ✎ Finely cut chilli up and fill with fish sauce (For the chilli to be fully soaked up in fish sauce, it is better to leave it for few hours).

THAI HOT AND SOUR SOUP 'TOM-YUM'

Ingredients

- ✎ 20 prawns (shrimp) or 200-300 gm chicken, medium size
- ✎ 3-4 cups chicken broth/soup stock or water
- ✎ 2 stalks fresh lemon grass, lightly pounded, cut into 1 inch long segments
- ✎ 3-4 table spoons fish sauce
- ✎ 5-6 slices fresh galangal, lightly pounded
- ✎ 200 gm button mushrooms, halved or whole
- ✎ 6-8 kaffir lime leaves, hand-shredded
- ✎ 4 desertspoons lime or lemon juice/tamarind juice
- ✎ $\frac{1}{2}$ desert spoon of sugar
- ✎ 6 crushed fresh Thai chilli or more to suit your taste (optional)
- ✎ 2 desertspoons chilli paste in soya bean oil ('Prik Prao')
- ✎ Coriander leaves for garnishing (optional)

Methods

- ✎ Wash the prawns and shell them without removing the tails. For chicken, cut it in small cubes.
- ✎ Bring chicken broth or water to a boil. Add lemongrass, galanga and lime leaves.
- ✎ Bring back to a boil then add 'Prik Prao', followed by prawns/chicken and mushrooms
- ✎ Season with lime juice, sugar, and fish sauce
- ✎ As soon as prawns turn pink or chicken cooked through, serve and garnish with coriander leaves, if any.

Alternative Methods with 'Tom Yam Spice Mix'

- ✎ Add one sachet of 'Tom Yam Paste' to three cups of boiling water
- ✎ Bring it to a boil, add mushrooms and prawns.
- ✎ Add 1 desert spoon fresh lime juice, fish sauce, 5-7 Thai chilli, and serve garnished with coriander.

CHICKEN SATAY/ PORK SATAY 'MOO/KAI-SATAY'

Ingredients

- ✎ 500 gm chicken breasts or pork, in case of chicken, skinned, boned, and cut into bite sized pieces
- ✎ 1 sachet of 'Satay Seasoning Mix' (1 sachet of 'Satay Sauce Mix' included)
- ✎ $\frac{3}{4}$ cup of coconut milk
- ✎ A bunch of 12" wooden skewers

Methods

- ✎ The chicken is beaten flat, using the flat of the blade of a heavy cleaver or using a meat tenderising mallet. You can also use a rolling pin.
- ✎ Marinate the chicken with 'Satay Seasoning Mix' overnight or at least 2-3 hours.
- ✎ The pieces of chicken are then threaded on the wooden sticks, loosely fold them in half and piercing through the folded meat to form a loose gather.
- ✎ The completed sticks are then grilled, broiled or barbequed on fairly high heat (they taste best done over charcoal, as they absorb the smoke).
- ✎ Turn them regularly and brush them liberally with the remaining marinade and coconut milk. Cooking should take between 5 and 10 minutes depending on the heat of your cooker.

Peanut Sauce

- ✎ Empty content of 'Peanut Sauce Mix' in a small pot. Add coconut milk and vegetable oil. Combine and bring to a boil. Lower the heat and simmer for 15 minutes.

PANANG CURRY 'GAENG-PENANG'

Ingredients

- 📖 300-400 gm chicken/pork/or beef, cut into bite sized pieces
- 📖 1 tin coconut milk
- 📖 1-2 desert spoons penang curry paste
- 📖 2-3 desert spoons fish sauce
- 📖 1½-2 desert spoons sugar/palm sugar to taste
- 📖 6 kaffir lime leaves, hand shredded
- 📖 5-6 slightly crushed Thai chilli (optional)

Methods

- 📖 Place a wok or a saucepan over medium high heat, and warm the coconut milk, but don't let it to a boil. Add the curry paste, and stir it until the oil begins to separate out and form a thin film, to bring out the maximum flavour.
- 📖 Add the remaining ingredients except the lime leaves, and simmer until the sauce is absorbed and thickened. Add the lime leaves and stir fry briefly before serving.
- 📖 Garnish with cut-in-half red chilli, and serve with Thai jasmine rice

Note: if you particularly like your curries hot, add 'nam pla prik' (chillies marinated in fish sauce) onto your rice whilst serving.

Nam pla prik

- 📖 Finely cut chilli up and soak with fish sauce (For the chilli to be fully soaked up in fish sauce, it is better to leave it for few hours).

THAI CHICKEN & ONION SOUP 'SOUP-GAI'

Ingredients

- ✎ 200 gm chicken breast cut in small pieces
- ✎ 6-8 baby onions/ 1 big onion cut in big chunks
- ✎ 1 spring onion, finely-chopped
- ✎ $\frac{1}{2}$ desert spoon Knorr chicken broth powder
- ✎ 1-2 potatoes cut in big cubes or chunks
- ✎ 6-8 cherry tomatoes/ 4 ordinary tomatoes cut in big chunks
- ✎ 2 desert spoons light soy sauce
- ✎ $\frac{1}{2}$ desert spoons sugar
- ✎ water

Methods

- ✎ Heat water in a saucepan or a pot, bring it to a boil
- ✎ Add Knorr chicken broth powder, light soy sauce and sugar
- ✎ Add chicken pieces, bring it to a boil
- ✎ Add onions, chopped spring onions, tomatoes and potatoes
- ✎ Wait until it boils, then taste and, if needed, season with soy sauce or sugar to suit your taste
- ✎ serve as a starter, or main dish on its own or with rice/fried rice

THAI STIR-FRIED VEGETABLE (PAD-PAK-RUAM-MIT)

Ingredients

- 🌀 1 cup spinach leaves, sliced
- 🌀 1 cup broccoli florets
- 🌀 $\frac{1}{2}$ cup carrots, sliced
- 🌀 $\frac{1}{2}$ cup cauliflower florets
- 🌀 $\frac{1}{2}$ cup sliced jalapenos, mixed red and green (optional)
- 🌀 $\frac{1}{4}$ cup bean sprouts
- 🌀 $\frac{1}{4}$ cup mushrooms, sliced
- (The combination of vegetable can be changed, added, or replaced to suit your taste.)
- 🌀 1 desert spoon light soy sauce
- 🌀 1 desert spoon rich soy sauce (seasoning sauce)
- 🌀 $\frac{1}{2}$ desert spoon sugar
- 🌀 2 desert spoons oyster sauce
- 🌀 1 desert spoon vegetable oil
- 🌀 1 desert spoon of chopped garlic

Methods

- 🌀 Heat a little vegetable oil in a wok or skillet over medium heat, and add chopped garlic in. Fry until garlic turns yellow, then turn the heat up.
- 🌀 On high heat, add vegetable, followed by seasoning sauce, light soy sauce, oyster sauce, stir fry until just cooked. Taste for balance. Add sugar to taste (To keep the veg crispy, the stir-fry and seasoning should be done really quickly on a high heat).
- 🌀 If the mixture becomes too dry, add a very little water.
- 🌀 Remove from the heat, serve with steamed Thai jasmine rice

THAI CHICKEN/PORK WITH GINGER 'GAI/MOO-PAD-KHING'

Ingredients

- ✎ 2 desert spoons of vegetable oil
- ✎ 1 desert spoon chopped garlic
- ✎ 200-300 gm cup chicken/pork, cut into bite sized pieces
- ✎ 1/2 cup mushroom, sliced
- ✎ 2 desert spoons grated ginger
- ✎ 1 sliced onion
- ✎ 1 desert spoon fish sauce
- ✎ 2 desert spoons soy bean paste
- ✎ 1 desert spoons oyster sauce
- ✎ 1 desert spoons of tamarind juice
- ✎ 1 desert spoon palm sugar (or normal sugar)
- ✎ 2 desert spoons water
- ✎ 2-3 Thai chilli (optional)
- ✎ 2 spring onions, cut into 1" pieces
- ✎ White pepper powder
- ✎ Some cilantro/coriander leaves for garnish

Methods

- ✎ Heat the oil in the medium heat
- ✎ Stir-fry chopped garlic until slightly yellow
- ✎ Add chicken, oyster sauce and soy bean paste, stir-fry until chicken is cooked
- ✎ Add all the vegetable, season with fish sauce, palm sugar, and tamarind juice, add a bit of water

THAI CHICKEN/POPK/BEEF WITH HOLY BASIL 'PAD-KA-PRAO'

Ingredients

- ▣ 300-400 gm sliced or minced chicken/pork/beef
- ▣ 2 desert spoons cooking oil
- ▣ 2 desert spoons chopped garlic
- ▣ $\frac{1}{2}$ -1 desert spoons chopped Thai chilli
- ▣ $\frac{1}{2}$ sweet peppers, sliced.
- ▣ $\frac{1}{4}$ onion, sliced
- ▣ 1-2 desert spoon fish sauce
- ▣ 2 desert spoon oyster sauce
- ▣ 1-2 desert spoon light soy sauce
- ▣ $\frac{1}{2}$ desert spoons sugar
- ▣ 18-20 holy basil leaves, add ground black pepper if preferred.

Methods

- ▣ Place a wok or a pan on a medium heat, add a little cooking oil, briefly stir fry garlic and chilli to bring out the flavour and aroma.
- ▣ Add chicken and continue to stir until the chicken is cooked through.
- ▣ Add all the seasoning, followed by sliced onion, sliced sweet pepper, fry until all is cooked through. Serve with Thai jasmine rice

PRAWN/PORK/CHICKEN FRIED RICE 'KHAO-PAD'

Ingredients

- 📖 2 cups cooked Thai jasmine rice (cook the rice overnight or 3-4 hrs earlier to cool it down)
- 📖 2 cloves of garlic (chopped)
- 📖 5-6 large prawns, cut in half lengthwise, or 200 grams of chicken/pork
- 📖 2 eggs
- 📖 $\frac{1}{2}$ medium/small onion
- 📖 2 spring onions (chopped)
- 📖 $\frac{1}{2}$ small carrot (diced)
- 📖 $\frac{1}{2}$ cucumber (sliced)
- 📖 Baby sweet corn
- 📖 2 desert spoons fresh chopped coriander (optional)
- 📖 1 desert spoon sugar
- 📖 3 desert spoons light soy sauce
- 📖 2 tbsp tomato ketchup or fried-rice seasoning mix
- 📖 $\frac{1}{4}$ cup cooking oil

Methods

- 📖 Fry garlic and onion in oil until they start to turn golden brown.
- 📖 Add the prawns/chicken, stir until cooked.
- 📖 Add ketchup, sugar and soy sauce, and stir together.
- 📖 Add sweet corns and diced carrot, stir-fry for a short while
- 📖 Add the steamed rice and continue to stir-fry. Remove from pan.
- 📖 Fry eggs in 1 tbsp oil, turning and breaking regularly. When done, put the rice back in, and season to taste, if needed (we suggest sprinkling it with white pepper powder).
- 📖 Spoon the stir-fried rice onto plates, and garnish it with coriander and serve with fresh cucumber slices and spring onions.

THAI COCONUT MILK SOUP 'TOM-KHA-GAI'

Ingredients

- ✎ 1 cup water/soup broth
- ✎ 4-6 kaffir lime leaves, harshly shredded
- ✎ 2 inch piece lemon grass, bruised to release flavour
- ✎ 1 galangal sliced for 1 inch long.
- ✎ 2-3 desert spoons fish sauce
- ✎ 1/3 cup lime/lemon juice
- ✎ 400 gm chicken breast cut into smallish bite sized pieces
- ✎ 2 tins coconut milk
- ✎ 3 teaspoons sugar
- ✎ 4-5 small red Thai chilli, slightly crushed (optional)
- ✎ coriander (cilantro) leaves to garnish.

Methods

- ✎ Wash the chicken breasts, take the skin off, slice into small pieces
- ✎ Add coconut milk and water into a saucepan/pot. Put on a medium heat
- ✎ Bring it to a boil, lower the heat, add sliced galangal, lemongrass, and lime leave, boil until the aroma comes out.
- ✎ Add chicken and season with fish sauce, sugar, and lime/lemon juice. Stir until chicken is cooked through
- ✎ Add button mushrooms, boil until cooked, add chilli. Serve

Quick Methods with 'Tom Ka Seasoning Mix'

- ✎ Wash the chicken breasts, take the skin off, slice into small pieces
- ✎ Add coconut milk and water into a saucepan/pot. Put on a medium heat
- ✎ Bring it to a boil, lower the heat, add 'Tom Ka Seasoning Mix', boil until the aroma comes out.
- ✎ Add chicken and season with fish sauce, sugar, and lime/lemon juice. Stir until chicken is cooked through
- ✎ Add button mushrooms, boil until cooked, add chilli. Serve

PORK/BEEF/LAMB WITH OYSTER SAUCE 'PAD-NAM-MAN-HOY'

Ingredients

- ✎ 400 gm sliced pork/beef/lamb
- ✎ 200 gm button mushrooms cut in half
- ✎ 2 spring onions, harshly chopped
- ✎ 1 desert spoon chopped garlic
- ✎ 1 desert spoons corn/wheat flour
- ✎ $\frac{1}{2}$ teaspoon pepper
- ✎ 1 teaspoon sugar
- ✎ 2 desert spoons light soy sauce
- ✎ 4 desert spoons oyster sauce
- ✎ 3 desert spoons vegetable oil

Methods

- ✎ Mix sliced meat with light soy sauce and corn/wheat flour, leave it for 15 minutes
- ✎ On medium heat, fry chopped garlic until it turns yellow, then add mushrooms, quickly stir-fry until cooked
- ✎ Add meat, stir-fry until cooked
- ✎ Season with sugar oyster sauce and pepper powder
- ✎ Add spring onions, fry it quickly for a few seconds until cooked , serve

PAD-THAI FRIED NOODLE 'PAD THAI'

Ingredients

- ✎ 200 gm sliced chicken/prawns
- ✎ 200 gm rice sticks (softened with warm water for 3 mins)
- ✎ 3 eggs (roughly whisked)
- ✎ 250 gm beansprouts
- ✎ 1 desert spoon chopped garlic
- ✎ 1 desert spoon shallot (optional)
- ✎ 2 desert spoons harshly crushed peanuts (optional but highly recommended as it does bring the dish to perfection!!)
- ✎ 4 desert spoons palm sugar
- ✎ 4 desert spoons tamarind juice
- ✎ 3 desert spoons fish sauce
- ✎ $\frac{1}{4}$ cups water
- ✎ 8 desert spoons vegetable oil
- ✎ 1 lime/lemon (cut in 4 slices) (optional)

Methods

- ✎ Stir-fry garlic and shallot with 3 desert spoons of oil on medium heat until yellow
- ✎ Put rice sticks, followed with water, stir-fry until the rice sticks go soft, then season with fish sauce, palm sugar, and tamarind juice, stir-fry to get the seasoning well mixed with the noodle.
- ✎ Push the noodle aside. In the middle of the wok, add 3 desert spoons of oil, stir-fry chicken, then mix it with the noodle
- ✎ Push the noodle with chicken aside again, then add the egg in the middle, wait until it was slightly cooked, then move the noodle into the middle, mix together
- ✎ Add beansprouts and crushed peanuts, stir-fry until cooked
- ✎ serve with a slice of lime or lemon squeezed into the noodle (optional)

Quick & Easy Methods with 'Pad-Thai Sauce'

- ✎ Follow the above but seasoning the noodle with 'Pad-Thai Sauce' instead of tamarind juice and palm sugar. Crushed peanut, little bit of fish sauce, normal sugar, or tamarind juice could be added on to suit your taste.

STEAMED FISH IN SOY SAUCE 'PLA-NUENG-SEE-EW'

Ingredients

- ▮ 400-gm fish (choose fish suitable for steaming)
- ▮ 2 Teaspoons of ginger chopped in fine strips
- ▮ 2 chopped spring onions (only the lower white part)
- ▮ $\frac{1}{4}$ desert spoon white pepper powder
- ▮ 1 teaspoon sugar
- ▮ 2 desert spoons light soy sauce
- ▮ 1 desert spoon sesame oil
- ▮ $\frac{1}{2}$ cups chicken broth

Methods

- ▮ Make little shallow cuts onto both sides of the fish to allow the heat and flavours to infuse the meat, then put it on a microwavable plate.
- ▮ Mix soy sauce, white pepper, sugar, sesame oil, and chicken broth together, stir it well and pour the mixture onto the fish
- ▮ Garnish with chopped ginger, put the fish into a microwave oven on 'high' level for 5 mins or until the fish is cooked.
- ▮ Take it out garnish with chopped spring onions. Serve.

Note: Amounts of soy sauce, sugar, and sesame oil can be altered to suit your own taste

MASSAMAN CURRY 'GAENG MASSAMAN'

Ingredients

- 📖 500 gm chicken fillets or chicken on the bones
- 📖 3 desert spoons massaman curry paste
- 📖 2 tins coconut milk
- 📖 2 potatoes cut in big chunks
- 📖 5 baby onions
- 📖 2 desert spoons roasted peanuts
- 📖 3 desert spoons palm sugars
- 📖 3 desert spoons lime/lemon juice
- 📖 2 desert spoons fish sauce
- 📖 3 desert spoons tamarind juice

Methods

- 📖 Boil half of coconut milk in a saucepan or a pot on medium heat, lower the heat, put the chicken in, stir a bit until it is cooked through and soft.
- 📖 Put the rest of the coconut milk in another wok or pan, put it on medium heat, stir until you see a layer of oil coming out, add chilli paste, fry for a while until it gives out a nice smell.
- 📖 Pour it into the other pot which has got chicken in it.
- 📖 Add peanuts, seasoned with sugar, fish sauce, tamarind juice, and lemon/lime juice.
- 📖 Add onions, potato chunks, put on low heat until they all go soft. Serve with jasmine rice.

CHICKEN/PORK SPICY STIR-FRY 'GAI/MOO PAD PRIK PAO'

Ingredients

- ✎ 500 gm chicken/pork fillets
- ✎ 1 clove garlic
- ✎ 1 desert spoon vegetable oil
- ✎ 2 sweet peppers
- ✎ 2 sliced onions
- ✎ 1 desert spoon oyster sauce
- ✎ 1 desert spoon light soy sauce
- ✎ 1 desert spoon fish sauce
- ✎ 1 desert spoon rich soy sauce
- ✎ 1 desert spoon chilli paste in soya bean oil
- ✎ $\frac{1}{4}$ desert spoon sugar

Methods

- ✎ Heat oil in a wok or a pan, add garlic and chicken and stir-fry for one minute.
- ✎ Add onions, peppers and chilli paste and stir-fry until chicken is done
- ✎ Season with oyster sauce, light soy sauce, fish sauce, rich soy sauce and sugar, stir fry for a while until the vegetable is cooked through.
- ✎ Serve with jasmine rice.

YELLOW CURRY 'GAENG GAREE'

Ingredients for curry

- ▮ 500 gm chicken fillets, beef, or pork
- ▮ 2-3 desert spoons yellow curry paste
- ▮ 2 tins coconut milk
- ▮ 2 potatoes cut in big chunks
- ▮ 1-2 desert spoons palm sugars
- ▮ 1-2 desert spoons fish sauce
- ▮ $\frac{1}{2}$ -1 fried shallots (optional)

Ingredients for 'Ah-jard' sauce (optional)

- ▮ $\frac{1}{2}$ cucumber
- ▮ 2 shallots
- ▮ 1 long, big chilli
- ▮ 1 $\frac{1}{3}$ cups distilled vinegar
- ▮ 2 desert spoons ordinary sugar
- ▮ $\frac{1}{2}$ teaspoon salt

Methods (curry)

- ▮ Boil half of coconut milk in a saucepan or a pot on medium heat, add the chilli paste and stir-fry with coconut milk until a nice smell of the spices has come out.
- ▮ Add meat and keep stir-fry it until the meat is half-cooked.
- ▮ Add the rest of the coconut milk, and potato chunks, season with fish sauce and palm sugar. Bring it to a boil and wait until the potatoes have gone soft.
- ▮ Sprinkle fried shallot on the top, serve with jasmine rice. Eat with/without 'ah-jard' sauce

Methods (ah-jard sauce) (optional)

- ▮ Put distilled vinegar mixed with sugar and salt on a medium heat until sugar and salt has dissolved.
- ▮ Take it off the heat, leave until it's cool, mix the sauce with fresh sliced cucumber, sliced shallots, and sliced chilli. Have it with the curry.