

Thailand Food

Compiled by seva



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1. Steamed Whole Fish - Pla Chon Pae-Sa

tag: thailand

Yield: 4 Servings

Ingredients

- 1 1/2 lb Whole Rock Cod
- 1 ts Salt
- 1/2 ts White Pepper
- 2 Minced Garlic Cloves
- 1 c Chopped Celery
- 2 tb White Wine
- 1 tb Fish Sauce (Nam Pla)
- 2 Sliced Green Jalapeno Peppers
- 1 c Chopped Green Onions, Scallions Or Spring Onions

Directions

Although rock cod is a fresh water fish, snapper or sole can be substituted. In fact this is delicious with any salt water fish.
----- Clean the fish and slash to the bone three times on each side. Rub with salt and pepper. Place on a steaming plate and top with the remaining ingredients.

Place in a steamer, cover and steam for 15 minutes on high heat. Remove and serve.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

2. Barbecued Chicken Wings - Peak Gai Yang

tag: thailand

Yield: 4 Servings

Ingredients

- 1 1/2 lb Chicken Wings
- 1 ts Salt
- 1/4 c Chopped Lemon Grass
- 8 Cloves Garlic, Chopped
- 1/2 ts White Pepper
- 1/4 c Minced Cilantro Root Or: Coriander Root
- 1 ts Tumeric

Directions

This is a favorite barbecue recipe. The enticing aroma of the sizzling meat on the grill makes it very popular with the street vendors' clientele. ~~~~~ Combine all the marinade ingredients and marinate the chicken wings overnight. Barbecue the wings over medium coals for 5 to 7 minutes on each side until they are cooked through and golden brown.

Serve with steamed sticky rice.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

3. Green Mango Dip - Nam Prik Ma-Muang

tag: thailand

Yield: 1 Servings

Ingredients

- 8 oz Shredded Green Mango
- 6 Cloves Garlic, Minced
- 2 tb Shrimp Paste
- 1/4 c Fish Sauce (Nam Pla)
- 2 tb Lime Juice
- 2 tb Sugar

Directions

A good dip with seafood and fish, fresh vegetables, and boiled eggs. ~~~~~ Place the shredded mango, garlic and shrimp paste in a mortar and gently mash with the pestle so that the mango is bruised but is still in shreds. Add the remaining ingredients and stir to combine. Remove to a serving bowl and use as a dip for grilled meats or fresh vegetables. Makes 2 cups.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

4. Cauliflower And Coconut Soup

tag: thailand

Yield: 6 servings

Ingredients

- 2 tb Sunflower oil
- 1 Onion; finely chopped
- 1 lg Carrot; diced
- 250 g Cauliflower florets; (8oz)
- 1 Cooking apple; peeled, cored and; diced
- 1/2 ts Ground cumin; coriander, turmeric; and ginger
- 1/4 ts Chilli powder
- 1 l Vegetable stock; (1 3/4 pints)
- 50 g Creamed coconut; (2oz)
- 3 tb Freshly chopped coriander
- 1 420 gram can borlotti beans; drained
- Salt and freshly ground black pepper

Directions

Heat oil in a saucepan, add the onion and carrot and saute gently for 5 minutes.

Add the cauliflower florets, apple and spices and cook for a further 1-2 minutes.

Add the stock, bring to the boil, cover and simmer for 20 minutes.

Stir in the remaining ingredients and simmer gently until the coconut has melted.

Notes Serve with fresh crusty bread.

NOTES : A delicious soup with a taste of Thailand.

5. Nam Phrik Kaeng Khua (Kaeng Khua Curry Paste)

tag: thailand

Yield: 1 Servings

Ingredients

- 5 Dried chilies
- 3 tb Chopped shallots
- 2 tb Chopped garlic
- 1 ts Chopped galangal
- 1 tb Chopped lemon grass
- 1 ts Chopped kaffir lime rind
- 1 ts Chopped coriander root
- 2 ts Salt
- 1 ts Shrimp paste

Directions

Soak dried chilies in hot water for 15 minutes and deseed. Into a blender, put all ingredients except the shrimp paste and blend until well mixed. Then add the shrimp paste and blend once more to obtain about 3/4 cup of a fine-textured paste. This can be stored in a glass jar in the refrigerator for about 3-4 months. Recipe from: The Elegant Taste of Thailand, by Sisamon Kongpan & Pinyo Srisawat.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

6. Pineapple Curry - Gaeng Kua Sapparod

tag: thailand

Yield: 4 Servings

Ingredients

- 2 c Coconut Milk
- 1 c Crushed Fresh Pineapple
- 2 tb Red Curry Paste
- 1/4 c Fish Sauce (Nam Pla)
- 1 1/2 tb Sugar
- 8 oz Shrimp, Shelled & Deveined

Directions

The delicate sweet and sour flavor of this curry sauce comes from the pineapple. It is also delicious with mussels or smoked salmon instead of shrimp. ~~~~~ Combine all the ingredients except the shrimp in a large saucepan and heat to boiling.

Add the shrimp, reheat to boiling and cook for about 3 minutes or until shrimp are done.

Serve with steamed Jasmine Rice.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

7. Red Curry Paste - Nam Prik Gaeng Ped

tag: thailand

Yield: 1 Servings

Ingredients

- 1/2 c Chopped Onions
- 8 Cloves Garlic
- 10 Dried Red Jalapeno Chilies
- 4 Thin Slices Galangal
- 2 tb Chopped Lemon Grass
- 1 tb Chopped Cilantro/Coriander Root Or Stems
- 1/2 ts Cumin
- 1 ts Shrimp Paste
- 1 ts Salt
- 3 tb Oil

Directions

Red and green curry pastes are the basis for most Thai curries. ----- Combine all the ingredients except the oil in a blender and process until smooth.

Heat a small skillet on medium-high heat and add the oil. Slowly fry the curry paste for 5 minutes until it is fragrant. Remove and store in a jar for future use. Makes 2-1/2 cups.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

8. Chicken Barbecue, Thai-Style

tag: thailand

Yield: 4 Servings

Ingredients

16 oz Chicken, dark meat
2 tb Curry powder
1 ts Five spice powder
1 Clove garlic
1 tb Cooking wine
1 tb Ginger, chopped
3 tb Soy sauce
1 tb Honey
1 ds Pepper
Cubed pineapple
Green pepper, cubed
1/2 c Coconut milk
1/2 c Peanut butter
1/4 c Soy sauce
Hot sauce, optional

Directions

Cut chicken into one-inch cubes. Marinate chicken in next 8 ingredients overnight. Skewer approximately 1 ounce of chicken and intersperse with cubed pineapple and green pepper. Cook chicken over an open grill until done. To prepare dipping sauce, mix remaining ingredients well. Serve with chicken. Posted to MC-Recipe Digest V1 #323

Recipe by: Thailand

From: gtg[at]phoenixat.com (Glen T Greenman)

Date: Sat, 30 Nov 1996 22:41:17 -0500 (EST)

9. Tom Kha Pladuk (Catfish Soup)

tag: thailand

Yield: 1 Servings

Ingredients

- 1 Cat fish; (about half a pound prepared weight)
- 2 c Fish stock
- 1 c Coconut milk
- 1 tb Kha (galangal); julienned
- 1 tb Takhrail (lemon grass); thinly sliced
- 1 tb Bai phak chi; (coriander/cilantro leaves)
- 1 tb Prik ki nu daeng (red birdseye chilis); thinly sliced
- 4 tb Fish sauce
- 4 tb Lime juice

Directions

Method

Bring the stock to a simmer.

Add the galangal, lemon grass, coriander, chilis, fish sauce and lime juice, and bring back to the simmer.

Clean the fish and cut it into 1" steaks, then divide them, removing the bones.

Add the fish to the soup, and the coconut milk and bring back to a very gentle simmer, and poach the fish for 3-4 minutes (until just cooked).

NOTES: There are two staple soups in Thai cuisine: tom yam is a hot spicy clear soup with elements of sweet and sour flavors added. Tom kha is a milder soup with coconut milk and galangal (kha) dominating rather than the fiery prik (chili) of the tom yam.

Because it is milder tom khas are often made with chicken or pork, but most common in Thailand are varieties using seafood (especially shrimp, squid, or fish such as red snapper or catfish) or vegetables (especially medleys of mushrooms, tom kha hed).

The catfish can be "crisped" by quickly, and briefly, deep frying it in very hot oil, but this variation is based on simply poaching the fish in the soup.

In Thailand the fish is cleaned, and then poached whole (with the head), then removed from the soup, and cut into bite sized pieces which are returned to the soup for serving. The method here is a little simpler, in that it doesn't involve handling the hot fish.

Thais eat the galangal, which is cut into thin matchstick pieces. However I have noticed that many western diners prefer to discard the galangal and so it may be wiser to leave the galangal in thin slices.

Similarly the lemon grass is eaten, but you may prefer to cut it into 2" lengths, and crush them with a mallet. These may then be discarded by the diner. Posted to recipelu-digest Volume 01 Number 660 by "Diane Geary." <diane[at]keyway.net> on Jan 31, 1998

10. Kaeng Phak (Vegetable Curry) Pt 1/2

tag: thailand

Yield: 4 Servings

Ingredients

- == GREEN CURRY PASTE ==
- 15 Fresh phrik ki nu (green birdseye chillies) (up to 30)
 - 10 Cloves kratiem (garlic), chopped
 - 1 tb Takhrui (lemon grass), very thinly sliced
 - 1 tb Roasted coriander seeds, ground
 - 1 tb Coconut milk (up to 2)
 - 1 ts Kha (galangal), chopped
 - 1 ts Roasted cumin seeds, ground
 - 1 ts Chopped coriander (cilantro) root (if you can't find the roots, use the white lower stem)
 - 1/2 ts Zest of "kaffir" lime (ordinary lime will do)
 - 5 White pepper corns, toasted and ground
 - 1 ds Light soy sauce
- == AROMATIC BROWN RICE ==
- 2 c Unpolished (brown) rice
 - 2 c Stock
 - 2 c Water
 - 2 tb Peanut oil
 - 8 ts Hom daeng (shallots/purple onions), thinly sliced
 - 4 ts Prik chi fa daeng (red Thai jalapenos), finely sliced
 - 4 ts Khing (ginger), freshly grated
- == GREEN CURRY SAUCE ==
- Curry paste (from above)
- 1 c Coconut milk
 - 2 tb Maggi sauce
 - 1 tb Palm sugar
 - 1 tb Kratiem (garlic), minced
 - 1 tb Prik ki nu (green Thai 'birdseye' chills), finely sliced
 - 1 tb Kha (galangal), grated
 - 1 tb Bai chi (coriander / cilantro), finely chopped
 - 1 tb Nam manao (lime juice)
 - 1 tb Bai manglaek (sweet basil), finely chopped
 - 1 tb Prikthai ong (green peppercorns)
 - 1 tb Nam prik pao (roasted chills in soy bean oil)
 - 2 Bai makrut (kaffir lime leaves), shredded, or half a teaspoon lime zest
- Freshly ground prikthai (black pepper) to taste.

Directions

I have remarked before that truly vegetarian or vegan Thai recipes are rare (at least in Thailand). There are a number of reasons for this, not least the fact that most people find it convenient to buy food from roadside vendors and hawkers rather than cook it

themselves, and very little of such food is vegetarian. There are added problems: not only are fish sauce and shrimp paste signature ingredients of much Thai food, they are also present in such key ingredients as curry pastes. Thus a dedicated vegetarian must not only cook for themselves, but nearly always cook from scratch, which is at the very least a time consuming process.

Nor is it always a simple matter of taking an existing recipe containing meat, and making simple substitutions. A curry for example is generally cooked by preparing a sauce and then 'stir-stewing' the main ingredient in the sauce. Whilst meats and fish absorb the flavor readily by this technique, vegetables do not, and so the result is often an unsatisfactory dish, lacking the complexity and maturity of the regular meat based dishes.

Also, whilst in North America or Europe I can visit a supermarket to find a display of vegetables that varies little 365 days of the year, in Thailand I will buy fresh ingredients, and often find that what was on sale last week is no longer available today.

Despite all of these problems it is possible to produce a vegetarian dish, but, as can be expected, the preparation is more complex than for a simple meat based curry.

The vegetables suggested here are those that we purchased from the market on Tuesday last to make this dish to check out the method. You could of course substitute any other vegetables, fungus, or even soy or TVP to your taste. The technique does not however work well with broad leaved vegetables, which tend to 'fall' during cooking.

continued in part 2

11. Nanjim Gratiem (Garlic Sauce)

tag: thailand

Yield: 4 Servings

Ingredients

- 1/2 c Water
 - 1/2 c White vinegar
 - 1/2 c Granulated sugar
 - 1 ts Chinese chili paste with garlic (adjust to personal taste)
 - 2 ts (~ 4 cloves) finely chopped garlic
 - 1/2 ts Salt
- == COOKING ==
- 1 Combine all the ingredients in a stainless-steel or enamel saucepan and

Directions

boil slowly until the mixture is reduced by about one-half. 2. Let mixture cool. It will become a little thicker as it cools. You may make it any consistency you like. If it gets too thick, it may be thinned easily by adding warm water. If it is too thin it may be thickened by additional boiling. Use immediately, or store for up to 2 months in a closed jar in the refrigerator. Allow it to come to room temperature before serving. (Thailand - Namjim Gratiem)

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

12. Goong Pad Pong (Garee Curried Shrimp)

tag: thailand

Yield: 4 Servings

Ingredients

- 2 tb Oil
- 3 Minced Garlic Cloves
- 8 oz Shrimp, Shelled & Deveined
- 1 ts Curry Powder
- 2 tb Fish Sauce (Nam Pla)
- 1 tb Oyster Sauce
- 1 1/2 tb Sugar
- 1/4 c Slivered Green Bell Pepper
- 1/4 c Slivered Red Bell Pepper
- 1/4 c Sweet Basil Leaves
- 1/4 c Sliced Onions

Directions

The subtle flavor of the curry compliments the fresh flavor of the shrimp very well in this quick and easy recipe.
----- Heat a large skillet and add the oil, garlic and shrimp. Saute for 1 minute. Add all the other ingredients and cook for 2 minutes.

Serve with steamed jasmine rice.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

13. Curried Shrimp - Goong Pad Pong Garee

tag: thailand

Yield: 4 Servings

Ingredients

- 2 tb Oil
- 3 Minced Garlic Cloves
- 8 oz Shrimp, Shelled & Deveined
- 1 ts Curry Powder
- 2 tb Fish Sauce (Nam Pla)
- 1 tb Oyster Sauce
- 1 1/2 tb Sugar
- 1/4 c Slivered Green Bell Pepper
- 1/4 c Slivered Red Bell Pepper
- 1/4 c Sweet Basil Leaves
- 1/4 c Sliced Onions

Directions

The subtle flavor of the curry compliments the fresh flavor of the shrimp very well in this quick and easy recipe.
----- Heat a large skillet and add the oil, garlic and shrimp. Saute for 1 minute.
Add all the other ingredients and cook for 2 minutes.

Serve with steamed jasmine rice.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

14. Panang Chicken

tag: thailand

Yield: 1 Servings

Ingredients

- 1 lb Chicken; cut into strips
- 1 c Coconut milk
- 2 tb Red curry paste
- 1 tb Fish sauce
- 2 tb Peanut butter
- 1 tb Sugar
- 2 tb Vegetable oil
- 10 Sweet basil leaves or mint leaves; optional

Directions

Method:

Fry chicken in oil until brown.

Use leftover oil in the frying pan to fry the curry over low heat for 2 minutes.

Add coconut milk. Stir together.

Add peanut butter, sugar, fish sauce and chicken. Cook for 5 minutes (or until the meat is done). Place in serving dish. Sprinkle top with sweet basil or mint leaves.

Recipe by: A friend from Thailand

Posted to TNT Recipes Digest by Karla Sterrett <karlas[at]jps.net> on Apr 09, 1998

15. Tom Jabchai [Vegetable Stew]

tag: thailand

Yield: 8 Servings

Ingredients

- 1/2 lb Belly pork cut into half inch cubes
- 1/2 Chicken or duck; cut into bite sized pieces
- 4 c Mooli (Chinese white raddish) cut into 1" slices; and quartered
- 1 Chinese cabbage; cut into moderate sized chunks
- 1 Western cabbage; quartered, cored; and cut into 1" cubes
- 1 c Leek; in 1" rings
- 2 c [Chinese] celery; in 1" pieces
- 4 c Kale; stems crushed, and very roughly chopped
- 10 m Chinese mushrooms; soaked in water; and the stems discarded
- 5 Cakes hard soybean curd; quartered; and the pieces cut in half diagonally
- 3 c Mung bean noodles; soaked, and cut into short lengths
- 1/2 c Bai phak chi (coriander/cilantro leaf); chopped
- 6 tb Soybean paste
- 3 tb Chopped garlic
- 1 tb Minced ginger
- 3 tb Fish sauce
- 2 tb Dark soy sauce
- 1 tb Maggi sauce
- 2 tb [palm] sugar
- 8 c Pork stock
- Black pepper to taste

Directions

Date: Sat, 11 May 1996 10:12:06 -0700

From: "Colonel I. F. K. Philpott" <colonel[at]korat1.vu-korat.ac.th> This is sometimes called "Chinese" vegetable stew in Thailand, because the chosen vegetables are usually of Chinese origin. You can make substitutions, and some recipes for this stew call for as many as 10 different vegetables. You do need at least 4 to get the variety of tastes and textures required, but if the produce market yields more on the day, then you can indeed use more (keep the overall quantity about the same.)

Though called a vegetable stew, this is by no means a *vegetarian* dish. It contains a substantial amount of meat. The essential flavor of the dish comes from the belly pork. If you prefer you can use a pound of belly pork and omit the poultry, but you shouldn't omit the pork altogether.

This is a "one plate" meal - a single dish forming the entire meal (as opposed to the more usual dining style in Thailand with several contrasting dishes).

Method: Bring the stock to a boil and add the pork, poultry, fish sauce, soy sauce, and Maggi sauce, boil uncovered until the meats are

just cooked. Add the vegetables, bean curd, and noodles. In a wok, heat some oil, and fry the soybean paste until fragrant. Saute the garlic and ginger. Add the soybean paste, garlic and ginger to the soup. Taste, and adjust the fish sauce and pepper to suit the chef's preferences. Remove from the heat and serve when the vegetables are done.

CHILE-HEADS DIGEST V2 #317

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

16. A Jad (Cucumber Pickle)

tag: thailand

Yield: 4 Servings

Ingredients

- 4 tb Rice vinegar
- 1 ts Sugar
- 2 -(up to)
- 3 tb Cucumber; very coarsely chopped; or sliced
- 2 Shallots (purple onions) chopped
- 3 -(up to)
- 4 Red and green prik ki nu (Birdseye chillis); thinly sliced

Directions

Date: Tue, 20 Feb 1996 18:04:28 -0500

From: The Meades <kmeade[at]ids2.idsonline.com> (by way of

Combine the ingredients, and leave to stand overnight. Colonel Ian F. Khuntilanont-Philpott Systems Engineering, Vongchavalitkul University, Korat 30000, Thailand

CHILE-HEADS DIGEST V2 #246

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

17. Pickled Shallots

tag: thailand

Yield: 4 Servings

Ingredients

- 4 tb Vinegar
- 1 ts Sugar
- 4 tb Sliced shallots

Directions

Date: Tue, 20 Feb 1996 18:14:38 -0500

From: The Meades <kmeade[at]ids2.idsonline.com>

Mix all ingredients, bottle and let stand a few days before using. Colonel Ian F. Khuntilanont-Philpott Systems Engineering, Vongchavalitkul University, Korat 30000, Thailand

CHILE-HEADS DIGEST V2 #246

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

18. Pickled Cucumber (A Jad)

tag: thailand

Yield: 4 Servings

Ingredients

- 4 tb Vinegar
- 1 ts Sugar
- 2 tb Sliced cucumber
- 2 tb Shallots; sliced
- 1 ts Chopped green chilies

Directions

Date: Tue, 20 Feb 1996 18:14:38 -0500

From: The Meades <kmeade[at]ids2.idsonline.com>

Mix, bottle and keep for a few days before using. Colonel Ian F. Khuntilanont-Philpott Systems Engineering, Vongchavalitkul University, Korat 30000, Thailand

CHILE-HEADS DIGEST V2 #246

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

19. Neua Pad Prik (Beef and Chile Hamburger)

tag: thailand

Yield: 6 Servings

Ingredients

== FOR THE BURGERS ==

- 2 lb Beef
- 1 c Diced shallots
- 2 tb Seasoned fish sauce
- 2 tb Cornstarch
- 1 ts Freshly ground black pepper
- 1 Egg

== SAUCE/RELISH ==

- 2 tb Garlic; chopped
- 1/2 c Shallots (purple onions) finely sliced
- 1/2 c Sweet chilis; sliced
- 1/4 c Hot chilis; sliced
- 1/4 c Ginger; grated
- 1/4 c Fish sauce
- 1/4 c Dark sweet soy sauce
- 1/4 c Sugar syrup

Directions

Date: Tue, 18 Jun 1996 13:46:41 -0700

From: "Colonel I. F. K. Philpott" <colonel[at]korat1.vu-korat.ac.th>

neua pad prik (beef and chilis - a hamburger variant)

Some years ago, my wife and I were living near Oxford in England. One day she went to the asian market to buy the groceries, and disaster struck: no Thai chilis.

She managed, with poor grace, to buy some jalapenas and some 'Scotch Bonnet' peppers, and the dish that follows is what we had for dinner that night.

We have since converted it back to Thai ingredients and methods. The following notes are relevant:

sweet chilis: in Thailand these are prik chi fa. Otherwise jalapenas hot chilis: in Thailand prik ki nu, otherwise Scotch Bonnets or Habaneros
 syrup: in Thailand, boil some water, dissolve sugar in it until no more will dissolve, and then reduce to form a syrup.
 otherwise Tate & Lyle brand golden syrup, or something similar, will do.

In Thailand we use shallots (purple onions). These are cheap and plentiful. In the west, where they are often expensive and hard to find, ordinary yellow or red onions will suffice.

We cook it by wrapping it in banana leaves and placing it on the ashes of a charcoal brazier for 30 minutes. Otherwise you can wrap it in aluminum foil and grill it until cooked to the desired doneness.

You can slice and pound the beef as in a conventional neua pad prik recipe, or you can follow this technique for burgers. You could buy prepared hamburger (ground beef), but it is usually low grade meat and high in fat. Better, we feel to make it as indicated.

The seasoned fish sauce is the fish sauce from nam pla prik, found on any table in Thailand. If you don't have any then take 4 tablespoons of fish sauce, add a tablespoon of green prik ki nu ('birdseye chilis'), sliced thinly, store in a stoppered jar for a week in the refrigerator, then it is ready to use. The excess can be used as a condiment for this dish.

Note: the chilis should preferably be a variety of colours

Dice the beef, and combine with the remaining burger ingredients, except the egg and leave to marinade for about three hours. If desired the meat can be ground in a food processor first.

Beat and add the egg. Form the mixture into 12 patties.

In a wok heat about 3 tablespoons of peanut oil, and then sautee the garlic, onions, ginger and chilis until aromatic. Remove from the heat, add the remaining ingredients, and process to a coarse chop.

Take 6 pieces of banana leaf (or aluminum foil), and on the first, place 2 tablespoons of the sauce mixture, and spread it into a disc the size of the meat patties. Add a pattie, add two tablespoons of relish, add a second pattie, and then add two more spoons of relish. Seal the package by folding it and clipping it with a toothpick or small wooden skewer. Repeat for the remaining patties to form 6 packages.

Place these on the ashes of a brazier (or on a medium hot barbeque) and cook until they reach the desired doneness.

To Serve: Open the packages, add a couple of tablespoon of cooked rice, and a fried egg.

This has the advantage that when the diners have eaten the plates do not need to be washed!

CHILE-HEADS DIGEST V3 #017

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

20. Nam Jim Prialo Wan (Sweet and Sour Salad Dressing/sauce)

tag: thailand

Yield: 1 Servings

Ingredients

- 1 c Nam sapparot (pineapple juice)
- 1 c Nam maphrao (coconut 'nectar')
- 1 c Nam makham piag (sour tamamrind juice)
- 1/2 c Nam manao (lime juice)
- 3 tb Hua kathi (coconut cream)
- 1 tb Nam prik phet (red curry paste)
- 1 ts Khing (ginger), grated

Directions

This is a simple, Thai-style, sweet and sour sauce. Note, that it isn't pink!

This is primarily a salad dressing, but, since salads in Thailand are often cooked, even made from meats, the uses are somewhat wider than a simple dressing. And with "turkey season" being imminent in the West, you might want to note the suggestion below for a simple stir fry.

Method: Mix the juices in a saucepan and simmer to reduce to 2 cups of liquid.

In a wok or skillet over medium heat, warm the coconut cream, and add the curry paste and ginger, and stir until the mixture becomes aromatic. Skim off and discard any oil that forms on the surface.

Stir the curry mix into the juices, and then cool.

Serving & Storage

Will keep for 2-3 weeks in a refrigerator.

yam phak (salad)

Thai salads typically have 5, 7 or 9 vegetable ingredients (because of the association of '8' with wealth and fortune, salads served at weddings often have 8 ingredients). I would suggest the following, but any selection will do.

phak kat khao (chinese cabbage) ton hom (spring onion) het (mushrooms) bai horapha (sweet basil) thua ngoh (bean sprouts)

yam polamai (fruit salad)

Again, a simple suggestion would be:

phak kat khao (chinese cabbage) khing (grated ginger) mamuang (mango) sapparot (pineapple) kluay (banana)

Note that the banana is usually fried or barbequed in Thailand.

Stir fry

This is a suggestion for a stir fry that is made with pre-cooked (even left over) poultry, and cooked white rice.

2 cups of sweet and sour sauce 1 cup cooked poultry, shredded 1 cup raw mixed vegetables 1 cup cooked white rice

In a wok or skillet over medium heat, warm the poultry meat, and then add the vegetables, stirring to mix with the meat, and warm through (cook to taste, typically in Thailand the vegetables are left virtually uncooked).

Pour in the sweet & sour sauce, and bring to a boil, then add the cooked rice, and continue to heat until the food is all heated through.

(serves 4)

Posted to CHILE-HEADS DIGEST V3 #152

Date: Thu, 07 Nov 1996 11:32:14 -0700

From: "Colonel I.F.K. Philpott" <colonel[at]korat1.vu-korat.ac.th>

21. Khao Tom Koong (Rice Soup with Shrimp)

tag: thailand

Yield: 4 Servings

Ingredients

- 2 c Water
- 1 c Cooked white rice
- 1 c Thinly sliced Chinese celery (including the leaves)
- 2 tb Fish sauce
- 1 tb Maggi seasoning
- 1 tb Garlic; thinly sliced
- 1 ts Black pepper; freshly ground (or to taste)
- 4 lg (8 to the pound) shrimp; -or-
- 1/2 lb Smaller ones; shelled, deveined; and butterflied, -or-
- 1/2 lb Other flavor ingredient

Directions

From: "Colonel I.F.K. Philpott" <colonel[at]korat1.vu-korat.ac.th>

Date: Sun, 21 Jul 1996 16:19:05 -0700 khao tom is a staple in Thailand, being widely eaten as a breakfast dish, as well as an accompaniment to lunch and dinner.

It can be cooked plain (without the shrimp), or as here with shrimp. It can also be made by simple substitution with chicken, pork, or any combination of seafood that you have to hand.

It can be made with cooked left over chicken/shrimp etc, or as here with fresh ingredients. It is however almost always made from pre-cooked rice (though not always left-overs: the cook will often simply ladle enough rice from the electric rice pot to make the soup shortly before serving dinner.)

Made with chicken it is a popular meal for recovering patients who still feel a little queasy.

I make no apologies for also posting this to the chile heads mailing list: it is one of the best cures I know for the fire of an over hot chili dish!

In Thailand the rice is almost always cooked until it starts to "fall" and the liquor turns milky. When my wife worked as the chef at the Bangkok Oriental Cuisine in Merrimack, New Hampshire, they found that the customers preferred it with the rice less cooked. If you also want the rice to stay "intact", then limit the heating before adding the shrimp to 2 or 3 minutes, which is enough to ensure that it is heated through ready to eat.

Maggi seasoning, also known as Maggi sauce, is a dark - almost black - seasoning sauce, made by the Maggi company of Switzerland, and widely used in Asian cooking. It should be available from asian supermarkets in case of difficulty. If it can't be found at all, then mix a little Worcestershire sauce with an equal volume of dark soy sauce. The taste isn't quite the same, but it will do.

The celery used in Thailand is Chinese Celery (the plant of which celeriac is the root ball). If this isn't available you can use "western"

celery.

Cooks in Thailand make this in a wok - but I'm not convinced that it is entirely safe to balance this much fluid in a round bottom wok on a skimpy western stove-hob. So perhaps for safety you should use a large saucepan.

Method: In a very small amount of oil sautee the garlic until golden brown and beginning to crisp up, then pour in the water, and bring to the boil, next add the celery, Maggi sauce, and fish sauce and pepper, and stir until it boils again. Now add the rice and return to the boil, continuing to simmer, stirring occasionally, until the rice begins to "fall" and the water turns a milky white (note comment above).

Now add the shrimp, and cook until they turn pink.

Transfer to a serving dish, and garnish with chopped coriander/cilantro leaves.

CHILE-HEADS DIGEST V3 #051

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

22. Kaeng Liang [Vegetable Soup]

tag: thailand

Yield: 4 Servings

Ingredients

== SPICE MIXTURE ==

- 10 Prik thai (black pepper corns)
- 1 tb Kapi (fermented shrimp paste)
- 3 tb Of nam pla (fish sauce)
- 10 Hom daeng (shallots - purple onions)
- 1/2 c Dried shrimp

== OTHER INGREDIENTS ==

- 1 tb Red curry paste
- 2 tb Nam prik pao (chilis paste in oil)
- 1 tb Fish sauce
- 5 c Vegetables
- 5 Stems bai horapha (sweet Thai basil)
- 4 c Vegetable stock

Directions

Date: Sat, 11 May 1996 10:29:43 -0700

From: "Colonel I. F. K. Philpott" <colonel[at]korat1.vu-korat.ac.th> as opposed to tom jabchai, this *is* a vegetarian dish.

Though normally included in Thailand, the curry paste and chili beans in oil can be considered optional for those who are looking for something with a little less heat.

You can use any vegetables available, but typically in Thailand it would be made from one of the gourds (buap liam (sponge gourd), phak dumleung (gord gourd), phak nam tao (bottle gourd)) or from phak wan (a forest tree, latin name melientha suavis - the leaves and flowers are used, and are slightly sweet) or banana flowers.

If one of the gourds is used it is cut into bite sized chunks first.

Method: in a mortar and pestle or food processor, grind the spice mixture ingredients to a smooth paste. Bring the stock to a boil and add the spice mixture, curry paste, and prik nam pao, and stir until thoroughly mixed. When it is again boiling, and mixed, stir in the fish sauce. add the vegetables and basil, stir until cooked.

The vegetables should be minimally cooked - especially gourd, which will become soft and unpalatable if overcooked.

Taste and adjust the saltiness by adding more fish sauce if required.

CHILE-HEADS DIGEST V2 #316

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

23. Stir-Fried Salted Beef with Hot Chili

tag: thailand

Yield: 1 Servings

Ingredients

- 2 c Shredded Flank steak or beef tenderloin
- 1 ts Salt
- 1 tb Nam pla (fish sauce)
- 1/2 c Chili cut into strips
- 1/2 c Celery cut into 1 inch lengthwise
- 1 ts Maggi sauce
- 1 c Oil

Directions

"A few years ago, the Chinese restaurant in the Amarin Hotel served this dish which I copied. The Amarin Hotel was a small hotel with personalized services and very popular with many regular guests. I worked for a short time at the dress shop there. The Amarin Hotel is no more, there is a big modern shopping plaza in its place now. The shopping plaza has the first Macdonald Hamburger outlet in Thailand situated there. It is doing very well. I still miss the Amarin."

Marinate beef with salt and nam pla for 1 hour. Heat frying pan and cook the salted beef (without oil) for 5 minutes. Remove and drain on paper towel. Heat the oil in a wok over high heat to fry the salted beef strips until crisp. Drain on paper towel. Heat the remaining oil.

Stir-fry hot chili, shredded celery and green onion for 1 minute. Add fried crispy beef. Season with Maggi sauce. Pour onto serving plate. From "Cooking Thai Food in American Kitchens..Book 2 with ASEAN Recipes", by Malulee (Kunjara) Pinsuvana. Copyright pending in U.S.A.. Printed in Bangkok, Thailand by Thai Watana Panich Co. LTD., 1986.

Posted by Stephen Ceideberg; February 17 1992.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/cberg2.zip>

24. King Prawns with Asparagus And Beans - Thailand

tag: thailand

Yield: 1 servings

Ingredients

- 350 g King prawns; peeled leaving the; tail, and deveined
- 175 g Asparagus tips
- 1 150 gram lon beans in 3cm pieces
- 3 tb Vegetable oil
- 3 Cloves garlic; finely sliced
- 4 tb Oyster sauce
- 2 tb Fish sauce
- 1 ts Sugar

Directions

Fry the garlic in the oil until golden and add the prawns. Stir well and add the vegetables. Turn well and add the rest of the ingredients.

Turn over a high heat until the prawns are uniformly pink. Turn out, garnish and serve with steamed rice.

25. Pickled Garlic (Gratiem Dong)

tag: thailand

Yield: 4 Servings

Ingredients

- 4 tb Vinegar
- 1 ts Sugar
- 4 tb Garlic

Directions

Date: Tue, 20 Feb 1996 18:14:38 -0500

From: The Meades <kmeade[at]ids2.idsonline.com>

Mix all ingredients; bottle and let stand a few days before using. Colonel Ian F. Khuntilanont-Philpott Systems Engineering, Vongchavalitkul University, Korat 30000, Thailand

CHILE-HEADS DIGEST V2 #246

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

26. Cucumber Salad

tag: thailand

Yield: 4 Servings

Ingredients

- 2 Cucumbers, peeled, halved & - seeded
Juice of 1 lime
- 1 1/2 ts Sugar
- 1/4 c Soy sauce
- 1/2 s Red onion, thinly sliced
m
- 1 s Fresh red chili pepper, - thinly sliced
m
- 1 s Fresh green chili pepper, - thinly sliced
m
- 2 Plum tomatoes, sliced
Whole chili peppers
Cilantro sprigs

Directions

Cut cucumber halves into 2" long sections. Cut each section into 1/4" thick strips. Place in a bowl. Add the lime juice, sugar & soy sauce. Toss gently until well combined. Add onions, chilis & tomatoes & toss gently until well combined. Garnish with the whole chilies & cilantro sprigs.

Grace Young, "The Best of Thailand: A Cookbook"

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/vegan4.zip>

27. Nam Prik Num (Hot Sauce)

tag: thailand

Yield: 1 Servings

Ingredients

- 1/2 c Kratiem (garlic cloves), whole & unpeeled
- 1/4 c Hom daeng (shallots), whole & unpeeled
- 6 Prik (unripe) chi fa (Thai jalapenas)
- 4 m Tomatoes
- d
- 1/2 c Makhuea pro (Thai eggplants)
- 2 tb Nam manao (lime juice)
- 2 tb Nam pla (fish sauce)
- 1 tb Palm sugar
- 1 tb Hom daeng (shallots), finely chopped
- 1 tb Bai chi (coriander/cilantro leaf), chopped

Directions

This sauce is originally from the Northern region of Thailand, and is traditionally made from "young" or unripened, pale green chilis. However you can easily make it from the ripened ones sold in Western stores, losing only slightly to the subtleties of flavor. The ingredients are first grilled or barbecued. In Thailand this is done by placing them on an iron sheet over a charcoal fire, but you could do it just as well with careful use of a handheld handyman's propane torch. The egg-plants used are the golf-ball sized Thai egg plants, but if these are unavailable, cut a normal purple aubergine up with a melon baller.

Method: Grill, barbeque, or char the garlic, whole shallots, chilis and tomatoes until the skins just start to turn black. Skin and quarter the tomatoes and discard the seed pulp. Put the eggplant in a small saucepan, cover with water and simmer until barely cooked (they should still be firm). Place all the ingredients in a mortar and pestle or food processor and process to a coarse paste. Taste for balance: the sauce should be hot and sharp. If too hot add a little more sugar and lime juice (and possibly a little more fish sauce). Will keep 3-4 weeks in a refrigerator. Posted to CHILE-HEADS DIGEST V3 #143

Date: Tue, 29 Oct 1996 12:09:12 -0700

From: "Colonel I.F.K. Philpott" <colonel[at]korat1.vu-korat.ac.th>

28. Satay Kai (Chicken Satay)

tag: thailand

Yield: 1 Servings

Ingredients

- 1 ts Coriander seed
- 1 ts Cumin seed
- 1 tb Chopped garlic
- 1 tb Fresh grated ginger
- 1 lb Chicken breasts; skinned, boned, and cut into bite sized pieces, about
- 2 tb Fish sauce
- 1 tb Curry powder (Thais use a mix called "phom kari", but an Indian style Madras curry powder is fine)
- 1 p Turmeric powder (it's only a colorant, so very little!)
n
- 8 tb Coconut milk
- 3 tb Palm sugar

Directions

Satay of course is originally an Indonesian/Malay dish, but it has been in Southern Thailand for a very long time. This is a Thai version. You can of course also make the same recipe with chunks of beef or pork, or large prawns (if you can get the very large ones [3-4 per pound] then they are usually deheaded and the skewer threaded lengthwise down the body.

The chicken is beaten flat, using the flat of the blade of a heavy cleaver (or using a meat-tenderising mallet, or the 'sahk' of the mortar and pestle (i.e. the grinding piece, not the bowl :-)) -- in Thailand these are usually granite. You could also use a rolling pin...)

The coriander and cumin are toasted and then crushed in a mortar and pestle or food processor (coffee grinder...) The ingredients are then combined to form a marinade, and the chicken is marinated overnight.

The pices of chicken are then threaded on the 8" satay sticks, lossely folding them in half and piercing through the folded meat to form a loose gather.

The completed sticks are then grilled, broiled or barbequed on fairly high heat (they taste best done over charcoal, as they absorb the smoke). Turn them regularly and brush them liberally with the remaining marinade. Cooking should take between 5 and 10 minutes depending on the heat of your cooker. Posted to KitMailbox Digest by gigimfg[at]ix.netcom.com on Jul 9, 1997

29. Pork on Lemon Grass Skewers - Thailand

tag: thailand

Yield: 1 servings

Ingredients

- 300 g Minced pork
- 1 tb Garlic paste
- 1 ts Coriander root; finely chopped
- 1 ts Fish sauce
- 1 ts Lime leaf; finely chopped
- 1/2 ts Sugar
- Lemongrass stalks; trimmed
- == SAUCE ==
- 6 tb Rice vinegar
- 4 tb Sugar
- 1/2 ts Salt
- 1 Garlic clove; very finely chopped
- 2 lg Red chillies; seeded and finely; chopped
- 1 ts Coriander leaves; finely chopped

Directions

First make the sauce. Boil the vinegar and sugar together to a syrup then remove from the heat and add the garlic, chillies and salt. Allow to cool and add the coriander.

Mix the pork ingredients together and mix well. Mould around lemongrass sticks and deep fry at 200C until golden brown.

30. Steamed Sticky Rice - Khao Neow

tag: thailand

Yield: 4 Servings

Ingredients

4 c Sticky Rice

Directions

Sticky rice is a glutinous rice eaten by the people of the North and Northeast region of Thailand. The rice is sometimes referred to as sweet rice because it has a sweet flavor. It is often used to make rice wine and vinegar. ~~~~~
~~~~~ --- Place the rice in a saucepan or bowl and add enough water to cover. Rub the rice between your hands several times and drain off the milky water. Add clean water and repeat the process until the water runs clear.

Soak the rice overnight in enough water to cover or, to save time, the rice can be soaked in hot water for 3 hours before steaming, rather than overnight.

Drain the rice and place in a cloth-lined steamer or in a steaming basket. Place the basket over a pot of boiling water, making sure that the basket does not touch the water. Cover the steamer and steam for approximately 30 minutes.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 31. Stock for Cooking Thai Rice

tag: thailand

**Yield: 1 Servings**

### Ingredients

- 8    -(up to)
- 10 c  Water
- 1/2 c  Celery; sliced
- 1/2 c  Onion; coarsely chopped
- 2     Coriander (cilantro) roots; chopped (if unavailable use the stalks)
- 4     Kaffir lime leaves -or-
- 1 ts  Lime zest
- 1 tb  Ginger; julienned
- 1 p   Salt
- n
- 1 p   Black pepper
- n

### Directions

From: "Colonel I.F.K. Philpott" <colonel[at]korat1.vu-korat.ac.th>

Date: Mon, 19 Aug 1996 07:39:38 -0700 Vegetarians in Thailand generally flavour the rice by cooking it in nam sup ~ vegetable stock - rather than plain water.

This imparts a richer flavour.

METHOD: Bring to a rolling boil and boil for ten minutes, then reduce to a simmer and simmer for 50 minutes.

Strain through a fine seive or chinoise, then keep refridgerated in a well stoppered bottle.

Will keep refridgerated for 2-3 days or can be frozen and kept indefinately.

Variation: If you are not a vegetarian you can add a cup of chicken bones to the mix. The resultant stock gives an excellent flavour to the rice, especially when accompanying simple chicken dishes like khao man kai (chicken and rice - a staple hawker food in Thailand).

CHILE-HEADS DIGEST V3 #077

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

## 32. Sai Oua (Northern Thai Sausage)

tag: thailand

**Yield: 4 Servings**

### Ingredients

- 1 lb Minced pork
- 1 ts Salt
- 1/4 c Kratiem (garlic); minced
- 1/4 c Bai pak chi (coriander or cilantro leaves); chopped
- 1 ts Freshly ground black pepper
- 1/4 c Lime juice
- 1 tb Takhrui (lemon grass) very finely chopped
- 1 ts Phom kha (galangal or lao powder)
- 1 tb Hom daeng (shallot); chopped
- 1 tb Kapi (fermented shrimp paste)
- 1 tb Prik ki nu (green Birdseye chilis); finely chopped

### Directions

Date: Tue, 14 May 1996 12:52:12 -0700

From: "Colonel I. F. K. Philpott" <colonel[at]korat1.vu-korat.ac.th> This is a quite different sausage, this time from the Chiang Mai region of northern Thailand.

It can be formed into sausages about 4" long, or into hamburger style patties or meatballs (delicious in guaitiao (noodle soup))

make sure the lemon grass is very finely chopped (put it through a food processor or grind in a mortar and pestle). Combine all the ingredients and stuff a sausage casing and form 4" sausages, or form into patties or meatballs. fry or broil until cooking to your taste.

Traditionally this is served with sticky rice. These sausages are also sold, spiked on wooden skewers, as popular "hawker food" through Thailand, and eaten as you walk along the roadway...

CHILE-HEADS DIGEST V2 #320

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.



## 33. Gaeng Paa Pla Dook (Jungle Curry with Catfish)

tag: thailand

**Yield: 4 Servings**

### Ingredients

== CURRY PASTE ==

- 2 tb Chopped Lemon Grass
- 8 Shallots
- 6 Cloves Garlic
- 1/4 c Chopped Lesser Ginger
- 8 Dried Jalapeno Peppers
- 1 ts Canned Peppercorns
- 1 ts Shrimp Paste
- 1/2 ts Salt

== PREPARATION ==

- 2 tb Oil
- 1 1/2 lb Catfish, Cut Into 1" Slices
- 1/4 c Fish Sauce (Nam Pla)
- 3 c Water
- 1/2 c Thai Eggplant
- 1/4 c Sliced Green Jalapeno Pepper
- 1/2 c Sweet Basil Leaves
- 10 Whole Kaffir Lime Leaves

### Directions

In the days when travel through various parts of Thailand required journeying through areas of jungle, the people had to make do with what was available there. This recipe is so named because the ingredients and cooking method made it a suitable dish for the jungle. Best eaten in the presence of monkeys, tigers and snakes to keep it more authentic. ~~~~~

~~~~~ Combine all the ingredients for the curry paste, using a mortar and pestle or a blender.

Heat a large saucepan and add the oil and curry paste. Stir-fry for 1 minute on medium-high heat.

Add the fish, fish sauce, water and eggplant and heat to boiling. Cook, stirring, for 3 minutes. Add the remaining ingredients and remove from the heat. Serve.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

34. Fried Sun-Dried Fish - Pla Kem Taud

tag: thailand

Yield: 4 Servings

Ingredients

- 4 Sun-Dried Mackerel Steaks Cut From Sun-Dried Fish
- 3 tb Oil
- 2 Thinly Sliced Shallots
- 1 tb Chopped Green Thai Chili Peppers
- 2 tb Fresh Lime Juice

Directions

The South is known for its abundance of seafood and supplies much of the seafood of Thailand. This is one of the many easy but delicious recipes for simply prepared fish. Sun-dried mackerel is available already prepared, but its flavor may be too strong for Western palates. Other fish may be substituted if desired. ~~~~~ Rinse the mackerel steaks and dry them thoroughly with paper towels, removing as much moisture as possible.

Heat the oil in a large skillet on medium-high heat. Carefully lay the mackerel steaks onto the oil and fry for 5 minutes on each side, or until the outside of the fish is golden brown and the inside is hot.

Remove the steaks to a serving dish and scatter the shallots and chili peppers on top. Drizzle with lime juice and serve immediately.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

35. Jungle Curry with Catfish - Gaeng Paa Pla Doo

tag: thailand

Yield: 4 Servings

Ingredients

== CURRY PASTE ==

- 2 tb Chopped Lemon Grass
- 8 Shallots
- 6 Cloves Garlic
- 1/4 c Chopped Lesser Ginger
- 8 Dried Jalapeno Peppers
- 1 ts Canned Peppercorns
- 1 ts Shrimp Paste
- 1/2 ts Salt

== PREPARATION ==

- 2 tb Oil
- 1 1/2 lb Catfish, Cut Into 1" Slices
- 1/4 c Fish Sauce (Nam Pla)
- 3 c Water
- 1/2 c Thai Eggplant
- 1/4 c Sliced Green Jalapeno Pepper
- 1/2 c Sweet Basil Leaves
- 10 Whole Kaffir Lime Leaves

Directions

In the days when travel through various parts of Thailand required journeying through areas of jungle, the people had to make do with what was available there. This recipe is so named because the ingredients and cooking method made it a suitable dish for the jungle. Best eaten in the presence of monkeys, tigers and snakes to keep it more authentic. ~~~~~

~~~~~ Combine all the ingredients for the curry paste, using a mortar and pestle or a blender.

Heat a large saucepan and add the oil and curry paste. Stir-fry for 1 minute on medium-high heat.

Add the fish, fish sauce, water and eggplant and heat to boiling. Cook, stirring, for 3 minutes. Add the remaining ingredients and remove from the heat. Serve.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 36. Pla Muk Tang (Charcoaled Squid)

tag: thailand

**Yield: 4 Servings**

### Ingredients

- 1 lb Whole Squid
- 2 tb Fish Sauce (Nam Pla)
- 1 tb Soy Sauce
- == SAUCE ==
- 6 Cloves Garlic, Minced
- 1 tb Chopped Cilantro Leaves
- 1 tb Chopped Onion
- 3 tb Fish Sauce (Nam Pla)
- 3 tb Lime Juice
- 1 tb Palm Sugar

### Directions

The aroma of charcoal broiling squid to perfection attracts customers to the street stalls of many of the cities and small towns in the southern region of Thailand. The flavor would be enhanced by any number of dipping sauces.  
----- Cut open the squid and remove the entrails, leaving the tentacles intact.  
Remove the skin.

Place on a rack and charcoal-broil for 2 minutes on each side. Brush with the combined fish sauce and soy sauce during broiling to add color and more flavor.

Mix together the sauce ingredients and pour into a bowl. Cut the cooked squid into 1 inch pieces and serve with the dipping sauce.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

## 37. Stir-Fried Lobster with Ginger Sauce - Pad Goong Mang-Gor

tag: thailand

**Yield: 4 Servings**

### Ingredients

- 1 1/2 lb Cooked Lobster
- Scallions -- Spring Onions
- 2 tb Oil
- 1 Beaten Eggs
- 4 Minced Garlic Cloves
- 1 ts Freshly Ground Peppercorns
- 2 tb Sliced Fresh Ginger
- 2 tb Oyster Sauce
- 1/4 c Sliced Green Jalapeno
- 1 tb Fish Sauce (Nam Pla) --  
Peppers (Prik Chee F
- 1/2 c Chopped Green Onions

### Directions

The lobster in the southern part of Thailand is considered a large shrimp and is therefore called goong mang-gorn - dragon shrimp.  
----- ~~~ Scrub the lobster clean and separate into large 2-inch pieces. Cut the tail into individual sections.

Heat a large skillet on high and add the oil. Add all the remaining ingredients except the lobster and stir-fry for 30 seconds. Add the lobster pieces to the skillet, cover, and steam on medium-high heat for 2 more minutes. Remove to a platter and serve.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

Recipe By :

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

## 38. Nam Pla Prik (Fish Sauce with Chile)

tag: thailand

**Yield: 1 Servings**

### Ingredients

- 1/4 c Fish sauce
- 5 tb Lime juice
- 2 Cloves garlic; minced
- 5 Thai red or green chiles; thinly sliced

### Directions

Date: Thu, 21 Mar 1996 13:42:48 +0700

From: Chris Kridakorn - Odratt <chrisko[at]mozart.inet.co.th>

Subject: Dipping Sauce from Hell, Part II

Just mix it, excellent drizzled over plain rice.

Here is a very popular dip (for raw vegetables) coming from the North- Eastern part of Thailand. Before the good Colonel in Korat (North-Eastern Thailand) says that this is definitely not the real thing, I have to admit it's been adapted to western kitchens (I doubt you can find the real fish, fermented guramies).

CHILE-HEADS DIGEST V2 #272

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

## 39. Steamed Fish - Pla Neung

tag: thailand

**Yield: 4 Servings**

### Ingredients

- 1 1/2 lb Whole Fish
- 5 Sliced Shallots
- 4 Cloves Minced Garlic
- 4 Green Jalapeno Peppers
- 1/2 ts Salt
- 1/4 ts White Pepper
- 3 tb Fish Sauce (Nam Pla)
- 3 tb Tamarind Juice
- 2 tb Lime Juice
- 4 Thin Slices Galangal
- 2 Thinly Sliced Kaffir Lime Leaves
- 1 tb Oil

### Directions

Northern Thailand has many recipes for freshwater fish and one of the most popular cooking methods is steaming, which retains the flavor and moistness of the fish. ----- Clean the fish and then make three slashes on each side with a sharp knife.

Place on a steaming plate. Sprinkle the remaining ingredients over the fish.

Place in a steamer and steam on high heat for 20 minutes. Present on a serving dish or a banana leaf.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 40. Spicy Catfish - Pad Ped Pla Dook

tag: thailand

**Yield: 4 Servings**

### Ingredients

- 2 tb Oil
- 1 lb Catfish, Cleaned And Cut Into 1/2-Inch Wide Pieces
- 1/2 c Thai Eggplant, Cut Into Wedges
- 6 Minced Garlic Cloves
- 2 Stalks Lemon Grass, Cut Into 1-Inch Pieces
- 1/4 c Thinly Sliced Lesser Ginger
- 1/2 c Sweet Basil Leaves
- 1/4 c Fish Sauce (Nam Pla)
- 1 tb Sugar

### Directions

The abundance of freshwater fish in Thailand has led to the development of many ways in which to cook them. This recipe is a favorite and catfish is a popular choice although other types of freshwater fish can also be used. Both whole fish and fillets are suitable. ~~~~~ Heat a large skillet and add the oil. Wait for 1 minute for the oil to heat then add all the ingredients. Stir thoroughly then cover and cook for 3 minutes on high heat. Remove to a serving dish.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)



## Compiler Profile

Nickname : seva

Gender : f

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Location : London

Favourite food : Pizza

About :