

## Recipes and Cuisine of Thailand December 2013

### Cuisine

Blending elements of several Southeast Asian traditions, Thai cooking places emphasis on lightly prepared dishes with strong aromatic components. The spiciness of Thai cuisine is well known. As with other Asian cuisines, balance, detail, and variety are of great significance to Thai chefs. Thai food is known for its balance of three to four fundamental taste senses in each dish or the overall meal: sour, sweet, salty, and bitter.

Thai cuisine is more accurately described as four regional cuisines corresponding to the four main regions of the country: Northern, Northeastern (or Isan), Central, and Southern, each cuisine sharing similar foods or foods derived from those of neighboring countries and regions: Myanmar/Burma to the northwest, Laos and the Chinese province of Yunnan to the north, Vietnam and Cambodia to the east, and Malaysia to the south. In addition to these four regional cuisines, there is also the Thai Royal Cuisine which can trace its history back to the cosmopolitan palace cuisine of the Ayutthaya kingdom (1351–1767 CE). Its refinement, cooking techniques, and use of ingredients were of great influence on the cuisine of the Central Thai plains.



Thai cuisine and the culinary traditions and cuisines of Thailand's neighbors have mutually influenced one another over the course of many centuries. Many popular dishes eaten in Thailand were originally Chinese dishes, introduced to Thailand mainly by the Teochew people who make up the majority of the Thai Chinese. Such dishes include *chok* (rice porridge), *kuai-tiao rat na* (fried rice-noodles) and *khao kha mu* (stewed pork with rice). The Chinese also introduced the use of a wok for cooking, the technique of deep-frying and stir-frying, as well as noodles, oyster sauce, and soybean products. Dishes such as *kaeng kari* (yellow curry and *kaeng matsaman* (massaman curry) are Thai adaptations of dishes originating in the cuisine of India and the cuisine of Persia.

Read More: [http://en.wikipedia.org/wiki/Thai\\_cuisine](http://en.wikipedia.org/wiki/Thai_cuisine)

## Recipes

### **African Nam Prik Num Ma Kheua Thet** (Chili and Tomato Paste) Serves 4 - 6

*(This recipe is similar to the most popular Northern Thai style chili paste. This is one of the most simple and easy recipes but is tasty and healthy. When Northern Thai people go to work on a farm that is far away from home, they'll make this paste and wrap it with a banana leaf to bring to work for lunch. This paste is eaten together with sticky rice and fresh vegetables they can find on the farm or in the jungle.)*

#### **Ingredients**

4 clove garlic, with the peel  
3 shallots, with the peel  
3-5 fresh green Anaheim chili (*prik-num*)  
4 cherry tomatoes  
4 straw mushrooms  
1 teaspoon salt

#### **Directions**

Lace the garlic, shallot, chili, tomato and mushroom on separate skewers. Grill over charcoal using medium heat. (If you put your hand above the burner, about 6 inches and you can stand the heat 1-2 minutes that means you have the right temperature). Grill until they release aroma and the peels of garlic and shallot start to blacken, the peel of the tomatoes split, and the skin of mushrooms becomes wrinkly. Then let them cool until they can be handled. Peel the garlic, shallot and tomatoes, then tear all into small pieces and set aside. Put the garlic and shallot into a mortar and pound until it becomes a smooth paste. Add the chilis, and pound well. Finally add the mushroom, tomato, and salt; mix until they turn into paste. Transfer to a bowl. Serve fresh with cooked sticky rice.



**Recipe provided by Smiles on Wings**

## Kha Nom Krok

(Thai style pancakes – recipe makes 25)

*Khanom* means “sweet” and *krok* means “griddle.” *Khanom krok* is the Thai version of pancakes made on a cast-iron griddle with small “cups” for each pancake. It is one of the most popular street foods. Usually the cakes are served as two (one placed on top of the other), sometimes with a filling between them.

The traditional *khanom krok* griddle has 28 cups. Some chefs substitute a 7-cup *Aebleskiver* griddle, available on Amazon.com. <http://amzn.to/1hwut1e>



### Ingredients:

- 4 cups coconut cream
- ½ cup water
- 3 cups rice flour
- ½ cup sticky rice flour (also known as glutinous rice flour)
- 1 tablespoon salt
- 1 cup sugar
- 2 green onions, thinly sliced
- 1 cup vegetable cooking oil

### Directions:

Heat a grill pan on stove or cook on the grill. Mix all the ingredients in a mixing bowl. Check the consistency of the mixture so it is not too thick and not too runny. If it's too thick, add more water. If it's too runny, add more rice flour. Then add 1 teaspoon of the oil in each little dip of the pan; to prevent the pancake sticking. Add the pancake mixture into the hot pan. Wait until they form the shape of a half ball - the surface of the pancake looks like hard jelly. This means that it is cooked. Then use a spoon to take them out and put into a banana leaf bowl. (optional) Serve warm or at room temperature.



Recipe provided by Smiles on Wings

## Laab Gai (Spicy Chicken Salad) Serves 4 - 6

### Ingredients:

- 1 tablespoon sticky rice powder (also known as glutinous rice flour)
- 1-2 teaspoons chili powder (or more, to taste)
- 1 green onion, coarsely chopped
- 1 stem coriander, coarsely chopped
- 2 blades sawtooth coriander leaf, coarsely chopped (optional)
- 1 shallot, sliced thin
- ¼ cup loosely packed mint leaves
- 5-10 Vietnamese coriander leaves (can substitute regular coriander leaves)
- 1 cup chicken, minced or sliced thin (substitute fish, pork, beef, tofu, or mushrooms)
- ½ cup water
- 1 tablespoon fish sauce or 1 teaspoon salt
- 1 tablespoon lime /lemon juice



### Accompaniments:

- 2 Chinese long beans, sliced in 3 – 4" lengths
- 1 - 2 Thai eggplants
- 1 small wedge cabbage
- 2 - 3 lettuce leaves
- 1 - 2 betel leaves (available in Asian markets, or substitute cilantro *and* mint)
- 1 sprig Thai sweet basil
- 2 - 3 slices cucumber

### Directions:

Bring water to boil. Add the minced chicken and stir. Cook until the meat turns white, but still slightly pink. Season with fish sauce and stir well. Continue to cook until the meat has turned white and is firm. Drain and transfer to a bowl to cool. Slice the green onion into thin rings. Chop both coriander and sawtooth coriander coarsely. Thinly slice the shallot across the bulb. Put each in a pile on a plate and side aside. In a mixing bowl, combine the chicken, ground rice powder, chili powder, green onion, shallot, coriander, sawtooth coriander, mint, and Vietnamese coriander and toss lightly. Add the lime/lemon juice and toss to combine. Taste for balance of spiciness, saltiness, and sourness. Adjust accordingly. Transfer to a serving plate and garnish with accompaniments.

Recipe provided by Smile on Wings



## Pad Thai

### Ingredients

7 ounces rice noodles  
1/3 cup tamarind juice or tamarind concentrate  
2 tablespoons Thai Kitchen® Premium Fish Sauce  
2 tablespoons rice vinegar  
2 tablespoons sugar  
1/2 teaspoon paprika (optional)  
2 tablespoons vegetable oil  
1 tablespoon minced garlic  
1/2 pound medium shrimp, peeled and deveined or firm tofu, cubed  
1 egg, lightly beaten  
1/2 cup bean sprouts  
1/4 cup coarsely chopped unsalted peanuts  
Chopped fresh cilantro  
Lime wedges



### Directions

Bring a large pot of water to boil. Add rice noodles; cook 3 to 5 minutes or until noodles are tender but firm. Rinse under cold water; drain well. Set aside. Mix tamarind juice, fish sauce, vinegar, sugar and paprika in small bowl.

Heat oil in a large skillet or wok on medium-high heat. Add garlic; stir fry 30 seconds or until fragrant. Add shrimp; stir fry 2 minutes or just until shrimp turn pink. Push shrimp to side of skillet. Add egg to middle of skillet; scramble until set.

Stir in rice noodles and tamarind mixture; stir fry 1 minute or until heated through. Place noodle mixture on serving platter. Sprinkle with bean sprouts, peanuts and cilantro. Serve with lime wedges.

**Recipe Source:** <http://www.thaikitchen.com/Recipes/Rice-and-Noodles/Traditional-Pad-Thai-Noodles.aspx>

## Coconut Pudding

### Ingredients

1/2 cup flour  
1/2 cup sugar  
Pinch salt  
6 egg yolks  
3 cans (13.66 ounces each) coconut milk

### Directions

Mix flour, sugar and salt in heavy saucepan. Add egg yolks; mix with wire whisk until well blended. (Mixture will be very thick.) Gradually whisk in 1/2 can coconut milk. Cook on medium heat 2 to 3 minutes, whisking constantly.

Meanwhile, bring remaining coconut milk to simmer in small saucepan. Gradually add hot coconut milk to the flour and egg mixture, whisking until well blended. (Mixture might be lumpy. Continue to whisk until smooth.) Simmer 7 to 10 minutes or until very thick, whisking constantly. Serve warm.



**Recipe Source:** <http://www.thaikitchen.com/Recipes/Desserts/Thai-Coconut-Pudding.aspx>

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