



Recipes for Cooking Classes

During our cooking classes we will teach you how to prepare at least five traditional Thai dishes from this booklet. Your guide will choose which recipes he will teach you. He might not follow the recipes in this booklet to the dot since every Thai family has their own variations for these common northern dishes.

You will cook in authentic hill-tribe-style on open fire!

Meat in the recipes is substituted with tofu for vegetarian dishes.



Green Curry

- 1 cup chopped shallots
- 2 stalks fresh lemongrass (remove outer layer, thinly slice lower 6 inches of each stalk)
- 2 large cloves garlic
- 1 tablespoon chopped peeled fresh ginger
- 1 tablespoon finely chopped fresh cilantro stems
- 1-2 tablespoons Thai green curry paste
- 1 1/2 teaspoons sugar
- 3/4 teaspoon salt
- 1/2 teaspoon turmeric powder
- 1/4 cup water
- 1/4 cup plus 2 tablespoons vegetable oil
- 1 13 oz can coconut milk
- 1 3/4 cups chicken broth
- 1 14 oz package wide rice noodles
- 1 1/2 lb large shrimp

Puree shallots, lemongrass, garlic, ginger and cilantro stems in blender with curry paste, sugar, salt, turmeric powder, and water until as smooth as possible (about 1 minute). Heat oil in a wide heavy pot over moderate heat until hot but not smoking, then cook curry paste mixture, stirring frequently, until it just begins to stick to bottom of pot (8 to 10 minutes). Add coconut milk and broth and simmer, uncovered, stirring occasionally, until reduced to about 3 2/3 cups (8 to 10 minutes).

While sauce simmers, cook noodles in a pot of boiling salted water, uncovered, stirring occasionally, until tender (4 to 6 minutes). Drain in a colander and rinse under cold water. Drain noodles well and divide among 4 large bowls.

Add shrimp to sauce and simmer, stirring, until just cooked through. Remove from heat and ladle over noodles.



1 cup chicken, cut into bite sized pieces
1/2 cup coconut milk
1 tablespoon chopped garlic
2 to 3 tablespoons Penang curry paste
2 tablespoons fish sauce
sugar to taste
3 kaffir lime leaves, shredded
10-15 Thai basil leaves, finely shredded

Place a wok over medium high heat, and warm the coconut milk, but don't let it boil. Add the curry paste, and stir it until the oil begins to separate out and form a thin film, to bring out the maximum flavor. Add the remaining ingredients except the lime leaves and basil leaves, and simmer until the sauce is absorbed and thickened. Add the lime leaves and basil leaves and stir fry briefly before serving.

Garnish with julienned red chili, with Thai jasmine rice, and the usual Thai table condiments.

Note if you particularly like your curries hot, then replace the fish sauce in the cooking with **nam pla prik*** (chillies marinated in fish sauce), that has had at least a week to mature.

*Nam pla prik

Put two thirds of a cup of Thai chile peppers or jalapeno peppers in a 1 pint jar, and fill with fish sauce. Seal and keep for a week before using.

Penang Curry



Red Curry

1.5 cups chicken, sliced to bite size pieces
1 can 13.5 oz coconut milk
1 cup bamboo shoot sliced
5-6 kaffir lime leaves, shredded
2 - 3 tablespoons fish sauce
1.5 tablespoons palm sugar
2 tablespoons red curry paste
1/2 cup water
1/2 cup fresh Thai basil leaves
5 fresh Thai chile, sliced

Bring 5 cups of water to a boil then add bamboo shoot. Let boil for 15 minutes, drain and cut in to smaller size pieces (to your preference). Set aside.

In a medium pot, heat half of the coconut milk, and cook until it boils. Add the red curry paste, and stir until fragrant. Reduce the heat, and continue to stir while cooking until a thin film of oil appears on the surface.

Add the chicken, stir until it starts to cook. Add remaining coconut milk slowly. Bring to a boil then add bamboo shoots and water. Season with fish sauce and palm sugar, when bring it up to a boil again. Add lime leaves, fresh red chili and basil. Stir well, remove from heat.

Serve with steamed Thai jasmine rice.



Jungle Curry

1/2 chicken, chopped into pieces

Different vegetables

Fresh coriander, basil, and slivers of red chili for topping

JUNGLE CURRY SAUCE:

1/2 onion, thinly sliced

3-4 Tbsp. galangal OR fresh ginger, thinly sliced

1 Tbsp. green peppercorns

2 Tbsp. lemongrass

6 cloves garlic

6 kaffir lime leaves

1-2 fresh red chilies

juice of 1/2 lime

2.5 to 3 Tbsp. fish sauce

1/2 to 1 tsp. shrimp paste

1 can good-quality coconut milk

1-2 tsp. palm or brown sugar

Heat a large nonstick skillet over medium-high heat.

Add oil to pan; swirl to coat. Add chicken; sauté a couple of minutes until lightly browned, stirring occasionally. Remove from pan; keep warm.

Add more oil to pan; swirl to coat. Add vegetables; sauté 3 minutes, stirring occasionally.

Add curry paste made from crushing the dry ingredients; cook 30 seconds, stirring frequently.

Add wet ingredients and sugar; cook 5 minutes, stirring occasionally.

Add reserved chicken; cook a couple of minutes. Add vegetables.

Serve with basil and rice.



Bok Choi Curry

Sea salt
Dried chilis
Garlic
Shallot
Galango
Lemongrass
Coriander seeds
Shrimp paste
Meat of your choice, bone-in
Bok Choi
Vegetables of your choice

Using a mortar and pestle, make a paste with the sea salt, chilis, garlic, shallot, lemongrass, and coriander seeds. Once combined, add a small amount of shrimp paste and grind until combined.

On high heat, add some oil to a pot and cook the paste for about one minute. Add the meat. When meat is half-cooked, add water until the meat is submerged. Let the water boil and cook until meat is fully cooked.

Add the Bok Choi and other vegetables. Cook, uncovered, until the vegetables are cooked to your liking.

Serve with sticky rice.



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Yellow Curry

Ingredients for curry paste:

- 1-2 red chilies (or substitute green)
- 1 shallot
- 1 thumb-size piece galangal and/or fresh ginger
- 3-4 large cloves garlic
- 3 tsp. ground coriander
- 1 tsp. whole cumin seed
- 1/8 tsp. fresh nutmeg
- 3 Tbsp. fish sauce
- 3/4 tsp. turmeric
- 1/2 tsp. brown sugar
- 1-2 fresh or frozen kaffir lime leaves
- 1 14 ounce can coconut milk
- 1 Tbsp. tomato puree

Other ingredients:

- ½ chicken chopped into pieces
- 1 stalk fresh lemongrass
- 2 potatoes, chopped into wedges or small chunks
- 1 green and/or red bell pepper
- 1 cup tomatoes sliced into wedges
- 1/2 loose cup fresh coriander OR fresh basil
- 1 Tbsp. crushed peanuts

First, make the curry sauce by placing all sauce ingredients (except for coconut milk) together in your food processor or blender. OR, you can also mince the ingredients by hand, or pound the ingredients together with a pestle & mortar.

On high heat, add some oil to a pot and cook the paste for about one minute. Add the coconut milk, meat, lemongrass and water if needed. Let the water boil and cook until meat is fully cooked.

Add potatoes, bell pepper and tomatoes. Cook, uncovered, until the vegetables are cooked to your liking.

Serve garnished with peanuts and coriander.



Pumpkin Curry

Ingredients for curry paste:

- 2 dry red chillies (more if you like spicy)
- 1 stalk lemongrass
- 1/2 tsp coriander seeds
- 1 Tsp galangal
- 1/2 tsp turmeric
- 4 cloves garlic
- 2 sliced shallots
- 1 Tsp shrimp paste (optional)

Other ingredients:

- 1/2 kg sweet orange pumpkin (seeded and cubed)
- Soy sauce to taste
- 1 Tsp crushed peanuts
- 1/4 l coconut milk
- 1 Tsp ginger (grated or thinly sliced)
- 1/4 cup Thai sweet basil leaves
- 200 ml stock of choice
- 2-3 kaffir lime leaves (thinly sliced)

Combine and pound all curry ingredients except garlic and onion until you get a smooth paste. If you don't have a mortar and pestle, you can use a mixer.

Heat some oil in a pan and add garlic and onions and cook until they become soft. Add the curry paste and stir. Add coconut milk. (Northern Thais usually don't use coconut milk so you can use more water instead. Add water or a choice of stock. Add pumpkin and make sure it's covered with water. Let simmer until pumpkin is soft.

When the pumpkin is cooked, add soy sauce and if you like your curry sweet some brown sugar. Taste and if you're happy add kaffir lime leaves, crushed peanut, ginger and Thai sweet basil. Mix well and serve.



Ingredients for curry paste:

- 7 dry chilies (less if you don't like spicy)
- 1/2 cup garlic
- 3 shallots
- 1 Tsp galangal
- 1 stalk lemongrass

Other ingredients:

- 1/3 kg red pork meat
- 1/5 kg pork fat
- 2 tsp Burmese curry powder
- Soy sauce or salt to taste
- 1 l water or stalk of choice
- 1/2 cup ginger (sliced or grated)
- 2 Tsp crushed peanuts
- 3 Tsp tamarind
- 2 Tsp chopped pineapple
- 20 cloves garlic (sliced)

Cut the meat in large pieces. You can use pieces that have bones, skin and fat attached. Pound or mix the paste ingredients and mix with the meat well. Leave to marinate for an hour.

If you're using meat with a fair amount of fat, stir-fry in a pan without oil. If you're using lean meat or tofu, use oil to fry. Start frying without water and stir constantly. Afterwards keep adding a bit of water or stock and let simmer until the water is gone. Repeat this until the meat is well cooked.

Add curry, soy sauce or salt, ginger, peanuts, tamarind, pineapple and garlic and cook for another 10 minutes. Taste and serve.

You can make this curry with potato and carrot if you like. Use big pieces.

Gaeng Hangleae

Northern Thai Burmese-style curry



Ingredients for curry paste:

10 dry or fresh chilies (less if you don't like spicy)
10 cloves garlic
10 shallots
Small piece of turmeric
2 tsp coriander seeds
1 tsp shrimp paste (optional)

Other ingredients:**2 l water**

2 Tsp oil
300 gr rice
600 gr meat (cut)
400 gr green leafy vegetables
Fish sauce or soy sauce to taste
3 kaffir lime leaves
5 coriander leaves
2 stalks lemon grass

Pound or mix the paste ingredients. Stir fry cut meat in a pan with oil and mix in the paste. Fry a while longer and then add water. Cook for ten minutes and add rice. Cook for 30 minutes and stir often otherwise rice will stick to the pan. Add leafy vegetables and keep stirring for another ten minutes. By now the dish should be thick like porridge.

Just before the dish is done add kaffir lime leaves, coriander leaves and soy or fish sauce. Mix and taste and if you're happy, serve.

Kao Buer

Karen rice curry



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Bok Choi Soup

500g Thai Bok Choi
10 thin slices of ginger
4-5 tbsp tamarind sauce or lemon juice
2 tsp sugar
2 Tbsp fish sauce
2 tsp chicken stock
500g pork ribs (or 2 pieces of soya bean tofu if vegetarian)
3 Tbsp of chopped fried garlic

Boil 4 litres of water until gently bubbling.

Add the pork ribs.

Tear the whole Bok Choi into 4-inch long pieces (using both the leaves and stem) and add to the boiling water and ribs after 5 minutes.

Cook until the Bok Choi is soft and yellow in colour.

Add the ginger, tamarind sauce, fish sauce and sugar, adjusting the quantities to taste.

Add the fried garlic and serve.



Nam Prik Ong

3 shallots, diced, divided
12 garlic cloves, smashed and chopped, divided
8-10 Thai chilies, depending on spice preference
3 tbsp. cooking oil
1 pound ground pork (Tofu for vegetarian version)
2 c. baby tomatoes, quartered
2 tbsp. tamarind paste
1 tbsp. fish sauce, to taste
2 tbsp. palm sugar, to taste
2 tsp. Thai Shrimp Paste (optional)

Add Thai chilies, half of the shallots and half of the garlic to your mortar and pestle. Pound until smooth.

Add 3 tbsp. of cooking oil to a wok or large pan.
Add the reserved garlic and shallots to the cold pan.
Stir-fry until brown and crisp. Remove from pan, but keep the oil.

Now add the pounded chilies, garlic and shallots and stir-fry for a few minutes until fragrant.

Then add ground pork and combine well with chilie mixture.

When the pork has cooked a little, add the tomatoes.
Crush the tomatoes with the back of your spatula to help them combine with the pork mixture.
Stir until pork is cooked through and combined well with the tomatoes.

Then add tamarind, fish sauce, sugar, shrimp paste, fried shallots and garlic, and mix it up.

You can serve it with lettuce wraps, cabbage, green beans, pork skins, or if you want to make it more fusion, serve it with chips, crackers or pita bread!



Ingredients:

100 gr pork (minced)
6-7 large sweet chilies
Soy sauce or fish sauce to taste
Water or stock of choice
5 coriander leaves
5 shallots
2 cloves garlic
2 medium tomatoes (cubed)
Steamed or fresh vegetables of choice

Barbecue or roast chili until the skin is black and peel off the skin. Cook the pork and add tomato and cook together until done.

Pound or mix coriander leaves, shallots, garlic, soy or fish sauce. Add chillies and pound well. Add pork and tomato and keep pounding until it's all mixed together. Add stock if the paste is too thick.

Serve with steamed or fresh vegetables of choice.

You can make this paste with fish but grill or barbecue the fish first. Vegetarians can prepare this paste with either minced tofu or steamed mushrooms.

Namprik Moo

Minced pork chili paste



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Mashed Eggplant

1 long green eggplant
1 cup chopped red onions
1 piece fresh ginger shoot, chopped
4 garlic cloves, chopped
1-2 Thai green chiles, chopped
1.25 cups chopped tomatoes
1 tsp coriander seeds
3-4 whole dry red chilies (adjust to tolerance)
Salt to taste
1 tsp oil (for drizzle on top, optional)
Cilantro, green chilies chopped (for garnish)

To char the eggplant:

A.) Heat your stovetop on high. Char the whole eggplant, turning with the use of tongs to char on all sides, until the skin has blackened & the flesh is soft.
B.) Preheat a grill to medium heat. Grill skin side up.

While the eggplant is roasting, pound the coriander seeds and dry red chilies using a mortar & pestle.

Peel off the charred skin from the eggplant. Using a fork, mash the flesh.

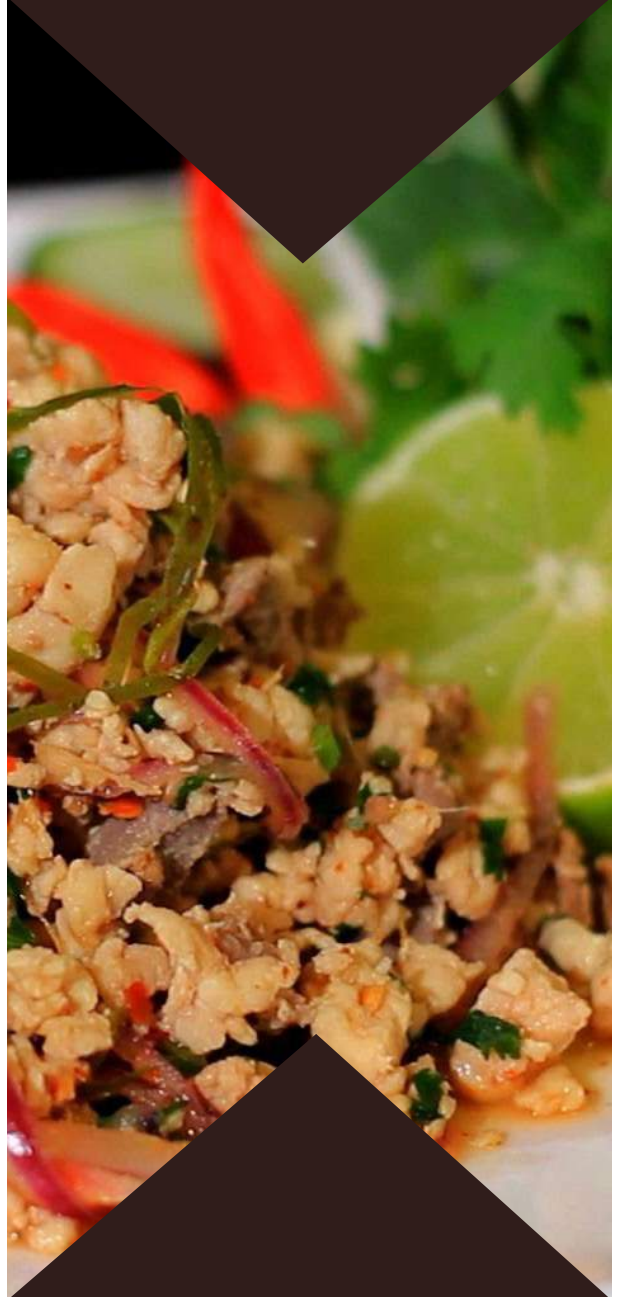
Heat oil on high in a heavy bottomed pan. When the oil is almost smoky, reduce heat to medium & add the chopped onions. Sauté for about 6-7 minutes or till the onions are translucent but not browned. Next, add the chopped ginger, garlic, green chilies and sauté for 30 seconds or till you smell the aroma. Add the coriander & red chill mixture next and sauté for another 30 seconds. Next, add the chopped tomatoes, set the heat on high again and cook the tomatoes for 7-8 minutes until they soften (but do not mush) and you see oil separating on sides of the pan. Add the mashed eggplant and salt to taste.

Garnish with loads of chopped cilantro, green chilies, drizzle with some oil and serve.



Laab

Minced pork salad



Paste ingredients:

- Salt to taste
- 5 cloves garlic
- 4 shallots
- 1 stalk lemongrass
- 1/4 tsp turmeric
- 1/2 tsp coriander seeds
- 1 Tsp roasted chilies (less if you don't like spicy)
- 1 tsp galandal

Other ingredients:

- 400 gr minced pork (or other meat or tofu)
- 4 green onions
- 1 cup diced vegetables of choice (optional)
- 20 leaves fresh mint
- 2 cilantro leaves
- 1/2 Tsp fish sauce (optional)

Pound or mix the paste ingredients until you get a very smooth paste. Mix in minced pork and fresh vegetables of choice. Add fish sauce to taste. Mix well.

Heat a bit of oil in a frying pan and add the mixture. Stir fry and add water as needed. When the meat is cooked, add green onion, mint and cilantro. Stir and serve.

Best served with sticky or plain rice.

Paste ingredients:

Salt to taste
5 cloves garlic
4 shallots
1 stalk lemongrass
1/4 tsp turmeric
1/2 tsp coriander seeds
1 Tsp roasted chilies (less if you don't like spicy)
1 tsp galandal

Other ingredients:

500 gr mushrooms (cooked and finely chopped)
4 green onions
1 cup diced vegetables of choice (optional)
20 leaves fresh mint
2 cilantro leaves
1/2 Tsp fish sauce (optional)

Pound or mix the paste ingredients until you get a very smooth paste. Mix in chopped mushrooms of choice and fresh or cooked vegetables of choice. Add fish sauce to taste. Mix well. Add green onion, mint and cilantro. Mix and serve.

You can garnish with some thinly sliced onions or shallots. Best served with fresh vegetables and sticky or plain rice.

Laab Hed

Mushroom salad



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Laab Pla

Minced fish salad



Paste ingredients:

2 stalks lemongrass
Pinch turmeric powder
Small piece of ginger
Small piece of galangal
2 tsp crushed chili (or less)
1 onion or 3 shallots
3 kaffir lime leaves

Other ingredients:

1/2 kg fish with scales
2 limes or 1 lemon
Soy sauce to taste
3 coriander leaves
10 mint leaves
10 green onions
Choice of vegetables

Clean and gut the fish. Take off the scales but keep them. Mince fish meat and add lime juice. Marinate for 10 minutes. Squeeze the lime juice and keep it. Fry the fish in oil and add water if needed.

Pound the paste ingredients. Season with soy sauce and lime juice from marinating the fish.

Stir fry fish scales on low heat until they're crispy but not burned. Add garlic and fry both. Remove from fire and add cooked fish when it cools down. Add the paste and fresh mint, coriander and green onions. Mix and taste.

Serve with fresh vegetables and sticky or plain rice.

Long green beans
Sea salt
Garlic
Shallot
Dry smoked chilis
Soya bean paste (if not available, use a small amount of shrimp paste)
Chicken stock
Fish sauce
Garlic and onions

Boil the beans in a pot of water until completely cooked and yellow in colour.

While the beans boil, combine the sea salt, garlic, shallot, chilis and soya bean paste using a mortar and pestle. Once the paste is made, add cooked beans and mash slightly.

Stir fry some garlic and onions in some oil and add the beans and paste mixture. Stir fry a few minutes.

For a healthier option, instead of stir frying the beans, simply add some chicken stock and fish sauce to taste.

Long Bean Salad



Papaya Salad

- 2 cups shredded fresh green papaya, use a Pro-Slice Thai peeler
- 3 medium roma tomatoes, or use a few more if you can find cherry tomatoes
- A handful of fresh string beans cut into 1 inch pieces
- 2 tablespoons dried shrimp
- 4-6 fresh Thai chiles, remove stems
- 3-4 cloves garlic
- 2 tablespoons fish sauce
- 2 tablespoons palm sugar
- 2 tablespoons fresh lime juice
- 2 tablespoons juice of pickled mud fish (optional)

Peel fresh green papaya, rinse the white milk off, pat dry, then shred the whole papaya. Sprinkle with a bit of salt then rinse it off and drain. Keep 2 cups shredded papaya out, and put the rest in a sealed container for later use. Slice tomatoes thinly.

In a clay Lao-style mortar & pestle, coarsely pound the fresh chiles (whole) and garlic. Add string beans and sliced tomato, and pound it lightly (do not over-crush). Add dried shrimp, fish sauce, palm sugar and lime juice. Add these items spoon-by-spoon, and taste as you go. If you want to add peanuts, add now and lightly pound (optional). If you want to add pickled mud fish (pla ra), add two tablespoons of juice (optional).

Add shredded papaya and pound together until mixed well. Serve on a dish with fresh cabbage and string beans on the side.



Ingredients:

250 gr minced pork
50 gr glass noodles
2 shallots
1 onion
5 fresh green chilies
1/4 cup celery leaves
5 Tsp lime juice
Soy sauce to taste
Fish sauce to taste
2 medium tomatoes

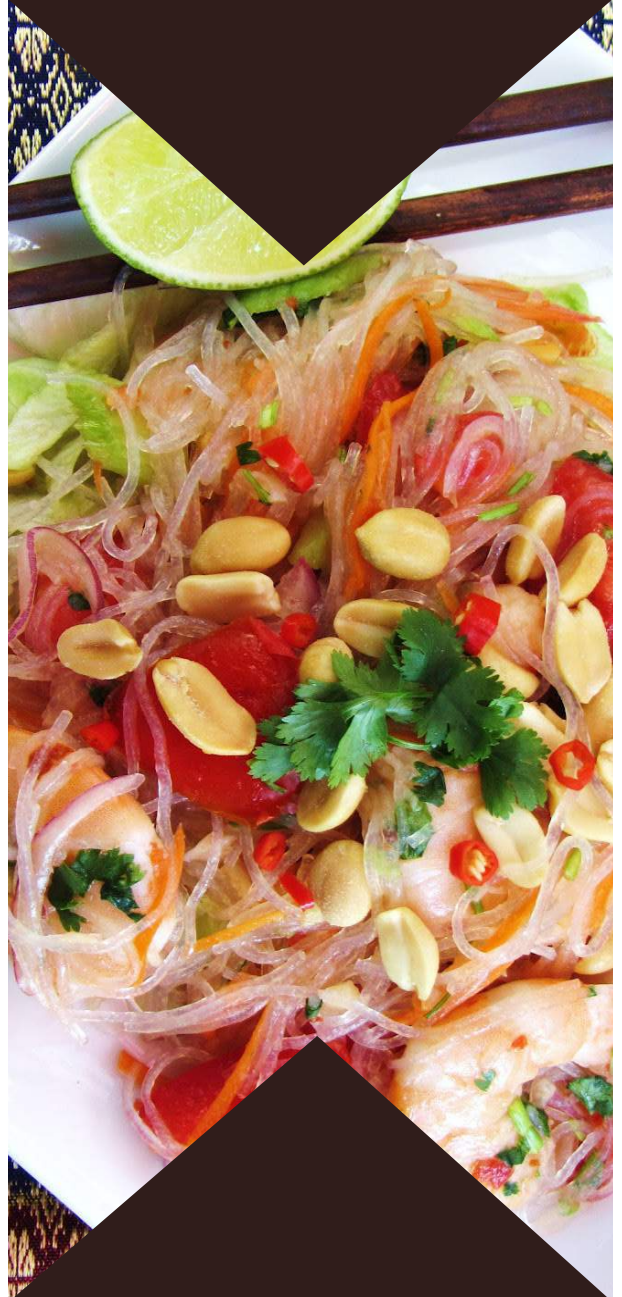
Cook minced pork and glass noodles in separate pots. When the noodles are cooked, wash them with cold water so they're not sticky. Mix pork and noodles in a bowl.

Slice shallots, tomatoes, onion, chili, celery and mint and mix with lime juice, soy sauce and fish sauce. Mix everything with the pork and noodles and serve.

Thai people eat glass noodle salad as an appetizer or snack and serve it with fresh cucumber or long bean.

Yum Woon Sen

Glass noodle salad



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Hornueng

Paste ingredients:

- 8 dry or fresh green chilies
- 10 cloves garlic
- 1 shallot
- 1 stalk lemongrass
- 1 small piece turmeric
- 1 Tsp shrimp paste (optional)

Other ingredients:

- 400 gr meat or tofu
- 600 gr vegetables of choice (small pieces)
- 2 spoons rice flour
- Soy sauce to taste
- 20 sweet basil leaves
- 10 green onions
- Banana leaves (if not available, use cloth)

Fry rice powder in a dry pan until lightly brown. Stir constantly.

Pound or mix paste ingredients until they are 80% fine, not completely smooth.

In a bowl, mix the paste, finely cut meat and vegetables of choice, rice flour, soy sauce, basil leaves and green onion. Mix well.

Preheat banana leaves or cloth so it's warm. Divide the mixture into four portions and wrap in double layered banana leaves or cloth. Steam the wraps for at least 20 minutes. You can also grill them on low heat.

When they're done, unwrap and taste. Serve with sticky or plain rice.



Sauce ingredients:

1 tsp chili (chopped)
100 gr garlic
1 stalk lemongrass
1 small piece coriander root
100 ml lime juice
100 ml fish sauce
Sugar to taste

Other ingredients:

1 kg fish with scales
5 kaffir lime leaves
3 coriander leaves
1 cup Thai basil

Wash and gut the fish. Pound kaffir lime leaves, coriander leaves and Thai basil and stuff the fish with herbs. Cover the fish in a generous amount of salt. The more salt you use, the less the fish will burn. Grill the fish and turn it every 10 minutes. Grill for about one hour total.

While you wait for the fish to cook, prepare the sauce. Finely poun or mix all dry ingredients for the sauce. Add lime juice, fish sauce and sugar and mix well.

When the fish is cooked, serve it with the sauce. Peel the skin off the fish before you eat it.

Grilled Fish



Pad Thai

1 egg lightly beaten
3/4 cup (or more) fresh shrimp, uncooked
1 tablespoon sliced shallot
1 tablespoon chopped salted radish
1/4 cup diced firm tofu
1 handful rice stick noodle
1/4 cup plus 2 tablespoons water
1 cup fresh bean sprouts
1/4 cup fresh chives, cut into one inch long pieces
1 tablespoon sugar
2 tablespoons chopped roasted peanut
vegetable oil for frying

Chop the raddish and add a little bit of sugar to sweeten, mix well.

Soak the rice stick noodle in warm water for about 15 minutes.

Heat 1 tablespoon of oil in a wok at medium-high heat. Add egg and cook it quickly, scrambling into small pieces. Remove, set aside.

Add 2 tablespoons of oil in the same wok. Add shrimps and cook until done. Transfer to a bowl, set aside.

Add 1 tablespoon of oil to the wok. Add shallot, radish and tofu fry until aromatic. Increase the heat of your wok. Add a handful of soaked noodles followed with water. Stir-fry this mixture for about 5-6 minutes. The noodles will start to get soft. Add 1/4 cup of Pad Thai Sauce and mix well. Add sugar, cooked egg, bean sprout, chive and cooked shrimps. Stir well for another 1-2 minutes until everything blends together. Turn off heat, transfer to serving plate with sliced fresh lime, roasted peanuts, and more bean sprout on the side.

