

Thai Iced Tea

Ingredients:

Thai Tea Mix Ingredients:

- 2 cups (80g) Pantai Thai Tea Mix
- 8 cups (950ml) Water 1 cup (150g) Sugar

Thai Tea Assembly:

- Pre-made Thai tea mix (*see above*)
- sweetened condensed milk AND/OR Almond Milk
- ice

Directions:

Thai Tea Mix directions

1. Bring water to boil and add the Thai tea mix. Add sugar and gently stir to completely dissolve sugar. **Gently** boil tea for about 3 minutes. Remove from heat.
2. **Allow tea to steep for at least 30 minutes** and allow it to cool. The more concentrated the tea flavor, the better the Thai tea tastes.
3. Strain the tea leaves through a fine mesh sieve. Set finished Thai tea aside to cool.

NOTE: You can make ahead of time and have the Thai tea chilling in the fridge.

Assembly directions

1. Fill glasses with ice.
2. Fill glass with about $\frac{3}{4}$ full of the Thai tea mix. Then top off remainder of glass with milk mixture.
3. Stir and enjoy.

Thai Iced Tea

Easy version - by the pot

INGREDIENTS

- ½ cup Thai Tea Mix
- unsweetened original almond milk - 8 cups
- 1 can low fat sweetened condensed milk -

DIRECTIONS

1. Whisk condensed milk & almond milk together thoroughly
2. Bring milks to a slow boil and then pour over the Thai tea mix. **Allow tea to steep for at least 10-20 minutes** and allow it to cool. The more concentrated the tea flavor, the better the Thai tea tastes.
3. Pour mixture through a **fine** mesh sieve to strain. Set finished Thai tea aside to cool FOR ABOUT 5 MINUTES.
4. Pour into 1 gallon pitcher filled half way with ice

Thai Iced Milk Green Tea

Hot or iced, this is a very tasty drink!

INGREDIENTS

- ½ cup Thai Milk Green Tea loose tea leaves
- 4 cups hot water
- 4 cups unsweetened almond milk
- ½ cup low fat sweetened condensed milk
- ½ cup (boxed unsweetened) coconut milk

PREPARATION

1. Use a container, mix hot water and almond milk into Thai tea leaves, stir, set aside for 5 minutes.
2. Add the condensed milk to a pitcher.
3. Pour tea and almond milk mixture through a fine mesh strainer into the pitcher with the condensed milk. Whisk well until the condensed milk dissolves.
4. Pour over glass of ice and top each glass with 1 TBSP of coconut milk

Limeade

So refreshing! I like to fill my cup 3/4s of the way full, then top off with seltzer water. This way, I'm cutting my sugar & calories, and it's still a delicious, refreshing drink for a warm summer day!

INGREDIENTS

- 12 limes
- 1 cup sugar
- 6 cups boiling water
- 2 pinches of salt
- ice cubes
- 1 or 2 limes to slice for garnish
- 1 bunch of fresh mint, washed and dried on paper towels

PREPARATION

1. Wash, dry, cut (on the "equator") and juice the limes
2. Place the skins into a heat proof pitcher (OR a pan), then stir in sugar, followed by boiling water. Cover and let stand 15 minutes.
3. Stir in the salt. Strain into another pitcher and add the lime juice. Add half of the mint, stems and all, and smash into bottom of pitcher using a wooden spoon.
4. Add 1 tray ice cubes and let cool. Serve over ice with lime slices and little sprigs of the mint. .

Thai Fresh Spring Rolls with Peanut Dipping Sauce

Servings: 6, makes 12 rolls~Source: Directly from [Straight From the Earth](#), by Myra & Marea Goodman.

INGREDIENTS

For the peanut sauce:

- 1/4 cup peanut butter (variety of your choosing: I used a salted crunchy kind)
- 1/4 cup very hot water (180 degrees)
- 1 TBSP soy sauce (or tamari)
- 1 TBSP rice vinegar
- 2 tsps agave nectar
- 1 tsp fresh lime juice
- 1/8 tsp salt
- Freshly ground black pepper



For the spring rolls:

- 1 cup cooked rice noodles, prepared according to package directions
- 12 cucumber sticks, 3-by-1/4-inch
- 12 carrot sticks, 3-by-1/4-inch
- 1 cup mung bean sprouts
- 1 ripe avocado (**OR mango**) sliced lengthwise into 12 even pieces
- 12 pieces heirloom or romaine lettuce, torn into 3-by-3-inch pieces
- 1/4 cup coarsely chopped fresh mint
- 1/4 cup cilantro
- 12 basil leaves
- Twelve 6-inch spring roll wrappers

INSTRUCTIONS

For the peanut sauce:

1. In a small bowl, stir together the peanut butter and the hot water until smooth (or as smooth as possible if you use crunchy peanut butter.)
2. Add the soy sauce, vinegar, agave, lime juice, salt, and pinch of pepper and stir until thoroughly combined. Set aside at room temperature.

3. For the spring rolls:

4. Fill a wide, shallow bowl with warm water. Place one spring roll wrapper in the bowl and let it soak until limp, about 5 seconds.
5. Lay the wrapper down flat on your work surface. In the upper center section of the wrapper, place one piece of lettuce (Make sure to leave at least 1 inch of the bottom end of the wrapper uncovered).
6. In a compact vertical line, arrange one piece each of the carrot, cucumber, tofu and avocado, a generous TBSP each of the bean sprouts and the noodles, and 1 tsp each of the mint and cilantro.
7. Fold the bottom edge of the wrapper on top of the filling. Then tightly (but gently) pull the left edge of the wrapper over the filling and the folded bottom edge, putting pressure on the roll with your fingertips to make the roll as compact as possible.

Pull and roll the left side over the right side of the wrapper, keeping the filling as compact as possible. Press the edges of the wrapper together to close. Repeat this process until all 12 of the spring rolls are assembled. Serve with the peanut sauce.



Rolling Thai or Vietnamese Fresh Rolls



Quick and Easy Thai Chicken Noodle Soup

Chicken Soup in about 45 minutes? You bet! Serves 4-6

INGREDIENTS

- 1 TBSP olive or canola oil
- 1 small sweet onion, chopped - small dice
- 2 clove garlic, minced
- 1 ½ inch piece of galangal or ginger, peeled and minced
- about 1 pound boneless, skinless chicken thighs or breasts - or combination - cut up into medium dice
- 5 cups low salt, low fat chicken broth
- 1 small whole dried hot pepper
- 1 ½ TBSPs fish sauce
- 2 tps sugar
- about 1 cup of rice vermicelli
- 1 large carrot, peeled and chopped into small dice
- ½ cup sliced bok choy
- 1 cup peapods (cut into 3rds)
- ½ tsp ground pepper (white, if available)
- about 1 tsp sea salt
- 2 TBSPs chopped cilantro
- 2 tsps chopped Thai basil
- 2 tsps Asian water mint
- 1 stalk lemongrass, cut into 3rds, crushed
- 1 TBSP lime juice
- ½ cup sliced scallions for garnish

PREPARATION

1. PREPARE NOODLES according to package directions, toss with a bit of oil and set aside.
2. In a medium sauce pan, sauté onion in half of the oil. When the onion starts to soften, add the ginger, then garlic and the remaining oil. Sauté for about 2 minutes and slowly and carefully pour in the broth and the hot pepper.
3. Bring to a boil and add chicken, carrots, then lemongrass and lime juice. Cook at a boil for 3-4 minutes, then lower heat and add the bok choy and pea pods. Simmer for 15 minutes.
4. Stir in the fish sauce and sugar and taste for seasoning -- add salt or pepper in small amounts if you think it needs it. When sugar has dissolved, add the vermicelli and cook for 1 minute. Remove lemongrass stalk and serve soup in warmed bowls topped with cilantro, basil and mint.

Thai Appetizer - Galloping Horses Recipe (Mar Hor)

These tasty bites are based on the Thai appetizer mar hor which translates as 'galloping horses'. A savory pork and shrimp mixture is used as a topping for fresh pineapple and orange slices. The contrasting flavors and textures combine to make a delicious and tantalizing snack. This appetizer is a great party snack.

INGREDIENTS

Paste Ingredients:

- 5 cilantro roots, finely chopped (or bottom part of the cilantro)
- 4 cloves garlic chopped
- 2 TBSP Thai ground white pepper
- a pinch of salt

Topping Ingredients:

- 4 TBSP cooking oil
- 5 oz (150g) minced chicken
- 5 oz (150g) minced raw prawn (shrimp)
- 1 cup palm sugar
- 6 TBSP ground roasted peanut
- 2 TBSP ground dried shrimps
- 1/2 cup thinly sliced garlic, fried until golden brown
- 1/2 cup thinly sliced shallot, fried until golden brown
- 1/2 cup coriander leaves for garnish
- 1/2 cup mint leaves for garnish



PREPARATION

1. Put the paste ingredients in a mortar. Pound into a coarse paste. Transfer to a bowl and set aside.
2. Put 2 TBSP of oil in a wok or skillet over medium-low heat. **When it begins to smoke, or about 1 minute, add** the mince chicken, stir until outside of the chicken starts to turn white.
3. **Add** the minced prawn and stir to mix and fry only until the prawns turn orange. Turn off the heat. Transfer to another plate lined with paper towels.
4. Put the rest of the oil into a wok and **fry the paste over low heat**, stir until fragrant. **Add** the palm sugar and stir until dissolved. **Add** the fish sauce and stir to combine.
5. **Add** the meat mixture and peanut, stir to combine. **Add** the dried shrimp, 1 TBSP of fried garlic and shallot and stir to combine. Keep stirring until the mixture start to thicken. Transfer to a plate to cool.
6. Remove the skin of the pineapple and cut into triangle shape and bite-size pieces. Peel the orange and cut into segments. Spoon about 1 tsp of the mixture and put it into the middle of the pieces of fruit. Garnish with the fried garlic, shallot, sliced chili and coriander leaves.

THAI FRESH (SPRING) ROLLS

This Thai recipe for fresh rolls is simple to put together, and can be vegetarian or not. These tasty little rolls make a perfect substitute for salad, but if you use shrimp, can include enough protein for a complete meal. Even better - they're very healthy - low in both calories and fat, and naturally gluten-free!

INGREDIENTS

- 1 pkg. small, round rice wrappers (dried)

ALL OR SOME OF THE INGREDIENTS BELOW, SET INTO INDIVIDUAL BOWLS, OR IN PILES ON A LARGE PLATTER – KEEP SEPARATE!

- 1 to 1 ½ cups thin vermicelli rice noodles, cooked and run through with cold water, drained
- 1 cup cooked shrimp, chicken or turkey, cut into matchsticks ←OPTIONAL
- 1-2 cups bean sprouts OR pea shoots
- ½ cup fresh Thai basil or sweet basil - chiffonade
- ½ cup fresh cilantro, little leaf sprigs removed from stems
- ½ cup fresh mint, little leaf sprigs – OR chiffonade if leaves are big
- ½ cup shredded carrot
- ½ cup shredded napa cabbage. Chinese cabbage or red cabbage
- 3-4 spring onions OR chives, cut into matchstick pieces
- ½ of an English cucumber, seeded and cut into matchstick pieces
- about ½ cup jicama, cut into matchstick pieces
- ½ a sweet red pepper, cut into matchstick pieces
- ½ poblano or other chili pepper, cut into matchstick pieces

FOR SAUCE #1:

- ¼ cup light soy sauce (or wheat-free soy sauce for gluten-free diets)
- 2 TBSPs rice vinegar
- 1 TBSP ginger paste
- 1 tsp toasted sesame seeds
- ½ tsp sesame oil
- 1 TBSP fish sauce
- ½ tsp. brown sugar
- ½ tsp 5-Spice Powder

FOR SAUCE #2:

- ¼ cup sweet chili sauce
- ¼ cup honey
- 1 TBSP chopped toasted peanuts
- 1 TBSP OJ

PREPARATION

1. Process and set out all of your filling ingredients as per the ingredient list.
2. Fill a glass pie plate or large, deep plate with hot water (but not boiling, as you'll be dipping your fingers into it). Start by submerging one wrapper into the water. It should soften after 30 seconds.
3. Remove the wrapper and place on a clean surface. Add another wrapper to the hot water as you fill and roll the first one.
4. Carefully place ingredients you want into the center of your roll, then fold the sides of the wrapper over the ingredients, then bring up the bottom. Tuck the bottom around the ingredients and roll to the top of the wrapper. **To secure roll:** Wet it with a little water on the seam when you bring the last side up to close. Dip & eat!

Chicken Satay Recipe (Satay Gai)

Although satay (or sate, satae) originated in Indonesia, it is one of America's favorite dishes in Thai restaurants. Satay is simply marinated meat, skewered, and charcoal-grilled and served with peanut sauce. What makes this recipe for Satay marinade particularly delicious is the use of whole dried spices. Dry-roasted and ground in a mortar and pestle, the flavor is tastier, fresher and bolder than ground spices.



INGREDIENTS

- 1 ½ lb. boneless chicken breast
- 1 tsp. whole coriander seeds
- 1 tsp. whole cumin seeds
- 1 tsp. ground turmeric
- 3-4 shallots, peeled and sliced thin crosswise
- 1 stalk fresh lemon grass, sliced thin crosswise
- ¼ inch piece of fresh galangal (or ginger)
- 1 clove garlic, peeled and smashed

- ½ tsp. sea salt
- 2 tsp. sugar
- 20 bamboo skewers
- 2 Tbsp. cooking oil, canola or peanut

PREPARATION

1. Slice chicken into long thin slices, approximately 1/4" thick and 2" in length. Pat dry with paper towels.
2. Dry roast coriander seeds for a minute or two in a wok over medium heat to roast lightly, stirring often.
3. Grind the coriander seeds in a mortar and pestle or electric coffee grinder (reserved for spices).
4. Combine all the spices with the shallot, lemon grass, galangal and garlic together in a bowl.
5. Add chicken pieces to the marinade and mix well to cover meat. Allow to marinate for at least an hour or up to overnight.
6. Before cooking, soak bamboo skewers in water for at least 10 minutes, so that they will not burn.
7. Skewer 2 to 3 pieces of chicken onto each stick. Grill over a hot fire until cooked through. Baste with cooking oil after turning.

QUICK & EASY PEANUT SAUCE~~~~~

WHISK TOGETHER IN A SMALL SAUCE PAN, OVER MEDIUM/LOW HEAT UNTIL WELL BLENDED AND WARM, THEN SIMMER ON LOW FOR ABOUT 5 MINUTES BEFORE SERVING:

- 1 can light coconut milk
- ¼ cup roasted, ground peanuts (make from unsalted, raw peanuts)
- 2 TBSPs crunchy style peanut butter
- 1 TBSP low salt, light soy sauce
- 2 tsps fish sauce
- 1 tsp lime juice
- 1 tsp ginger paste
- ½ tsp cinnamon
- ½ tsp Five-Spice Powder
- ½ tsp mild curry powder
- ½ tsp ground coriander
- 1 dried red chili
- 1 TBSP honey **PLUS** 2 tsps palm sugar

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# ***BASIL EGGPLANT***

4 Servings, Prep Time: 10 Minutes, Total Time: 15 Minutes

2 chili peppers

2 eggplants

2 tablespoons fish sauce

2 cloves chopped garlic

1 tablespoon sugar

1 bunch leaves picked from the stem Thai basil

1 tablespoon cooking oil

## Tips and Techniques

For a vegetarian dish, substitute soy sauce or salt for fish sauce.

Slice the eggplants into irregular shapes for easy turning in the pan. When it is sliced into a small disk, it tends to stick to the bottom of the pan and makes it difficult to flip or turn.

Chop garlic and slice chili peppers. Pick the leaves from the stem of the Thai basil.

Heat a pan or wok over high or medium high. Add oil, chili peppers and garlic. Stir until the garlic turn golden brown. Add eggplant and stir. Add a cup of water and cover the pan or wok with a lid. Keep the lid close until the eggplant is cooked. It should take about 5-7 minutes before the eggplant is done. The eggplant turns from white to translucent when it is done. Almost all of the water should have been evaporated at this point. If the eggplant is still not cooked, add a little bit more water and keep lid closed until the eggplant is ready. Add fish sauce and sugar and stir. Add Thai basil and quickly stir to heat the basil, so that it retains its color. Turn off heat immediately.

Serve hot with rice.

# **THAI NOODLES IN PEANUT-HERB SAUCE**

*Adapted from Hilaire Walden's "The Book of Thai Cooking"*

*Makes 4 servings*

## **INGREDIENTS**

- ½ cup vegetable or canola oil
- ¼ cup raw, shelled peanuts
- 1 small green chili, seeded and sliced
- ¾ " piece of galagal (OR ginger), peeled & chopped
- 2-3 large garlic cloves, finely minced
- leaves from 1 bunch of Thai basil (@90)
- leaves from 1 small bunch Thai mint (about 30)
- leaves from 1 small bunch of cilantro (about 40)
- 2 TBSPs lime juice
- 1 tsp fish sauce
- 12-16 oz Thai flat noodles, **(you can sub linguine, cooked al dente according to pkg instructions)**

☆☆☆ IT IS EXTREMELY IMPORTANT TO HAVE ALL OF YOUR INGREDIENTS MEASURED OUT, PREPPED AND READY - LINED UP IN ORDER OF USE!!! THE COOKING PROCESS IS FAST - THERE IS NO TIME TO GO LOOKING FOR INGREDIENTS OR TOOLS WHEN YOU ARE IN THE MIDDLE OF COOKING! ☆☆☆

## **PREPARATION**

1. Toast peanuts in a small frying pan for a few minutes - until browned -- BE CAREFUL - nuts cook very quickly - you must pay attention!
2. Using a small food processor or mortar & pestle, coarsely grind peanuts. Add chili, galangal (OR ginger) and garlic. Mix briefly. Finely chop the herbs, then add to the sauce with the lime juice, fish sauce and oil.
3. Prepare noodles according to package directions, drain well and toss with the sauce. Serve immediately.

# THAI FRIED RICE

*Adapted from Hilaire Walden's "The Book of Thai Cooking"*  
*Makes 4 servings*

## INGREDIENTS

- about ½ cup vegetable or canola oil
- 1 cup long grain brown rice
- about 4-5 snow pea pods
- 2 small onions, finely chopped
- 3 garlic cloves, minced
- 1 tsp minced ginger or galangal
- ¼ lb. lean pork (or turkey), very finely chopped
- 1 small chicken breast - or 1 large thigh - very finely chopped
- 2 eggs, beaten
- 2 TBSPs NAM PRIK sauce (SUB SOY SAUCE IF NOT AVAILABLE)
- 1 TBSP fish sauce
- 1 cup peeled baby shrimp
- cilantro leaves for garnish
- 3 scallions, chopped, and lime wedges for garnish
- about ½ cup chicken or veggie broth for deglazing wok in case food sticks

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## PREPARATION

1. Cook rice as per package directions - BUT cook for a little less time. Spread out on a sheet pan and chill in freezer for 15 minutes - then move to fridge. (Better still, do rice the night before.)
2. Wash, dry & remove strings from pea pods, then cut into 1" pieces.
3. In a wok, heat about half of the oil and sauté onions until they just start to soften, THEN add ginger and garlic, stirring occasionally, until softened. Stir in pork and chicken and stir fry for 1 minute. **Push to the side of the wok. Add a bit of broth to deglaze pan if food is sticking.**
4. **Pour eggs into the center of the wok.** When they just begin to set, stir in the pork mixture, then the Nam Prik, fish sauce and rice. Stir fry for 1-2 minutes, then add in the shrimp and peapods. Stir fry 1 more minute.
5. Plate and garnish with cilantro, scallions and lime wedges

# *Thai Chicken Stir-Fried with Coconut, Chili & Lime*

## INGREDIENTS

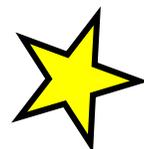
- 2-3 boneless chicken breasts, cut into strips or bite-size pieces, OR 5-6 chicken thighs
- 1 shallot OR ¼ cup purple onion, finely chopped
- 5-6 cloves garlic, minced or finely chopped
- 2 thumb-size pieces galangal OR ginger, thinly sliced into matchsticks
- 1 fresh red chili, thinly sliced, OR ¼ tsp dried chili (chili flakes)
- 7-8 shiitake or other type mushrooms, sliced
- 2 cups pea pods, cut into strips lengthwise
- optional: 2-3 kaffir lime leaves
- 1 red bell pepper, sliced into strips
- generous handful fresh basil
- 2 TBSP vegetable oil

### STIR-FRY SAUCE:

- 2/3 cup coconut milk
- 2+1/2 Tbsp. fish sauce
- 3+1/2 Tbsp. fresh lime juice
- 1+1/2 Tbsp. soy sauce
- 1/3 to 1/2 tsp. dried crushed chili (chili flakes)
- 2tsps brown sugar

## PREPARATION

1. Combine 'stir fry sauce' ingredients together, stirring well to dissolve the sugar. Taste-test, looking for spicy-salty-sweet flavors balanced with the rich taste of the coconut milk. Adjust these flavors to suit your taste, adding more lime juice if too salty or sweet.
2. Place chicken in a bowl and pour over ¼ cup of the stir-fry sauce, or enough to coat chicken. Toss well and set aside.
3. Warm a wok or large frying pan over medium-high heat. Add oil and swirl around, then add the shallot/onion, garlic, galangal or ginger, and chili. Stir-fry until fragrant and softening, 1-2 minutes. Add chicken and kaffir lime leaves. Stir-fry 5 minutes, adding more of the stir-fry sauce as needed.
4. Add mushrooms, red pepper, pea pods and enough stir-fry sauce to keep ingredients moist and simmering. Simmer 3-5 minutes, or until the vegetables have turned bright in color but still retain some crispness. Note: at this stage you can add as much or little sauce as you like. Keep in mind this stir-fry is never dry - the sauce is meant to also flavor the rice or noodles it is served with.
5. Reduce heat to minimum and do a final taste-test, adding a little more fish sauce if you'd like more flavor or saltiness, or more lime juice if too salty or sweet.
6. Top with a sprinkling of fresh basil and more fresh-cut chili, if desired. Serve with plenty of Thai jasmine rice or noodles.



## Thai Stir-Fry

*Stir-frying is a great way to cook, as it allows all of the nutrients to remain in the pan. Thai stir-fries are among the best in the world - flavorful, fresh, & zinging with taste.*

### ❖ Thai Red Chicken Curry

*"This is a quick and easy curry stir-fry made with chicken, zucchini, red bell pepper and carrot. Coconut milk and curry paste make an irresistible sauce. No need to go out to eat, as this dish is ready in about 20 minutes!"*

*Recipe by [THEKNACKEREDCHEF](http://www.allrecipes.com), at [www.allrecipes.com](http://www.allrecipes.com)*

## INGREDIENTS

- 2 tsps canola or safflower oil
- 1 pound skinless, boneless chicken thighs - cut into thin strips
- 2 TBSPs Thai red curry paste
- 1 cup sliced halved zucchini
- 1 red bell pepper, seeded and sliced into strips, **then** cut in half
- ½ cup sliced carrots
- 1 small-medium red or sweet onion, halved, then cut into strips
- 1 TBSP cornstarch or arrowroot
- 1 (14 ounce) can light coconut milk
- 2 TBSPs chopped fresh cilantro
- sea salt & white pepper, to taste - about ½ tsp each
- HEAT OPTIONAL: if you like it hot, add a bit of chili paste

## PREPARATION

1. Heat the oil in a large skillet over medium-high heat. Add the chicken pieces; cook and stir for about 3 minutes. Mix in the curry paste, zucchini, bell pepper, carrot and onion. Cook and stir for a few minutes.
2. Dissolve the cornstarch in the coconut milk, then pour into the skillet. Bring to a boil, then simmer over medium heat for 5 minutes. Right before serving, stir in the cilantro



❖ **Thai Red Curry ~ Veggie Style** ❖  
Based on a Recipe by THEKNACKEREDCHEF , at [www.allrecipes.com](http://www.allrecipes.com)



## INGREDIENTS

- 2 tsps canola or safflower oil
- about 2 ½ cups diced (1") sweet potato
- 2 TBSPs Thai red curry paste
- 1 cup zucchini, sliced into ¼' thick circles, then cut in half
- 1 red bell pepper, seeded and sliced into strips, **then** cut in half
- ½ cup carrots, sliced about ¼" thick on the diagonal
- 1 red or sweet onion, halved, then cut into strips
- 1 TBSP cornstarch or arrowroot
- 1 (14 ounce) can light coconut milk
- 2 TBSPs chopped fresh cilantro
- sea salt & white pepper, to taste - about ½ tsp each
- HEAT OPTIONAL: if you like it hot, add a bit of chili paste

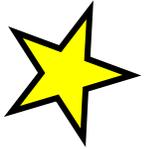
## PREPARATION

1. Heat the oil in a large skillet over medium-high heat. Add the sweet potato pieces; cook and stir for about 3 minutes. Mix in the curry paste, zucchini, bell pepper, carrot and onion. Cook and stir for a few minutes, until onion and carrot start to soften.
2. Dissolve the cornstarch in the coconut milk, then pour into the skillet. Bring to a boil, then simmer over medium heat for 5 minutes. Right before serving, stir in the cilantro



# Green Curry

*Some of my favorite Thai flavors shine through in this delicious curry; cilantro, basil, lime ... mmm!*



## INGREDIENTS:

- 2-3 TBSPs oil
- 4 TBSPs green curry paste
- zest of 1 lime
- 1 lb chicken thighs, cut into bite-sized pieces
- 1 cup canned light coconut milk
- ½ cup coconut water
- 1 tsp cornstarch
- 8 oz bamboo shoots
- ~~10 kaffir lime leaves, lightly bruised (optional)~~
- 2 red chilies, cut into thick strips - **OR** 1 large jalapeno pepper, finely diced
- 2 TBSPs fish sauce
- juice of 1 lime
- 2 TBSPs palm sugar
- ½ cup Thai (or other) basil leaves, cut into thin strips
- ¼ cup chopped cilantro leaves



## PREPARATION

1. Combine coconut milk and water and whisk in the cornstarch until there are no lumps.
2. Heat up a pot over medium-high (6-7) heat and add the oil. Sauté the green curry paste and lime zest until aromatic. NOW, add the chicken and stir to coat well with the curry paste. Add the coconut milk and water and bring it to a quick boil on high.
3. Add the bamboo shoots and red chilies. Lower the heat to simmer, cover the pot and let simmer for 10 minutes **or** until the curry slightly thickens.
4. Add the fish sauce, lime juice, sugar, and basil and cilantro leaves. Stir to mix well. Simmer - uncovered- 3-5 minutes. Turn off the heat and serve immediately with steamed rice.

# ***Green Curry ~ Vegetarian Style***

*Some of my favorite Thai flavors shine through in this delicious curry; cilantro, basil, lime ... mmm!*



## **INGREDIENTS:**

- 2-3 TBSPs oil
- 4 TBSPs green curry paste
- zest of 1 lime
- about 3 cups large cauliflower florets - about 1 inch or so.
- 1 cup canned light coconut milk
- ½ cup coconut water
- 1 tsp cornstarch
- 8 oz bamboo shoots
- ~~10 kaffir lime leaves, lightly bruised (optional)~~
- 2 red chilies, cut into thick strips - **OR** 1 large jalapeno pepper, finely diced
- 2 TBSPs fish sauce
- juice of 1 lime
- 2 TBSPs palm sugar
- ½ cup Thai (or other) basil leaves, cut into thin strips
- ¼ cup chopped cilantro leaves



## **PREPARATION**

1. Combine coconut milk and water and whisk in the cornstarch until there are no lumps.
2. Heat up a pot over medium-high (6-7) heat and add the oil. Sauté the green curry paste and lime zest until aromatic. NOW, add the chicken and stir to coat well with the curry paste. BE CAREFUL not to break up the cauliflower. Add the coconut milk and water and bring it to a quick boil on high.
3. Add the bamboo shoots and red chilies. Lower the heat to simmer, cover the pot and let simmer for 10 minutes **or** until the curry slightly thickens.
4. Add the fish sauce, lime juice, sugar, and basil and cilantro leaves. Stir to mix well. Simmer - uncovered- 3-5 minutes. Turn off the heat and serve immediately with steamed rice.

## ❖ Pad Thai Noodles ❖

*Based on a recipe from Savory Sweet Life - Serves: 2-4. This recipe is for authentic Pad Thai noodles. I like this recipe better than most restaurant versions.*

### INGREDIENTS

#### SAUCE:

- ⅓ cup fish sauce
- ½ cup palm sugar
- ½ cup tamarind juice concentrate
- 4 cloves garlic, minced
- 1 tsp ginger paste

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- ½ pkg dried rice flat noodles
  - 6 TBSPs vegetable oil, **divided**
  - 4 cloves garlic, minced
  - 1 cup shallots, thinly sliced



- ½ lb boneless, skinless chicken thighs, cut into bite-sized pieces
- 1 full cup medium sized shrimp, cleaned
- 1 large egg, whisked
- 1 cup carrots **OR** pea pods, match stick cut
- 1 cup green onion cut diagonal in ½ inch segments
- ½ cup toasted peanuts (unchopped)
- 1 cup mung bean sprouts (optional)
- ½ - 1 cup cilantro
- ½ cup toasted peanuts, chopped
- Lime wedges

### PREPARATION

1. **TO MAKE PAD THAI SAUCE:** Heat a small pan on medium low and add fish sauce, palm sugar, tamarind concentrate, and garlic. Cook sauce until palm sugar has completely dissolved. Taste the sauce and tweak the sweetness or hotness. To make it more spicy add a little Thai chili powder or paste.
2. **NOODLES:** Follow package directions to prepare noodles. Noodles should be slightly firmer than Al dente. They will continue to soften and cook later when stir frying.
3. **PAD THAI:** Heat 3 TBSPs of oil in a wok or frying pan **on high** and cook raw chicken and for 2-3 minutes, add shrimp and cook 1-2 minutes more. **REMOVE MEAT FROM PAN-** put into a small bowl.
4. Next, heat the remaining oil and then add garlic and shallots to the hot pan and stir fry for 1 minute stirring the garlic mixture so it will not burn. Add noodles and stir for 1 minute. Add 3-4 TBSPs Pad Thai sauce at a time, continually stirring noodle mixture until well coated with sauce. Add cooked chicken and shrimp back and fry for 2-3 minutes.
5. Move the noodle and meat mixture to one side of the pan and crack an egg on the other side. Scramble the egg with a wooden spoon and cook for 30 seconds. Add carrots/pea pods, green onions, sprouts and unchopped peanuts and cook for **one more minute** frying everything together. Test the firmness of the noodle. If the noodle is too firm, fry for an additional minute. If your noodles need more flavor, add another TBSP of sauce and fry another half minute. Remove from heat and serve. Garnish with sprouts, cilantro, chopped peanuts, and a wedge of lime. Enjoy!

# Thai Chopped Salad



*I love this salad; it has such a refreshing, light flavor! Feel free to use either all cauliflower or all broccoli if you'd prefer or use toasted sunflower seeds instead of peanuts if you have an allergy.*

## 1. THROW THESE INGREDIENTS INTO A LARGE BOWL:

- 1 ½ cups shredded red cabbage (OR NAPA cabbage)
- 1 ½ cups shredded (OR chopped) carrots
- 1 small-medium sweet red (yellow or orange) pepper, chopped into 1" dice
- 1 cup broccoli florets (small)
- 1 cup cauliflower florets (small)
- ½ cup finely chopped (or snipped) scallions
- ½ cup finely chopped cilantro
- ½ cup finely chopped (Thai) basil
- ¼ cup finely chopped mint
- 1 cup dry roasted (unsalted) peanuts, crushed/broken up a bit

## 2. WHISK TOGETHER THESE INGREDIENTS IN A SMALL BOWL\* :

- 1 TBSP + 1 tsp palm sugar
- 1 tsp fish sauce
- 2 TBSPs fresh lime juice
- 1 TBSP rice vinegar
- 2 TBSPs sunflower, safflower, grapeseed or canola oil
- 2 tsps lemongrass paste (OR 1 tsp lemongrass powder)
- 2 tsps sweet chili sauce
- 2 tsps toasted sesame seeds
- 

## 3. TOSS SALAD W/DRESSING TO LIGHTLY COAT VEGGIES & SERVE

\* - → You can serve with this peanut sauce as well:

### INGREDIENTS

- ¼ cup peanut butter (variety of your choosing: I used a salted crunchy kind)
- ¼ cup very hot water (180 degrees)
- 1 TBSP soy sauce (or tamari)
- 1 TBSP rice vinegar
- 2 tsps agave nectar
- 1 tsp fresh lime juice
- 1/8 tsp salt
- pinch of finely ground white or black pepper

### PREPARATION

1. In a small bowl, stir together the peanut butter and the hot water until smooth (or as smooth as possible if you use crunchy peanut butter.)
2. Add the soy sauce, vinegar, agave, lime juice, salt, and pinch of pepper and stir until thoroughly combined. Set aside at room temperature.

# ***Thai -Lao Coconut Sticky Rice with Mangoes***

## ***Khao Niaow Ma Muang***

***This dessert is a favorite of many; it's incredibly simple and incredibly delicious! Be sure to get the right rice for this dessert - regular (savory) rice will not work; you need sweet rice (see link in ingredients list). Make sure you get fresh, ripe mangoes and good coconut milk, and you will love this very simple but exotic Thai dessert.***

### **INGREDIENTS**

- 1 cup Thai Sweet Rice (also called 'sticky rice' OR 'glutinous rice', available at Asian food stores
- 2 ripe mangos, cut into bite-size pieces (for more on mangos, see below)
- 4 TBSPs. palm sugar OR brown sugar
- ¼ tsp. salt
- 1 can (or 2 cups) good-quality "lite" coconut milk
- water (for boiling or steaming the rice)

### **PREPARATION**

1. Soak the rice in 1 cup water for 20-30 minutes, OR up to 4 hours.
2. **Do not drain the rice.** Simply add 3/4 cup (more) water, plus 1/4 can coconut milk, 1/4 tsp. salt, and 1 Tbsp. brown/palm sugar. Stir this into the rice.
3. Bring to a gentle boil, then partially cover with a lid (leaving some room for steam to escape). Reduce heat to medium-low.
4. Simmer in this way for 20 minutes, or until the coconut-water has been absorbed by the rice. Turn off the heat, but leave the pot on the burner with the lid on tight. Allow to sit for 5-10 minutes.
5. To make the sauce, warm (do not boil) the rest of the can of coconut milk over medium-low heat (5 minutes). Add 3 Tbsp. brown/palm sugar, stirring to dissolve.
6. Taste-test the sauce for sweetness, adding more sugar if desired. (note that it will taste less sweet when added to the rice).
7. To assemble, place a few 'mounds' of sticky rice in each serving bowl. Top with slices of the mango, then pour sauce over. It should look like an English pudding with custard sauce, with the mounds of rice swimming in sauce.  
**OR, here's another method that results in even more coconut-ty flavor (optional): Add scoops of rice (portion out 1 scoop per person) directly to the sauce pot and stir over low heat, gently breaking apart large lumps, but leaving smaller lumps/chunks). Now add the mango pieces and gently stir until everything is warmed through. Portion out into serving bowls, making sure everyone has equal amounts of rice, mango, and plenty of sauce. ENJOY!**

# ***Thai Banana Coconut Custard***

## ***Kao Sangkaya***

*This easy Thai dessert is quickly whipped up with a blender, mixer, or food processor. In Thailand, it would normally be steamed, but I find baking it in the oven is just as good and less messy. A terrific way to use leftover bananas, and you can put this dessert together in less than 10 minutes. Served warm, cold, or at room temperature, this creamy, tropical-tasting dessert is also healthy, plus low in fat and calories*

### **INGREDIENTS**

- 1 cup light coconut milk
- 1/3 cup organic sugar
- 2 eggs
- 1 ripe medium sized banana
- 1 tsp. coconut or vanilla flavoring (or both)
- coconut (or canola, sunflower, safflower)oil for ramekins

### **PREPARATION**

1. Preheat oven to 350 degrees.
2. Prepare 4-6 ramekins for the dessert by greasing them LIGHTLY with a little oil.
3. cPlace coconut milk, sugar, eggs, banana, and flavoring in a blender or food processor. Blend or process for 30 seconds. If you don't have a blender or processor, simply mix the ingredients together in a bowl with a fork or whisk for 1 minute, or until sugar has dissolved.
4. Pour the mixture into the ramekins, filling each one 3/4 full. Place ramekins in a flat-bottomed glass dish (a lasagna or casserole dish works well). Fill part-way with water - up to 1/2 the height of the ramekins - and carefully place the dish in the oven.
5. Bake for 45 minutes to 1 hour, or until the custard has set (is firm).
6. Serve the ramekins either hot or cold, or at room temperature. If desired, sprinkle with a little dry shredded coconut, sweetened or unsweetened. Enjoy!

# ***Thai Coconut Custard Sangkaya***

*Coconut milk makes numerous appearances in both sweet and savory Thai food. This is definitely one of my favorites. Top with toasted coconut flakes for even more coconut flavor!*

## **INGREDIENTS**

- 4 egg yolks
- 6 eggs
- 4 cups lite coconut milk
- 2/3 cup sugar
- few drops of rosewater **OR** jasmine extract
- unsweetened coconut flakes, toasted (optional)

## **PREPARATION**

1. Preheat oven to 350°.
2. Place 8 individual heatproof ramekins/custard cups in a baking pan.
3. In a medium sized bowl, stir together the eggs and the yolks, coconut milk, sugar and rosewater or jasmine extract until the sugar dissolves.
4. Pour the mixture through a strainer into the very lightly oiled cups/ramekins. Pour boiling water carefully into the pan to come up about halfway on them.
5. Bake for about 20 minutes until a knife inserted off-center comes out clean. Cool before unmolding and serve topped with the toasted coconut if you'd like...serve warm or cold.

# *Coconut Jasmine Rice Pudding*

Prep Time: 30-40 minutes ~ Cook Time: 45 minutes

## INGREDIENTS

- 2 eggs
- ½ cup sugar
- 1 cans (preferably Lite) coconut milk
- 1 & ¼ cups **cooked** (A Taste of Thai) Soft Jasmine Rice (about ¾ cup raw)
- ½ cup unsweetened almond milk (OR skim milk)
- ½ tsp vanilla extract
- 1 tsp coconut extract
- ½ tsp rosewater
- ¼ tsp salt
- ½ tsp nutmeg
- ¼ tsp sweet curry powder
- about 1 cup raisins
- Toasted coconut flakes to sprinkle on top before serving

## PREPARATION

1. **GET THE RICE COOKING FIRST! Follow package directions for 1 cup uncooked rice, but only cook until rice is barely done! Be careful with heat; you don't want to burn the bottom of the rice!**
2. **Preheat** oven to 325° (150 C). Lightly butter about 10-12 custard cups or large ramekins.
3. In a mixing bowl, beat eggs and sugar well. Add coconut milk, soft jasmine rice, almond milk (or milk), vanilla extract, coconut extract, rosewater, salt and nutmeg. Mix thoroughly.
4. Make a “water bath” by placing the custard cups into a large pan and THEN pour in an inch or so of very hot water in it.
5. Fill the custard cups about halfway -to two thirds full with the rice only, place about 5-7 raisins into each cup, then top off with the remaining liquid.
6. Bake for 15minutes. Stir puddings to mix the rice again. Continue to bake for about 30 more minutes or until the pudding is set or firm to the touch. Sprinkle with toasted coconut.

# *Thai Fried Bananas*

## **INGREDIENTS**

- 1 Pound Small Asian Bananas or regular bananas
- $\frac{3}{4}$  Cup Rice Flour
- $\frac{1}{4}$  Cup Tapioca Flour
- $\frac{1}{2}$  Tsp Baking Soda
- 4 TBSPs Sugar
- 1 Tsp Salt
- $\frac{1}{2}$  Cup Shredded Sweetened Coconut
- 1 Cup Water
- Oil for frying as needed

## **PREPARATION**

- 1** Peel and cut bananas into large chunks (about 1" thick) and set aside.
- 2** In large bowl, combine all of the dry ingredients. Add a little bit of water at a time and stir to form a thick batter, between  $\frac{3}{4}$ s -1 cup.
- 3** Heat oil to 375 degrees. Dip bananas in batter and fry until golden brown. Drain on paper towels.
- 4** Dust with powdered sugar and more sweetened coconut if desired. Honey drizzled over the bananas is also great!