

Mar Hor(ม้าฮ่อ)



Ingredients:

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|--|-----|-------------|
| 1) Grinded roasted peanut | 1 | cup |
| 2) Palm sugar | 1/2 | cup |
| 3) Chopped pickled turnip | 2/3 | cup |
| 4) Chopped roasted garlic | 2 | tablespoons |
| 5) Grinded pepper | 1/2 | teaspoon |
| 6) Vegetable oil | 1 | tablespoon |
| 7) Pineapple (cut in squares to serve) | | |



Cooking:

1. Add vegetable oil into hot pan, and then add palm sugar, cook until all ingredients are soft and caramelized
2. Add pickled turnip and cook for 5 minute, then add grinded roasted peanut
3. Add pepper and garlic, cook until dry
4. Put in the bowl and let the mixture cool down
5. Scoop the mixture up, and place on each slice of pineapple, garnish with coriander and red chili

Lab kai

(chicken salad)



Ingredients:

1) Minced chicken	350	grams
2) Chopped garlic	1	tablespoon
3) Chopped shallot	1	tablespoon
4) Chopped galangal	1	tablespoon
5) Chopped lemongrass	1	tablespoon
6) Fish sauce	1	tablespoon
7) Oyster sauce	1	tablespoon
8) Palm sugar	1	teaspoon
9) Coconut milk	1	tablespoon
10) Tamarind extract	5	teaspoons
11) Grounded roasted chili	1	tablespoon
12) Grounded roasted rice grain	2	tablespoons
13) Sliced shallot	½	cup
14) Lime Juice	3	tablespoons
15) Spring onion	¼	cup
16) Mint leaf	¼	cup



Cooking:

1. Marinate No. 1) -10), for 5 minutes
2. Cook in a hot and dry pan
3. Place in a bowl, then add No. 11) -14), mix well
4. Add No.15) -16), mix well then serve with fresh vegetables

Prawn Garlic

(กุ้งทอดกระเทียม)



Ingredients:

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|-------------------|---|-------------|
| 1) Peeled Prawn | ½ | kilogram |
| 2) Chopped garlic | ¼ | cup |
| 3) Vegetable oil | 2 | tablespoons |
| 4) Grinded pepper | 2 | teaspoons |



Cooking:

1. Add vegetable oil into hot pan and fry garlic until it turns gold
2. Add prawn and pepper and stir well

Yam Beef

(ยำเนื้อ)



Ingredients:

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|-------------------------------|-----|---------------|
| 1) Grilled Marinated beef | 250 | grams |
| 2) Grinded roasted rice grain | 1-2 | tablespoon(s) |
| 3) Chopped roasted garlic | 2 | tablespoons |
| 4) Green onion, and coriander | 2 | tablespoons |



Dressing:

- | | | |
|----------------------|---|-------------|
| 1) Fish sauce | ¼ | cup |
| 2) Lime juice | 2 | tablespoons |
| 3) Tamarind extract | 2 | tablespoons |
| 4) Palm sugar | 2 | tablespoons |
| 5) Minced garlic | ¼ | cup |
| 6) Chopped red chili | 1 | tablespoon |



Cooking:

1. Mix all ingredients of the dressing together and then stir well
2. Add the dressing into a bowl of sliced beef, stir well
3. Add vegetables (green onion, coriander or other preferred strong smell vegetables of the same type) Serve with fresh vegetables

Chicken with Cashew Nuts



Ingredients:

1) Chicken	½	kilogram
2) Fish sauce	1	tablespoon
3) Oyster sauce	1	tablespoon
4) Palm sugar	1	teaspoon
5) Coconut cream	1	tablespoon
6) Tamarind extract	1	tablespoon
7) Chopped garlic	1	tablespoon
8) Tapioca flour	1	cup
9) Rice flour	¼	cup
10) cooking oil for deep fry		
11) Palm sugar	3	tablespoons
12) Fish sauce	1	tablespoon
13) Oyster sauce	2	tablespoon
14) Chili sauce	1	tablespoon
15) Roasted cashew nut	2	cups
16) Roasted chopped garlic	1	tablespoon
17) Onion	1	cup
18) Spring onion	½	cup
19) Fried dried chili	½	cup



Cooking:

1. Marinate No. 1) -7) and let them stand for 10 minutes
2. Mix well No.8) -9), then soak chicken in it
3. Deep fry chicken until golden brown and then, let it stand
4. In a pan, cook palm sugar, fish sauce, oyster sauce and chili sauce (No.11) -14)) until it become thick
5. Add fried chicken into the pan, stir well to mix, and then add No. 15) -16) and stir well
6. Add No.17) -19), and stir well. Serve warm

Beef Massaman

(แกงมัสมั่น)



Ingredients:

1) Grilled beef	1	kilogram
2) Massaman chili paste	1	cup
3) Coconut milk	1	kilogram
4) Ginger	5	pieces
5) Palm sugar	1/2	cup
6) Tamarind extract	1/4	cup
7) Fish sauce	1/2	cup
8) Chopped potato (1/2 inch)	1/2	kilogram
9) Chopped small onion	6	pieces
10) Roasted peanut	1/4	cup
11) Cardamom	10	pieces
12) Cardamom leaf	9	leaves



Cooking:

1. Stir-fry chili paste with vegetable oil, then add coconut milk with the prepared grilled beef
2. Add No.4),8),11), and 12). Then add No.5)-7)

Banana in syrup served with ice-cream (กล้วยเชื่อม)



Ingredients:

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|-----------|----|------|
| 1) Banana | 10 | |
| 2) Sugar | 2 | cups |
| 3) Water | 1 | cup |



Cooking:

Boil water and sugar until it becomes syrupy, chip banana then add into the syrup, cook for 7 minutes then scoop up, let it stand and serve with thicken coconut milk and ice-cream

Pad thai



Ingredients:

1) Shrimp	6	shrimps
2) Vegetable oil	2	tablespoons
3) Chopped garlic	2	teaspoons
4) Shallot	2	teaspoons
5) Rice noodle	100	grams
6) Broth	5	tablespoons
7) Chopped turnip pickle	2	tablespoons
8) Hard tofu (bean curd)	2	tablespoons
9) Dried shrimp	1	tablespoon
10) Palm sugar	1	tablespoon
11) Fish sauce	1	tablespoon
12) Tamarind extract	2	tablespoons
13) Egg	1	egg
14) Bean sprout	1	cup
15) Green garlic (leave)	2	tablespoons
16) Grounded roasted peanut	2	tablespoons
17) Lime juice	1	tablespoon
18) Chili powder	2	teaspoons (to get some chili taste)



Cooking:

1. fry garlic and shallot for one minute, then add shrimp until cooked, then add No.5)-9)
2. Seasoning with palm sugar, fish sauce and tamarind juice, cook until all mixed and noodle becomes soft
3. Add egg to fry with 1 tablespoon of vegetable oil, then add No.14)-18), serve with fresh vegetable

Tom kha kai



Ingredients:

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|--------------------------|---|------------|
| 1) Chicken breast fillet | ½ | kilogram |
| 2) Coconut milk | 2 | cups |
| 3) Chopped galangal | 3 | pieces |
| 4) Chicken soup | 1 | cup |
| 5) Finely chopped chili | 2 | teaspoons |
| 6) Chopped lemongrass | 1 | tablespoon |
| 7) Fish sauce | 1 | tablespoon |
| 8) Lime juice | ½ | cup |
| 9) Coriander leaves | ½ | cup |
| 10) Kaffir lime leaves | 3 | leaves |
| 11) Sugar | 1 | teaspoon |



Cooking:

1. Add No.1)-6) to boil and simmer over low heat for 8 minutes, stirring occasionally.
2. Continue stirring until cooked and all ingredients mixed well.
3. Season with fish sauce and sugar.
4. Add coriander leaves and lime juice before serving

Tom yum koong



Ingredients:

1) Medium-size shrimps	12	shrimps
2) Mushrooms	1	cup
3) Chopped lemon grass	1	tablespoon
4) Lime leaves	3	leaves
5) Salt	1	teaspoon
6) Fish sauce	2	tablespoons
7) Lime juice	3	tablespoons
8) Coriander leaves	½	cup
9) Water	4	cups



Cooking:

1. Remove the shrimp shell but leave the tails. Then cut open the back of each shrimp to remove the veins.
2. Bring water to boil, then add lime leaves, and shrimps. When the shrimps turn pink, add mushrooms and salts.
3. Before removing the pot from heat, add lemongrass. Then season with fish sauce, lime juice, and hot peppers. And garnish on top with pieces of coriander leaves before serving

