

ThaiLife

THAI CUISINE



the black best. Ducks are plentiful and very good, but t'is a Food, which, as it is said, does easily cloy..."

So much for the impression of an intelligent foreigner about what we ate in the days of Ayudhya in the XVIIth century. I refrain from commenting upon the accuracy of the ambassador's observation, which is, on the whole, fairly correct: I looked up his book in the hope that some data might be found as to how we divided our meal times, but have found no indication of any. Glancing farther down our historical records, we find that King Rama I, the founder in 1783 of the present ruling dynasty, and of its capital, Bangkok, was in the habit of taking a meal about midday, or just a little before then, and another in early evening. This frugal habit conformed, in all likelihood, to the general practice of the people of that time, or before, down to the present day. Such a meal is a big, full meal, that is, cooked rice and various curries, and soups and side dishes, the vegetables, and the sauces, followed by sweets and fruits. The variety of dishes that accompany the rice depends, of course, upon the circumstances of the eater. An example of a sumptuous meal over one hundred and fifty years ago, may be taken from a record of a meal presented to some two thousand monks invited to take part in the dedication of the Emerald Buddha in 1809 by King Rama I. The record runs thus:—

"His Majesty has been pleased to invite members of the Royal Family and gentlemen of the Court to take part in providing food for the clergy, to consist of cooked rice, accompanied by sausages, duck eggs, *kai p'anaeŋ* (devilled capon), fried prawns and pork, fried eggplant, omelettes, quenelles, prawn broth, bamboo shoots, *nam prik*, *plāhēŋ phad*, and watermelon with the following sweets, *Khanom foy*, crystallized rice, *khanom phin*; "chicken entrails," (fried batter dipped in molasses), banana chips, *sankhyā*, (custard cooked in a coconut shell), golden shreds, (a sort of *oeufs filés*) and *khanom talai*. Also, court attendants are to fetch from Her Excellency of the Inner Palace, *kēŋron*, (a soup of Chinese origin) and from the Moslem officials of the Harbour Department portions of Indian rice and curry, in supplement of the regular menu, etc..."

Between meals one was at liberty to take odds and ends—snacks—but there were no regular subsidiary meals, such as tea and supper. At some later date, the institution of a subsidiary meal of *kriuaŋ wāŋ*, that is "refreshments", arose, and was generally fixed at about three o'clock in the afternoon. The refreshments grew into regular meals without the cooked rice, and the dishes would naturally be less of the nature of pure *side dishes*, but would be more self-dependent, as it were. Rice sometimes found its way among the refreshments, but, after, being cooked in the regular way, it might be fried, *sauté*, or prepared in any other way than cooked as for the regular meal. With the last half century's influx of western modes of living, breakfast has been introduced, and, more and more, five o'clock teas are taking the place of the three o'clock refreshments. As for drinks, besides water which is universal, *arak*, made of rice or palm sap, is an old institution. It was, however, not an habitual feature of life in the old days when one drank "on a spree" and not from habit. As has been jokingly said by a highly respected gentlemen in connection with a birthday toast on a very formal occasion, "Siamese custom does not provide for drinking intoxicants to anybody's health; it is drunk for the pleasure of the beverage. In fact, we drink to get drunk." Up to a generation or two ago, wines and spirits did not form part of polite entertainment. Western civilization has been mainly responsible for their introduction and adoption. So far, like the habit of "refreshments" the breakfasts, teas and suppers, drinks are generally a habit of the well-to-do, and in such cases, they are western wines and spirits or their derivatives. *Arak* remains plebeian—a drink for "going on a spree."

ACKNOWLEDGEMENTS

The Editorial Board wish to thank the following for permission to print their copyright material:

Holiday Time in Thailand for 'Thai Flavours' by William Warren, *Sawasdee* for 'Thai Summer Dishes' by Vippy Rangsit, *ML Taw Kritakara* and the late *MR Pimsai Amranand* for 'Herbs and Spices Used in Thai Cooking.'

We are indebted to *the National Women's Institute* for their kind permission to print the recipes. We are grateful to *Mrs. Malulee Pinsuvana* whose recipes form a major part of the recipes section in this book. We would also like to thank *Prayong Chindawong*, *Prathum Ratanakarn*, *Arthorn Sathiraphat*, *Charoonsee Phonwieng* and *Saowapa Na-nakorn* for their co-operation and *Achan Srisamorn Khongphan* of the Department of Food and Nutrition, Faculty of Domestic Science, College of Technical and Vocational Education and *Boonchoo Pholwatana* of *the Bussaracum Restaurant* and *the Jitpochana Restaurant* at the Oriental Hotel for the kind help that they gave in preparing dishes to be photographed for this publication.

Every effort has been made to trace all the copyright holders but if any has been inadvertently overlooked, we shall be pleased to make the necessary arrangements at the first opportunity.

THAI FLAVOURS

Written by William Warren

AWAG ONCE described Thai food as “having three tastes: hot, hotter, and hottest.” As anyone who has ever inadvertently bitten into one of the tiny green or yellow chillies that lie concealed in many dishes can attest, there is a degree of truth in the observation. But only a degree. True connoisseurs would quickly add that it also has an infinite variety of other flavours, both assertive and subtle, which collectively make it one of Asia’s most distinctive cuisines.

China, India, Java, even far-off Portugal have exerted an influence on Thai cooking over the centuries, bringing with them certain spices and herbs and other ingredients. Some of these, mainly Chinese, were incorporated almost unchanged; most, however, underwent gradual alteration to meet local tastes, ultimately emerging as something uniquely Thai.

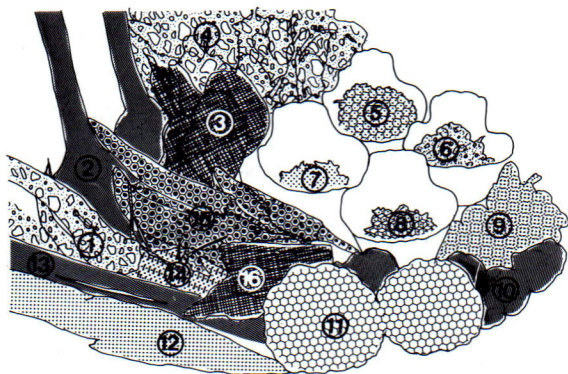
Once known only to a comparative handful of travellers who came to the source, Thai food



is currently enjoying an international vogue. There are reportedly more than 200 Thai restaurants in Los Angeles alone, and numerous others are to be found in London, New York, Paris, and almost every other major city in the world where Thai students gather. The cuisine has been "discovered" by various food magazines and articles written in praise of its exotic flavours.

What produces the wide range of tastes that one perceives in the assorted curries, soups, salads, snacks, and sweets cooked Thai style? For the answer, let us look at the extraordinary array of herbs, spices, and other ingredients that the average Thai cook would regard as essential, some bought from the nearest market but many picked fresh from the garden. Of the fresh seasonings, undoubtedly the most celebrated are the chillies. These are not, a novice might suppose, limited to one or two varieties, scarcely distinguishable from each other. In fact, perhaps a dozen different kinds of chillies play a part in Thai cooking, varying considerably in both flavours and potency.

The most explosive is the smallest, a yellow-orange bombshell known as *phrik khi nu luang*, closely followed by a green variety called *phrik khi nu* (which, translated literally, means "rat dropping," the name deriving from its shape.) An encounter with one of these half-inch terrors can make a strong man rush for the nearest glass of beer, but no true lover of Thai food would dispense with them in certain dishes. A number of larger chillies, several degrees milder, are also used when a less aggressive flavour is called for. Green peppercorns find their way into some mean dishes, particularly those involving game.

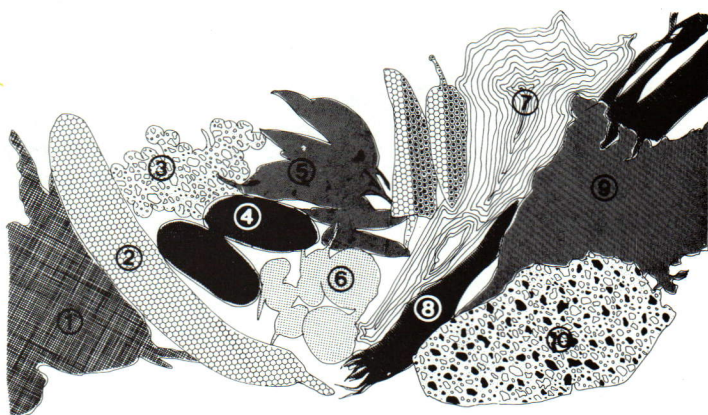


1. Krachai 2. Galanga 3. Kaffir lime leaves 4. Mint 5. Coriander seeds
6. Cardamoms 7. Cummin seeds 8. Cloves 9. Garlic 10. Shallots 11. Kaffir limes
12. Ginger 13. Lemon grass 14. Dried chillies 15. Fresh chillies 16. Cinnamon

Equally ubiquitous are the aromatic leaves of the coriander plant (*phak chi*) sprinkled lavishly on just about everything from soups to curries. One foreign resident, less addicted to the flavour than most Thais, swears he was once served a coriander garnished bowl of ice cream; but this experience, if true, must be regarded as an aberration.

Numerous other fresh plants are also added to Thai food for flavouring purposes. Lemon grass (*takhrai*) lends a delicate citron taste to several of the most distinctive soups as well as to some salads, and the leaves of the Kaffir lime (*bai makrut*) are used for a similar purpose in certain curries. For a long time, these two basic Thai seasonings were virtually





1. Kaffir lime leaves 2. Green egg plant 3. Miniature egg plants (Makhua phuang) 4. Miniature cucumbers 5. Chillies 6. Egg plants 7. Green cabbage 8. Spring onions 9. Coriander leaves 10. Chinese cabbage

unobtainable in Western countries, and countless travellers carried a leaf or two to homesick friends living abroad; now, thanks to the growing popularity of Thai restaurants, they can frequently be found in specialty markets in many of the world's major cities.

Horapha, often translated as basil though in fact there is little similarity in taste between the two, finds its way into many curries in the form of leaves, stems, and flowers. Two other similar-looking herbs, though with subtly different tastes, are *bai kaphrao* and *bai maenglak*. All three are grown in almost every Thai garden.

The sword-like leaves of *toei hom*, a



member of the pandanus family that grows profusely in swampy areas, are much esteemed for the flavour they impart to chicken and fish as well as to sweets. Chopped mint is sprinkled on many dishes, and fresh dill is used in the Laotian-inspired cuisine of northeastern Thailand.

Several roots play a part in Thai cooking, either as an ingredient or as one of the numerous condiments that accompany every meal, to be mixed according to individual tastes. Among these are three or four different varieties of ginger (*khing*), galanga (*kha*), tumeric (*khamin*) and coriander roots. A number of the roots, it should be pointed out, serve a double purpose, being highly regarded for their medicinal qualities as well as for their flavour.

A wide range of dried spices is found in a Thai kitchen. The most frequently used, perhaps, is pepper (*phrik thai*), usually the white variety, which goes into almost every non-sweet dish. In addition, there are the dried skins of the Kaffir lime (*makrut*) cummin seeds (*yira*) nutmeg (*luk chan*), cardamom (*krawan*), bay leaf (*bai krawan*), clove (*kan phlu*), cinnamon (*ob choei*), curry powder (*phong kari*), dried chillies (*phrik haeng*), sesame seeds (*nga*), and saffron (*ya faran*). Many of the above are not native to the country but have been adopted into the cuisine over the centuries through outside influences, sometimes in surprising combinations.

Various fruits and vegetables are used to enhance the taste of Thai food, the names of most of which begin with *ma-*. Lime (*manao*) is most ubiquitous, squeezed into countless soups, salads, and curries and adorning most dishes as a condiment.

Equally essential is coconut (*maphrao*); the milk is used in both curries and sweets, and the grated meat is also a frequent addition. The olive-like *makok* is an ingredient in some chillie pastes, and carcinia (*madan*) lends a sour taste to many creations; tamarind (*makham*) is eaten sugared as a candy but also imparts its distinctive flavour to more complex creations as well, especially sauces. *Makhua phuang*, small pale-green berries belonging to the eggplant family, are important components of a typical Thai curry, and several other kinds of *makhua* are also found.

Sauces are essential to any Thai meal, often to provide a salty contrast to the blend of sweet and sour that characterizes many dishes. The most popular are *nam pla*, fish sauce, sometimes transformed into *nam pla phrik* by the addition of chopped chillies, and shrimp paste (*kapi*), a concoction of dried shrimp and assorted spices which many regard as one of the tests of a truly good cook.

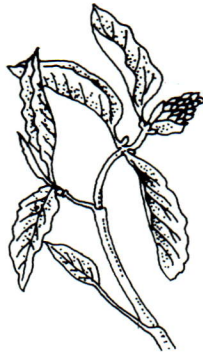
The proper combination of all these ingredients is regarded as a high art in Thailand, one that requires both skill and time. Thus in the most discriminating kitchens, the preparation of a single sauce can take hours of grinding, tasting, and delicate adjustment until the exact balance of flavours is achieved. Only then, according to masters of the art, can the true glory of Thai cooking be fully appreciated.

HERBS AND SPICES USED IN THAI COOKING

Written by ML Taw Kritakara
and MR Pimsai Amranand



Bai kaphrao



Bai maenglak



Bai horapha
(Sweet basil)

HORAPHA, KAPHRAO and maenglak are varieties of sweet basil, annuals growing about 40 cm high. *Horapha* seems to be the nearest to the sweet basil used in European tomato dishes and Italian pesto, a sauce eaten by the Genoese with pasta and also used as a flavouring for soups. *Horapha* is used here as a vegetable and for flavouring. *Kaphrao* leaves are narrower and often tinged with reddish purple. It releases its aroma and flavour only when cooked and is used with fish, beef and chicken. *Maenglak* leaves are slightly hairy and paler green than *horapha*. It is sometimes called lemon-scented basil but definitely has a peppery taste when chewed; it is very similar to Italian dwarf basil and is used as a vegetable and for flavouring. The seeds (*luk maenglak*) are used in desserts, becoming gelatinous when soaked in water for a few minutes. In countries where these sweet basils are not available fresh, you should grow them yourself since dried ones are useless and all three are easy to grow from seed. In temperate climates they may be grown outdoor in summer in full sun or in pots in the kitchen window the rest of the year.

Mint; *bai saranae*; *Mentha arvensis*. this mint is similar to the mint used for mint sauce in England and is used here as a vegetable and for flavouring.

Pepper; *Phrik thai*; *Piper nigrum*. Black pepper is milder but more aromatic than white pepper. Fresh green peppercorns are delicious with a special aromatic taste of their own and are available all year round but are best towards the end of the rainy season.

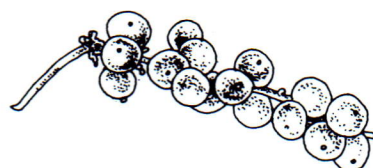
Chillis; *phrik*; *Capsicum* spp. Scientists believe that chillis are native to Central America and that they were brought to India and the Far East by the Portuguese in the 16th Century. They are called "ship pepper" in India to distinguish them from the native pepper, *Piper nigrum* or *phrik thai*. This means that Thai food has been chilli-hot for only the last 400 years. Many Thais, including one of our foremost botanists, are reluctant to believe this, arguing that chillis may have been brought to Asia across the Pacific or even that chillis originated in Central Asia and were taken by Mongoloid people to the New World. They also argue that chillis have been known and used for centuries as a medicine as well as a condiment, to lower high blood pressure and cholesterol.

Whatever the arguments, there are over ten kinds of chillis in local markets varying in size and pepperiness. The smallest and hottest is *phrik khi nu* of which the kind called *phrik khi nu suan* is the hottest. *Phrik chi fa* are finger size and may be red, green or yellow. Both these chillis are *Capsicum frutescens*. A larger one, *Capsicum annum*, *phrik yuak*, is pale green and used for stuffing. Another variety popular in Chiang Mai is *phrik num*. The bell or sweet peppers are not used in Thai cooking but may be used as substitutes. In recent years a new chilli has been imported from Mexico called *phrik khi nu Kaset* which has a longer pod than our native *phrik khi nu*.

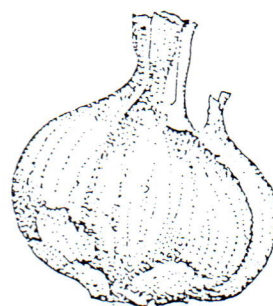
Garlic; *krathiam*; *Allium sativum*. Garlic can be bought in quantity and should be hung by its stalks. It is easier to peel garlic after smashing the cloves with the side of a knife. To make garlic oil, chop a handful of garlic, and fry it in plenty of hot oil until golden. The oil and the fried garlic can be stored in a jar for garnishing *kaeng chud* and for tossing with noodles and rice. Pickled garlic; *krathiam dong*; pickled in vinegar flavoured with a little sugar, may be bought at almost any market.



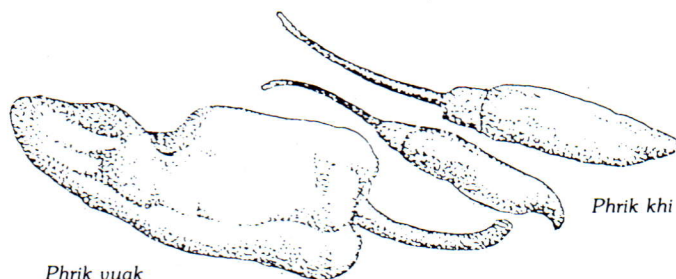
Mint



Pepper



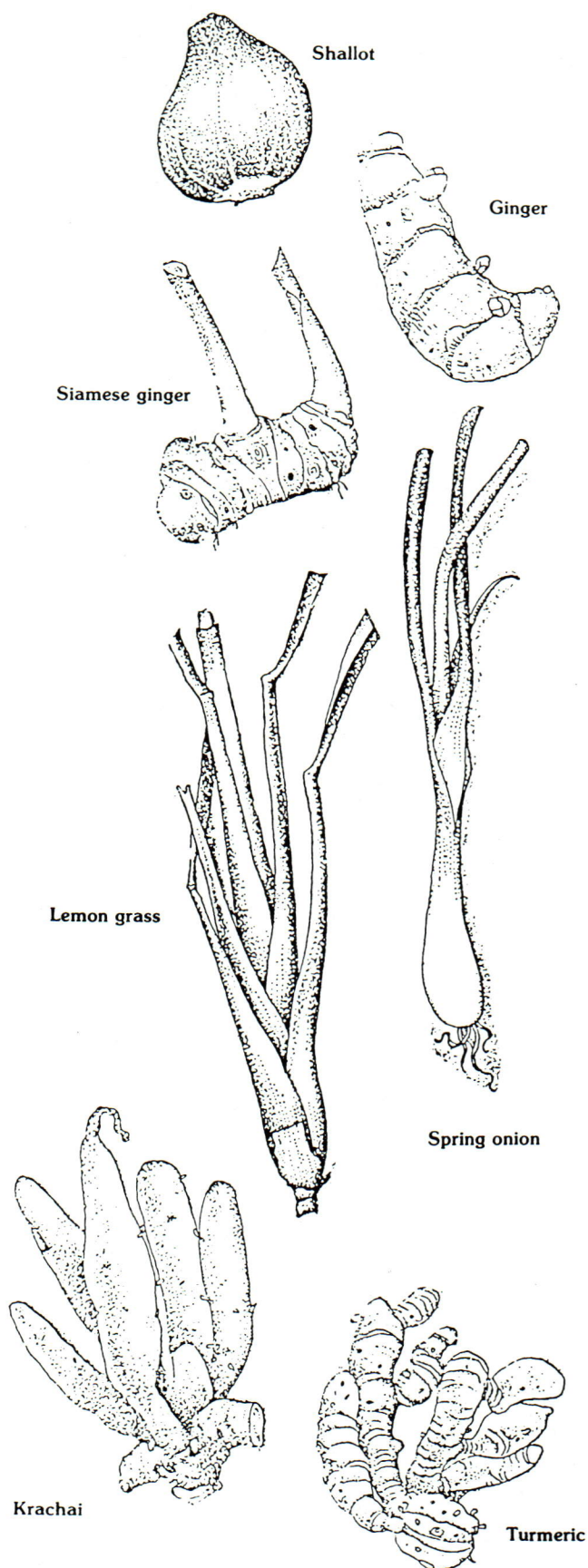
Garlic



Phrik yuak

Phrik khi nu

Chillis



Shallots; *hom lek*; *Allium ascalonicum*. This small red onion is a very important ingredient in most Thai dishes but the quantity may be reduced if you find you do not like it.

Spring onions; *ton hom*; *Allium fistulosum*. These green onions are used for garnishing soups and salads and as vegetables.

Lemon grass; *takhrai*; *Cymbopogon citratus*. The plant looks like a tuft of coarse grey-green grass. The lower part of the stalk is used fresh for flavouring and as an ingredient in certain dishes. It is indispensable for *tom yam* but a piece of lemon peel might make a good substitute.

Gingers are herbaceous plants indigenous to the tropics. We have many kinds of native gingers whose roots are used to flavour food and as vegetables.

Common ginger; *khing*; *Zingiber officinale*. Fresh roots or "hands" are young and plentiful in the rainy season. While these roots are plump, pale yellow and pink we pickle them, crystalize them and make a drink out of them. Young ginger pounded with a little salt, pepper and garlic is good too as a marinade for chicken or beef. For the rest of the year we make do with old ginger which is more fibrous and much spicier. Ginger keeps well and is therefore obtainable in Chinese stores abroad. There it is called green ginger.

Siamese ginger; *kha*, *Alpinia galanga* (*siamensis*). The roots are larger and whiter than common ginger. It is always used in making curry pastes and a few slices are usually added to fish or chicken stock. The flowers are edible, dipped in batter and fried, served with *nam phrik*.

No English common name; *krachai*; *Kaempferia pandurata*. The tubers of this ginger look like a bunch of yellow brown fingers. *Krachai* is always added to fish curries and *nam ya*, and peeled and served as a raw vegetable with *Khao chae*.

Turmeric; *khamin*; *Curcuma longa* turmeric. These small bright orange roots provide the yellow colouring for curries or vegetables. Turmeric powder is easier to use. White turmeric; *khamin khao*; *Curcuma* sp. These roots are white and about the same size as the common ginger. Used as a raw vegetable it tastes only slightly peppery and has a pleasant tang. The

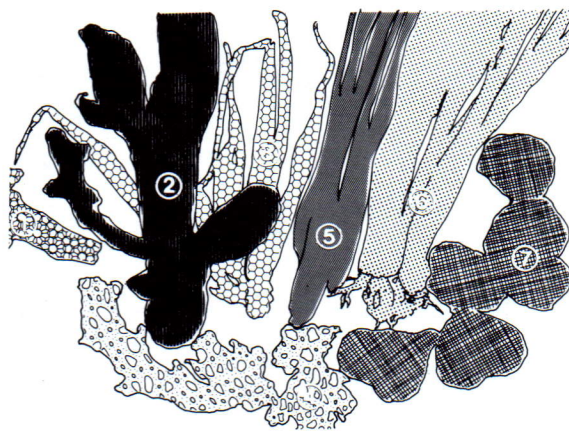


flowers are used boiled as a vegetable with *nam phrik*.

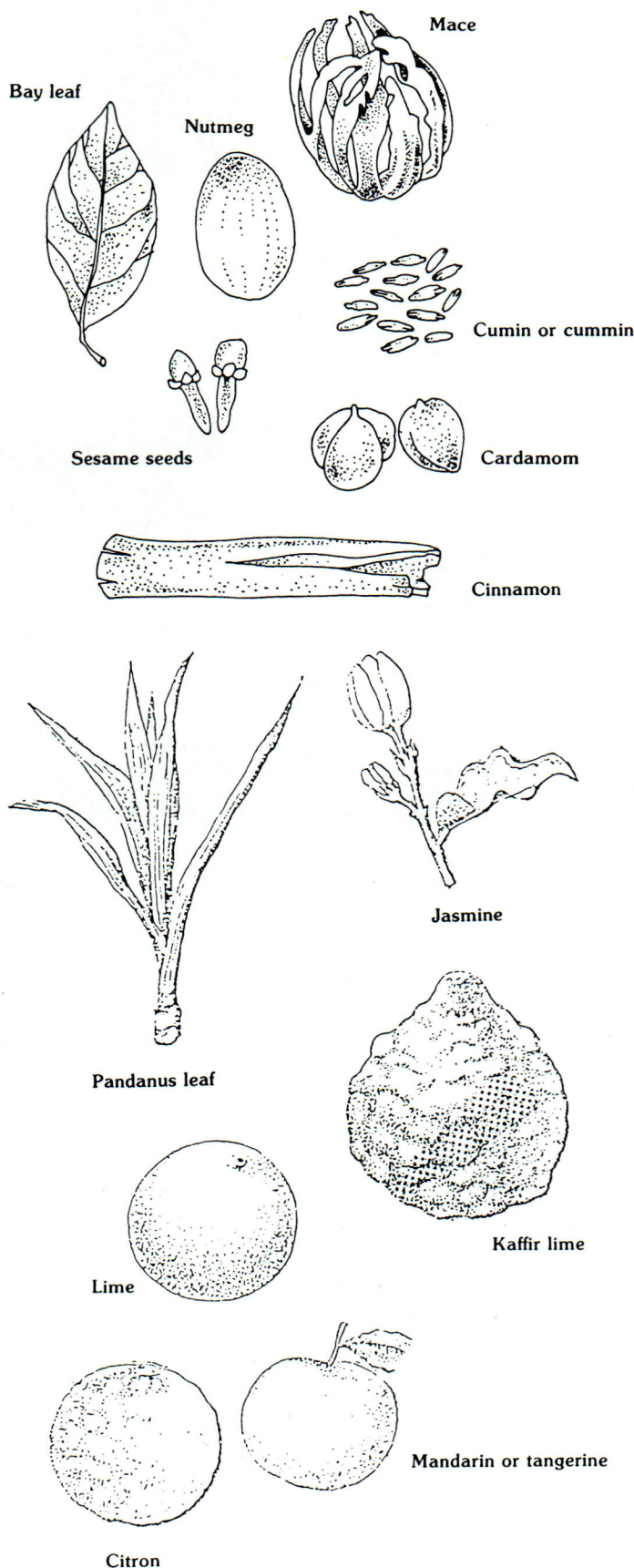
Cumin or cummin; *yira*; *Cuminum cyminum*. This annual is native to Egypt and the name is pronounced kumm-in. The small ridged, light brown seeds, so similar to caraway and fennel, taste and smell quite different and have to be heated to release their aroma. The Thai word *yira* is given both to caraway and to fennel seeds, presumably because of the similarity of appearance, though in actual fact only cumin is used in Thai cooking, mainly in the making of curry pastes.

Mace; *dok chan*; *Myristica fragrans*. The orange outer covering of nutmeg, the fruit of an evergreen tree native to Indonesia. It is used in the making of *Matsaman* curry paste.

Nutmeg; *luk chan*; *Myristica fragrans*. The nut is enclosed in a very hard brown shell. It is used in the making of *Matsaman* curry paste.



1. Turmeric 2. Galanga 3. Krachai 4. Ginger 5. Lemon grass
6. Spring onions 7. Shallots



Cloves; *kanphlu*; *Eugenia aromatica*. Cloves are the dried flowerbuds of an evergreen tree native to the Molucca Islands. They are almost as expensive as saffron because crops often fail, because they are much used in Western cooking and because the oil is antiseptic. We use it in *Matsaman* curry and to chew as a relief for toothache. Fresh cloves flowers are a luxury to chew with betel nut.

Bay leaf; *bai krawan*; *Cinnamomum cassia*. *Bai krawan* looks very similar to the bay leaf (*Laurus nobilis*) of Western cooking but the leaves are smaller and thinner and are used by the handful in Indian curries and to garnish our *Matsaman* curry. It is not a real bay leaf; it comes from the same tree, a kind of cassia, from which we obtain our cinnamon. We should really therefore refer to cassia leaves and not bay leaves.

Cinnamon; *ob choei*; *Cinnamomum zeylanicum*, *C. cassia*. Cinnamon is the dried bark of a tree. There are two kinds, both having preservative and medicinal qualities. The kind found here, *C. cassia*, is good for meat dishes and in particular is used in *Matsaman* curry.

Cardamom; *luk krawan*; *Elettaria cardamomum*. Cardamom is obtained from a herbaceous perennial native to India. It is a small off-white capsule containing three or four black seeds with a strong cool scent when cracked. It is used in making *Matsaman* curry as garnish.

Sesame; *nga*; *Sesamum indicum*. These tiny seeds grown throughout the Ancient World for food and oil, are rich in protein. We use them for flavouring. The seeds are white with black shells.

Pandanus leaf; *toei*; *Pandanus odoratus*. Long narrow green leaves of a herbaceous plant used for flavouring and colour. There is no substitute for the flavour but green colouring may be used as a substitute for the colour.

Jasmine; *mali*; *Jasminum sambac*. Unopened flower-buds, picked in the evening before they open, are used to scent drinking water, tea and desserts.

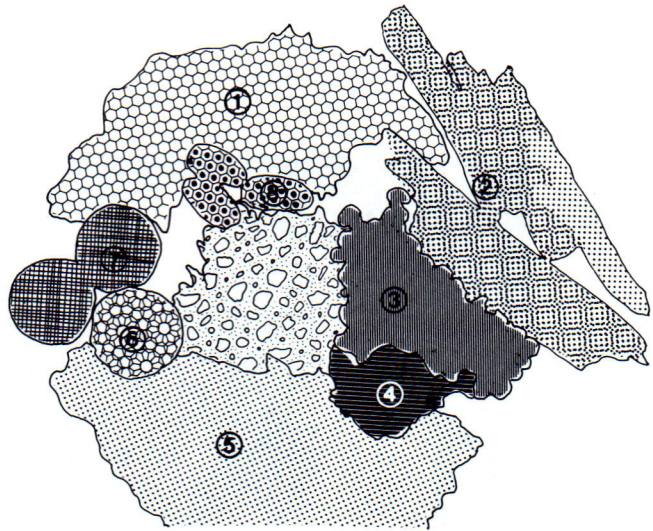
Citrus. Native to China and South-east Asia, these plants are much used as dessert fruits; the leaves and peel are also used in flavouring.

Lime; *manao*; *Citrus aurantifolia*. The whole fruit is used. Lemon may be used as a substitute where limes are not available but it is not the same.

Kaffir lime; *makrut*; *Citrus hystrix*. This knobbly dark green fruit is the size of a big lime. The juice, peel and leaves are used. Dried *makrut* leaves are available but are not good, merely tasting medicinal. Try lemon peel, lemon thyme and lemon verbena.

Citron; *som sa*; *Citrus medica* var *limetta*. This round dark green fruit with a thick very aromatic skin is much used for flavouring. Sour orange juice and orange peel would make the best substitute.

Mandarin or Tangerine orange; *som khiewan*; *Citrus nobilis*. This orange has a thin skin and remains green when ripe. The juice of an immature fruit is sometimes used and called *som men*.



1. Cummin seeds 2. Cinnamon 3. Cardamoms 4. Cloves
5. Coriander seeds 6. Kaffir lime 7. Limes 8. Nutmeg



THAI RECIPES

RICE DISHES

Boiled rice (*Khao Suai*)

- 4 cups rice
- 6 cups water

Wash the rice several times in cold water. Drain and pour into a saucepan. Next pour in the measured amount of water. Bring to the boil over a medium heat. Let the rice boil for about 10 minutes. Turn the heat down to a very low level. Cover tightly and simmer for 20 minutes or until all the water has been absorbed. Remove from the heat. Serve hot.

Fried rice (*Khao Phat*)

- | | |
|------------------------------|---|
| 3 cups cooked rice | 1/2 teaspoon ground pepper |
| 1 cup prawns, shelled | 1 teaspoon chopped coriander leaves |
| 1 onion, sliced | 1/4 cup vegetable oil |
| 1 carrot, diced | |
| 1 tomato, sliced | |
| 1 egg, beaten | |
| 1 tablespoon soy sauce | Cucumber slices, spring onions and lemon slices |
| 2 tablespoons tomato ketchup | |
| 1 teaspoon sugar | |
| 1/2 teaspoon salt | |

Fried rice



Boiled rice



Heat 2 tablespoons of the oil in a frying pan. Brown the prawns for 3 minutes. Add the sliced onion and the diced carrot. Pour in the cooked rice. Season with soy sauce, tomato ketchup, sugar, salt and pepper. Add the remaining oil. Pour in the beaten egg and stir

vigorously. Add the tomato slices and remove from the heat. Transfer to a serving dish. Sprinkle with the chopped coriander leaves. Garnish with cucumber slices, spring onions and lemon slices.



Rice and steamed chicken (*Khao Man Kai*)

- 1 whole chicken
- 4 cups rice
- 1 cup chicken fat
- 1 cucumber, sliced
- 1 tablespoon thick soy sauce
- 4 tablespoons brown bean sauce
- 1 clove garlic
- 1 tablespoon grated ginger root
- 2 red chillies, seeded, finely shredded
- 6 cups water
- 2 tablespoons fried chopped garlic

Wash and clean the chicken. Rub the salt over the chicken and steam until the chicken is cooked. Meanwhile put the rice in a saucepan. Wash and drain several times. Pour in the water. Add the chicken fat and cook the rice over a low heat for 30 minutes. When the rice is cooked, sprinkle with the fried chopped garlic. Set aside. In a bowl mix the chopped garlic, grated ginger root with the thick soy sauce. Blend in the brown bean sauce. Sprinkle with the shredded chillies. Serve the steamed chicken with rice and the soy sauce.

Seafood rice soup (*Khao Tom Thale*)

- 1 kg any selection of fish, prawns, squids, mussels or shell fish
- 1 cup rice
- 6-8 cups water
- 1 clove garlic, crushed
- 1 whole coriander stalk
- 1 tablespoon salt
- 1 tablespoon pepper corns
- 1 tablespoon vinegar
- 1 celery stalk
- 1/4 cup chopped garlic
- 1/4 cup vegetable oil
- 1 tablespoon chopped celery
- 1 tablespoon chopped spring onion
- 1 tablespoon chopped coriander leaves
- 10 sweet-basil leaves
- Lime juice, fish sauce and chilli to taste

Wash and prepare all the seafood. Heat the water in a saucepan. Add 1 whole coriander stalk, crushed garlic, celery stalk, vinegar, salt and pepper corns. Bring to the boil. Blanch the seafood in the boiling stock. Reserve the meat and discard the shells or bones. Next strain the stock into another saucepan.

Heat the oil in a frying pan. Fry the chopped garlic and rice. Season with fish sauce. Then pour plenty of the stock into the rice. Bring to the boil and simmer for 20-30 minutes. Add the reserved seafood. Sprinkle with the chopped herbs. Serve hot.

Seafood rice soup.



Rice and steamed chicken.



NOODLE DISHES

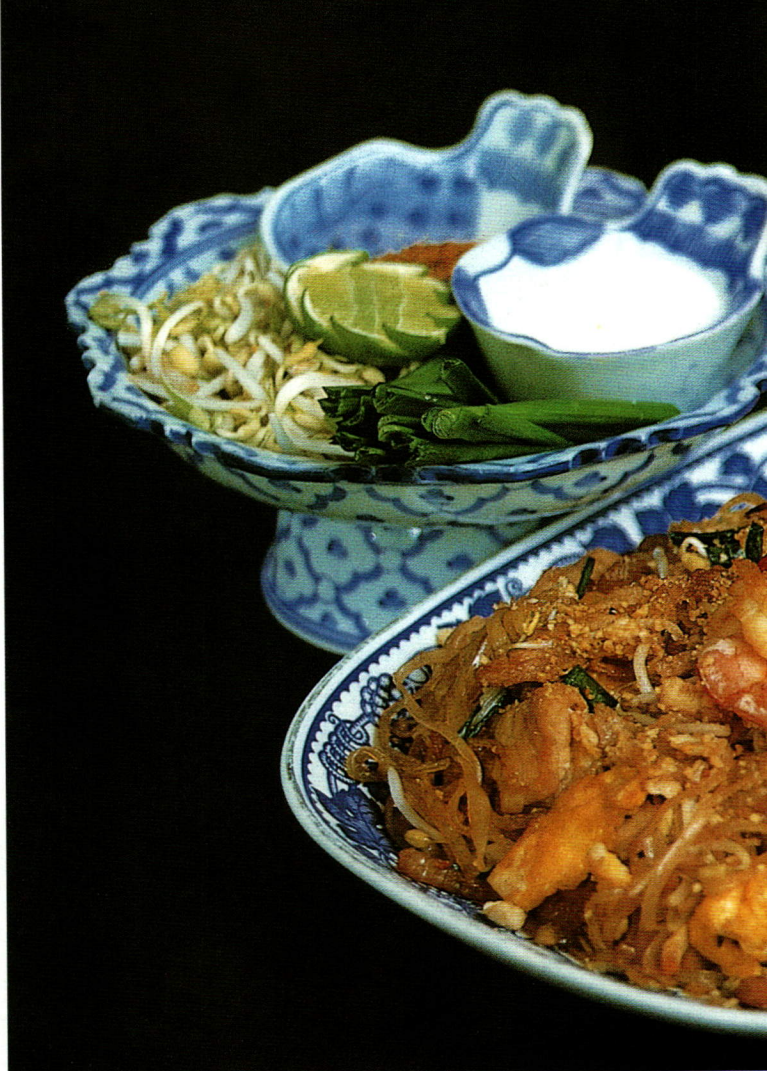
Thai fried noodles (*Kuai Tiao Phat Thai*)

- 1/2 kg Thai rice noodles
- 1 cup prawns, shelled
- 2 eggs
- 1 cup bean sprouts
- 1 tablespoon chopped roasted peanuts
- 1 tablespoon ground dried shrimps
- 1 tablespoon sugar
- 1 tablespoon fish sauce
- 1 tablespoon tomato ketchup
- 1 teaspoon minced garlic
- 1 tablespoon chopped spring onion
- 1 tablespoon chopped coriander leaves
- 1/2 cup vegetable oil
- 1/2 teaspoon chilli powder
- Bean sprouts and lemon slices

If dried noodles are used, soak them in warm water for 15 minutes and drain before use. Soak the bean sprouts in cold water for 10 minutes. Heat the oil in a frying pan. Fry the minced garlic until light brown. Add the prawns. Season with fish sauce, sugar and tomato ketchup. Stir until the prawns are cooked. Add the beaten eggs and stir in the noodles. Fry until brown. Drain the bean sprouts and add to the noodles. Stir for a few minutes. Pour onto a serving plate. Sprinkle with the ground dried shrimps, chopped roasted peanuts and chilli powder. Garnish with bean sprouts, lemon slices, chopped spring onion and coriander leaves. Serve hot.

(Upper) Thai fried noodles.

(Lower) Fried noodles with beef and broccoli.





Fried noodles with beef and broccoli

(*Kuai Tiao Rad Na*)

- 1 cup rice noodles, soaked and drained
- 1/2 cup beef, thinly sliced
- 3/4 cup sliced broccoli
- 1 teaspoon minced garlic
- 1 tablespoon oyster sauce
- 1/2 tablespoon fish sauce
- 1 tablespoon cornflour, mixed with 1
tablespoon water
- 1/2 cup water
- 1/2 cup vegetable oil

Heat 2 tablespoons of the oil in a frying pan. Brown the minced garlic. Stir in the noodles and fry for a few minutes. Remove from the heat. Pour onto a serving dish and keep warm. Heat the remaining oil in a frying pan. Brown the beef over a medium heat. Add the oyster sauce. Then stir in the broccoli slices. Fry for 3 minutes. Pour in the water and simmer for a few minutes. Blend in the cornflour mixture, stirring all the time as the sauce thickens. Season with fish sauce. Remove from the heat and pour over the noodles. Serve immediately.







Fried noodles in minced beef sauce

(Kuai Tio Nua Sap)

- 1/2kg rice noodles
- 1 tablespoon thick soy sauce
- 1 cup minced beef
- 1/2cup chopped onion
- 1 tomato, diced
- 1 teaspoon curry powder
- 1 tablespoon soy sauce
- 1/2teaspoon salt
- 1/2teaspoon ground pepper
- 1 tablespoon cornflour, mixed with 1
tablespoon water
- 1/2cup vegetable oil
- 1/2cup water
- 10 lettuce leaves, tomato slices

If dried noodles are used, soak them in warm water for 15 minutes. Drain before use. In a frying pan pour half of the oil and fry the noodles over a medium heat for a few minutes. Add the thick soy sauce. Stir well. Remove from the heat and pour onto a serving plate. Keep warm. Heat the remaining oil in a saucepan. Fry the chopped onion until soft. Add the minced beef and fry for 5 minutes. Add soy sauce, curry powder, salt and pepper. Stir in the diced tomato. Pour in the water and simmer over a low heat for 5 minutes. Blend in the cornflour mixture. Stir all the time as the sauce thickens. Spoon the minced beef sauce over the fried noodles. Garnish with lettuce leaves and tomato slices. Serve hot.

Crispy noodles (*Mi Krop*)

8 oz dried vermicelli
2 cups vegetable oil
1/2 cup prawns, shelled
2 tablespoons sliced lean pork
1 tablespoon brown bean sauce
2 tablespoons fish sauce
2 tablespoons sugar
1 egg, beaten
1 tablespoon chopped spring onion
1 tablespoon chopped coriander leaves
1/2 cup bean sprouts
1 teaspoon grated lemon rind
1 teaspoon minced garlic
1 teaspoon shredded red chilli
salt and pepper

Heat the oil in a deep saucepan. Deep-fry the vermicelli in very hot oil until crisp and golden. Drain on paper towel and set aside. In a frying pan heat 3 tablespoons of the remaining oil. Fry the minced garlic. Stir in the pork and the prawns and fry for a few minutes. Add the brown bean sauce. Season with fish sauce and sugar. Stir in the beaten egg. When the egg is almost cooked, stir in the crispy vermicelli. Mix well. Remove from the heat. Sprinkle with grated lemon rind, chopped spring onion, chopped coriander leaves and shredded red chilli. Garnish with bean sprouts.





EGG DISHES

Eggs and pork in brown sauce (*Mu Khai Phalo*)

- 6 hard-boiled eggs, shelled
- 1/2kg pork, cubed
- 1 teaspoon minced garlic
- 1 teaspoon minced coriander root
- 1 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 star anise seed
- 4 tablespoons thick soy sauce
- 2 tablespoons sugar
- 2 cups water
- 2 tablespoons vegetable oil

Heat the oil in a saucepan and brown the pork. Add the minced garlic, salt and pepper. Stir for 5 minutes. Next add the thick soy sauce, minced coriander root, ground cinnamon, ground cloves, star anise seed and sugar. Blend in the water. Add the hard-boiled eggs. Cover and simmer over a low heat for 45 minutes or until the pork is tender. Serve hot with boiled rice.



Sweet and sour eggs (*Khai Luk Khoei*)

- 6 eggs, hard-boiled, shelled
- 1 tablespoon finely chopped onion
- 1 tablespoon chopped coriander leaves
- 1 cup sugar
- 1 tablespoon vinegar or lime juice
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon tomato ketchup
- 1/2 cup water
- 1/2 cup vegetable oil

Heat 2 tablespoons of the oil in a frying pan. Fry the chopped onion until golden brown. Remove from the heat and set aside. Fry the boiled eggs whole. Turn frequently until the skin turns golden brown. Remove from the heat. Drain well on paper towel. Cut into halves and arrange on a serving dish. In a small saucepan heat the water over a medium heat. Add sugar and salt. Bring to the boil. Add vinegar and tomato ketchup. Turn the heat down. Stir continuously until the sauce becomes syrupy. Remove from the heat and pour over the fried boiled eggs. Sprinkle with the fried onion and chopped coriander leaves.



(Upper left) Eggs and pork in brown sauce.
 (Upper right) Stuffed omelet.
 (Lower) Sweet and sour eggs.



Stuffed omelet (*Khai Yat Sai*)

- 1 cup minced pork
- 1 onion, chopped
- 1 carrot, diced
- 2 tablespoons chopped green beans
- 1 tomato, diced
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 tablespoon soy sauce
- 2 tablespoons tomato ketchup
- 4 eggs, beaten
- 1/2 cup vegetable oil

Heat 2 tablespoons of the oil in a frying pan. Fry the minced pork for a few minutes. Add the chopped onion, diced carrot, chopped beans and diced tomato. Season with soy sauce, tomato ketchup, salt and pepper. Remove from the heat and set aside. In a large frying pan, pour just enough oil to coat the bottom of the pan. Heat the oil and pour half of the beaten egg mixture into the pan. Tilt slightly so that the egg pancake is even. Over a low heat put half of the pork mixture onto the middle of the egg pancake. Fold the egg pancake over the pork mixture. Carefully turn it out onto the serving dish. Makes 2 stuffed omelets.

Fried eggs topped with minced pork sauce (*Khai Dao Rad Na*)

- 4 eggs
- 1/2 cup minced pork
- 1/4 cup chopped onion
- 1 carrot, diced
- 1 tablespoon soy sauce
- 2 tablespoons tomato ketchup
- 1 teaspoon sugar
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 cup water
- 1 tablespoon chopped coriander leaves
- 3 tablespoons vegetable oil

Heat 1 tablespoon of the oil in a frying pan. Fry the minced pork. Add the minced garlic, chopped onion and diced carrot. Stir for 5 minutes. Season with soy sauce, sugar, tomato ketchup, salt and pepper. Blend in the water. Simmer for 5 minutes. Remove from the heat. Next, heat the remaining oil in a different pan. Fry the eggs. Transfer onto a serving plate. Pour the minced pork sauce over the fried eggs. Sprinkle with the chopped coriander leaves.





Fried eggs topped with minced pork sauce.





Yam Yai

- 2 tablespoons boiled pork rind, finely shredded
- 2 tablespoons cooked pork, sliced
- 2 tablespoons cooked pork liver, sliced
- 2 tablespoons cooked chicken, sliced
- 2 tablespoons cooked prawns, shelled
- 1 tablespoon steamed squid, shredded
- 2 tablespoons sliced cucumber
- 2 tablespoons grated turnip
- 2 tablespoons pickled garlic, finely chopped
- 1 tablespoon ground dried shrimps
- 1 tablespoon black jelly mushrooms, soaked and boiled
- $\frac{1}{2}$ cup bean sprouts
- $\frac{1}{2}$ cup jelly noodles, soaked and cooked in boiling water
- 2 hard-boiled eggs, sliced
- 2 eggs, beaten, fried, pancake thin, finely shredded
- $\frac{1}{2}$ cup mint leaves

Yam Yai dressing

- 1 teaspoon chopped coriander root
- 1 tablespoon chopped coriander leaves
- 6 pepper corns
- 2 cloves garlic
- 1 tablespoon vinegar
- 1 tablespoon lime juice
- 1 teaspoon chilli powder
- 1 tablespoon soy sauce

Pound or grind the chopped coriander root, garlic and pepper corns together to a fine paste. Add the vinegar, soy sauce and lime juice. Mix well. Put the rest of the above ingredients in a big bowl. Pour the salad dressing over the ingredients. Mix well. Sprinkle the top with the chopped coriander leaves and chilli powder

Muslim style salad (*Salad Khaek*)

- 1/2 lettuce head
- 1 tomato, thinly sliced
- 1/2 cup bean sprouts
- 2 tablespoons fried bean curd, sliced
- 1 hard-boiled egg, sliced
- 1/2 cup potato crisps
- 6 dried bean curd, soaked and sliced
- 1 teaspoon chilli powder
- 1 tablespoon chopped onion
- 2 tablespoons chopped roasted peanuts
- 1 teaspoon sugar
- 1 tablespoon fish sauce
- 1/2 cup coconut milk
- 2 tablespoons vegetable oil

Heat the oil in a saucepan. Brown the chopped onion. Pour in the coconut milk. Turn the heat down. Add the chilli powder, peanuts, fish sauce and sugar. Stir until smooth. Remove from the heat and set aside to cool. Boil the water and pour the boiling water over the bean sprouts. Drain well. Arrange the lettuce leaves on a serving plate. Then put the tomato slices, cooked bean sprouts, sliced dried bean curd, sliced fried bean curd and the sliced hard-boiled egg on top. Pour the dressing over the salad just before serving. Garnish with potato crisps.

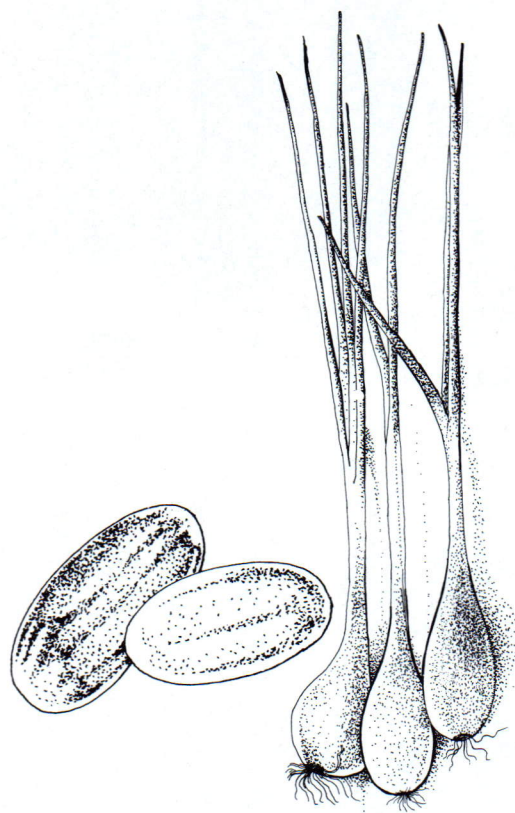


Muslim style salad.





Brown-bean sauce dip.



Brown-bean sauce dip (*Tao Chiao Lon*)

- 1/2 cup brown-bean sauce
- 2 tablespoon chopped shallots
- 3 fresh chillies, seeded and sliced
- 2 tablespoons minced pork
- 1 cup coconut cream
- 1 teaspoon sugar

Spring onions, cucumber, celery stalks and cauliflower

Heat the coconut cream gently in a saucepan. Bring to the boil. Add the minced pork. Stir in the brown-bean sauce and chopped shallots. Season with sugar. Add the sliced chilli. Simmer on a low heat for 5 minutes. Then spoon into a serving bowl. Serve with fresh vegetables such as spring onions, cucumber, celery stalks and cauliflower.

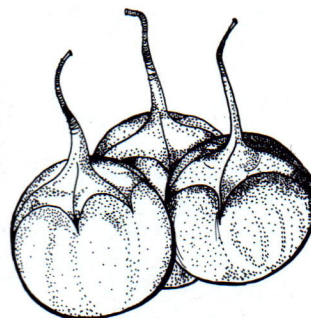
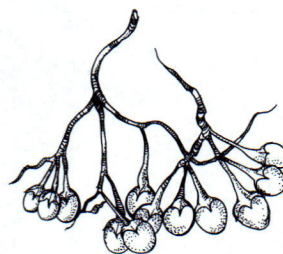


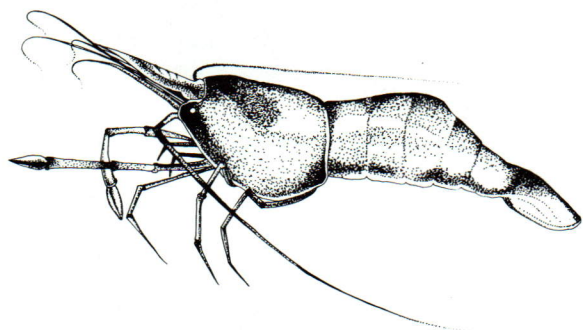


Shrimp paste dip (*Nam Phrik*)

1 tablespoon dried salted shrimps or
smoked fish
3-5 cloves garlic
1/2 tablespoon shrimp paste or salted
anchovies
1-2 chillies
Palm sugar, fish sauce and lime juice to
taste

Pound the dried shrimps or smoked fish. Add the garlic cloves, shrimp paste and chillies. Season to taste with palm sugar, fish sauce and lime juice. Serve with fried fish, namely mackerel, and boiled vegetables such as boiled beans, boiled cabbage or fresh vegetables such as cucumber, egg plants and the like.





Sour prawn soup.



Jelly noodles soup and stuffed cucumber soup.



SOUPS

Sour prawn soup (*Tom Yam Kung*)

- 10 king prawns, shelled
- 1 cup mushrooms
- 1 stalk lemon grass, chopped
- 2 kaffir-lime leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 1/2 teaspoon chilli powder
- 1 tablespoon chopped coriander leaves
- 1 pint water

Pour the water into a saucepan. Bring to the boil. Add the lemon grass and kaffir-lime leaves. Then add the prawns, cover and simmer for 3 minutes. Add the mushrooms, salt and pepper. Simmer for a few more minutes. Remove from the heat and season with fish sauce, lime juice and chilli powder. Sprinkle with the chopped coriander leaves.

Jelly noodles soup (*Kaeng Chut Wun Sen*)

- 1/2 cup minced pork
- 1 tablespoon soy sauce
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon fish sauce
- 1 cup jelly noodles, soaked
- 2 spring onions, chopped
- 1 tablespoon coriander leaves, chopped
- 1/2 cup black mushrooms, soaked
- 1 egg, beaten
- 3 cups water

In a bowl mix the minced pork with soy sauce, minced garlic, salt and pepper. Heat the water in a saucepan. Bring to the boil. Add the minced pork to the boiling water one spoonful at a time to form meat balls. Simmer for 5 minutes. Next add the jelly noodles and black mushrooms. Again, bring to the boil and add the beaten egg. Stir vigorously with a fork. Season with fish sauce. Remove from the heat. Sprinkle with the chopped spring onions and coriander leaves. Serve hot.

Stuffed cucumber soup (*Kaeng Chut Taeng Kwa Sot Sai*)

- 1 cup minced pork
- 1 tablespoon soy sauce
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 large cucumber, cut into 1" rings and cored
- 1 teaspoon chopped coriander leaves
- 1 tablespoon fish sauce
- 3 cups water

In a bowl mix the minced pork with the minced garlic, soy sauce, salt and pepper. Stuff the cucumber rings with the pork mixture. Heat the water in a saucepan. Bring to the boil. Add the stuffed cucumber portions. Cover and simmer for 15 minutes. Season with fish sauce. Remove from the heat. Sprinkle with the chopped coriander leaves before serving.

Hot and sour soup (*Kaeng Som*)

- 1/2 cup shelled prawns or boneless fish steak
- 2 tablespoons hot and sour soup paste
- 2 tablespoons tamarind juice or lime juice
- 2 tablespoons fish sauce
- 1 tablespoon sugar
- 2 cups sliced cauliflower or cabbage leaves
- 1 1/2 cups water

Heat the water in a saucepan. Bring to the boil. Add the prawns or fish steak. Simmer for 10 minutes. Add the hot and sour soup paste. Next add the sliced cauliflower or cabbage leaves. Season with fish sauce, sugar and tamarind juice. Stir well. Simmer over a low heat for 10-15 minutes.

Hot and sour soup paste

- 10 dried chillies, seeded and soaked
- 1 1/2 tablespoons chopped shallots
- 1 tablespoon shrimp paste
- 1 teaspoon salt

Grind the chillies with the rest of the ingredients to a smooth paste.

Chicken in coconut soup (*Kai Tom Kha*)

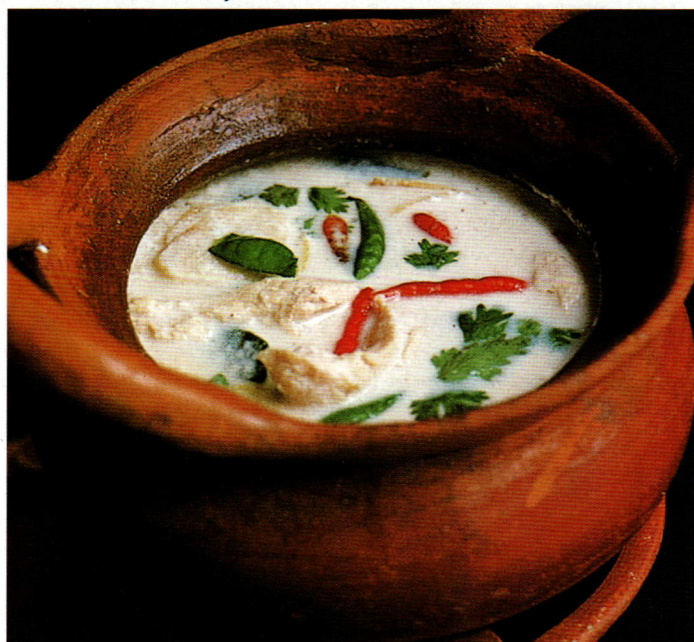
- 1 cup sliced chicken breasts
- 2 cups coconut milk
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 1 tablespoon sliced galanga root
- 1 teaspoon chilli powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 teaspoon chopped coriander leaves

Heat the coconut milk in a saucepan. Bring to the boil. Add the chicken and the sliced galanga root. Cover and simmer on a low heat until the chicken is tender. Season with salt and pepper. Remove from the heat. Add fish sauce, lime juice and chilli powder. Sprinkle with the chopped coriander leaves just before serving.



Hot and sour soup.

Chicken in coconut soup.





Fried pork with garlic and pepper.

MEAT AND POULTRY

Fried pork with garlic and pepper

(Mu Thot Krathiam Phrik Thai)

- 1 cup sliced lean pork
- 1 tablespoon minced garlic
- 1/2 tablespoon chopped coriander root
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 1/2 tablespoon chopped coriander leaves
- 2 tablespoons vegetable oil

In a bowl mix the pork with the minced garlic, chopped coriander root, soy sauce, sugar, salt and pepper. Leave in the refrigerator for 2 hours to marinate. Then remove the well-marinated pork from the fridge. Heat the oil in a frying pan. Fry the pork over a medium heat. Stir occasionally. Add a little water, cover and simmer for 5 minutes. Remove from the heat. Sprinkle with the chopped coriander leaves before serving.

Fried chicken with asparagus

(Kai Phat No Mai Farang)

- 1 cup sliced chicken breasts
- 10 asparagus spears
- 1 tablespoon oyster sauce
- 1 glass white wine
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 2 tablespoons vegetable oil

Trim off the asparagus stalks. Soak in water for 10 minutes. Meanwhile boil plenty of water in a saucepan. Add a little salt. Bring to the boil. Cook the asparagus tips in boiling water for 3 minutes. Drain and arrange the asparagus tips on a serving dish. Heat the oil in a frying pan. Fry the chicken slices over a medium heat. Add oyster sauce, white wine, salt and pepper. Cover and turn the heat down. Leave it to cook for 5 minutes. Remove from the heat and pour the chicken over the asparagus tips. Serve hot.

Suggestion: Other ingredients such as sliced bamboo shoots and chillies may be added.



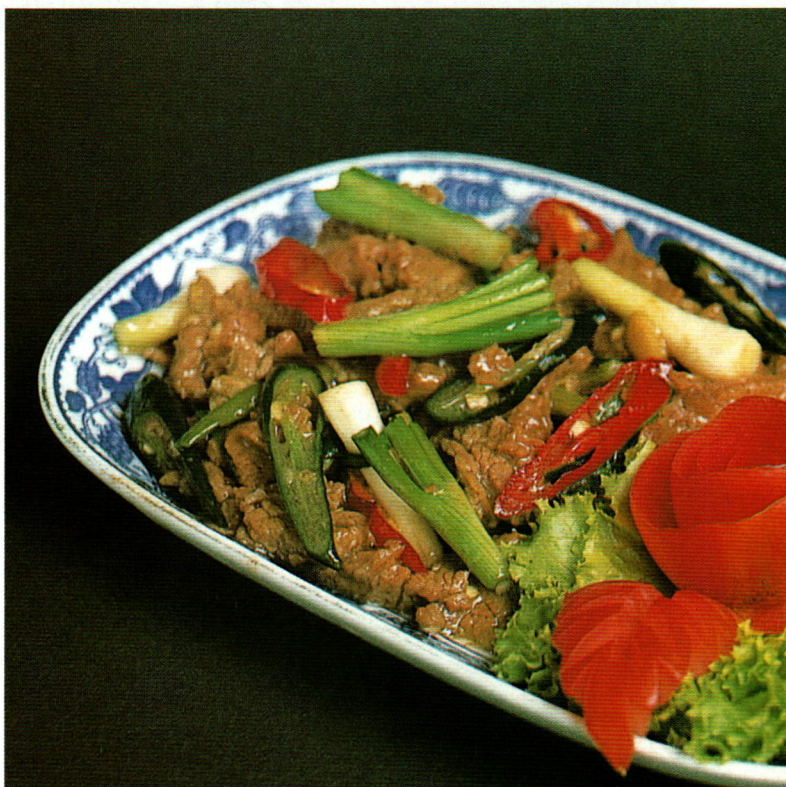
Fried chicken with asparagus.
Fried beef in oyster sauce.

Fried beef in oyster sauce

(Nua Phat Nam Man Hoi)

- 1 cup sliced beef
- 1 broccoli spear, sliced
- 3 tablespoons oyster sauce
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1 tablespoon cornflour
- 2 tablespoons vegetable oil

Soak the sliced broccoli in water for 10 minutes. Meanwhile heat the oil in a frying pan. Fry the minced garlic and sliced beef on a medium heat. Season with oyster sauce, salt and pepper. Drain the broccoli slices and add to the beef. Mix the cornflour with a little water. Blend in the cornflour mixture, stirring all the time as the sauce thickens. Remove from the heat and pour onto a serving dish.





Fried chicken with cashew nuts

(Khai Phat Met Mamuang Himmaphan)

- 1 cup sliced chicken breasts
- 3 dried mushrooms, soaked
- 1/2 cup diced onion
- 1/2 cup cashew nuts
- 2 dried chillies
- 1/2 cup chopped celery stalk
- 1 tablespoon fish sauce
- 1 tablespoon soy sauce
- 1 teaspoon garlic salt
- 1 tablespoon cornflour, mixed with 1
tablespoon water
- 1/2 cup chicken stock
- 1/2 cup vegetable oil

Lemon slices, tomato slices and coriander leaves

Heat the oil in a frying pan. Fry the dried chillies until crisp and brown. Shred them with kitchen scissors and set aside. Next, fry the chicken and onion in the remaining oil. Season with garlic salt, fish sauce and soy sauce. Add the chopped celery and black mushrooms. Pour in the chicken stock. Cover and simmer for 5 minutes. Blend in the cornflour mixture. Stir until the sauce has thickened. Add the cashew nuts and fried dried chillies. Spoon onto a serving dish. Garnish with lemon and tomato slices. Sprinkle with chopped coriander leaves. Serve hot with boiled rice.

Fried chicken with cashew nuts.



FISH AND SEAFOOD

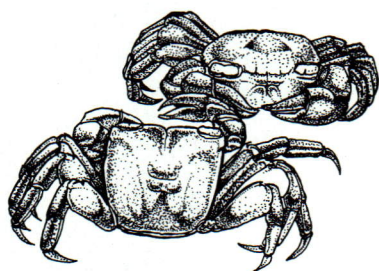
Stuffed squid (*Pla Muk Sot Sai*)

- 1/2 kg fresh squid, cleaned
- 1 cup minced pork
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/2 teaspoon minced garlic
- 1/2 teaspoon chopped coriander root
- 2 tablespoons vegetable oil

Mix the minced pork in a bowl with the minced garlic, chopped coriander root, salt and pepper. Stuff the prepared squid with the pork mixture. Heat the oil in a frying pan and fry the stuffed squid for 5 minutes. Drain well on paper towel. Serve hot.



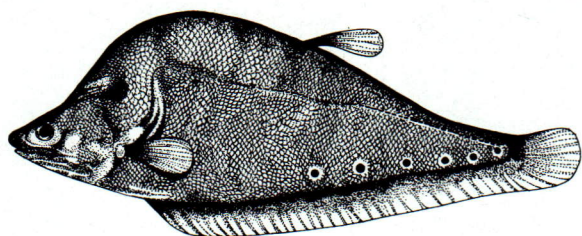




Savoury crabmeat (*Pu Cha*)

- 1/2 cup cooked crabmeat
- 1/2 cup minced pork
- 1 beaten egg
- 1 tablespoon chopped onion
- 1 slice bread
- 1/4 cup milk
- 1 teaspoon garlic salt
- 1/2 teaspoon ground pepper
- 1/2 tablespoon chopped coriander leaves
- 1/2 tablespoon red chilli, finely shredded
- 2 cups vegetable oil

Soak the bread in milk. In a bowl blend together the crabmeat, minced pork and the beaten egg. Season with garlic salt and pepper. Add the bread and milk mixture. Mix in the chopped onion and chopped coriander leaves. Spoon the mixture onto the cleaned crab shells or a heat-resistant pudding basin. Sprinkle the top with the finely shredded red chilli. Steam for 30 minutes. Remove from the heat to cool. Just before serving, heat the oil in a deep saucepan and deep-fry the savoury crabmeat until golden brown.



(Upper) Savoury crabmeat.
(Lower) Curried fish cakes.





Curried fish cakes (*Thot Man Pla*)

- 1/2 kg boneless fish steak, minced
- 1/4 kg winged beans or French beans, finely chopped
- 1 egg, beaten
- 1/4 cup chopped shallots
- 1/4 cup chopped garlic
- 1/4 cup chopped lemon grass
- 1/2 tablespoon chopped coriander root
- 1/2 tablespoon chopped galanga root
- 1 tablespoon chopped krachai root
- 1/2 teaspoon pepper corns
- 1/2 teaspoon grated kaffir-lime rind
- 1 tablespoon shrimp paste
- 5-10 dried chillies, seeded, soaked and shredded
- 1/2 tablespoon salt
- 1 cup vegetable oil

Pound or grind together the shallots, garlic, lemon grass, coriander root, galanga root, krachai root, pepper corns, grated kaffir-lime rind, shredded dried chillies, salt and shrimp paste to a fine paste. Put the minced fish in an electric blender and blend in the curry mixture. Add the beaten egg. Pour the curried fish mixture into a large bowl. Mix in the chopped beans. Make flat, round fish cakes. Use about 1 spoonful of the fish mixture at a time.

Heat the oil in a frying pan and deep-fry the fish cakes until golden brown. Serve with cucumber dressing.

Cucumber dressing

- 1 tablespoon vinegar
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 2 tablespoons boiling water
- 1 cup sliced cucumber
- 1 tablespoon chopped onion
- 1 teaspoon red chilli, finely shredded
- 1 tablespoon chopped roasted peanuts

In a bowl mix the vinegar, sugar and salt with the boiling water, stirring until the sugar is dissolved. Put the cucumber slices, chopped onion and chopped roasted peanuts in a serving dish. Pour on the dressing and sprinkle with the shredded red chilli.



Steamed curried fish (*Ho Mok Pla*)

- 1/2 kg cod steak, sliced
- 2 tablespoons red curry paste
- 1 tablespoon fish sauce
- 1 1/2 cups thick coconut cream
- 1 egg, beaten
- 1 cup chopped cabbage leaves or sweet-basil leaves
- 1 tablespoon chopped spring onions
- 1 red chilli, seeded, finely sliced

In a bowl mix the sliced fish with the red curry paste, coconut cream and fish sauce. Add the beaten egg, stirring all the time with wooden spoon until the mixture thickens. Now line a heat resistant pudding basin with the chopped cabbage leaves or sweet-basil leaves. Spoon the curried fish mixture on top. Sprinkle with the chopped spring onions and red chilli slices. Cover and steam for 30-35 minutes. Serve hot or cold.

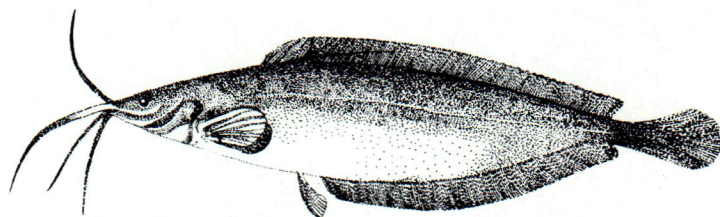
Red curry paste

- 7-10 dried chillies, seeded and soaked
- 2 teaspoons cummin seeds
- 1 teaspoon coriander seeds
- 1/2 teaspoon kaffir-lime rind
- 1 teaspoon salt
- 2 tablespoons chopped lemon grass
- 1 tablespoon chopped galanga root
- 1 1/2 tablespoons chopped shallots
- 1 tablespoon chopped garlic
- 1 tablespoon shrimp paste

Toast the coriander seeds and cummin seeds in a pan over a low heat. Pound or grind them in an electric grinder and set aside. Grind the chillies and salt together. Add the rest of the ingredients. Blend in the ground coriander seeds and cummin seeds and grind to a smooth paste.



Steamed curried fish.





Fried fish in red sauce.

Fried fish in red sauce

(Pla Chian Nam Daeng)

- 1 fish
- $\frac{1}{2}$ -1 tablespoon plain flour
- 1 tablespoon grated ginger root
- 2 tablespoons chopped chillies
- 4 cloves garlic, minced
- $\frac{1}{4}$ teaspoon chilli sauce
- $1\frac{1}{2}$ -2 tablespoons vinegar
- 3 tablespoons water
- 2 tablespoons vegetable oil
- Salt, pepper and sugar to taste

Rub salt and pepper onto the fish. Roll the fish in the flour. Heat the oil in a frying pan and fry the fish for 5 minutes or until it is well-cooked. Remove from the oil and drain on paper towel. Meanwhile fry the minced garlic, grated ginger root and chopped chillies over a low heat. Pour in the water and vinegar. Season well with salt, pepper and sugar. Mix the remaining flour with a little water and blend it into the sauce, stirring constantly. Remove from the heat. Add a dash of chilli sauce. Put the fried fish on a serving dish and pour the sauce onto the fish just before serving.



CURRIES

Chicken phanaeng (*Phanaeng Kai*)

- 1 cup chicken breasts, sliced
- 5 pepper corns
- 1 cup thick coconut cream
- 1/2 teaspoon cummin seeds
- 2 dried chillies, seeded and soaked
- 1/2 teaspoon coriander seeds
- 2 red chillies, seeded and sliced
- 1 tablespoon roasted peanuts
- 1 tablespoon chopped lemon grass
- 3 shallots
- 1 teaspoon chopped coriander root
- 5 cloves garlic
- 3 slices galanga root
- 1 tablespoon fish sauce
- 1/2 teaspoon grated kaffir-lime rind
- 1/2 teaspoon sugar
- 1/2 teaspoon shrimp paste

Put the chicken in a saucepan over a medium heat. Pour in the coconut cream. Bring to the boil. Turn the heat down. Simmer on a low heat until the chicken is almost tender. Remove the chicken but leave the coconut cream on a very low heat. Stir from time to time. Meanwhile, grind the prepared dried chillies together with the other spices to a smooth paste. Add the roasted peanuts and shrimp paste. Grind well. Blend the curry paste into the boiling coconut cream over a low heat. Return the chicken to the saucepan. Add the sliced red chillies. Season with fish sauce, sugar and the grated kaffir-lime rind. Simmer for 15 minutes.



(Upper) Chicken phanaeng.
(Lower) Prawn curry.



Prawn curry (*Kaeng Kari Kung*)

- 1 cup shelled prawns
- 2 small onions
- 1 tablespoon curry paste
- 1 tablespoon vegetable oil
- 2 tablespoons plain flour
- 1 cup coconut milk
- 2 potatoes, peeled
- 1 carrot, peeled and sliced
- 2 chillies, seeded

Heat the oil in a saucepan. Add the prawns and cook on a medium heat for 2 minutes. Stir in the flour. Add the curry paste and coconut milk. Stir constantly. Add the onion, potatoes and carrot slices. Cover and simmer for 15 minutes.



Curry paste

- 7 dried chillies, seeded, soaked and finely chopped
- 1 teaspoon coriander seeds
- 1 teaspoon cummin seeds
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- 2 tablespoons chopped shallots
- 1 tablespoon chopped garlic
- 1 tablespoon chopped lemon grass
- 1 tablespoon curry powder
- 1 teaspoon salt

Toast the coriander seeds and the cummin seeds in a frying pan over a low heat until brown. Grind and set aside. Grind the rest of the ingredients together. Add the ground coriander seeds and cummin seeds. Blend well.



Beef matsaman (*Kaeng Matsaman Nua*)

- 1 kg stewing beef, cubed
- 3 cups coconut milk
- 5-7 small potatoes, peeled
- 2 onions, quartered
- 3 tablespoons matsaman curry paste
- 1 teaspoon lemon juice
- 3 tablespoons fish sauce
- 1 tablespoon sugar
- 1/2 cup roasted peanuts
- 1/2 cup vegetable oil

In a large saucepan heat the oil and brown the beef for 5 minutes. Add the coconut milk and bring to the boil. Add the matsaman curry paste. Turn the heat down and simmer for 2 hours or until the beef is tender. Add the onions, potatoes and roasted peanuts. Season with fish sauce and sugar. Cover and simmer on a low heat for 20 minutes.

Matsaman curry paste

- 7-10 dried chillies, seeded, soaked and finely chopped
- 1 tablespoon chopped galanga root
- 2 tablespoons ground cummin seeds
- 2 tablespoons ground coriander seeds
- 1 teaspoon chopped lemon grass
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 2 tablespoons chopped shallots
- 5 cloves garlic
- 5 cardamoms
- 1 teaspoon shrimp paste
- 5 bay leaves
- 2 tablespoons vegetable oil

Toast the chopped shallots and garlic until brown and set aside. In a pan toast all the ingredients except the cardamoms, bay leaves and shrimp paste over a low heat until brown. Remove from the heat. Pound or grind the mixture in an electric grinder. Add the toasted shallots and garlic and grind to a smooth paste. Blend in the shrimp paste. Heat the oil in a frying pan and fry the curry paste for 3 minutes. Add the cardamoms and bay leaves. Remove from the heat.

Green chicken curry

(*Kaeng Khieo Wan Kai*)

- 1 cup sliced chicken breasts
- 2 cups coconut milk
- 2 tablespoons green curry paste
- 1 cup sliced egg-plants
- 2 green chillies, deseeded, sliced lengthwise
- 2 tablespoons fish sauce
- 2 tablespoons vegetable oil

Heat the oil in a saucepan over a medium heat. Stir-fry the green curry paste for 1 minute. Add the chicken and fry until the chicken is cooked. Pour in the coconut milk and bring to the boil. Add the egg-plants and green chillies. Season with fish sauce. Stir occasionally. Simmer for 10-15 minutes.

Green curry paste

- 10 fresh green chillies
- 2 tablespoons chopped lemon grass
- 1 teaspoon chopped coriander root
- 1 tablespoon chopped shallots
- 1 tablespoon chopped garlic
- 1 teaspoon chopped galanga root
- 1 teaspoon ground coriander seeds
- 1 teaspoon ground cummin seeds
- 7 white pepper corns
- 1 teaspoon salt
- 1 teaspoon shrimp paste

Toast all the ingredients except the shrimp paste in a frying pan over a low heat. Next pound or blend all the ingredients together, using an electric grinder. Add the shrimp paste and grind to a smooth paste.

REGIONAL DISHES



The North

Northern style chilli dip
and streaky pork with crispy crackling.



Northern style chilli dip (*Nam Phrik Ong*)

- 1 cup minced pork
- 1 cup diced tomato
- 6 tablespoons finely chopped shallots
- 2 tablespoons finely chopped garlic
- 1 tablespoon sugar
- 1 tablespoon fish sauce
- 1 tablespoon shrimp paste
- 2 tablespoons lime juice
- 3 tablespoons vegetable oil
- $\frac{1}{2}$ teaspoon salt
- 5 dried chillies, seeded, soaked and chopped
- Egg plants, cucumber and cabbage slices

Pound or grind together the chopped dried chillies, salt, chopped garlic, chopped shallots and shrimp paste until smooth. Heat the oil in a frying pan. Fry the chilli paste for 1 minute. Add the minced pork and diced tomato. Simmer for 10 minutes. Season with fish sauce, sugar and lime juice. Serve with egg plants, cucumber, and cabbage slices and crispy crackling.

Streaky pork with crispy crackling (*Khaep Mu*)

- 1 kg streaky pork with the rind
- 1 tablespoon salt
- 1 tablespoon pepper corns
- 1 clove garlic, crushed
- 2 whole coriander stalks
- 2 cups vegetable oil
- 2 tablespoons vinegar

Put all the ingredients into a pot of cold water. Bring to the boil. Simmer until the pork rind is tender. Remove the pork from the liquid and trim the edges.

To make crackling, score the skin with a sharp knife along the length of the pork about 1" apart. Then score crosswise. Allow to cool. Brush the skin with vinegar and allow to dry. Repeat this a few times. Then put the pork into the oven at 400°F for about 40 minutes to keep the skin completely dry. Remove the pork from the oven. Allow to cool on the rack. Cut the pork right through into strips. Heat the oil in a deep saucepan and deep-fry the pork strips until crisp and golden. Drain well on paper towel. Cut into tiny slices before serving. Serve with the Northern style chilli dip.

Hang le curry (*Kaeng Hang Le*)

- 1 kg beef, cubed
- 1 kg belly of pork, cubed
- 1 pineapple, peeled, sliced and cored
- 7 dried red chilli, seeded, soaked and chopped
- 5 slices galanga root, chopped
- 1 stalk lemon grass, finely shredded
- 10 shallots, finely chopped
- 17 cloves garlic
- 1 tablespoon coriander seeds
- 2 teaspoons cummin seeds
- 1 teaspoon finely chopped coriander root
- 3 teaspoon curry powder
- 1 teaspoon shrimp paste
- Sugar, fish sauce and tamarind or lime juice to taste

In a large saucepan, brown the beef and the pork. Add a little water. Stir in the pineapple slices. Cover and simmer over a very low heat for 1 hour or until the meat is tender. Pound or grind the rest of the ingredients together to a smooth paste. Reserve 2 tablespoons of the oil from the stewing beef and pork. Heat the oil in a frying pan and fry the curry paste for 1 minute. Remove from the heat and stir into the stewing beef and pork. Bring to the boil. Season with fish sauce, sugar and tamarind or lime juice to taste.



The North-East

Steamed glutinous rice (*Khao Niew Neung*)

- 2 cups glutinous rice
- 3 cups water

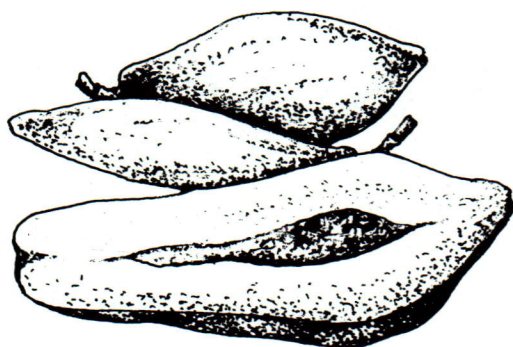
Put the glutinous rice in a large saucepan. Pour in the measured amount of water. Bring to the boil. Cover tightly and simmer over a very low heat for 30 minutes or until all the water has been absorbed. Serve with papaya salad and roast chicken.

Another method of cooking glutinous rice is by actually steaming. Soak the glutinous rice overnight. Drain and wrap in a clean tea towel. Steam for 30 minutes.





Papaya salad, roast chicken and spicy minced beef.



Papaya salad (Som Tam)

- 1 cup coarsely grated papaya
- 2 tomatoes, sliced
- 1/2 cup grated carrot
- 1 teaspoon grated lime rind
- 1 tablespoon ground dried shrimp
- 1 teaspoon garlic salt
- 1 teaspoon sugar
- 2 tablespoons lime juice
- 2-3 chillies, chopped

Mix all the ingredients together. Season with garlic salt, lime juice and sugar to taste. Sprinkle with ground dried shrimps and chopped chillies. Serve with roast chicken.



Spicy minced beef (*Lap*)

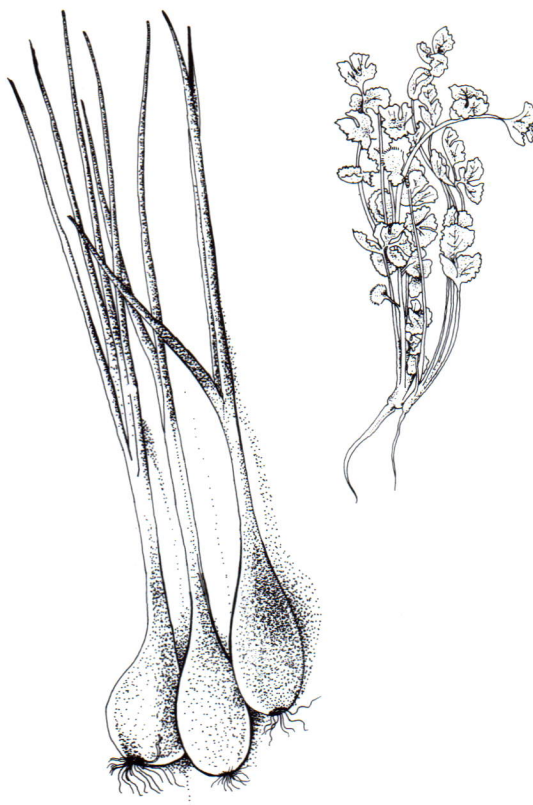
- 1½ cup minced beef
- 3 cloves garlic
- 1 tablespoon chopped onion
- 1 teaspoon ground coriander seeds
- 1 teaspoon chilli powder
- 1 tablespoon freshly ground roasted rice
- 1 tablespoon chopped spring onion
- 2 tablespoons lime juice
- 1 teaspoon salt
- 1 tablespoon fish sauce
- 10 mint leaves
- Lettuce, cabbage, green beans and celery stalks

Brown the minced beef in a frying pan over a medium heat for a few minutes. Remove from the heat to cool. Meanwhile bake the chopped onion and garlic in foil for a few minutes. Pound or mince the baked onion and garlic and add to the beef. Put the beef in a bowl. Season with salt, fish sauce, lime juice and chilli powder. Mix in the ground coriander seeds, ground rice and chopped spring onion. Pour the beef mixture onto a serving dish. Garnish with mint leaves, lettuce, cabbage slices, green beans and trimmed celery stalks.

Roast chicken (*Kai Yang*)

- 1 chicken, cut into 4 portions
- 3 cloves garlic
- 1 slice ginger root
- 1 teaspoon minced coriander root
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 1 tablespoon vegetable oil

Pound the garlic, ginger root slice, minced coriander root, salt and pepper together. Rub the mixture onto the chicken portions. Brush with oil. Leave the chicken to marinate for 1-2 hours in a refrigerator. Then remove from the fridge and bake in the 375°F oven for 45 minutes. Serve with papaya salad.



DESSERTS





Iced dessert (*Ruam Mit*)

- 10 water chestnuts, diced
- 2 cups cornflour
- 1 cup gelatin
- 3 cups water
- 1 cup young coconut meat, cut into strips
- 3 cups sugar
- 3 cups jasmine-scented water
- Green and red food colouring

Put the cornflour in a bowl. Add a few drops of the red food colouring to the flour. Mix well. Coat the diced water-chestnuts with the flour. Drop into boiling water. When the coated water-chestnuts float, remove from the boiling water. Leave in a bowl of cold water. Set aside. Dissolve the gelatin in the green coloured water. Bring to the boil. Leave to set in the refrigerator and cut into strips. Serve the mixture of diced water-chestnuts, gelatin strips and coconut strips with syrup and crushed ice.



Mock pomegranate seeds.
Mangoes and sticky rice.



Mock pomegranate seeds (*Thapthim Krop*)

- 1 cup diced water-chestnuts
- 1 cup cornflour
- 1 cup coconut milk
- 1 cup sugar
- 1 cup scented water
- 1/2 cup shredded jack-fruit
- A few drops of red colouring
- Crushed ice

Put the diced water-chestnuts in a bowl. Sprinkle with a few drops of red colouring. Mix well. Add the cornflour and shake until the diced water-chestnuts are well-coated. Heat some water in a saucepan. Bring to the boil and pour the coated water-chestnuts into the boiling water. Spoon them out as they float. Leave them in cold water for a few minutes to cool. Drain and set aside. In a saucepan, dissolve the sugar in the scented water over a low heat. Bring to the boil and remove from the heat to cool. Serve the mock pomegranate seeds with the syrup, the coconut milk and crushed ice. Sprinkle with the shredded jack-fruit.

Mangoes and sticky rice (*Khao Niew Mamuang*)

- 6 ripe mangoes, peeled
- 2 cups sticky rice, soaked overnight and drained
- 1 cup coconut cream
- 1 teaspoon salt
- 1/2 cup sugar

Wrap the prepared sticky rice in a clean tea-towel and steam for 30 minutes. Meanwhile dissolve the sugar in the coconut cream over a very low heat. Add the salt. Stir well. Remove from the heat. Put the cooked sticky rice in a bowl. Gradually blend in the coconut cream. Stir with a wooden spoon. Serve with ripe mangoes.

Taro balls in coconut cream (*Bua Loi Phuak*)

- 1 cup cooked taro, mashed
- 2 cups glutinous-rice flour
- 1 cup cornflour
- 4 cups coconut milk
- 1 cup palm sugar
- 6-8 tablespoons water

Put the glutinous-rice flour and the cornflour in a bowl. Add a little water at a time and knead to a soft dough. Add the mashed taro and knead well. Roll into tiny balls and set aside. Dissolve the palm sugar in the coconut milk over a low heat, stirring constantly. Bring to the boil and add the taro balls. When they are cooked, remove from the heat. Serve hot.



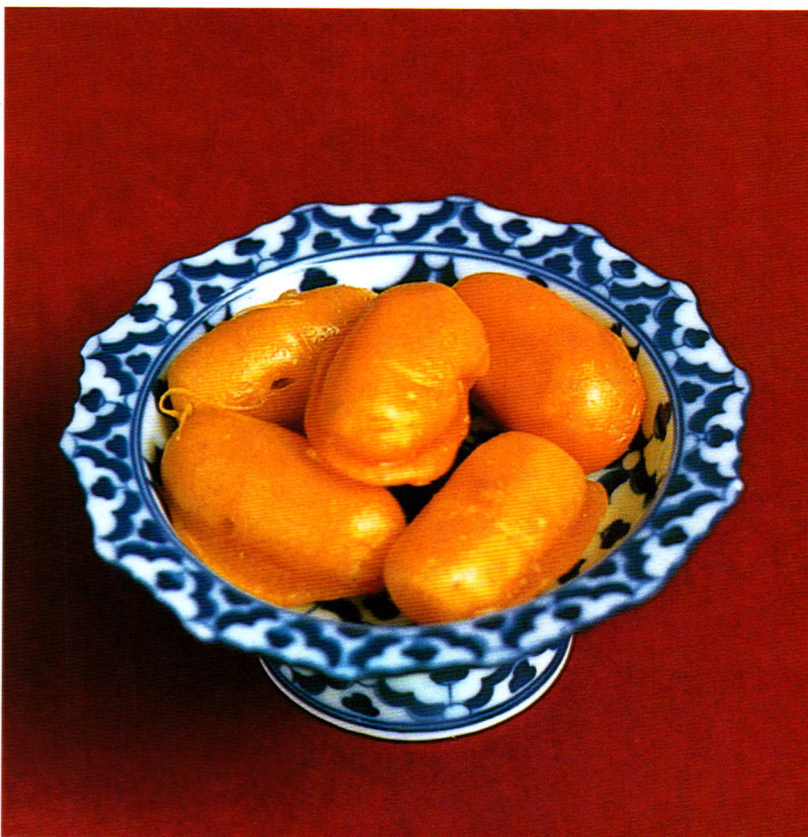
Taro balls in coconut cream.

Mock jack-fruit seeds (*Met Khanun*)

- 2 cups mung beans, soaked overnight
- 1 cup coconut cream
- 3 cups castor sugar
- 12 egg yolks, slightly beaten
- 4 cups sugar
- 6 cups water

Drain the mung beans. Remove all the skins. Steam until soft and then mash. Put the paste in a saucepan over a very low heat. Blend in the coconut cream and the castor sugar. Stir constantly with a wooden spoon until the mixture forms a stiff paste. Remove from the heat to cool. Roll into small oblong shapes like jack-fruit seeds. Set aside. Next put the remaining 4 cups of sugar and the measured amount of water in a saucepan. Heat the syrup over a medium heat until it is thickened. Reserve half of the syrup in a separate bowl for the cooked mock jack-fruit seeds. Bring the remaining syrup in the saucepan to the boil. Dip the mock jack-fruit seeds in the beaten egg yolks and then drop them in the boiling syrup. When they are cooked, take them out of the hot syrup with a slotted spoon and put them in a bowl of cool syrup to prevent them from sticking together. Drain and arrange them on a serving dish. Serve hot or cold.

Mock jack-fruit seeds.





Gold threads.

Gold threads (*Foi Thong*)

- 12 egg yolks, strained
- 3 cups castor sugar
- 1 cup water
- A few fine-pointed paper cones for piping

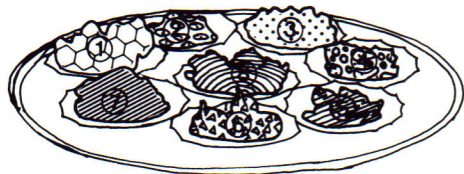
Heat the water in a saucepan. Pour in the sugar and stir until the sugar is dissolved. Bring to the boil and let it boil for 15 minutes. Stir constantly with a wooden spoon. Remove from the heat and strain. Pour the syrup back into the saucepan. Bring to the boil. Pour the egg yolks into a paper cone and pipe the egg-yolks onto the boiling syrup through the fine-pointed hole to form fine even threads. To do this you will have to move your hand clockwise very rapidly over the saucepan of boiling syrup. Remove the threads from the saucepan as soon as they are cooked with a slotted spoon. Add a little water to the boiling syrup from time to time. Arrange the gold threads into individual portions on a serving dish.



Cotton-wool cake (*Khanom Pui Fai*)

- 1½ cups plain flour
- 3 eggs
- 1 cup castor sugar
- 2 teaspoons lime juice
- 1½ tablespoons cold water
- A few drops of vanilla essence
- Food colouring

Beat the eggs until creamy. Gradually beat in the sugar, adding one teaspoon at a time. Add the measured amount of cold water and lime juice. Mix well. Next fold in the flour. Add a few drops of vanilla essence and the food colouring as required. Spoon the mixture onto paper cups. Steam for about 15 minutes.



1. Cotton-wool cake 2. Mock jack-fruit seeds 3. Khanom phing 4. Sangkhaya 5. Klip lamduan cookies 6. Luk chups 7. Gold threads 8. Golden-crown cookies



Klip Lamduan cookies (*Klip Lamduan*)

- 2 cups plain flour
- 1 cup castor sugar
- ½ cup vegetable oil

Pre-heat the oven to gas mark 4 or 350°F (180°C). Sift the flour into a mixing bowl. Add the sugar and the oil. Knead to a soft dough. Divide the dough into small pieces. Roll each piece into a tiny ball of ½" diameter. Cut the ball into 4 sections. Arrange the 3 sections to form a 3-petal flower. Roll the fourth section into a tiny ball and place it right in the centre of the flower. Place the cookies on the greased baking sheet. Bake in a moderate oven for 10-15 minutes or until lightly brown. Remove the cookies from the oven. Leave them to cool on the rack. Keep them in an airtight container, scented with a traditional fragrant candle.

Khanom phing

- 1 cup beanflour, sifted
- 1 cup egg yolks
- 1 cup castor sugar
- 2 cups dessicated coconut
- 2 cups scented water

Pre-heat the oven to gas mark 4 or 350°F (180°C). Scent the flour in an airtight container with a fragrant candle overnight. Make the coconut milk from the dessicated coconut and the measured amount of water. Strain the coconut milk. Heat the coconut milk in a saucepan over a low heat. Add the sugar and stir with a wooden spoon until the syrup is thickened. Remove from the heat to cool. Next mix in the flour. Gradually blend in the egg yolks. Dust the baking sheet with flour and place one teaspoon of the mixture on the baking sheet at a time, leaving some space in between. Bake in a moderate oven for 10-15 minutes or until lightly brown. Remove from the baking sheet to cool on the rack. Store in an airtight container with a fragrant candle.

Recommended reading :

1. Kritakara, ML Taw & MR Pimsai Amranand (1977): **'Modern Thai Cooking'** Duang Kamol, Bangkok.
2. Pinsuvana, Malulee (1976): **'Cooking Thai Food in American Kitchens'** Sahamitr Industrial Printing, Bangkok.
3. Sonakul, Sibpan (1974): **'Everyday Siamese Dishes'** Pracandra Press, Bangkok.

