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Tom Yum Goong (shrimp soup)

This soup is better when a shrimp stock is used but that is not necessary. It can be made in two parts the first before hand and the second before serving.

Ingredients:

- Shrimp (31/40 count 1/3#)
- Water (1 quart)
- Fish sauce (1-2 tablespoons)
- Lemon grass (2 stalks)
- Makrut leaves (3-4)
- Coriander
- Lime (2-3)
- Thai chili

Preparation:

Wash peel and de-vein the shrimp reserving the shells. Put the shells in the water in a sauce pan and simmer for about 15 minutes then squeeze and remove the shrimp. Thinly slice the chilies and cut the lemon grass into 2" lengths and smash. Add the chilies and lemon grass to the shrimp stock, season to taste with fish sauce and simmer for a 5 minutes. When about ready to serve, heat up, add the shrimp and cook until just changing to white, remove from the heat, squeeze the limes into it and top with coriander.

David Thompson
Thai Food

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intro !

Evil Jungle Chicken

This is a recipe from a local Thai chef 'Keo'. It is best with fresh red chili and makrut leaves. It is a great dish for those of us who like coconut milk but not the saturated fat in it. This may be prepped ahead but should be served immediately.

Ingredients:

- Chicken, preferably something with taste like boneless thighs (1/3 to 1/2 pound)
- Fresh red chilies (about 1 per star)
- Lemon grass (3/4 stalk)
- Fish sauce (2 tablespoons)
- Makrut Leaves (3-4 doublets)
- Oil
- Coconut milk (1/3 - 1/2 can)
- Basil Leaves (2-3 stalks)
- Napa cabbage (1 cup sliced)
- Garlic (2 cloves)
- Lime (1/4 squeezed)

Preparation:

Thinly slice the chicken, set aside. Thinly slice the lemon grass. Mince the red chili peppers, makrut leaves, garlic and lemon grass (a coffee grinder works great) and set aside. Remove the basil leaves and set aside. Slice cabbage and set aside.

When you are ready to serve...

Heat oil, add the mixture and fry for 2-3 minutes. Add the coconut milk and fish sauce, then the chicken and simmer until the chicken is almost done (don't overcook because the chicken will toughen). Remove from heat, let set, then add basil leaves and serve on bed of cabbage.

Neua Nam Tok (beef salad)

Most of us in the west think that a meat salad is an odd concoction, though we do have grilled chicken in our Caesar's. Thai salads are delicious and quick to prepare. This one, with beef, works best when the beef is hot off the grill when eaten.

Ingredients:

- Very good cut of beef, e.g. Rib Steak (up to 1#)
- Fish sauce (2 tablespoons)
- Lime (1 or 2 depending on size)
- Shallots (3-4)
- Sugar (1 tablespoon)
- Lemon grass (1-2 stalks)
- Toasted rice (1 tablespoon)
- Lettuce
- Mint leaves (2 stalks or so)

Preparation:

Make the toasted rice if not using store bought. Start the barbeque. Salt and pepper the meat. In a bowl, put thinly sliced shallots and lemon grass. Add the fish sauce and squeeze the lime into the bowl and, mix, add sugar to taste, then set aside. Remove the mint leaves from their stalks and set aside. When the coals are ready put the meat on and cook **rare** to **medium rare** – no more. Have a Singha while you place some lettuce leaves on a serving plate. When the meat is ready, slice it, put it into the mixture, add the mint leaves and toasted rice toss and serve immediately!

Gaeng Phet Pla (salmon red curry)

The classic red curry dish is usually prepared with beef, red bell pepper and onions. This is a simple variant. It can be made a day ahead and improves with age.

Ingredients:

- Pacific Salmon (1/2 #)
- Oil
- Red curry paste (about a tablespoon per star)
- Coconut milk (1 can)
- Red Bell Pepper (1)
- Makrut leaves
- Fish Sauce (1 –2 tablespoons)
- Onion (1 medium)
- Sugar
- Rice (1 large handful per person)

Preparation:

First prep the fish and vegetables. Think about bite-size, not too small or large. Also get the rice going.

Fry the curry paste in oil starting from low temperature. When separated add the coconut milk and bring to a simmer. If you have time, let the milk simmer until the oil begins to separate. Add fish sauce, sugar, onion and the pepper, simmer until the onion begins to become translucent. When ready to serve, reheat, add the fish and **under cook**. At the time you take the wok off the heat, add the makrut leaves and mix well.

Goong Gratiem (garlic shrimp)

This is one of the most simple and tasty dishes in the Thai lexicon.

Ingredients:

- Shrimp (20-30 count, 1/2 pound)
- Tamarind (1/4 teaspoon)
- Fish sauce (1 tablespoons)
- Oil
- Sugar (1/2 tablespoon)
- Garlic (5-8 cloves)
- Red chili pepper (1/4 teaspoon) if desired

Preparation:

Thinly chop the garlic, set aside. Peel and de-vein the shrimp. In a cup, place the fish sauce, tamarind, chili and sugar.

When you are ready to serve...

Heat oil, add the garlic and fry until beginning to brown, add the shrimp and cook until translucent. Add the fish sauce mixture and stir-fry until the shrimp are barely done. Serve immediately.

Phad Si Ew (noodles with chicken and molasses soy)

This dish is similar to Phad Ki Mao but without basil and tomatoes. This recipe can be prepped ahead but should be served immediately

Ingredients:

- Fresh wide rice noodle cut into wide strips or rice flakes
- Oil
- Thick soy sauce (2 teaspoons)
- Fish sauce (2-3 tablespoons)
- Egg (2)
- Sugar(2 tablespoons)
- Green Onions (4 Stalks green and white separated).
- Fried Tofu
- Chicken (1/2#)
- Fresh or Dried red chili (1 tablespoon dried or 2 tablespoons fresh)
- Green onion (2-3 stalks)
- Garlic (3 cloves)
- Red Chili Flakes(as desired)

Preparation:

First get the noodles softened up if not using fresh noodles. You can do this in hot water and, if you are in a great hurry, put the water on the stove. Rinse in cold water as set aside when ready. Use your fingers to gage softness.

While the noodles are getting ready, very thinly slice the chicken, chop the garlic, cut the green onion into 2" pieces and half the white parts. Cube the tofu.

In a cup, mix fish sauce, sugar and soy sauce.

Wait until you are ready to serve...

First scramble the egg in a little oil. Set aside.

Fry the garlic in about 2 tablespoons of oil, add the green onion whites and tofu and stir-fry until onions begin to soften, add the meat and cook until just white. Set aside.

Put 2 tablespoons of oil in wok, Add noodles and coat, tossing gently. Add the egg and onion greens, Add the soy mixture in increments, until the flavor is just right. Immediately place on dish and toss with the basil leaves and serve.