

**SMARTCOOK**

**[RICIPE BOOK]**

Green curry paste

(Nam-phrik kaeng khiaw-waan)

*Ingredients :* ( for 2 - 3 people, depend on how spicy their love )

7 chilies	chopped fresh tiny green chilies
2 tbsp	chopped garlic
2 tbsp	chopped shallots
1 tbsp	chopped lemon grass
½ tsp	chopped galanga (Thai ginger)
1 tsp	chopped coriander root
½ tsp	chopped kaffir lime peel
1 tsp	chopped turmeric
½ tsp	roasted peppercorns
2 tsp	roasted coriander seeds
1 tsp	roasted cumin seeds
½ tsp	salt
½ tsp	shrimp paste

*Method :*

1. Put peppercorns, coriander seeds and cumin seeds in a mortar, pound well.
2. Add the remaining ingredients except shrimp paste, pound until mixed well.
3. Add shrimp paste, pound until fine and smooth.

Red curry paste

(Nam-phrik kaeng phet)

*Ingredients :* ( for 2 - 3 people, depend on how spicy their love )

7 chilies	chopped red dried chilies
2 tbsp	chopped garlic
2 tbsp	chopped shallots
1 tbsp	chopped lemon grass
1 tsp	chopped galanga (Thai ginger)
1 tsp	chopped coriander root
¼ tsp	chopped kaffir lime peel
¼ tsp	roasted peppercorns
1 tsp	roasted coriander seeds
¼ tsp	roasted cumin seeds
¼ tsp	salt
¼ tsp	shrimp paste

*Method :*

1. Put peppercorns, coriander seeds and cumin seeds in a mortar, pound well.
2. Add the remaining ingredients except shrimp paste, pound until mixed well.
3. Add shrimp paste, pound until fine and smooth.

*Phanaeng curry paste*

(Nam-phrik kaeng pha-naeng)

*Ingredients :* ( for 2 - 3 people, depend on how spicy their love )

7 chilies	chopped red dried chilies
2 tbsp	chopped garlic
2 tbsp	chopped shallots
1 tbsp	chopped lemon grass
1 tsp	chopped galanga (Thai ginger)
1 tsp	chopped coriander root
1 tsp	chopped kaffir lime peel
¼ tsp	roasted peppercorns
2 tsp	roasted coriander seeds
¼ tsp	roasted cumin seeds
1 tsp	salt

*Method :*

1. Put peppercorns, coriander seeds and cumin seeds in a mortar, pound well.
2. Add the remaining ingredients except shrimp paste, pound until mixed well.
3. Add shrimp paste, pound until fine and smooth.

*Thai style fried noodles with chicken*

(Phat Thai)

*Ingredients :*

50 g	narrow rice noodles
50 g	sliced chicken small strips (or prawns)
20 g	hard or firm tofu, sliced into small pieces
10 g	Chinese chives or spring onion, cut into 3 cm. lengths
30 g	bean sprouts or cabbage
1 tsp	chopped garlic
1	egg
2 tbsp	cooking oil
1½ tbsp	oyster sauce (Veg. : mushroom sauce)
½ tbsp	fish sauce (Veg. : soy sauce)
1 tsp	sugar
½ cup	water

*Method :*

1. Fry tofu until lightly golden. Add garlic, fry until fragrant.
2. Add the chicken stir until cooked.

3. Add the noodles and water, stir until tender.
4. Season oyster sauce, fish sauce, sugar and stir well.
5. Break the egg in, spread the egg around the wok and turn them over.
6. Add bean sprouts and Chinese chives, stir until everything is done.

\* You can add 1 tbsp of tamarind sauce with season.

\*\* Serve with fresh vegetables and you can add some ground peanuts, chili powder, red dried shrimp, lime juice to create your favorite

Spring roll

(Paw-pia thawt)

*Ingredients :* (Filling)

30 g	soaked glass noodles, cut into 6 cm length
30 g	minced tofu
20 g	Chinese chives, cut into 3 cm length
20 g	bean sprouts
1 tbsp	minced garlic
2 tbsp	cooking oil
1 tbsp	oyster sauce (Veg. : mushroom sauce)
¼ tbsp	fish sauce (Veg. : soy sauce)
¼ - 1 tsp	sugar
2 tbsp	water
4 pieces	spring roll wrappers (12 pieces for small spring roll)
beaten egg	

*Method :*

1. Fry garlic until fragrant. Add minced tofu, stir until cooked.
2. Add water and season with oyster sauce, fish sauce, sugar and mix well.
3. Add the vegetables and glass noodles. Stir until everything is done.

4. Prepare 4 pieces of spring roll wrappings and 1 beaten egg.
5. Place 1 tbsp of the filling on a spring roll wrapping.
6. Fold the sheet over the filling, about half a turn; fold in the ends,  
  
then roll up tightly, sealing the sheet closed with the beaten egg.
7. Deep-fry in plenty of oil over a medium heat until golden brown.  
  
**\*\* Serve with a sweet chillies sauce, plum sauce or honey.**

Hot & sour prawns soup

(Tom yam kung)

*Ingredients :*

50 g	prawns (can substitute with seafood or chicken or tofu)
3 - 4 pieces	sliced lemon grass
3 - 4 pieces	thinly sliced galangal (Thai ginger)
2	kaffir lime leaves, torn a half
1 - 3	fresh or dried chilies, crushed
30 g	straw mushrooms , cut into quarters
30 g	large onion, cut into quarters
30 g	tomatoes, cut into quarters
1 tsp	sliced coriander
1 tsp	sugar
1 - 1½ tbsp	lemon juice
1 tbsp	fish sauce (Veg. : soy sauce)
1½ cup	chicken stock (Veg. : vegetable stock)

*Method :*

1. Boil chicken stock in a pot, add lemon grass, galangal, kaffir lime leaves and chilies, cook until boiling. (Add the chicken or tofu in)

2. Add straw mushrooms and large onion in the pot with gentle stir. Wait for a few minutes until everything done.
3. Add prawns (seafood), tomatoes and season with fish sauce, sugar, lemon juice to taste. Turn off the heat.
4. Sprinkle coriander and ready to serve.

Chicken in coconut milk soup

(Tom kaa kai)

*Ingredients :*

50 g	boneless chicken breast (or tofu), sliced 3 cm thick
3 - 4 pieces	sliced lemon grass
3 - 4 pieces	thinly sliced galanga (Thai ginger)
2	kaffir lime leaves, torn a half
1 - 3	fresh chillies, crushed
30 g	large onion, cut into quarters
30 g	tomato, cut into quarters
30 g	angle mushrooms, torn into pieces
¼ tbsp	sliced coriander
1¼ tsp	sugar
1 - 1¼ tbsp	lemon juice
1 tbsp	fish sauce (Veg. : soy sauce)
1¼ cup	coconut milk

*Method :*

1. Boil coconut milk in a pot, add lemon grass, galangal, kaffir lime leaves and chilies, until boiling.
2. Add the chicken, angle mushrooms and large onion in the pot with gentle stir. Wait for a few minutes until everything done.
3. Add tomatoes and season with fish sauce, sugar, lemon juice to taste.
4. Turn off the heat.
5. Sprinkle coriander and ready to serve.

*Papaya salad*

(Som tam)

*Ingredients :*

100 g	sliced papaya (or any fruit)
1 cloves	garlic
1 - 2	fresh chilies
20 g	chopped Chinese long beans, cut into 3 cm length
30 g	tomato, cut into wedges
1 tsp	palm sugar (or any sugar)
1 tbsp	fish sauce (Veg. : soy sauce)
1 - 1½ tbsp	lime juice
1 tbsp	roasted peanuts

*Method :*

1. Put garlic and chili in the mortar, pound well.
2. Add Chinese long bean, pound until broken.
3. Add tomato and season with palm sugar, fish sauce and lime juice,  
pound until palm sugar separates.
4. Add papaya (any fruit) mix well.

\* May be you can at more boiled prawns or sea food.

\*\* Top with peanuts , serve with Sticky rice and fresh vegetables.

Spicy glass noodle salad

(Yam woon-sen)

*Ingredients :*

50 g	glass noodles
50 g	boiled minced chicken (seafood or tofu)
20 g	boiled sliced ear mushrooms (or straw mushrooms)
10 g	sliced carrot
30 g	tomato, cut into wedges
30 g	large onion, sliced
10 g	coriander and spring onion, chopped small

*Dressing :*

1 - 3	green chilies, chopped small
½ - 1 tsp	sugar
1 - 1½ tbsp	lemon juice
½ - 1 tbsp	fish sauce (Veg. : soy sauce)
½ cup	chicken stock (Veg. : vegetable stock)

*Method :*

1. Soak glass noodles in cold water for 5 minutes, cut into 8 cm length.

2. Boil ear mushrooms, until cooked. Add glass noodles and carrot about 30 seconds, stir well. Remove, and put into cold water for 1 minute.
3. Boil minced chicken (sea food or prawns) until cooked.
4. To make the dressing : mix all the ingredients for dressing together.
5. Combine glass noodles, spring onion, coriander, tomato and the dressing. Mix together.

**\*\* Serve cold with hot steamed rice and good to go with beer.**

Savory minced chicken salad

(Lab kai)

*Ingredients :*

100 g	boneless chicken (tofu), chopped and boiled
1 tbsp	ground roasted rice* or dry breadcrumbs
½ - 1 tsp	ground chili or fresh chili, chopped small
20 g	shallots, thinly sliced
1 tbsp	spring onions and coriander, chopped small
8 leaves	mint leaves
½ tsp	sugar
1 tbsp	fish sauce(Veg. : soy sauce)
1- 1½ tbsp	lime juice

*Method :*

1. Put boiled chopped chicken, ground roasted rice, ground chili or fresh chilies, shallots, mint leaves, spring onion and coriander in a bowl.
2. Season with sugar, fish sauce and lemon juice. Mix well.
3. Serve with lettuce, Chinese cabbage, cucumber, mint, long yard bean, spring onions and sticky rice.

\* Roasted rice = Lightly fried precooked rice

Stir-fried chicken with cashew nuts

(Kai phat met-ma-maung)

*Ingredients :*

50 g	boneless chicken breast (or tofu), thinly sliced
1 tbsp	cashew nuts (or almonds)
30 g	baby corns (or carrot), cut into sliced
30 g	large onion, sliced diagonally
30 g	ear mushrooms, thick sliced
10 g	spring onion, cut into 3 cm length
1	bell chili (or red diced chili)
1 tbsp	chopped garlic
1½ tbsp	oil
½ tsp	sugar
1 tbsp	oyster sauce (Veg. : mushroom sauce)
½ tbsp	fish sauce (Veg. : soy sauce)
½ cup	water

*Method :*

1. Fry garlic until fragrant. Add the chicken stir until cooked.
2. Add cashew nuts stir until lightly golden.
3. Add baby corn, large onion, ear mushroom, red diced chili and stir well.

3. Add water and season with sugar, oyster sauce, fish sauce and stir again.
4. Add spring onion, mix well. Turn off the heat.

**\*\* Serve with hot rice**

*Stir-fried sweet and sour chicken*

(Phat priaw waan)

*Ingredients :*

50 g	boneless chicken breast (or tofu), thinly sliced
30 g	cucumber, sliced diagonally
30 g	large onion, sliced diagonally
30 g	pineapple, sliced diagonally
30 g	tomatoes, cut into wedges
10 g	spring onion, cut into 3 cm lengths
1 tbsp	chopped garlic
1½ tbsp	oil
1 tbsp	sugar
1 tbsp	oyster sauce (Veg. : mushroom sauce)
½ tbsp	fish sauce (Veg. : soy sauce)
1 tbsp	ketchup tomatoes sauce
½ cup	water

*Method :*

1. Fry garlic until fragrant. Add the chicken stir until cooked.
2. Add cucumber, large onion, pineapple, tomatoes and stir well.

3. Add water and season with sugar, oyster sauce, fish sauce, tomato sauce and stir again. Add spring onion, mix well.

4. Turn off the heat.

**\*\* If you would like you can add any kind of vegetable in this dish.**

*Stir-fried minced chicken with holy basil*

(Phat kra-prao kai)

*Ingredients :*

100 g	minced chicken (or tofu)
30 g	large onion, sliced diagonally
30 g	baby corn (or carrot)
20 g	holy basil
1 - 3	fresh chili, chopped
1 tbsp	chopped garlic
1½ tbsp	oil
½ tsp	sugar
1 tbsp	oyster sauce (Veg. : mushroom sauce)
½ tbsp	fish sauce (Veg. : soy sauce)
3 tbsp	water

*Method :*

1. Fry garlic and fresh chili, until fragrant.
2. Add minced chicken and stir until cooked.
3. Add the onion, baby corn and stir well.
4. Add water and season with fish sauce, oyster sauce, sugar and stir again.

5. Add holy basil and mix well. Turn off the heat.

**\*\* Serve on rice topped with a fried egg.**

300 g minced pork, chicken, beef or seafood

40 g baby corn

20 g carrot

Green curry chicken

(Kaeng khiaw-waan kai)

**Ingredients :**

50 g	boneless chicken breasts (or tofu), thick sliced
30 g	eggplant, cut into wedges
30 g	baby corn (or carrot), cut into sliced
2	kaffir lime leaves, torn a half
6	sweet basil leaves
1 tbsp	green curry paste
1½ cup	coconut milk
1½ tbsp	oil
1 tsp	sugar
1 tbsp	fish sauce (Veg. : soy sauce)

**Method :**

1. Put oil in a pan, on low heat add green curry paste, bring it to a simmer, add some coconut milk to stop burning and stir until fragrant.
2. Add chicken, stir vigorously until the chicken is cooked.
3. Add the remaining coconut milk, eggplant, baby corn and kaffir lime leaves. Stirring occasionally.
4. Season with sugar and fish sauce to taste then.

5. Sprinkle sweet basil leaves and turn off the heat.

6. Garnish with red chilies.

**Note:** Substitute red curry paste for the green one ,  
to make red curry chicken.

*Phanaeng curry with chicken*

(Pha-naeng kai)

*Ingredients :*

100 g	boneless chicken breasts (or tofu), thick sliced
30 g	baby corn (or carrot), cut into sliced
1 tbsp	ground roasted peanuts
5	sweet basil leave
2	kaffir lime leaves, tinny sliced fresh
3 pieces	red fresh chillies, sliced
1 tbsp	Pha-naeng curry past
1½ cup	coconut milk
1 - 2 tsp	palm sugar (or any sugar)
½ tbsp	fish sauce (Veg. : soy sauce)

*Method :*

1. Cook ½ cup of coconut milk over medium heat until some of the oil surfaces, add the curry paste and bring to a boil, stirring constantly.
2. Add chicken, cook for 3 minutes and then add the rest of the coconut milk
3. Add carrot (baby corn) and season with fish sauce, sugar and keep stirring until vegetables are cooked.
4. Add ground roasted peanuts, toss well. Turn the heat off.

5. Decorate with sweet basil, kaffir lime leave and sliced red chili

*Pumpkin in coconut milk*

(Buat fak-thawng)

*Ingredients :*

40 g	sliced ripe pumpkin, cut into 1 inch squares
	(substitute bananas or sweet potatoes)
1½ cups	coconut milk
2 tbsp	coconut cream
1 - 1½ tbsp	sugar
½ tsp	salt

*Method :*

1. Heat the coconut milk, sugar and salt with medium heat until boiling.
2. Add pumpkin, boil until pumpkin is cooked than add coconut cream.

**\*\* Serve hot or cold**

Sticky rice pudding with mangoes

(Khao-neeaw ma-muang)

*Ingredients :*

100 g	Sticky rice
½ cups	coconut milk
2 tsp	coconut cream
2 tbsp	sugar
¼ tsp	salt
50 g	sliced fresh mangos

*Method :*

1. Soak the sticky rice in water for 3-4 hours or better overnight.
2. Drain the rice grains and put in a sticky rice basket for cooking with boiling water.
3. Steam for about 30 minutes.
4. Heat coconut milk, sugar and salt and stir well.
5. Add cooked sticky rice, mix together and leave for 10 minutes.
6. Stir one more time and serve on a plate with sliced mangoes.
7. Pour the coconut cream over the cooked sticky rice pudding.

\* This quantity can serve 2 people

\*\* Mangoes and sticky rice is the Thai version of rice pudding,

fresh milk and normal rice can be substituted.

\*\*\* You can substitute mangoes with Jack fruits