



Recipes from Thailand

So you want to learn to cook Thai food....

I learned these recipes at a cooking class during a 2001 trip to Thailand. They are real, everyday Thai recipes I learned by doing. A major difference with Western cooking is that Thai is more experimental. Amounts are approximate; tasting and adjusting as needed are expected.

The following recipes are named without meat type. For example, kaeng means curry. If made with chicken it's called kaeng kai, with beef it would be kaeng neua.

Thai to English translations are approximate based on sounds. There are many ways to spell words since there is no standardized method. Try sounding out the letters and ignore the spelling when you see Thai translations in different menus and recipes.

You may find with a little practice you can cook food as good as your favorite Thai restaurant. It's really quite simple. But, to really experience the flavor you must travel to Thailand. Visit www.TravelsInParadise.com/thailand for more colorful pictures of what to expect.

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Thai Vocabulary

neua = beef
kai = chicken
muu = pork
phad = fried
khao = rice
thai = noodle
phet = spicy
mai phet = not spicy
kaeng = curry
dang = red
Q-ow = green
khing = ginger
prig = chili
khap khun = thank you
sawadee khrap (man speaking) or sawadee kha (woman speaking) = good day



Clockwise from top left: Lad Na Muu, Kaeng Kai, Khao Pad, Prig Kai, Pad Khing Muu

Phad Khing (fried ginger) - flavorful dish with a lighter, thinner sauce, best with pork

- 100 g meat
- 100 g sliced ginger (about a handful)
- 2 cloves minced garlic
- 1/2 medium sided onion sliced in vertical strips
- 1 Tbsp stir fry sauce
- 1 Tbsp oyster sauce
- 1 tsp soy sauce
- 1 tsp chicken broth mix (Knorr)
- 1 tsp sugar
- 1/4 cup water or less

heat oil, add garlic and cook until you can smell it and color just starts to turn brown, add meat, cook until white (for pork & chicken), add sauces, chicken flavor, and sugar, cook 1-2 minutes, add onion and cook 1-2 minutes, add water to reduce salty flavor (add fish sauce to make more salty)

Notes

All items are prepared in a wok on medium-high heat. Gas stoves work much better than electric. You can substitute tofu for "meat" in most of these recipes to make vegetarian meals. 100 grams is approximately 1/4 pound.

Lad Na (over noodles) - Thai version of beef and broccoli with a brown gravy sauce over rice noodles (not served with rice), also good with pork or chicken

- 100 g meat
- 1 tsp chicken broth mix (Knorr brand)
- 1 clove minced garlic
- white pepper
- 1 Tbsp oyster sauce
- 1 tsp soy sauce

mix above ingredients and marinate for at least 30 minutes

- 1 1/2 Tbsp corn flour
- 1/2 egg
- 3 Tbsp water

mix above ingredients - should be vanilla color, set aside

- 200 gr cooked rice noodles
- 1 Tbsp dark soy sauce

heat oil in wok, add dark soy sauce and rice noodles, cook 3-4 minutes, remove and set aside

- 1 clove minced garlic
- 1 tsp oyster sauce
- 1 tsp stir fry sauce
- 1 tsp soy sauce
- 1/2 tsp sugar
- 1/4 cup water or less

heat oil in wok, add garlic and cook until you can smell it and color just starts to turn brown, add marinated meat and cook until white (for pork & chicken), add sauces, sugar, and water, cook until boiling, add a little fish sauce to add salty flavor, add broccoli and cook 1-2 minutes, add egg mixture and cook 1-2 minutes, spoon onto noodles and serve immediately

Kaeng (curry) - traditional spicy dish using creamy coconut milk above, best with chicken

- 100 g meat cut medium size
- 100 g green beans cut 3/8" long
- handful fresh (sweet) basil
- 1 Tbsp green or red curry paste (Mae Ploy brand recommended, red curry is hotter, if making green curry also add 1 tsp red curry)
- 100 g eggplant or young corn (optional)
- 2 cups (or 400ml can) coconut milk
- about 1 Tbsp fish sauce

heat oil and 1/4 coconut milk until simmering, add curry and heat to boiling, add meat, cook until white (for pork & chicken), add rest of milk, don't turn as much, add beans (and optional vegetables), cook 2 minutes, add fish sauce (if mixture gets too salty, balance with more milk), add basil and cook 10 seconds, remove from heat

Coconut Milk

- 1 kg (just over 2 pounds) shredded coconut
- 2 cups hot water

add water to coconut and soak briefly, squeeze juice from coconut with hands, repeat 2-3 times



Street vendor and small restaurant common in Thailand. Just point to what you want. It's usually under \$1 USD per entree.

Rice

Thai's are very proud of their jasmine rice. Look in an Asian grocery store for white scented jasmine rice made in Thailand. If there are no (English) directions: measure 1 cup rice into a pot, add water, rinse, drain, repeat, add 1 cup water and heat to boiling, turn heat to lowest possible setting, cover and wait 25 minutes – don't open the lid to check the rice before the time is up, fluff with fork or chopsticks

*By the way...
don't expect to see chopsticks in Thailand. Most Thai people use a spoon in the right hand and a fork in the left.
Chopsticks are reserved for Chinese noodle shops.*

Prig (chili - with garlic and basil) - traditional spicy dish without coconut milk, note the different type of basil used, good with chicken or pork

- 100 g meat cut in smaller pieces
- 100 g green beans cut 3/8" long
- handful fresh (holy) basil
- 4 chilies (Thai style, red or green usually about 1 1/2 inch long)
- 1 clove minced garlic
- 1/4 medium sided onion sliced in vertical strips
- 1 Tbsp stir fry sauce
- 1 Tbsp oyster sauce
- 1 tsp soy sauce
- 1 tsp chicken broth mix (Knorr)
- 1 tsp sugar
- 1/4 cup water or less

heat oil, add onion, garlic and chilies and cook until you can smell it, add meat and sauces, cook until white (for pork & chicken), add sugar and chicken flavor, add water and cook 1-2 minutes (add fish sauce for salty flavor), add basil and cook 10 seconds, remove from heat



Khao Phad (fried rice) - basic meal that can be made with leftovers

- 100 g meat or tofu
- 200 g cooked rice
- 1/4 medium onion sliced in vertical strips
- 1/2 carrot sliced and cut in 1/2 moon shapes
- cabbage, bok choy and/or green onion
- 1 egg
- 1 clove minced garlic
- 1 Tbsp stir fry sauce
- 1 Tbsp oyster sauce
- 1 tsp soy sauce
- 1 tsp chicken broth mix (Knorr)
- 1 tsp sugar

heat oil, add garlic and cook until you can smell it and color just starts to turn brown, add meat, cook until white (for pork & chicken), add chicken flavor and egg and stir until mixture is dry, add rice and little more oil, stir, add sauces and sugar, stir, add vegetables (add fish sauce for salty flavor), cook 1-2 minutes

Phad Se Yew (fried noodles) – “Easy Phad Thai”

prepare same as fried rice, but substitute rice noodles for the rice and omit onion (this is much easier to make than the real phad thai which uses a tamarind mixture and ground peanuts)

Cashew - Thai version of the Chinese classic

- 100 g meat
- 1/4 medium onion sliced in vertical strips

- 1 clove minced garlic
- handful of cashews
- 1 clove minced garlic
- 1 Tbsp stir fry sauce
- 1 Tbsp oyster sauce
- 1 tsp soy sauce
- 1 tsp chicken broth mix (Knorr)
- 1 tsp sugar

heat oil, add cashews and cook 1-2 minutes, set aside, coat meat in flour and cook side by side in oil, turning to seal all sides (do not toss), set aside, heat oil, add onion, sauces, garlic, sugar, and chicken flavor and cook until onion starts to brown, return meat and cashews and cook 1-2 minutes



Wat Chana Songkhram in Bangkok. This roof style adorns thousands of temples in Thailand.