

ART OF THAI COOKING

Authentic Thai Food by



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The Thai tradition of communal eating

The most commonly heard Thai greeting is *Tan Khao Ma Rue Yung?* Which mean "have you eaten yet ? " If the answer is *Yung* ("not yet") You will almost certainly be invited into the house and offered a meal or a snack. The importance of food and hospitality permeates Thai culture so thoroughly that to the stranger it can appear Thais are eating or snacking all the time. But in fact it is all part of the Thai warmth, the desire to welcome and help others, the sharing of general happiness that is such and integral part of the Thai personality. Most nationalities have their own favorite topic of conversation, and for the Thais it is food. Nearly all social occasions involve eating, Visit a Thai house in the city or the provinces, in the tiniest village, and someone will be preparing the ingredients for the next meal. With so many fresh ingredients on hand, every household seems to have its own culinary speciality.

There is, it appears to the visitor, no shortage of people to sit down at a meal. The extended family is very much part of the Thai lifestyle, but neighbors, friends, casual acquaintances, even someone who may have called past to sell or repair something, all are invited to dine.

Traditionally, a cloth is laid on the floor, so there is always physically room for plenty of people to sit down. The women sit with their legs tucked to one side, the men cross-legged. Each dish is shared from a common plate, which comes with its own spoon that is used to serve others or to help oneself.

As most of each of these dishes and placed on the rice that is served individually. This eating from common platters enhances the togetherness of a Thai meal, with the diners courteously serving each other, and discussing the merits of each dish.

Thailand's varied cuisine

Until relatively recent times, Thailand's rich culinary heritage was one of its best-kept secrets. Discovery by the outside world came first with the advent of tourism to the Kingdom, later through the phenomenal popularity of Thai restaurants that opened in cities as diverse as Los Angeles and London, Sydney and Tokyo. Now it seems that no city, town or suburb is complete without a Thai restaurant. Even first-time visitors to Thailand are likely to have some prior experience of the subtle blend of tastes and textures that make a Thai meal so memorable. Many people find it surprising to discover how diversified this country's cooking really is. Each of the four major regions of Thailand has its own special creations often revealing foreign influences assimilated over the centuries but always with a distinctive Thai flavor.

Eating a Thai meal

Eating Thai style is usually a social affair that involves a group of people sitting around a table or in a circle on the floor. A typical meal is comprised of a number of dishes, either in the form of soups or served in bite-sized pieces. Each person dining uses only a fork and a spoon. In fact, a century or so ago no cutlery, apart from serving utensils, was used during traditional meals. Instead, sticky rice was pressed into small balls with the fingers and dipped into the other dishes. Ordinary rice was spooned onto individual dishes with a utensil made of wood or coconut and also eaten with the fingers.

European spoons and forks appeared during the 19th century, first among royalty and later adopted by the general population. The custom today is to eat with a soup-sized spoon, using the fork to push food onto the spoon. A Chinese-style ceramic spoon may be provide if there is soup, which is served in a separate small bowl. Chopsticks are used primarily with noodle dishes.

The meal is comprised of a variety of dishes in order to achieve the blend of flavour Thais like. A large bowl of rice is always the centerpiece, except for sweets, all the dishes are served at the same time and may be eaten in any order desired.

Ideally a Thai meal offers a combination of tastes : sweet ,salty and sour, with spicy-hot and bitter often as minor accents to the flavours. Sometimes several of these are presented in a single dish, subtly blended, while in other dishes one flavour predominates. Most often, in addition to the obligatory bowl of rice, there will be a soup, a curry, a steamed dish and/or a fried dish with several basic sauces used to adjust the flavour to suit each individuals taste. Sweets for a formal meal may also consist of several dishes: fresh fruit that is in season, as well as one or more of the traditional confections made of egg yolk and coconut cream. The preferences of each individual cook dictate how strongly the various flavors are emphasized. Thai restaurants abroad, for instance, often serve food that is milder, less salty and less spicy than found in Thailand.

Adaptation of Thai food

The basic methods and ingredients of cooking Thai food have proven highly versatile and can be used in many of the world's noted cuisines.

Some restaurants have adjusted recipes to conform with the strict dietary rules of Jewish and Muslim cuisines.

Many Thai dishes can be made strictly vegetarian. Western chefs have also incorporated Thai flavours into their own classic dishes to create a type of fusion-food that has proven popular the world over.

Ingredients and herbs for Thai cooking

In Thai cooking, a variety of ingredients are employed to produce its unique blend of flavours. Here are some of the more common ones found in every Thai market and increasingly, in other parts of the world as well.

Chili (พริก : *Phrik*) Several different types of the chilli are used in Thai cooking. As a general rule, the smaller the chilli, the hotter it is. The hottest are the tiny red or green **Phrik Khi Nu**, followed by the slightly larger **Phrik Chi Fa**. Dried chillies, **Phrik Khi Nu Haeng**, and ground chilli powder, **Phrik Khi Nu Pon**, are also used.



Chili



Galangal

Galangal (ขมิ้น : *Kha*) A relative of the ginger root, Galanga or Saimese Ginger, imparts a delicate, unique flavour. It is used fresh, dried or powdered.

Ginger (ขิง : *Kning*)

In addition to galanga, two other varieties of Ginger are used in Thai cooking, the familiar one **Khing** and another **Krachai** which has a milder flavour.



Ginger

Lemon grass (ตะไคร้ : Ta-khrai)

This tall, grass-like plant, has small, bulbous roots and a lemony flavour and aroma. The bud and base leaves are chopped and pounded for many dishes as well as for a refreshing herbal tea.



Lemongrass

Kaffir Lime (มะกรูด : Ma-Krut)

Both the fruit and leaves of this shrub, lend a distinctive taste to many Thai foods, especially curry pastes. There is no real substitute though.



Kaffir lime

Lime (มะนาว : Ma-nao) Used principally as a garnish for fish and main dishes, lime is also freshly squeezed and mixed with water and sugar syrup as a beverage.



Lime



Turmeric

Turmeric (ขมิ้น : Kha-min)

Another member of the ginger family, Turmeric provides a bright yellow colour to some Thai curries.

Basil (Three different varieties)

When these are not available western sweet basil may be used, though the taste will be somewhat different.

Sweet Basil (ใบโหระพา : Bai Ho-ra-pha) The most commonly used and has a slight aniseed flavour and a reddish purple colour.



Sweet basil

Holy Basil (ใบกระเพรา : Bai Kha-prao)
A spicier flavour only released when cooked.



Holy basil

Lemon Basil (ใบแมงลัก : Bai Maeng-luk)
Milder and often sprinkled over soup and salads.



Lemon basil



Coriander

Coriander (ผักชี : Phak-chi)

Coriander (Cilantro) is essential to many Thai dishes. Not only are the leaves used but also the stems, roots and seeds, all of which impart different flavours.



Garlic

Garlic (กระเทียม : Kra-thiam)

Thai garlic is smaller and sweeter than the Western variety. It is used both fresh and pickled in a large number of classic dishes.

Peppercorns (พริกไทย : Phrik Thai)

Used fresh (green), dried (black)
and ground (black) to add a peppery flavour
to many dishes.



Pepper corns

Mint (ใบสะระแหน่ : Bai Sa-ra-nea)

Fresh leaves are used as a vegetable,
for flavoring and as a garnish
to a number of dishes.



Mint

Onions (หอมหัวใหญ่ : Hom Yai)

In addition to the large, bulbous common variety:

Shallot (หอมแดง : Hom Daeng)

Small, zesty, sweet and aromatic.

An essential ingredient in many Thai dishes

Spring Onions (ต้นหอม : Ton Hom)

used as vegetables and for garnishing many dishes.



Onions

Tamarind (มะขาม : Ma-kham)

The pulp of the pod of the tamarind tree
adds a sour taste to numerous meat and fish
dishes (no to be confused with sweet tamarind).



Tamarind

Seasoning

Palm Sugar (น้ำตาลปึก : Nam-taan Peep)

Palm Sugar is derived from the fruit of the Palmyra or sugar palm. After collecting the sap from its large rough trunks, the sap is boiled until the liquid has evaporated. The sugar that remains is a light golden-brown paste with a distinctive flavor and fragrance and comes in the form of dry cubes or thick paste.



Palm sug

Fish sauce (น้ำปลา : Nam Pla)

Made from fermented fish mixed with salt. It is rich in protein and vitamin B and its use is widespread. The best quality sources are dark in color, tasting more of fish and have a pungent fishy aroma. It comes in bottles and plastic jugs. Fish sauce is served with nearly every meal and is also used in almost every dish of Thai food. It can be substitute with Light Soy Sauce or Salt.



Fish sauce

Oyster Sauce (น้ำมันหอย : Nam-man Hoy)

This is made from concentrated oysters and their brine cooked with salt and soy sauce. It is thick, brown, rich and salty. It is used in stir-fries. It can be substituted with **Mushroom Sauce**.



Oyster sauce

Shrimp Paste (กะปิ : Ka-pi)

A strong-smelling pungent paste made from dried shrimp and salt. Rich in vitamin B, it is added to many curry pastes and can be substituted with Anchovy or Soybean paste.



Shrimp paste

Hot & sour prawns soup

(Tom yam kung)

Ingredients :

| | |
|--------------|---|
| 50 g | prawns (can substitute with seafood or chicken or tofu) |
| 2 - 3 pieces | sliced lemon grass |
| 2 - 3 pieces | thinly sliced galangal (Thai ginger) |
| 1 - 2 | kaffir lime leaves, torn a half |
| 1 - 3 | fresh or dried chilies, crushed |
| 30 g | straw mushrooms , cut into quarters |
| 30 g | large onion, cut into quarters |
| 30 g | tomatoes, cut into quarters |
| 1 tsp | sliced coriander |
| 1 tsp | sugar |
| 1 tbsp | lemon juice |
| 1 tbsp | fish sauce (Veg. : soy sauce) |
| 1 cup | chicken stock (Veg. : vegetable stock) |



Method :

1. Boil chicken stock in a pot, add lemon grass, galangal, kaffir lime leaves, cook until boiling.
(** Add the chicken or tofu in.)
2. Add straw mushrooms & onion in the pot with gentle stir. Wait for a few minutes until everything done.
3. Add tomatoes and prawns (seafood)
4. Add season with fish sauce, sugar, lemon juice and chili to taste.
5. Turn off the heat. Sprinkle coriander and ready to serve.

Chicken in coconut milk soup

(Tom kha kai)

Ingredients :

| | |
|--------------|--|
| 50 g | boneless chicken breast, sliced 3 cm thick |
| 2 - 3 pieces | sliced lemon grass |
| 2 - 3 pieces | thinly sliced galanga (Thai ginger) |
| 2 | kaffir lime leaves, torn a half |
| 1 - 3 | fresh chilies, crushed |
| 30 g | large onion, cut into quarters |
| 30 g | oyster mushrooms, torn into pieces |
| 1 tsp | sliced coriander |
| 1 - 1½ tsp | sugar |
| 1 tbsp | lemon juice |
| 1 tbsp | fish sauce (Veg. : soy sauce) |
| 1 cup | coconut milk |



Method :

1. Boil coconut milk in a pot, add lemon grass, galangal, kaffir lime leaves in.
2. Add the chicken, oyster mushrooms and large onion in the pot with gentle stir.
3. Wait for a few minutes until everything done.
4. Add season with fish sauce, sugar, lemon juice and chili to taste.
5. Turn off the heat. Sprinkle coriander and ready to serve.

Hot & sour chicken soup

Ingredients :

| | |
|--------------|--|
| 50 g | boneless chicken breast (or tofu), sliced 3 cm thick |
| 2 - 3 pieces | sliced lemon grass |
| 2 - 3 pieces | thinly sliced galangal (Thai ginger) |
| 2 | kaffir lime leaves, torn a half |
| 1 - 3 | sliced dire chilies |
| 30 g | straw mushrooms , cut into quarters |
| 30 g | sliced shallots |
| 30 g | tomatoes, cut into quarters |
| 10 g | sweet basil |
| 1 tsp | sliced coriander |
| 1 tsp | sugar |
| 1 - 1½ tbsp | lemon juice |
| 1 tbsp | fish sauce (Veg. : soy sauce) |
| 1 cup | chicken stock (Veg. : vegetable stock) |



Method :

1. Boil chicken stock in a pot, add lemon grass, galangal, kaffir lime leaves, cook until boiling.
2. Add the chicken or tofu in.
3. Add straw mushrooms & onion in the pot with gentle stir. Wait for a few minutes until everything done.
4. Add tomatoes and sweet basil
5. Add season with fish sauce, sugar, lemon juice and chili to taste.
6. Turn off the heat. Sprinkle coriander and ready to serve.

Thai style fried noodles with chicken (Pad Thai)

Ingredients :

| | |
|-------------------|---|
| 50 g | narrow rice noodles |
| 50 g | sliced chicken small strips (or prawns) |
| 20 g | hard or firm tofu, sliced into small pieces |
| 10 g | Chinese chives or spring onion, cut into 3 cm. length |
| 30 g | bean sprouts or cabbage |
| 1 tsp | chopped shallot |
| 1 tsp | dried shrimp |
| 1 tsp | pickled radish |
| 1 | egg |
| 2 tbsp | cooking oil |
| 1 tbsp | oyster sauce (Veg. : mushroom sauce) |
| 1 tbsp | fish sauce (Veg. : soy sauce) |
| 1 tsp | tamarind sauce |
| 1 tsp | sugar |
| $\frac{1}{4}$ cup | water |



Method :

1. Fry tofu until lightly golden. Add shallot, chicken and fry until fragrant.
2. Break the egg in, and turn them over.
3. Add the noodles and water, stir well.
4. Season oyster sauce, fish sauce, tamarind sauce, sugar and stir until the noodles is tender.
5. Add bean sprouts and Chinese chives, stir until everything is done.

Stir-fried chicken with cashew nuts

(Kai phat met-ma-maung)

Ingredients :

| | |
|---------|--|
| 50 g | boneless chicken breast (or tofu), thinly sliced |
| 30 g | baby corns (or carrot), cut into sliced |
| 30 g | large onion, sliced diagonally |
| 30 g | ear mushrooms, thick sliced |
| 10 g | spring onion, cut into 3 cm length |
| 1 | bell chili (or red diced chili) |
| 1 tbsp | cashew nuts (or almonds) |
| 1 tbsp | chopped garlic |
| 1½ tbsp | oil |
| ½ tsp | sugar |
| 1 tbsp | oyster sauce (Veg. : mushroom sauce) |
| ½ tbsp | fish sauce (Veg. : soy sauce) |
| ¼ cup | water |



Method :

1. Fry garlic until fragrant. Add the chicken stir until cooked.
2. Add stir until lightly golden.
3. Add baby corn, large onion, ear mushroom, red diced chili and stir well.
4. Add water and season with sugar, oyster sauce, fish sauce and stir again.
5. Add cashew nuts & spring onion, mix well. Turn off the heat.

**** Serve with hot rice**

Stir-fried chicken with holy basil

(Phat kra-prao kai)

Ingredients :

| | |
|---------|--|
| 80 g | boneless chicken breast (or tofu), thinly sliced or minced chicken |
| 30 g | large onion, sliced diagonally |
| 30 g | baby corn (or carrot) |
| 20 g | holy basil |
| 1 - 3 | fresh chili, chopped |
| 1 tbsp | chopped garlic |
| 1½ tbsp | oil |
| ¼ tsp | sugar |
| 3 tbsp | water |
| 1 tbsp | oyster sauce (Veg. : mushroom sauce) |
| ½ tbsp | fish sauce (Veg. : soy sauce) |



Method :

1. Fry garlic and fresh chili, until fragrant.
2. Add chicken and stir until cooked.
3. Add the onion, baby corn and stir well.
4. Add water and season with fish sauce, oyster sauce, sugar and stir again.
5. Add holy basil and mix well. Turn off the heat.

**** Serve on rice topped with a fried egg.**

Green curry paste & Red curry paste
(Nam-phrik kaeng khiaw-waan & kaeng phed)

Ingredients : (for 2 - 3 people, depend on how spicy their love)

| | |
|-------------------|----------------------------------|
| 7 chilies | chopped fresh tiny green chilies |
| 2 tbsp | chopped garlic |
| 2 tbsp | chopped shallots |
| 1 tbsp | chopped lemon grass |
| $\frac{1}{2}$ tsp | chopped galanga (Thai ginger) |
| 1 tsp | chopped coriander root |
| $\frac{1}{2}$ tsp | chopped kaffir lime peel |
| 1 tsp | chopped turmeric |
| $\frac{1}{2}$ tsp | roasted peppercorns |
| 2 tsp | roasted coriander seeds |
| 1 tsp | roasted cumin seeds |
| $\frac{1}{2}$ tsp | salt |
| $\frac{1}{2}$ tsp | shrimp paste |



Method :

1. Put peppercorns, coriander seeds and cumin seeds in a mortar, pound well.
2. Add the remaining ingredients except shrimp paste, pound until mixed well.
3. Add shrimp paste, pound until fine and smooth.

Note: Instead of green fresh chilies we will add 4 red dried and big chilies for red curry paste
But all the other ingredients are exactly the same as the green one.

Green and red curry with chicken

Ingredients :

| | |
|---------|--|
| 50 g | boneless chicken breasts (or tofu), thick sliced |
| 30 g | eggplant, cut into wedges |
| 30 g | baby corn (or carrot), cut into sliced |
| 2 | kaffir lime leaves, torn a half |
| 6 | sweet basil leaves |
| 1 tbsp | green curry paste |
| 1 cup | coconut milk |
| 1½ tbsp | oil |
| 1 tsp | sugar |
| 1 tbsp | fish sauce (Veg. : soy sauce) |



Method :

1. Put oil in a pan, on low heat add green curry paste, bring it to a simmer, add some coconut milk to stop burning and stir until fragrant.
2. Add chicken, stir vigorously until the chicken is cooked.
3. Add the remaining coconut milk, eggplant, baby corn and kaffir lime leaves. Stirring occasionally.
4. Season with sugar and fish sauce to taste then.
5. Sprinkle sweet basil leaves and turn off the heat.
6. Garnish with red chilies.

Note: Substitute red curry paste for the green one, to make red curry chicken.

Phanaeng curry paste

(Nam-phrik kaeng phanaeng)

Ingredients : (for 2 - 3 people, depend on how spicy their love)

| | |
|-------------------|-------------------------------|
| 7 chilies | chopped red dried chilies |
| 2 tbsp | chopped garlic |
| 2 tbsp | chopped shallots |
| 1 tbsp | chopped lemon grass |
| 1 tsp | chopped galanga (Thai ginger) |
| 1 tsp | chopped turmeric |
| 1 tsp | chopped coriander root |
| $\frac{1}{2}$ tsp | chopped kaffir lime peel |
| $\frac{1}{2}$ tsp | roasted peppercorns |
| 1 tsp | roasted coriander seeds |
| 1 tsp | roasted cumin seeds |
| $\frac{1}{2}$ tsp | salt |
| $\frac{1}{2}$ tsp | shrimp paste |



Method :

1. Put peppercorns, coriander seeds and cumin seeds in a mortar, pound well.
2. Add the remaining ingredients except shrimp paste, pound until mixed well.
3. Add shrimp paste, pound until fine and smooth.

Phanaeng curry with chicken

Ingredients :

| | |
|---------|--|
| 50 g | boneless chicken breasts (or tofu), thick sliced |
| 30 g | baby corn or carrot, cut into sliced |
| 30 g | baby corn (or carrot), cut into sliced |
| 2 | fresh kaffir lime leaves, tinny sliced |
| 1 tbsp | ground, roasted peanut |
| 1 tbsp | Phanaeng curry paste |
| 1 cup | coconut milk |
| 1½ tbsp | oil |
| 1 tsp | sugar |
| 1 tbsp | fish sauce (Veg. : soy sauce) |



Method :

- Put oil in a pan, on low heat add green curry paste, bring it to a simmer, add some coconut milk to stop burning and stir until fragrant.
- Add chicken, stir vigorously until the chicken is cooked.
- Add the remaining coconut milk, eggplant, baby corn and kaffir lime leaves. Stirring occasionally.
- Season with sugar and fish sauce to taste then.
- Sprinkle sweet basil leaves and turn off the heat.
- Garnish with red chilies.

Khao-soi curry paste

(Nam-phrik kaeng Khao-soi)

Ingredients : (for 2 - 3 people, depend on how spicy their love)

| | |
|-------------------|-------------------------------|
| 7 chilies | chopped red dried chilies |
| 2 tbsp | chopped garlic |
| 2 tbsp | chopped shallots |
| 1 tbsp | chopped lemon grass |
| 1 tsp | chopped galanga (Thai ginger) |
| 1 tsp | chopped ginger |
| 1 tsp | chopped turmeric |
| 1 tsp | chopped coriander root |
| 1 tsp | chopped kaffir lime peel |
| $\frac{1}{2}$ tsp | roasted peppercorns |
| 2 tsp | roasted coriander seeds |
| $\frac{1}{2}$ tsp | roasted cumin seeds |
| $\frac{1}{2}$ tsp | Curry powder |
| 1 tsp | salt |



Method

1. Put peppercorns, coriander seeds and cumin seeds in a mortar, pound well.
2. Add the remaining ingredients except shrimp paste, pound until mixed well.
3. Add shrimp paste, pound until fine and smooth.

Khao-soi curry with chicken

Ingredients :

| | |
|-------------|--|
| 100 g | boneless chicken breasts (or tofu), thick sliced |
| 30 g | shallots, cut into sliced |
| 1 tbsp | khao-soi curry past |
| 50 g | flat egg noodles, boiled |
| 20g | flat egg noodles, fried |
| 1 - 1½ tbsp | lime juice |
| 1 tsp | sliced coriander |
| 1 - 1½ tbsp | oil |
| 1 cup | coconut milk |
| 1 - 1½ tsp | palm sugar (or any sugar) |
| 1 tbsp | fish sauce (Veg. : soy sauce) |



Method :

1. Put oil in a pan, on low heat add khao-soi curry paste, bring it to a simmer, add some coconut milk to stop burning and stir until fragrant.
2. Add chicken, stir vigorously until the chicken is cooked.
3. Add season with fish sauce, sugar and keep stirring.
4. Add flat egg noodles, boiled, toss well. Turn the heat off.
5. Decorate with fried flat egg noodles, fried, sliced shallots, sliced coriander.
6. Serve it all as the Thais do with lime wedges.

Spring rolls (Paw-pia thod)

Ingredients : (Filling)

| | |
|-----------------------|--|
| 30 g | soaked glass noodles, cut into 6 cm length |
| 20 g | Chinese chives, cut into 3 cm length |
| 20 g | bean sprouts |
| 30 g | minced tofu |
| 1 tbsp | minced garlic |
| 2 tbsp | cooking oil |
| 1 tbsp | oyster sauce (Veg. : mushroom sauce) |
| $\frac{1}{2}$ tbsp | fish sauce (Veg. : soy sauce) |
| $\frac{1}{2}$ - 1 tsp | sugar |
| 2 tbsp | water |
| 1 | beaten egg |
| 4 pieces | spring roll wrappers (12 pieces for small spring roll) |



Method :

1. Fry garlic until fragrant. Add minced tofu, stir until cooked.
 2. Add water and season with oyster sauce, fish sauce, sugar and mix well.
 3. Add the vegetables and glass noodles. Stir until everything is done.
 4. prepare 4 pieces of spring roll wrappings and 1 beaten egg.
 5. Place 1 tsp of the filling on a spring roll wrapping.
 6. Fold the sheet over the filling, about half a turn, fold in the ends, then roll up tightly, sealing the sheet closed with the beaten egg.
 7. Deep-fry in plenty of oil over a medium heat until golden brown.
- ** Serve with a sweet chilies sauce or plum sauce.**

Fresh spring rolls

(Paw-pia sod)

Ingredients : (Filling)

| | |
|------------|---|
| 30 g | boiled bean sprouts |
| 30 g | boiled tofu, cut into 6 cm length |
| 30 g | fried sweet omelet (add 1 tsp of sugar for 1 egg) then cut omelet into 6 cm length |
| 5 g | spring onion, cut into 6 cm length |
| 4 slices | red fresh and big chili or bell pepper, cut into 6 cm length |
| 2 tbsp | cooking oil |
| 30 g | cucumber , cut into 6 cm length |
| 2-3 pieces | rice paper for fresh spring roll |
| 2-3 piece | your favorite vegetables |

Method :

1. Take one piece of rice paper at a time
2. Dip it into room temperature for 5-10 seconds
3. Place it on a plate
4. Add all filling and vegetable on the rice paper
5. Wrap it up to roll
6. Served with sweet peanut dipping sauce
- 7.

**** Serve with a sweet chilies sauce or plum sauce.**



Papaya salad

(Som tam)

Ingredients :

| | |
|------------------------|--|
| 100 g | sliced green papaya (or any fruit) |
| 1 - 5 cloves | garlic |
| 1 - 3 | fresh chilies |
| 20 g | chopped Chinese long beans, cut into 3 cm length |
| 30 g | tomato, cut into wedges |
| $\frac{1}{2}$ - 1 tbsp | palm sugar (or any sugar) |
| 1 tbsp | fish sauce (Veg. : soy sauce) |
| 1 tbsp | lime juice |
| 1 tsp | tamarind sauce |
| 1 tbsp | roasted peanuts |



Method :

1. Put garlic and chili in the mortar, pound well.
2. Add Chinese long bean, pound until broken.
3. Add season with palm sugar, fish sauce and lime juice, pound until palm sugar separates.
4. Add tomato and papaya (any fruit) mix well.
5. Top with peanuts

* May be you can at more boiled prawns or sea food.

** Serve with sticky rice and fresh vegetables.

Note : Add chopped cucumber or mix fruits instead of papaya to make cucumber salad
Or mix fruits salad.

Pumpkin or banana in coconut milk

(Buat fak-thong)

Ingredients :

| | |
|-------------------------|--|
| 40 g | sliced ripe pumpkin, cut into 1 inch squares (substitute bananas or sweet potatoes) |
| $\frac{3}{4}$ cups | coconut milk |
| 2 tbsp | coconut cream |
| 1 - $1\frac{1}{2}$ tbsp | sugar |
| $\frac{1}{4}$ tsp | salt |

Method:

1. Heat the coconut milk, sugar and salt with medium heat.
2. Add pumpkin, boil until pumpkin is cooked than add coconut cream.

**** Serve hot or cold**



Sticky rice pudding with mangoes

(Khao-neeaw ma-muang)

Ingredients :

| | |
|--------------------|---------------------|
| 50 g | Sticky rice |
| $\frac{1}{4}$ cups | coconut milk |
| 2 tsp | coconut cream |
| 2 tsp | sugar |
| $\frac{1}{4}$ tsp | salt |
| 50 g | sliced fresh mangos |



Method :

1. Soak the sticky rice in water for 3-4 hours or better overnight.
 2. Drain the rice grains and put in a sticky rice basket for cooking with boiling water.
 3. Steam for about 30 minutes.
 4. Heat coconut milk, sugar and salt and stir well.
 5. Add cooked sticky rice, mix together and leave for 10 minutes.
 6. Stir one more time and serve on a plate with sliced mangoes.
 7. Pour the coconut cream over the cooked sticky rice pudding.
- * You can substitute mangoes with jack fruits or sweet fruits.

