

DUEN NA KORAT

# Simple Thai Cooking



Everyday, Healthy, Quick And  
Easy Thai Food Recipes For  
Cooking At Home.

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Thai Food Recipes For Cooking At  
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## Introduction

Thank you and congratulations for downloading Simple Thai Cooking. My name's Dutduen Lancaster (formerly Dutduen Heomkhunthod) people call me Duen for short.



I was born in Nakhon Ratchasima (Korat) in the Northeast (Isaan) of Thailand, hence the author name Duen Na Korat . I grew up in a very large family, mom, dad, brothers, grandmother, aunties, uncles and cousins, altogether about 30 family members, all living and working as farmers on the same area of land. We hardly ever used money because we had everything we needed, we grew all our own rice, vegetables, fruit, herbs and spices, we had cows, pigs, chickens, ducks and we used buffalo to plow the rice fields. Everybody had to work hard but everyone was very happy. This is how a lot Thai people traditional lived and the role of women of the family was to do the cooking I started cooking at 7 years old, my mom and grandmother taught me to do things for myself at a young age. I remember I started with cooking rice which wasn't easy because we used coal for cooking and it took me many attempts to light the fire before I was

successful. It wasn't easy for a 7 year old but I did it. I could make simple dishes such as stir-fried vegetables with eggs and actually it didn't taste too bad because I added sugar, fish sauce, garlic and soy sauce.

In 1991, Nakhon Ratchasima suffered a severe drought, and the farm land didn't produce enough to support the whole family. Most of my family had to start new lives and find jobs in the city, most moved to Bangkok and the surrounding areas. I was 12 years old when my mum, dad, older brother, younger brother and I moved to Chonburi city and opened a small restaurant, which is still run my mum and dad today.

I went to high school in the day time and in the evening worked in the restaurant, cooking, waiting and clearing tables and washing the dishes. It was hard fitting in at school because I was dark skinned girl from a countryside village and I was different from the city kids. After I showed my classmates that I was smart, hard working and studied well I was welcomed in their "gang".

I studied well throughout high school and then at university. I graduated with a Bachelors Degree in Computer Science. Then I went to work in Bangkok as a Project Coordinator at a Marketing/Events company. Like many people I was not really happy in my job and was just working for the money.

In 2008, I met my husband when he came to Thailand for a holiday. Just like me he wasn't happy with his life in England. After several more visits to Thailand, we decided we wanted to live together and have a serious relationship. We moved to Satun, in the south Thailand, in 2010 and opened our own restaurant, and in 2014 moved to Krabi to open Duen's Thai Cooking School and restaurant.

I am very grateful to my mom who taught me a lot of things about cooking and I didn't know back then that it would become such a huge part of my life and business in the future. Now look at me, I have my own restaurant and cooking school here in Krabi, I cook for parties and events, and now here I am writing a cookbook. Cooking is in my soul, I love it. I feel so happy when I cook and I see



people enjoy my food.

I have written this cookbook to share my knowledge and what I have learned from my experience with anyone who wants to know and wants to cook Thai food. I write about traditional Thai cooking and use authentic recipes and techniques but you can make these dishes too and it's easier than you may think. Occasionally you may have to substitute ingredients if they are hard to find where you live but most will be available. If you want really authentic Thai food you are welcome to come and visit me here in Krabi, Thailand and I will cook for you personally.

Have fun, you are going to do a great job and your meals will taste delicious, just follow me step by step and I will also tell you some tips you probably have never heard of before. If you do have any questions about anything, such as what ingredients you can use for substitutes or recipe requests, no problem, just email me at **[duennakorat@gmail.com](mailto:duennakorat@gmail.com)** or message me on Facebook at [www.facebook.com/DuensThaiCookingSchoolKrabi](http://www.facebook.com/DuensThaiCookingSchoolKrabi)

## Common Ingredients



**Thai fish sauce** known in Thai as “Nam Plaa” is used in most dishes either as a condiment or main ingredient such as marinade for fish or meat. Good fish sauce is made from fermenting fish for at least 1 year. The best Thai fish sauce is from Thailand and is readily available in supermarkets all over the world but if you want to substitute fish sauce, for any reason, the easiest way is to use light soy sauce. The taste is not exactly the same but you will get the saltiness you get from fish sauce and it has a nice flavor.

**Curry paste.** There is a tutorial in this book if you would like to make your own but many cooks in Thailand buy premade curry paste. Red varieties made from dried red chilies and green varieties made from fresh green chilies can be found

in most supermarkets.

**Coconut milk** is used in curries to give richness, body and smoothness. I recommend [Aroy-D 100% coconut milk](#) this coconut milk is the closest one to freshly made coconut milk. Canned coconut milk has lost some of the flavor and doesn't taste like fresh coconut milk. When cooking curries we cook a long time to get the fat to separate away from the coconut milk but this doesn't happen with canned brands.

**Jasmine rice** also known as “Thai fragrance rice” is long grain rice that comes from Thailand and is available in most cities around the world. It has a slightly sticky texture and a flowery aroma.

**Chilies:** I have mentioned dry red and green chilies in curry paste. Fresh cayenne chilies are also used in curries. Hot Thai “bird” chilies are used in stir-fries and sauces. If you can't find bird or cayenne you can use Serrano or jalapeno chilies.

**Limes:** Lime juice is squeeze over dishes when they are ready to serve, such as salads, Pad Thai or Fried Rice. If you cook lime juice it will lose its refreshing citrus flavor. Lime leaves are often used in Thai cooking but if they are hard to find you can substitute with grated lime zest to give a similar aroma.

**Garlic** is crushed in a mortar and added to hot oil to flavor fried dishes.

## Useful Thai Cooking Equipment

These tools and utensils are worth investing in if you plan to do a lot of Thai cooking.



**Chopping board:** A good size board is essential for cooking meat and fish. ([buy here](#))

**Cleaver:** A large sharp knife for chopping, slicing and dicing meats, vegetables and herbs ([buy here](#))

**Sharpening stone:** It's important that your knife is sharp. ([buy here](#))

**Mortar and pestle:** You will use this in almost every recipe, for crushing garlic, chilies or bruising lemon grass, citrus rind and coriander roots or for making

curry pastes. ([buy here](#))

**Wok:** This will distribute the heat more evenly when cooking. Used for conventional frying, stir-frying and deep fat frying. If you don't get a wok then at least use a non-stick frying pan. Stir-fries are cooked on high heat and washing up can be difficult. ([buy here](#))

**Spatula:** Made from metal or wood with a wooden handle, used for stir-frying. ([buy here](#))

## Standard Thai Condiments



If you have ever been to Thailand you would have seen a bunch of condiments on the table. In Thai we call this “krueng prung” which means condiment. You can make these at home, it’s easy. Thai food is a blend of salty, sweet, sour and spicy but everyone’s taste is different so normally people add condiments to suit their personal taste. The sweet component is sugar, you can use white or brown. The salty component is “prik nam plaa” which means chili fish sauce, which is exactly what it is, finely chopped chilies in fish sauce, use small red and green chilies. The sour component is “prik nam som” which means chili vinegar, we usually use a big mild chili for this something like “prik chee far” or you could use jalapeno or Serrano. The spicy component is chili powder.

## How to Make a Good Stock



One of the most important ingredients for Thai cooking is a good stock. Knowing how to make a good stock is an essential skill for Thai cooking because a good stock will make the difference between a good meal and an excellent meal. There are many recipes that require stock. In Thai cuisine, pork stock is most commonly used. If you wish to make chicken or beef stock just use chicken or beef bones instead of pork.

### **Pork Stock Ingredients**

2lbs (900g) pork bones

3.5L water

1 tsp salt

4-5 cloves of garlic

2 cilantro (coriander) roots (if you can't find roots you can use cilantro stems)

1/2 tsp white peppercorns Muslin cloth (20 x 20 cm) You can get pork bones at most butchers. Tell them you want to use the bones to make stock. You can use

bones from any part of the pig but more cartilage means more flavorsome. In my restaurant I use the femur (thigh) bone because it produces the best taste.

## **Preparation**

Wash the bones.

Crush the garlic.

Wash and bruise the cilantro roots.

Grind the pepper corns in a mortar or crush with the flat side of a knife.

Put the (aromatics) garlic, cilantro roots and pepper in a 20x20cm piece of muslin cloth and tie it so that the ingredients are enclosed. If you can't find muslin do not put the aromatics in at the start.

## **Cooking Instructions**

Add the cold water to the stock pot and bring to the boil before adding the bones. Bring to a simmer. Add the cloth with aromatics in. If you don't have muslin cloth, simmer for 1 hour and then skim the scum off the top of the stock before adding the aromatic ingredients.

After 1 hour skim the scum off the top of the stock.

Simmer for at least 2 hours. For the best tasting stock simmer for 5 hours.

Take out the bones and muslin and sieve the stock.

To store the stock put it in a freezer zip lock bag (A4 paper size) and store it in the freezer.

## **Duen's Tips**

For an extra tasty stock use a combination of pork and chicken bones, weight ratio 50/50. For the recipe above use 1lb (450g) chicken bones and 1lb (450g) pork bones. Put the bones in muslin cloth as you did for the aromatics above, to make it easier when taking the bones out later.



## How to Make Red Curry Paste (Prig Gaeng Kua)

**10 Servings, Prep Time: 15 Minutes, Total Time: 40-60 Minutes** It may be a long process from sourcing the ingredients to pounding the paste but it is rewarding and the benefit of making your own paste is that the taste will be exactly how you like it, if you don't like it too spicy you can add less chilies. This is the most basic and versatile curry paste, you can make other curry pastes by starting with this as a base and adding to it.



### Ingredients

1 cilantro (coriander) root (if you can't find roots you can use cilantro stems) 3  
dried whole large chilies

1 1/2 tablespoons galangal

1/4 cup garlic

3-4 tablespoons sliced lemongrass 1 tablespoon salt

3/4 cup shallots

1 tsp shrimp paste

1 tsp Kaffir Lime Zest

1/4 tsp white peppercorns

## **Preparation**

Remove the seeds and pith from the chilies. Most Thai cooks will tell you to rehydrating the chilies, but from my experience I have found the best way is to dry them in a pan on a very low heat and constantly stir for about 5 minutes, you don't want to see any smoke the idea is to make them super dry. This will make it easy to grind to a power without making a mess as you would with chilies that have been soaked.

Grate or thinly slice lime zest.

Wash, dry and chop the cilantro root.

Remove the dry outer leaves from the lemongrass.

Chop the galangal and shallots and the light part of the lemongrass into very small pieces.

## **Instructions**

The order that ingredients go into the mortar is most hard and dry ingredients first to most soft and wet last. Pound and grind until you get a consistent mix of all ingredients before adding the next ingredient, add a small amount then mix before adding more.

First add the chilies with the salt. The salt will help with the grinding. Cover the opening with your free hand when you are grinding.

Next add the white peppercorns, pound and grind until mixed with chili powder.

Next add lemon grass and galangal and grind into a fibrous paste.

Add garlic, lime zest and cilantro root and pound at a 70 degree angle into the deepest part of the mortar. Cover the opening with your free hand when you are grinding.

Add the shallots and pound and grind in the same way.

Last add the shrimp paste. Pound and mix it into one consistent color. The whole process will take at least 20 minutes **Duen's Tips**

Of course you could cheat and put all the ingredients in a food processor but the taste would not be as good and you wouldn't have the pride and satisfaction of making curry paste yourself the traditional Thai way. If you do use a food processor, grind the coriander seeds, cumin seeds and peppercorns into a powder first before adding the other ingredients.

# How to Make Thai Green Curry Paste (Nam Prik Gaeng Khiaw Waan)

**10 Servings, Prep Time: 15 Minutes, Total Time: 40-60 Minutes** **Ingredients**

1 cilantro (coriander) root (if you can't find roots you can use cilantro stems) 1  
tablespoon coriander seeds

1/2 tablespoon cumin seeds

1 1/2 tablespoons galangal

1/4 cup garlic

3-4 tablespoons sliced lemongrass 1 tablespoon salt

3/4 cup shallots

1 tsp shrimp paste

1 tsp Kaffir Lime Zest

1/4 tsp white peppercorns

10-15 green Thai chili peppers

## Preparation

Toast the coriander seeds, cumin seeds and peppercorns in a pan, when you hear a cracking sound they are ready. Leave to cool.

Grate or thinly slice lime zest.

Wash, dry and chop the cilantro root.

Chop the galangal, shallots and lemongrass into very small pieces, removing the hard outer leaves first and use the pale part of the lemongrass.

## Instructions

The order that ingredients go into the mortar is most hard and dry ingredients first to most soft and wet last. Pound and grind until you get a consistent mix of all ingredients before adding the next ingredient, add a small amount then mix before adding more.

First add the coriander seeds, cumin seeds and peppercorns and grind into a powder.

Next add lemon grass and galangal and grind into a fibrous paste.

Add garlic, lime zest and cilantro root and pound at a 70 degree angle into the deepest part of the mortar. Cover the opening with your free hand when you are grinding.

Add the shallots and fresh green chili pepper pound and grind in the same way.

Last add the shrimp paste. Pound and mix it into one consistent color. The whole process will take at least 20 minutes.

### **Duen's Tips**

Of course you could cheat and put all the ingredients in a food processor but the taste would not be as good and you wouldn't have the pride and satisfaction of making curry paste yourself the traditional Thai way. If you do use a food processor, grind the coriander seeds, cumin seeds and peppercorns into a powder first before adding the other ingredients.

## ---SOUPS---

## Spicy Sour Shrimp Soup (Tom Yung Goong)

2 servings, Difficulty: easy, Prep Time: 10 minutes, Cook Time: 20 minutes



### Ingredients

1lb (450g) prawns or 0.5lb (200g) if peeled 3 lemon grass stalks

3-4 kaffir lime leaves

5-6 galangal rounds

5-6 Thai chilies (Pik ki nu) or more or less depending on how spicy you like it 4-

5 red shallots

6-7 mushrooms

2 spring onion

3 cilantro (coriander) sprigs including roots if you can 5-6 tomatoes

1 lime (more if you like sour)

1-2 tsp salt

2 tablespoons fish sauce

2 tablespoons chili paste in soy bean oil (nam prik pao)(optional) 3 cups chicken stock (see tutorial on [how to make a good stock](#) or you can use stock cubes)

### **Preparation**

Peel, de-vein and wash the shrimp

Smash the back of a knife to bruise and cut lemon grass into 1-2inch pieces Tear kaffir lime leaves

Thinly slice the galangal (3mm)

Crush the shallots and chili

Cut tomatoes & mushrooms (mouth sized pieces) Wash and cut spring onions and cilantro (coriander) into 1-2cm pieces.

### **Cooking Instructions**

Put a saucepan on a medium heat and boil the stock (or water and stock cubes).

Add the galangal, kaffir lime leaves, lemongrass, fish sauce and salt. Bring back to the boil and cook for about 2 minutes.

Then, add the tomatoes, shallots, mushrooms and chilies and stir.

Bring back to the boil then add the shrimp.

Cook for 2 minutes then add the spring onions, cilantro and chili paste in soy bean oil and stir.

Turn off the heat. Add the juice from one lime or more if you like it sour.

Serve in a large bowl with cilantro as leaves as garnish.

### **Duen's Tips**

Serve with Jasmine rice or pour over rice noodles to make *Tom Yum Noodles (Kuay Tiew Tom Yum)*.



## Chicken Coconut Soup (Tom Kha Gai)

2 servings, Difficulty: Easy, Prep Time: 10 minutes, Cook Time: 15 minutes



2 cups plain water or homemade, unsalted, chicken stock (For [How to Make a Good Stock](#) <<< click here and use chicken bones) 1 1/2 cups coconut milk

1 tsp salt

450g (1 lb) chicken breast (cut into bite sized pieces) 1 stalk lemongrass

10-15 rounds galangal

4-5 kaffir lime leaves

3-4 chilies

1½-2 tablespoons fish sauce

1 tsp palm sugar or standard granulated white sugar 150g oyster mushrooms (or any mushrooms that you like) 2-2½ tablespoons lime juice

1/2 cup cilantro (coriander)

1 spring onion

## **Preparation**

Slice 5-6 thin slices of lemongrass off the bottom, white part, of the stalk.

Slice 10-15 thin slices of galangal.

Cut the roots off the mushrooms and wash.

Cut the Kaffir lime leaves in half along the stem.

Cut the cilantro stalks into 1-2cm pieces and roughly chop the leaves.

Cut off the roots and clean the green onions and finely slice them.

Crush the chilies with the side of your knife and cut them in half along the length.

## **Cooking Instructions**

Into a pot put 2 cups of water or chicken broth and bring it to the boil.

Put in the lemongrass, galangal and cilantro and simmer for 5-6 minutes, until you get an aromatic smell.

Then add the chicken, fish sauce and sugar and boil for 5-6 minutes.

When the chicken is cooked, add the coconut milk and mushrooms and leave it to boil on a medium heat.

Prepare your serving dish by adding lime juice, chilies and spring onions.

Add the soup from the pot to the serving dish and add more spring onions and cilantro to garnish.

Serve and enjoy!

## **Duen's Tips**

You could replace the chicken with shrimp or seafood, which would also make a great soup. You can also put other vegetables such as onions, carrots or cabbage.

**---STIR-FRIES---**

## Stir-Fried Pork and Vegetables (Moo Pad Pak).

**2 servings, Difficulty: Easy, Prep Time: 10 minutes, Cook Time: 5 minutes**

This is a quick and simple recipe, good for if you don't have much time for cooking. Use fresh vegetables in season. Serve with Jasmine rice.



### Ingredients

200g vegetables

250g of thinly slices pork (instead you can use prawns, chicken or squid) 2  
tablespoons crushed garlic

2 tablespoons light soy sauce

1 tablespoon oyster sauce

1 tablespoon brown sugar

2 tablespoons corn flour

1 cup of water

1 tablespoon of vegetable oil

### **Preparation**

Wash the vegetables you want to cook then cut them into 2 inch lengths Crush the garlic in a mortar, enough to fill 2 tablespoons Slice the pork

Prepare all the sauces ready for cooking.

Mix corn flour in water.

### **Cooking Instructions**

Heat the pan then put the oil in and use a high heat. After that add the crushed garlic and stir until you can smell aromatic garlic and the color turns slightly brown.

Add pork and stir until it's cooked (about 5 minutes).

Add the soy sauce, oyster sauce and sugar, stir and taste the sauce. If required add ingredients half teaspoon (small amount) at a time and taste until you get the taste you like.

Then add all vegetables then stir quickly after 20 seconds add the corn flour water mixture a small amount at a time and stir for a few seconds. The corn flour water will make the sauce thicker. When the sauce turns from white to brown it is cooked. Turn off the heat and remove from pan.

Serve with Jasmine rice.

## Stir-Fried Noodles in Soy Sauce (Pad See Ew)

**2 servings, Difficulty: Easy, Prep Time: 10-15 minutes, Cook Time: 5 minutes** Pad See Ew is an easy stir-fry dish and the ingredients are easy to find too. You can use dry noodles if you can't find fresh noodles but you have to make the noodles soft first. Soak them in lukewarm water for 5 to 10 minutes and as soon as they are soft rinse them under cold water to prevent overcooking. Drain the noodles ready for cooking. For vegetables in Thailand we always use Chinese broccoli because it is easy to find and not expensive here but you can use broccoli and other vegetables you like such as kale, cabbage, bean sprouts, baby corn, sprouts, carrot *etc.*



### Ingredients

2 -3 stalks Chinese broccoli

1 tablespoon dark sweet soy sauce

2 eggs

450g (1lb) fresh flat rice noodles

2 cloves crushed garlic

2 tablespoons light soy sauce

1 tablespoon oyster sauce

200g cup thinly sliced (3mm) pork (instead you can use prawns, chicken or squid) 1 tablespoon sugar

1 tablespoon of vegetable oil

### **Pork Marinade**

1 large egg

1/4 tsp sesame oil

1/4 tsp white pepper

2 tsp oyster sauce

2 tsp soy sauce

2 tablespoons tapioca starch

### **Preparation**

Marinate the pork for at least 30 minutes Mix the pork with all the marinade. I normally do this the day before and the result is delicious.

Cut Chinese broccoli into 1 to 2 inch lengths. Thick stems take longer to cook so cut them at an angle (on the bias) into thin pieces. Now the leaves and stems will cook at the same rate.

Crush the garlic in a mortar.

Slice pork thinly.

Prepare all the sauces ready for cooking.

## **Cooking Instructions**

Heat the pan then put the oil in and use a high heat. After that add the crushed garlic and stir until you get an aromatic garlic smell and the color is slightly brown.

Add pork and stir until it's cooked (about 5 minutes).

Add 2 eggs and scramble until it is almost all cooked (not watery anymore) Stir to break up the noodles.

Add seasoning and dark sweet soy sauce and sugar, stir and mix with noodles and pork.

Add the Chinese broccoli stems first. I usually add half the leaves and stir until they wilt then add the rest of the leaves but if you have room you can add all at the same time. As soon as the Chinese broccoli is cooked, turn off the heat.

Serve and season with white pepper and eat while hot.

Sprinkle with white pepper on top and serve with [standard Thai condiments](#).

## **Duen's Tips**

For a vegetarian dish, just leave out the pork. Add firm tofu and peanuts and leave out the oyster sauce if you like. I often enjoy Pad See Ew with just egg and chopped peanuts.

Dark sweet soy sauce colors the noodles while the light soy sauce seasons the dish.

If Chinese broccoli is hard to find where you live, try kale or vegetables you like and put more or less as you prefer.

If you still have some ingredients left from Pad See Ew, we can cook the next dish because it is a similar recipe. It is called Rad Na, it is a popular Thai lunch and the warm gravy and the soft noodles make a good comfort food.



## Stir Fried Noodles in Gravy (Rad Na)

**2 servings, Difficulty: Easy, Prep Time: 30 minutes, Cook Time: 5 minutes**

There are several versions of Rad Na. Your choice of noodles ranges from thick flat rice noodles to thin vermicelli to fried egg noodles, crispy yellow noodles. If you don't like oil or you on a diet then you can cook noodles with hot water instead. The meat can be pork, chicken or seafood. The most common Rad Na is Rad Na Moo or Pork Rad Na. A good Pork Rad Na has tender pork with soft chewy noodles and plenty of gravy. The vegetables we can use the same as we use for Pad See Ew.



### Ingredients

- 2 -3 stalks Chinese broccoli
- 1 tablespoon dark sweet soy sauce
- 450g (1lb) fresh flat rice noodles

1 tablespoon of vegetable oil

### **Pork Marinade**

1 large egg

1/4 tsp sesame oil

1/4 tsp white pepper

2 tsp oyster sauce

2 tsp soy sauce

2 tablespoons tapioca starch

1/2 cup of water

### **Rad Na Gravy**

2 tablespoon corn flour or tapioca starch  
teaspoon white pepper  
1 tablespoon sugar

1/2 tablespoon Maggi or Golden Mountain sauce  
1 tablespoon soy sauce

2 cups chicken or pork stock ([homemade with no salt added](#))  
2 tablespoon “tao jiew” or fermented soy bean paste  
2 tablespoon chopped garlic

### **Preparation**

For a delicious homemade pork stock go to [How to Make a Good Stock](#) or, for an easier, but less authentic and less tasty, alternative, use stock cubes.

Marinate the pork for at least 30 minutes Mix the pork with all the marinade. I normally do this the day before and the result is delicious.

Cut Chinese broccoli into 1 to 2 inch lengths. Thick stems take longer to cook so cut them at an angle (on the bias) into thin pieces. Now the leaves and stems will cook at the same rate.

Chop the garlic.

Slice pork thinly.

Dissolve the corn flour or tapioca starch with water.

Prepare all the sauces ready for cooking.

### **Cooking Instructions**

Heat the pan then put the oil in and use a high heat. Add the noodles with the dark soy sauce. Stir the noodles quickly. When there is some browning of the noodles remove them from the heat and set aside.

In a separate pan heat some oil in and add the crushed garlic and fermented soy bean paste and stir until you get an aromatic garlic smell and the garlic turns slightly brown.

Add the stock, soy sauce, Maggi sauce and sugar.

When the sauce is boiling add the pork and stir, then add the Chinese broccoli.

Pour the starch/water mixture a small amount at a time and wait until the gravy turn brown, keep added the starch/water until you get the consistency you are happy with.

Remove from heat. Plate the noodles and pour gravy on top.

Sprinkle with white pepper on top and serve with [standard Thai condiments](#).

## **Drunken Noodles (Pad Kee Mao)**

**2 servings, Difficulty: Easy, Prep Time: 15 minutes, Cook Time: 5 minutes**



### **Ingredients**

450g flat, wide rice noodles

6-8 cloves garlic

1-5 Thai chilies, to taste

250g Pork (instead you can use prawns, chicken or squid) 10 pcs baby corn, cut each into 3

4 stalks Chinese broccoli, cut into 2 inch lengths 4 tablespoons base stir fry sauce (see recipe below) 2 teaspoon black soy sauce

3 teaspoon sugar

1 cup holy basil leaves

## **Base Stir Fry Sauce**

1/2 cup oyster sauce

4 tablespoon light soy sauce

2 tablespoons Golden Mountain or Maggi 4 teaspoons fish sauce

## **Vegetarian Base Stir Fry Sauce**

1/2 cup light soy sauce

4 tablespoon Golden Mountain or Maggi **Cooking Instructions**

Mix the base stir-fry sauce and put aside in a small bowl. It will keep in the fridge for many weeks if you put it in a sealed container. It's great to use with stir fries and fried rice.

Crush the garlic and chilies in a mortar into a rough paste, make sure chilies are mashed up. Set aside.

Have all ingredients prepared to cook because cooking is done fast in less than 5 minutes.

Turn on the heat. Add 2 tablespoon of vegetable and tilt the pan to coat the bottom. Cook on a high heat. Add the chili and garlic mixture and stir until you get an aromatic garlic smell and the color is slightly brown.

Add pork and cook until half way done. Add vegetables stir and toss until wilted. Add the noodles, sugar and base stir fry sauce, stir and toss together.

Let the noodles absorb the sauce and flip once or twice before turning off the heat. Add the basil and toss the basil will cook from the residual heat and wilt.

Serve with [Standard Thai Condiments](#) for noodles.

## Pad Thai Noodles

2 servings, Difficulty: Easy, Prep Time: 15 minutes, Cook Time: 12 minutes



### Sauce

35g finely chopped palm sugar (about 3 tightly packed tablespoons) 1/4 cup of tamarind concentrate 2 tablespoons fish sauce

3 tablespoons water

### Pad Thai

4oz (110g) dry rice noodles

10 shrimp, or as many as you like peeled and deveined 1 small head shallot, sliced thinly, about 3 tablespoons 2 cloves garlic, chopped

1/4 cup chopped sweet preserved daikon radish (in Thai “dang chai”) 1 piece pressed tofu, cut into cubes 1-2cm wide 2 eggs

2.5 cups bean sprouts

1 tablespoon chopped dried shrimp 1/4 cup chopped roasted peanuts 1 cup garlic chives cut into 2 inch pieces (if you can't find these you can use spring onions) 1 lime

### **Preparation**

If you can find fresh rice noodles these are better but more widely available are dry noodles. Soak the rice noodles in lukewarm water for 5 to 10 minutes and as soon as they are soft rinse them under cold water to prevent overcooking. (Some brands may take longer) While you are waiting for your noodles make the sauce by dissolving the palm sugar in water and added the tamarind concentrate and fish sauce. (Leftover sauce can be stored in the fridge for up to 3 weeks)

### **Cooking Instructions**

Add 2 tablespoons of oil to a wok or large pan and heat on a high heat. When the wok is very hot add the shrimp don't move them until half cooked then turn them over to cook the other side. Remove the shrimp from the wok and set aside.

Add more oil to the pan, 2 tablespoons. Add the garlic, preserved radish, tofu and shallots.

When the garlic has turned golden brown add the noodles and the sauce and stir until all the sauce has been absorbed by the noodles. If you are using fresh noodles taste the noodles and if they are chewy then add 1/4 cup water to the pan. Stir again until all liquid has been absorbed and taste again. Repeat until you are happy with the noodles.

Push the noodles aside to make a space in the pan to cook the eggs. Add the eggs and scramble gently. When half set put the noodles on top of the eggs and let the eggs cook completely then stir and break up the eggs.

Add the shrimp, garlic chives, bean sprouts and half of the peanuts.

Plate the noodles and sprinkle the remaining half of peanuts over the top. Serve with a piece of lime, fresh bean sprouts, garlic chives and [standard Thai condiments](#) for noodles.

Normally Thai people will squeeze the lime and toss the noodles with a fork or chopsticks to mix. Enjoy this delicious dish!

## Glass Noodle Stir-Fry (Pad Woon Sen)

**2 servings (served on its own) 3-4 servings (if served with rice), Difficulty: Easy, Prep Time: 15 minutes, Cook Time: 12 minutes** In Thailand Pad Woon Sen is normally eaten with rice but it can be eaten on its own as a single dish. If you intend to eat this dish with rice then this recipe will make enough for 3-4 servings. For 2 servings (with rice) I recommend using half the ingredients listed below.

### Ingredients

80g Glass noodles

1/2 onion

4-6 cloves garlic

3 eggs

1/2 teaspoon white pepper

2 tablespoons oyster sauce 1 tablespoon Golden Mountain sauce (or Maggi sauce) 1 tablespoon soy sauce

3 tablespoon sugar

300g chicken marinated (you could also pork, beef, shrimp or no meat altogether) 2 tomatos, seeds removed

2/3 cup carrot

1 cup cabbage

### Preparation

Marinate the chicken in 1 tablespoon of soy sauce If the noodles are fresh, great, they are ready to cook but if they are dry noodles you will need to soak them in water at room temperature for about 10 minutes until soft and pliable.

Put the soy sauce, oyster sauce and Golden mountain sauce into one cup.

Cut up all the vegetables and garlic Deseed the tomatoes and cut up **Cooking Instructions**



Add 2 tablespoons of oil to a wok or large pan and heat on a high heat.

Add the garlic and onions. Cook until the garlic is golden brown.

Then add the chicken and cook until the chicken splits apart and is about half cooked.

Make space in the pan for the eggs and add some more oil to the pan and then add the eggs and scramble gently. When the eggs are half set put the chicken, garlic and onions on top then stir and break up the eggs, it should take less than a minute to cook the eggs completely.

Then add the cabbage and carrots. Now add about half of the sauce to flavor the vegetables and chicken. Stir.

Add the noodles the rest of the sauce, sugar and pepper. Toss everything together until sauce is well distributed.

Add the tomatoes last and don't cook them too long or else they will become mushy.

Turn of the heat and plate up and serve with rice.

## ---RICE DISHES---

## Hainanese Chicken Rice (Kao Man Gai)

3-4 servings, Difficulty: Medium, Prep Time: 1 hour, Cook Time: 45 minutes



### The Chicken

1 whole chicken

2 Cilantro (coriander) roots (if you can't find roots you can use cilantro stems) 4  
cloves garlic

Half an onion

1/2 tsp white peppercorns

2 slices ginger

1-2 tablespoons salt

## **The Rice**

2 cups Jasmine rice

2 2/3 - 3 cups chicken stock (from cooking chicken) 2-3 tablespoons chicken fat

2 tablespoons chopped garlic

**Dipping Sauce 1: Nam Jim Tao Jiew** 1-inch knob ginger, finely chopped 2 chilies

3 tablespoons Tao Jiew (preserved soy bean dip) 1 tablespoon Sugar

2 tablespoons See Ew Dum (Thai dark soy sauce) 1 tablespoon soy sauce

1 tsp vinegar

**Dipping Sauce 2: Nam Jim Hai Lam** 2 tablespoons ginger

2 cloves garlic

2 Thai chilies

2 tablespoons cilantro (coriander) roots 2 tablespoons soy sauce

2 tablespoons lime juice

## **Cooking Instructions**

In a stock pot put the cut off chicken neck, feet and wing tips. Add cilantro roots, onions, garlic, white peppercorns and ginger and cover with water. Simmer for 20 minutes.

In a pot you will use to cook your rice add the fatty parts of the chicken, set aside for later.

When the stock is ready, add a tablespoon of salt and add some cold water to bring the temperature down. It should taste like a mildly salted soup, add more salt if necessary. The whole chicken should be submerged, if not, add more cold water. Now, heat the water to 165 to 170 degrees Fahrenheit, if you don't have a thermometer at this temperature there will be steam coming off the water but absolutely no bubbles. Hold it at this temperature until the thickest part of the thigh reaches 165 degrees Fahrenheit. Start timing from when the water reaches

165 degrees Fahrenheit. A 2.5lb (1.1kg) chicken will take about 30 minutes, 40 – 50 minutes for a larger chicken.

Once the chicken is completely cooked, remove it from the stock and leave to cool.

Now is time to make the rice. On a medium heat melt the chicken fat until you have 2-3 tablespoons of fat. Be careful not to fry or burn the chicken fat, don't use a high heat. Discard the solid pieces. Add garlic and cook until golden brown, then add 1 cup of rice per person to the pot (don't forget to wash the rice first and rinse off excess water). Stir and coat the rice with fat. Add 1 1/3 cup chicken stock per 1 cup of rice. Cook and stir until the fat no longer floats to the top and the rice is thick. Then cover and cook as you normally would for rice, 10-15 minutes.

To make Nam Jim Tao Jiew (dipping sauce 1) pound together chilies and ginger. Then add fermented soy bean paste, regular soy sauce, black soy sauce, sugar and vinegar.

To make Nam Jim Tao Jiew (dipping sauce 1) pound together chilies and ginger. Then add fermented soy bean paste, regular soy sauce, black soy sauce, sugar and vinegar.

To make Nam Jim Hai Lam (dipping sauce 2) pound together garlic, chilies, ginger and cilantro stems. Then add soy sauce and lime juice.

Carve the chicken and chop it up, with a cleaver if you have one, into bite size pieces. Serve on top of the rice with the 2 dipping sauces on the side in small bowls or you can put the sauce straight onto the chicken but only use a small amount because it is very strong in flavor. Serve with extra stock on the side as soup.

## Pineapple Fried Rice (Kao Pad Supparod)

2 servings, Difficulty: Easy, Prep Time: 1 hour, Cook Time: 45 minutes



### Ingredients

8 Shrimp (cut 4 into small pieces and leave 4 whole) 1 egg

1 1/2 cups of rice

1/4 cup diced onions

1 tablespoon Thai soy sauce

1 tsp fish sauce

1 tsp sugar

1/8 tsp salt

1 tsp curry powder

1/4 tsp White pepper

1/2 cup Pineapple, fresh if you can, cut into small pieces 1/3 cup roasted or fried cashews, unsalted 2 green onions, chopped

1/2 cup tomatoes, seeds removed, cut into half inch cubes Cucumber slices for serving

### **Preparation**

Cook the rice and drain well. You don't want the rice to be too wet.

Chop up 4 of the shrimp.

Chop the onions and tomatoes, removing the tomato seeds, and put them together in a small bowl.

Put all the dry ingredients, curry powder, white pepper, sugar and salt, together in a small bowl.

Put all the wet ingredients together, the soy sauce and fish sauce.

### **Cooking Instructions**

Heat a wok or large pan on a high heat and add 2 tablespoons of oil.

Fry the whole shrimp completely and remove and set aside. Now, fry the cut up shrimp and set aside.

Add more oil to the empty pan. Add the eggs and beak it up slightly. When half cooked, add the cooked rice to the top and mix together.

Add the diced onions and mix.

Add curry powder, white pepper, sugar, salt, soy sauce and fish sauce.

Toss and mix until everything is well distributed.

Add the cashews, pineapple, and small pieces of shrimp; cook and mix until the pineapples turn slightly darker.

Turn off the heat and add in the tomatoes and green onions and mix.

Serve with whole shrimps on top, extra green onions and cucumber slices.

## Shrimp Fried Rice (Kao Pad Gung)

*2 servings, Difficulty: Easy, Prep Time: 10 minutes, Cook Time: 10 minutes*

### Ingredients

10 shrimp

1/2 tablespoon finely chopped garlic 2 tablespoons finely diced carrot 2 tablespoons diced tomatoes

2 tablespoons diced onions

2 tablespoons chopped spring onion 1 lime

1 cucumber

1/2 tsp white pepper

2 tablespoons Golden Mountain or Maggi sauce 1 tablespoon sugar

2 eggs

1 tablespoon vegetable oil

1 1/2 cups jasmine rice

### Preparation

To cook the rice on the stove, use 1 1/2 cups of rice and add enough water to cover the rice plus another 5mm on top of the rice. Bring to the boil quickly and turn heat down to simmer, you want to see steam but no bubbles. Stir continuously until the water has been absorbed then turn the heat down low and close the lid of the pan until cooked about 90%, not too soft.

To cook in a rice cooker, use 1 1/2 cups of rice and add enough water to cover the rice plus another 5mm on top of the rice and follow the normal instructions for your rice cooker. This will cook your rice to about 90% because the water is less than you would normally use for standard rich dishes.

Chop all the vegetables.

Peel and devein the shrimp.

### Cooking Instructions



Heat the pan then put the oil in and use a high heat. Add the chopped garlic and stir until you can smell aromatic garlic and the color turns slightly brown.

Add the shrimp to the garlic and cook.

Add tomatoes, onion and carrots, stir and cook.

Cook the eggs and scramble.

Add the cooked rice and mix together.

Add the Maggi sauce and sugar, mix and taste add more if you like.

Turn off the heat. Add spring onions and stir.

Plate and season with white pepper, add 2 or 3 slices of cucumber and a 1/3 of lime on the side of the plate.

Serve with [Standard Thai Condiments](#)

Squeeze the lime over the rice, add the condiments that you like and mix together and enjoy!

# ---CURRIES---

## Thai Chicken Green Curry (Gaeng Keow Waan Gai)

2 servings, Difficulty: easy, Prep Time: 10 minutes, Cook Time: 20 minutes



### Ingredients

1 large chicken breast

1 tablespoon [green curry paste](#) ([check out the recipe](#) or buy readymade) 500 ml coconut milk (100% I use Aroy-D) 1/2 cup sweet basil leaves

5 Thai eggplants (golf ball size-see photo) alternatively you could use potatoes  
or pumpkin)



2 large kaffir Lime Leaves

2 Thai Chilies

2 tablespoons fish sauce

1 tablespoon palm sugar (alternatively brown sugar) 1 tsp chicken stock powder  
(1/2 cube)

1/2 cup of water

### **Preparation**

Wash the chicken and slice thinly

Slice Thai chilies on a bias to use for garnish Cut the eggplants into 4 to 8 pieces depending on the size. Cut all pieces to the same size.

Wash the sweet basil leaves and tear off half a cup **Cooking Instructions**

Put a pan or wok on a high heat and add 250ml of the coconut milk bring it to the boil and stir occasionally until the oil in the coconut milk breaks away, after about 10 minutes. You will see a layer of oil on top of the milk. You will use this

to sauté the curry paste. If you don't use 100% coconut milk this will probably not happen because of the additional additives. If you can't find 100% coconut milk you should sauté the curry paste first in vegetable oil and then add the coconut milk.

Add the curry paste, stir and break up any lumps until you can smell the aromatics, about 1 minute.

Add the chicken and stir until it is half cooked. Then add fish sauce, sugar and chicken stock powder stir until mixed Add the rest of the coconut milk, bring back to boil and simmer for 2-3 minutes. Add the 1/2 cup of water and bring back to boil.

Add the egg plants and simmer until al dente (soft), about 2 minutes Make sure the chicken is cooked before turning off the heat and taste and add more fish sauce or sugar if you like.

Now add the Thai basil while it is hot, stir a few time around until wilted.

Plate and garnish with Thai chilies (optional).

Serve with Jasmine rice. Delicious!

## Stir-Fried Chicken with Red Curry Paste (Gai Pad Prik)

*2 servings, Difficulty: Easy, Prep Time: 10 minutes, Cook Time: 10 minutes*

**Ingredients** 10oz (280g) chicken breast 1 cup of string beans (long beans) 4 kaffir lime leaves 1 1/2 tablespoons [red curry paste](#)([check out the recipe](#) or buy readymade) 1 1/2 tablespoons palm sugar (you can use ordinary white sugar) 1 tsp fish sauce 2 tablespoons vegetable oil **Preparation** Cut the chicken into bite size pieces.

Cut beans into 1-2 inch pieces.

Finely cut the kaffir lime leaves. Leave some for garnish.

**Cooking Instructions** Heat the oil in a wok or large pan on a high heat. When the oil is hot add the chicken and space it out in the pan and leave it for 1 minute to brown.

Add the curry paste, palm sugar and kaffir leaves and stir until the sugar melts.

Add the string beans and stir until cooked.

Plate and garnish with kaffir leaves and serve with jasmine rice.

Serve with [Standard Thai Condiments](#)

## Chicken Red Curry (Gaeng Gai)

2 servings, Difficulty: easy, Prep Time: 10 minutes, Cook Time: 20 minutes



### Ingredients

500g chicken breast

1 tablespoon [red curry paste](#) ([check out the recipe](#) or buy readymade) 400 ml coconut milk (100% I use Aroy-D) 15 sweet basil leaves

4-5 Thai eggplants (golf ball size-see photo) alternatively you could use potatoes or pumpkin) 3 Large Kaffir Lime Leaves

2-3 Thai Chilies (depends on size and how spicy you like it) 2 tablespoons fish sauce

1/2 tablespoon palm sugar (alternatively brown sugar) 1 chicken stock cube

1 cup of water

### Preparation

Wash the chicken and slice thinly

Slice Thai chilies on a bias to use for garnish Cut the eggplants into 4 to 8 pieces depending on the size. Cut all pieces to the same size.

Wash the sweet basil leaves and tear off half a cup **Cooking Instructions**

Put a pan or wok on a high heat and add 200ml of the coconut milk and bring it to the boil. Stir occasionally until the oil in the coconut milk breaks away, after about 10 minutes. You will see a layer of oil on top of the milk this is what you use to sauté the curry paste. If you don't use 100% coconut milk this will probably not happen because of the additional additives. If you can't find 100% coconut milk you should sauté the curry paste first in vegetable oil and then add the coconut milk after.

Add the curry paste, stir and break up any lumps until you can smell the aromatics, about 1 minute.

Add the chicken and stir until it is half cooked. Then add fish sauce, sugar and chicken stock cube stir until mixed.

Add the rest of the coconut milk, bring back to boil and simmer for 2-3 minutes. Add the cup of water and bring back to boil.

Add the egg plants and simmer until al dente (soft), about 2 minutes.

Make sure the chicken is cooked before turning off the heat and taste and add more fish sauce or sugar if you like.

Now add the Thai basil while it is hot, stir a few time around until wilted.

Plate and garnish with Thai chilies (optional).

Serve with Jasmine rice. Enjoy!



---SWEETS---

## Thai Coconut Jelly (Wun Gati Bai Tooyey)



### Coconut Milk Layer

1 1/4 tablespoons agar powder 2 1/2 cups coconut milk

1/2 cup sugar

1/2 tsp salt

### Pandan Leaves Layer

1 cup pandan leaves water 1 1/2 cups jasmine water

3/4 or 1 cup sugar

1 1/4 tablespoon agar powder 3 - 4 drops jasmine extract (if required)

### Instructions

For the first layer, mix agar powder with coconut milk in a sauce pan. Stir until the agar powder is dissolved. Set aside in the pan.

For the second layer, add agar powder and jasmine water to another pan and stir until dissolved. If you don't have jasmine water, you can use regular water and

add 2 or 3 drops of jasmine extract.

Put both pans on the stove, the first, coconut, layer on a medium heat and the second, clear, layer on a low heat. When the coconut milk starts to boil you will see bubbles, then add the sugar and salt and stir until dissolved. Bring it back to the boil and then turn off the heat.

Then bring the other pan, with the clear liquid in it, to the boil and then turn down the heat and add sugar and pandan leaves water and stir until dissolved. Bring back to the boil then turn it down and leave on a low heat while you put the first layer in to your moulds.

Use a tablespoon to put the coconut layer in the mould. Give it a little wiggle to see if it's slightly set before adding the next layer, the green pandan layer. If it is completely set the layers will not stick together so don't leave it too long. Repeat several time.

Leave in the fridge for an hour.

And there you have it, beautiful and delicious sweets to impress your friends and family with.

Have fun.

### **Duen's Tips**

You can make multi colored jelly by replacing the pandan leaves with a few drops of food coloring, any color you desire.

## Mango and Sticky Rice (Khao Niaow Ma Muang)

4 servings, Difficulty: Easy, Prep Time: 10 minutes, Cook Time: 10 minutes



### Ingredients

2 ripe mangoes

### Sweet sticky rice

1 cup white glutinous white rice 2/3 cup coconut milk 1/2 tsp salt

1/2 cup of sugar

### Salted coconut sauce

1/2 cup coconut milk

1/4 tsp salt

1 tsp rice flour

1 tablespoons water

## **Instructions**

Wash the excess starch from the rice with cold water using your hand. Pour away the cloudy water and repeat this until the water is clear.

Soak the rice in cold water for at least 4 hours.

Thoroughly drain the rice and steam for 30 minutes.

At the same time as the rice is cooking, add sugar and salt to coconut milk in a saucepan. Cook on a low heat and stir until the sugar has dissolved. Cover and keep warm.

As soon as the rice is done pour the sweetened coconut milk over it.

Break up any lumps of rice and stir. Cover and leave for 20 minutes. The rice will absorb the coconut milk. After 20 minutes stir the rice again, cover and leave at least 20 minutes before serving.

**For the salted coconut sauce:** In a small cup add 1 tablespoon of water and 1 tsp rice flour stir until dissolved.

In a small pot or pan add rice flour water to coconut milk and salt. Gently boil the mixture on a medium heat to make thick, sweet syrup. Let it cool down.

Slice the mango for presentation and plate it with a scoop of rice. Spoon the salted coconut sauce over the rice and serve. Yummy!

---DRINKS---



## Thai Iced Coffee (Gafae Yen)

**1 serving, Difficulty: Easy, Total time: 10mins Ingredients**

3 tablespoons Thai coffee (Olieng powder) 3/4 cup of boiling water

2 tablespoons sweetened condensed milk 2 tsp sugar

Pinch of salt

Glass full of ice

2-3 tablespoons evaporated milk **Instruction**

Take the boiling water and mix with coffee in a cup, leave it for 3 to 5 minutes.

In that time you can mix together the sweetened condensed milk, sugar and pinch of salt in a glass.

Filter the coffee water through a fine filter or muslin cloth and add it to the glass and mix to dissolve.

At this point it should be slightly over strong and over sweet because the ice will dilute it and it will then taste just right. Taste and add more sugar if you like.

When completely dissolved pour it into another glass filled with ice. Top with as much evaporated milk as you like and serve.

## Thai Iced Tea (Cha Yen)

**1 serving, Difficulty: Easy, Total time: 10mins Ingredients**

3 tablespoons Thai tea leaves (any brand is fine) 1 cup of boiling water

1 1/2 tablespoons sweetened condensed milk 2 tsp sugar

Pinch of salt

Glass full of ice

1-2 tablespoons evaporated milk **Instruction**

Take the boiling water and mix with the tea leaves in a cup, leave it for 3 to 5 minutes.

In that time you can mix together the sweetened condensed milk, sugar and pinch of salt in a glass.

Filter the tea through a fine paper or cloth filter or muslin cloth and add it to the glass and mix to dissolve the sugar the sugar.

At this point it should be slightly over strong and over sweet because the ice will dilute it and it will then taste just right. Taste and add more sugar if you like.

When completely dissolved pour it into another glass filled with ice. Top with as much evaporated milk as you like and serve.



## Thai Lemon Iced Tea (Cha Manao)

**1 serving, Difficulty: Easy, Total time: 10mins** **Ingredients**

2 tablespoons Thai tea leaves (any brand is fine) 1 cup of boiling water

4-5 tsp sugar

Juice from half a lime

Glass full of ice

### **Instruction**

Take the boiling water and mix with tea leaves in a cup, leave it for 3 to 5 minutes.

Filter the tea water through a fine filter or muslin cloth and add it to the glass and mix in the sugar to dissolve.

At this point it should be slightly over strong and over sweet because the ice will dilute it and it will then taste just right. Taste and add more sugar if you like. Leave to cool or add an ice cube.

Squeeze the juice from half a lime into a glass full of ice.

Add the cooled tea to the ice and lime juice, stir and serve.

## Thai Black Iced Tea (Cha Dam)

**1 serving, Difficulty: Easy, Total time: 10mins** **Ingredients**

2 tablespoons Thai tea leaves (any brand is fine) 1 cup of boiling water

4-5 tsp sugar

Glass full of ice

### **Instructions**

Take the boiling water and mix with tea leaves in a cup, leave it for 3 to 5 minutes.

Filter the tea water through a fine filter or muslin cloth and add it to the glass and mix in the sugar to dissolve.

At this point it should be slightly over strong and over sweet because the ice will dilute it and it will then taste just right. Taste and add more sugar if you like.

Add the tea to a glass full of ice and serve.

# English Translation of Thai Menu

## Cooking Terms

Tod = To deep fry

Pad = To Stir fry *e.g.* Pad Kee Mao Gang, Kaeng, Gaeng = Curry *e.g.* Gang Keow Waan Yum = A type of salad *e.g.* Yum Woon Sen Neung = To steam *e.g.* Pla Neung Manao

**Seafood** Ahaan Talay = Seafood (noun) Talay = Seafood (adjective), literally means the sea Hoi, Hoy = General terms for mollusks, *e.g.* clams, mussels, oysters, scallops Goong, Gung = Shrimp – Tom Yum Goong Bpu, Pu, Bhu, Phu = Crab - Kao Pad Bpu Pla = Fish - Pla Raad Prik

Pla Meuk = Squid

## Meat and Poultry

Bped, Ped, Phed, Bhed = Duck Gai = Chicken - Tom Kha Gai Neua, Nua = Beef

Moo = Pork - Larb Moo

## Miscellaneous

Pak = Vegetables

Ped = Spicy

Prik, Prig = Chilies - Pla Raad Prik Kao, Khao = Rice - Kao Pad

Grob, Krob = Crispy

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to cook some amazing meals and impress your loved ones.

The next step is to subscribe to my weekly newsletter via email then each week you will get an email with a new recipe along with my tips. Just go to <http://duensthaicookingschool.info/> and enter your email address.



Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

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If you do have any questions about anything, such as what ingredients you can use for substitutes or recipe requests, no problem, just email me at **duennakorat@gmail.com** or message me on Facebook at [www.facebook.com/DuensThaiCookingSchoolKrabi](http://www.facebook.com/DuensThaiCookingSchoolKrabi)

Thank you and have fun in the kitchen!