

# Thailand



## Thai Coconut Chicken

6 Servings

### Ingredients:

2 tablespoons peanut oil  
3 pounds chicken thighs  
2 tablespoons finely minced ginger  
2 tablespoons finely minced garlic  
1 tablespoon flour  
1/2 teaspoon hot curry powder  
2 tablespoons sherry or rice wine  
8 ounces coconut cream  
1 cup unsalted chicken stock  
1/2 teaspoon black pepper  
1/4 cup finely minced cilantro  
1/4 cup soy sauce  
1 tablespoon minced thai chiles  
3 cups seeded slivered red bell peppers  
1 tablespoon strained fresh lime juice  
6 cups hot cooked rice

### Directions:

HEAT OIL IN A DUTCH OVEN, OVER A MODERATE FLAME  
ADD CHICKEN IN SMALL BATCHES AND BROWN WELL ON ALL SIDES  
REMOVE CHICKEN TO A PLATE AND  
REPEAT WITH REMAINING CHICKEN ADD GINGER AND GARLIC  
HEAT AND STIR FOR 60 SECONDS  
WHISK IN FLOUR AND CURRY POWDER  
HEAT AND STIR FOR 1-2 MINUTES  
WHISK IN THE SHERRY, COCONUT CREAM, AND CHICKEN STOCK  
HEAT AND STIR TO A BOIL  
ADD THE BLACK PEPPER, CILANTRO, SOY SAUCE, AND THE MINCED CHILES  
ADD THE BROWNE CHICKEN AND ANY ACCUMULATED JUICES  
BRING TO A BOIL, REDUCE HEAT SLIGHTLY, AND SIMMER FOR 10 MINUTES  
ADD THE BELL PEPPERS AND SIMMER FOR ANOTHER 20-30 MINUTES,  
UNTIL CHICKEN IS COOKED THROUGH  
REMOVE CHICKEN TO A SERVING PLATTER WITH A SLOTTED SPOON, COVER WITH FOIL  
SIMMER SAUCE MIXTURE UNTIL THICKENED AND REDUCED TO 2 CUPS SKIM OFF FAT  
SEASON TO TASTE WITH LIME JUICE, SALT, AND PEPPER  
MOISTEN CHICKEN WITH THE REDUCED SAUCE  
SERVE HOT, WITH HOT COOKED RICE

## Red Chicken Curry (Gaeng phed kai)

The Thai name of this dish literally means "hot chicken curry." There is a very similar recipe for a green curry (Gaeng Khiao Wan Kai).

### Curry Paste

#### Ingredients:

5 to 10 dried red chiles  
10 cloves garlic, chopped  
1 tsp. chopped galangal  
1 Tbsp. thinly sliced lemon grass  
1/2 tsp. zest of "kaffir" lime (ordinary lime will do)  
1 tsp. chopped coriander (cilantro) root  
5 black peppercorns  
1 Tbsp. roasted coriander seeds  
1 tsp. roasted cumin seeds  
Dash of fish sauce  
1 to 2 tsp. fermented shrimp paste (kapi)

#### Directions:

Mix in a mortar and pestle or food processor.

Will keep about a month in a fridge.

You can buy commercial red curry paste (Mae Ploy brand is quite good), but as far as I am aware all commercial pastes contain MSG and preservatives.

### The curry

#### Ingredients:

6 oz. chicken (in smallish bite-size pieces)  
1/2 c. coconut milk  
4 oz. Thai eggplant (these are small round eggplants)  
2 kaffir lime leaves (or a little lime zest)  
1 Tbsp. sweet basil  
2 Tbsp. fish sauce  
1 Tbsp. palm sugar  
Oil for cooking  
1 to 3 Tbsp. red curry paste

#### Directions:

Cut the chicken up, then briefly fry the curry paste until fragrant, reduce the heat, add the coconut milk slowly, and continue to stir whilst cooking until a thin film of oil appears on the surface.

Add the chicken and other ingredients except the eggplant.

Let it come to a boil and cook until the chicken begins to change color.

Adjust the flavors to suit yourself.

When it is at a boil again add the eggplant and continue till the chicken is

cooked through.

Serve over rice, or in a serving bowl with other Thai dishes.

## Thai Green Curry Chicken – (Gaeng Keow Wan Gai)

This is a delicious, very authentic recipe for Thai green curry. I hope you enjoy it. Cooking time is approximate. Your chicken may take less or more time to cook than mine, so just watch it and judge accordingly.

3 servings

48 min 20 min prep

### Ingredients:

- 3 lbs frying boneless skinless chicken, and cut into small chunks
- 4 cups coconut milk
- 2 tablespoons fish sauce
- 3 pieces Laos powder
- 3 tablespoons green curry paste
- 1/2 cup fresh sweet basil leaves
- 8 young fresh lime leaves
- 1/2 cup green peas
- 7 serrano chilies

### Directions:

1. Place your chicken, 2 cups of coconut milk, fish sauce, and laos in a wok or large frying pan, and bring to a boil, allowing them to boil until the chicken is cooked and tender.
2. Remove your chicken from the pan with a slotted spoon leaving everything else behind, and put it on a plate and set aside.
3. Allow the milk to continue boiling until it is very thick and "oily".
4. Then take your curry paste, and add it to the pan.
5. Allow this to cook for 3 minutes or so, until everything is smooth and even.
6. Next, take your chicken and return it to the pan, and pour in the rest of the coconut milk, and return entire mixture to a boil.
7. Reduce your heat and allow it to cook for approximately 10 minutes.
8. Finally, add your basil and citrus leaves, peas and serranos, increase your heat and allow it to boil for 5 minutes.
9. Serve immediately.

### Krung Gaeng Keo Wan - Thai Green Curry Paste Recipe

Gkrachai (lesser ginger or rhizome) is imported from Thailand in frozen pouches, and can be found in Southeast Asian markets. The color in this dish is achieved from the serranos, with the seeds included. Adjust the recipe according to your tastes. As written, the recipe will produce a very spicy paste. This curry paste will keep for at least a month in your fridge if stored in a nice air tight container.

1 batch

15 min 15 min prep

**Ingredients:**

- 1 Teaspoon caraway seeds
- 12 black peppercorns
- 4 whole cloves
- 1 teaspoon Laos powder
- 1 teaspoon ground nutmeg
- 1 teaspoon dried rhizome (Gkrachai)
- 2 stalks lemongrass, minced
- 2 1/2 tablespoons cilantro, chopped
- 2 1/2 tablespoons garlic, chopped
- 2 tablespoons shallots, chopped
- 1/2 teaspoon dried kaffir lime rind, soak in hot water until soft, then mince
- 8 serrano chilies, minced
- 1 teaspoon shrimp paste
- 1 teaspoon salt
- 4 tablespoons vegetable oil

**Directions:**

1. Place the whole, dried spices in a mortar and grind to a smooth powder.
2. Take your food processor, and put these spices plus other ground spices in, and add the rest of the ingredients and process til everything combines and forms a smooth, thoroughly combined paste.

## Thai Saute Beef with Ginger (Nua Pad Khing)

### Ingredients:

2 cups thinly sliced 2" pieces beef tender loin  
2 tsp cornstarch  
2 tsp oil (for marinating}  
2 tbsp Thai light soy sauce  
2 tbsp vinegar  
2 tbsp sugar  
1 & 1/4 tsp salt  
1/2 cup tender, young ginger, sliced very thin: string like  
2 tbsp oil for stir-frying  
1 large green pepper, cut 1 square inch pieces  
1 cup green onions, cut 1" pieces  
1 coarsely chopped chili pepper

### Directions:

Combine beef, cornstarch, oil and soy sauce and marinate for 20 minutes.  
Combine vinegar, sugar, salt and ginger and marinate for 20 minutes.  
Stir-fry beef in oil over medium heat for about 3 minutes.  
Add ginger (including the marinating liquid), green peppers and green onions.  
Saute 3-5 minutes longer.  
Transfer to a serving plate and sprinkle chopped chilies.  
Serve immediately with rice.

Makes 3-4 servings

# Prawns in Spiced Coconut Sauce

## Ingredients:

12 large raw prawns  
1 large onion  
2 tablespoons oil  
2 stalks lemon grass  
2 fresh red or green chillies  
2.5 cm (1 inch) piece fresh ginger  
2 tablespoons fish sauce or light soy sauce  
1 cup thick coconut milk  
2 medium tomatoes  
water  
1 teaspoon sugar  
teaspoon white pepper

## Preparation:

1. Peel prawns, leaving the tail on. Cut down the centre of the back, remove the dark vein.
2. Chop onion finely.
3. Finely chop the lemon grass.
4. Slice the chillies - removing the seeds.
5. Shred the ginger.
6. Peel and chop the tomatoes.

## Method:

1. Fry onion in oil until soft.
2. Add lemon grass, sliced chillies and ginger and saute for 2 minutes.
3. Add fish sauce or soy sauce with coconut milk, tomatoes and a little water. Cook on low heat until tomato is soft and sauce well flavoured.
4. Add prawns and simmer for about 5 minutes - until tender.
5. Season with sugar and white pepper.
6. Place in a serving bowl and serve with jasmine or coconut rice.

(Serves 4)

# Thai Beef Soup (Gad Lao Nua)

## Ingredients:

2 1/2 lbs. beef chuck roast-with or without bones. Cut into 1 square inch chunks.  
2 tsp sugar  
2 tsp salt  
2 tbsp Thai light soy sauce  
2 tbsp Thai dark soy Sauce  
1/4 cup yellow soy bean sauce (Golden Mount or Maggie brand)  
1/2 tsp MSG (optional)  
2 cups bean sprouts  
1/2 cup chopped cilantro leaves  
1/2 cup chopped green onions  
3 tbsp fish sauce (Nam Pla)  
2 tbsp minced garlic--fried in 1 tsp oil until crispy

## Stock Seasonings:

1 tsp crushed black or white pepper  
One 1 inch piece cinnamon stick  
1 whole head of garlic-washed  
One 1/2 square inch piece galanga (Kha) or ginger  
2 stalks celery--cut 1 inch pieces

Place all the ingredients in a clean thin white cloth or cheesecloth and tie into a bag with a piece of thread.

## Directions:

Bring 15 cups of water to a boil.  
Add beef and cook until well done.  
Skim off all the frothed blood.  
Reduce heat, add seasoning bag and simmer until beef is tender (about 3 hours).  
Remove beef and discard the seasoning bag and strain the broth with cloth once.  
Return both the beef and broth to the pot.  
Bring to a boil and add light, dark and yellow soy sauces, MSG, sugar and fish sauce.  
Stir a few times and remove from heat. Place 1/2 cup of bean sprouts in each individual serving bowls.  
Spoon in the desired amount of soup.  
Sprinkle about 1 tbsp each of green onions and cilantro and 1 tsp fried garlic.  
Serve alone, with cooked rice or boiled rice or somen noodles and chili sauce.

Makes 4 servings

## Chili Sauce:

5-6 minced medium chilies  
5 tbsp white vinegar  
1 tsp salt  
Combine the above ingredients and stir until salt is dissolved.

# Thai Fried Rice Noodles with Curry Paste (Mee Pad Nam Prik Pao)

## Ingredients:

About 8 oz dried thin white rice noodles (Sen Mee)  
3/4 cup oil  
6 tbsp Thai chili paste in oil (Nam Prik Pao)  
1 cup gluten, sliced into bite size pieces  
2 cups bean sprouts  
1 cup green onions, cut 1 inch pieces  
3 tbsp vinegar  
4 tbsp Thai light soy sauce  
4 tbsp sugar  
3/4 pot of water for boiling noodles

## Directions:

Bring the water to a rapid boil.  
Turn off the heat and drop the noodles in and stir.  
Noodles should soften quickly (about a minute).  
Drain and rinse with cold water.  
Coat noodles with 2-3 tbsp of oil to prevent it from sticking together.  
Set aside.  
Heat oil in a wok over medium heat.  
Add chili paste and blend well.  
Cook for 1 minute.  
Add noodles and gluten and mix quickly until the noodles are coated evenly with chili paste.  
Add vinegar, soy sauce, sugar, bean sprouts and green onions.  
Stir fry 1-2 mins longer or until heated through.  
Serve hot.

# Thai Noodles (Pad Thai)

(Serves 4)

## Ingredients:

200 gm (7 ounces) dried flat rice stick noodles  
12 medium green prawns  
125 gm (4.4 ounces) lean pork  
2 cloves garlic  
4 tablespoons vegetable oil  
2 eggs  
60 gm (2 ounces) fresh beansprouts  
2 tablespoons fish sauce  
1 tablespoon light soy sauce  
1 tablespoon sugar  
½ teaspoon cracked black pepper  
4 garlic chives  
1 tablespoon  
1 tablespoon roasted peanuts  
1 teaspoon roasted chilli flakes  
lime or lemon wedges

## Preparation:

1. Cut pork into thin slices.
2. Mince the cloves of garlic.
3. Beat the eggs.
4. Chop the coriander.
5. Chop/crush the peanuts.
6. Cut the chives into 4 cm lengths.
7. Soak noodles in boiling water for a few minutes to soften; drain well.
8. Peel prawns, leaving tails on. Cut down centre backs and remove the dark veins; rinse and dry.

## Method:

1. Saute pork and garlic in half the oil until pork changes colour.
2. Add prawns and cook briefly and set aside.
3. Wipe the wok with a cloth dipped in oil. Pour in the egg mixture, swirl around so it forms into a very thin omelette and cook until firm underneath. Flip over to cook the other side briefly. Cut into fine shreds and set aside.
4. Quickly saute the beansprouts and remove.
5. Add noodles and remaining oil and stir over high heat for about 1½ minutes.

6. Add the sauces, sugar and pepper and return the prawns, pork, eggs and beansprouts to the pan. Toss together over high heat, then transfer to a serving plate.
7. Garnish with chives, coriander, peanuts and roasted chilli flakes.  
Add the lime or lemon wedges.