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Thai Chicken and Coconut Milk Soup (Tom Ka Gai or Kai Tom Ga

Categories: Soups, Thai

Yield: 1 servings

12 oz Canned coconut milk	-- (1/16") slices on the
-- such as Chaokoh	-- diagonal
1/4 lb Chicken breast	3 sl Galanga (more if desired)
-- cut into small chunks	--OR substitute fresh ginger
1 Lime; juice and grated peel	Hot chile peppers to taste
1 4" piece of lemon grass	-- cut into thin circles
-- cut into very thin	Cilantro for garnish

* Note: preferably Thai birds, with serranos an acceptable substitute, (though I've used sweet Fresno chiles in a variation I'll describe below).

Instructions: ===== Pour the lime juice on the chicken and let stand while you prepare the rest of the soup. In a medium saucepan, place the coconut milk, lemon grass, grated lime peel, galanga or ginger, and (optionally) chiles. (The optional part is that if you don't want the whole dish to taste spicy, add the chiles later; the earlier you add them, the hotter the resulting dish.) Bring the coconut milk to a simmer.

When the soup is simmering, add the lime-soaked chicken pieces and stir to distribute them. Reduce the heat so the soup stays just below a boil and cook for 12 to 15 minutes, or till the chicken pieces are finished cooking. Remove from heat and serve immediately with fresh cilantro leaves for garnish.

Now, the *best* way I ever had this soup was with pieces of fresh grouper instead of chicken. I also added slices of kumquats instead of the ginger, and used the sweet Fresno chiles instead of Thai birds. We also served it over Vietnamese rice noodles. Was it southeast Asian or Caribbean? Who cares, it was wonderful. If you can't find grouper, it'd be good with any tender, delicate white fish -- sole, maybe, or a very fresh sea bass, or maybe little chunks of monkfish. I believe I've had this with shrimp as well. (Grouper, BTW, is a type of fish common in the Caribbean and, if I recall, in other warm-water parts of the world; the flesh is very white, very tender, and quite delicately flavored. I've seen it in one Asian grocery store in the Bay Area, as well as in the Bahamas, so I'd guess that Gulf Coast netters should be able to find it readily.)

Notes: ===== 1. Galanga is similar to ginger, an edible rhizome available in most Asian groceries. If not available fresh, you can usually find it frozen. (Well, this is the SF Bay Area; if you can't find it at Tin Tin or the New Castro Market, you have to have friends smuggle it in from Bangkok for you... Other parts of the country may vary.)

2. Chile peppers add a lot to the dish; I've had it so hot that I could barely eat it, and I've had it completely smooth, sweet and mild. I like it in the middle.

3. Lemon grass adds a lot to the flavor and aroma, but as near as I can tell it isn't edible unless you puree it. (If there's sufficient demand, I'll print my recipe for Vietnamese turkey fajitas.) I just eat around the slices of lemon grass and ginger.

Thai Chicken Coconut Soup

Categories: Soups, Thai
Yield: 1 servings

3 cn -TO		- also cubed to bite size.
4 cn Coconut milk		Mushrooms
--(the unsweetened kind)	1	Carrot; grated
3 tb Chopped scallions		Juice from (8?) limes
1 ts -TO		- I can never put in enough
3 ts Lemon grass		Serrano chillies
Cilantro (pref. fresh) *		-OR- other hot chili pepper,
Tofu		- preferably fresh,
- cubed into smallish pieces		- but powdered will do)
Chicken	1 ts	Galanga powder

* (I sometimes leave this out. Niels says that's defeating the whole point, but I think it still comes out great)

Instructions: ===== Heat the coconut milk in a pot. Add everything else. As the lemon grass is inedible, put it in a tea ball and immerse the ball in the soup so you can retrieve it later. Cook until the chicken is done and the soup is hot (30 minutes?). Taste to see if it needs more limes (it always does) or more hot peppers (it's better to start mild and build up to the desired level of spicyness).

Thai Chicken Salad

Categories: Salads, Chicken, Thai
Yield: 1 servings

3 c Vegetable oil; for frying	1/4 c Fish sauce (nuoc mam)
20 Won ton skins	1/4 c (packed) light brown sugar
-- cut into 1/4 inch strips	4 Serrano chiles
8 c Shredded mixed salad greens	-- seeded and minced
4 c Barbecued or roast chicken	1/2 ts Freshly grated nutmeg
-- in bite-size pieces	1 tb Fresh lemon grass (optional)
-- (from a 3 lb bird)	-- (finely minced)
1 c Bean sprouts	1 tb Finely minced fresh ginger
1 lg Yellow bell pepper	1/4 c Minced fresh mint
-- cut into thin julienne	3 tb Minced fresh basil
1/2 European seedless cucumber	1/4 c Dry-roasted unsalted peanuts
-- cut into thin julienne	-- coarsely chopped
6 tb Fresh lime juice	

In a large skillet, heat the oil over moderately high heat until a strip of won ton bounces across the surface. Add the won ton strips in batches and fry, turning, until crisp and golden, about 1 minute. Transfer to paper towels; drain well.

In a large bowl, combine the mixed greens, chicken, bean sprouts, yellow pepper and cucumber.

In a medium bowl, whisk together the lime juice, fish sauce, brown sugar, chiles, nutmeg, lemon grass, ginger, mint and basil. Add the dressing to the salad and toss well. Gently fold in the crisp won ton strips. Turn out onto a serving platter and sprinkle with the peanuts.

Thai Chicken with Fresh Basil

Categories: Chicken, Thai

Yield: 4 servings

3 tb Vegetable Oil	3/4 c Basil, thinly sliced
1 lb Chicken breast (boned)	2 tb Sugar
2 tb Garlic; coarsely chopped	2 Serrano chilies
3 tb Nuoc Nam (fish sauce)	2 tb Water

Skin chicken and cut into 1.25 X 1 in strips. Remove stems from chilies and cut lengthwise into thin strips (discard the seeds). Heat oil in wok or large skillet over high heat. Add garlic and stir until golden brown, about 10 seconds. Add 0.5 cup of basil and the chilies and stir-fry just until basil wilts, about 1 minute. Add chicken and stir-fry about 3 minutes. Add nuoc mam, water and sugar and stir-fry until sauce bubbles and thickens slightly, about 2 minutes. Add remaining 0.25 cup of basil and stir-fry until just wilted, about 5 seconds. Serve immediately with steamed rice...

Thai Fried Noodles (1)

Categories: Thai, Pasta

Yield: 3 servings

1/2 lb Fresh rice noodles - cut into 1/2-inch slices, -OR- flat dried rice noodles	10 md Shrimp, shelled, deveined -OR- substitute pork
1 c Fresh bean sprouts	3 tb Fish sauce (nam pla)
1/3 c Oil	1 tb Rice vinegar
1 tb Minced garlic	2 tb Light brown sugar
4 tb Minced shallots	2 tb Tomato ketchup
2 ts Shrimp paste (kapee)	1/2 ts -TO
1 tb Chopped dried shrimp (opt.)	1 ts Chili powder (optional)
	2 Eggs; lightly beaten

-----GARNISHES-----

1/3 c Coarsely ground peanuts -- (unsalted)	2 tb Chopped coriander leaves
1/2 ts Dried red chili flakes (opt)	2 Limes; cut into wedges
2 Green onions; finely sliced	1 sm Cucumber; sliced

If using dried rice noodles, soak in hot water for 20 minutes before cooking. Drain. In 4 quarts boiling water, cook fresh rice noodles 2 to 3 minutes or until just tender to the bite, al dente. Drain. Rinse. Drain for 30 minutes or until dry. In boiling water, blanch the bean sprouts for 30 seconds. Refresh under cold water. Drain.

Heat oil. Fry garlic and shallots until golden. Add the shrimp paste and dried shrimp. Stir. Add the shrimp and stir-fry until done. Add the fish sauce, vinegar, sugar, ketchup, and chili powder. Stir until sugar dissolves. Add the beaten eggs and let them set slightly. Then stir to scramble. Add the noodles and toss for about 2 minutes. Place the Pad Thai on a platter. Sprinkle the noodles with peanuts, chili flakes, green onions, and coriander. Arrange lime wedges around the edge of the platter.

Serve with a side dish of fresh bean sprouts and cucumbers.

(Yield: 3-4 serving)

Thai Fried Noodles (2)

Categories: Thai, Pasta

Yield: 4 servings

Asian rice noodles	-OR- boned & skinned chicken
-- cut about 1/8 inch wide,	- cut into very small pieces
-OR-	2 tb Minced or pressed garlic
1 lb Flat rice noodles	2 ts Ground dried red hot chili,
-- (fresh or dried)	-OR-
3/4 c Fish sauce; -OR-	1 tb Minced fresh hot chile
6 tb -Soy sauce	4 Eggs; lightly beaten
4 ts Rice wine vinegar	8 oz Medium-sized shrimp
-OR- distilled white vinegar	-- shelled and deveined,
2 tb Sugar	-- tails left intact
4 ts High-quality paprika; -OR-	10 oz Fresh bean sprouts
1/4 c -Catsup or Tomato paste	3 Green onions; thinly sliced
1/2 c Vegetable oil	1/2 c Chopped dry-roasted peanuts
-OR more if needed	-- (unsalted)
8 oz Boneless pork	1/4 c Chopped fresh cilantro

-----FOR GARNISH-----

Finely minced dried shrimp
Fresh cilantro sprigs

Lemon or lime wedges

In a bowl, cover the noodles in lukewarm water and let stand to soften, about 15 minutes for fresh noodles or about 30 minutes for dry noodles. Drain and cut into 6-inch lengths, if desired. Set aside.

In a small bowl, combine the fish sauce, vinegar, sugar, and paprika, catsup, or tomato paste. Set aside.

Heat a wok or saute pan over high heat. Add the oil and swirl to coat the pan. Add the pork or chicken, garlic, and chili and stir-fry for 1 minute. Stir in the drained noodles and the reserved fish sauce mixture and stir-fry about 30 seconds. Push the noodles to one side, pour in about a tablespoon more oil, if necessary, and add the eggs; cook just until slightly set, then break them up. Add the shrimp and stir-fry just until they turn pink. Add most of the bean sprouts, the green onion, and 1/4 cup of the peanuts and stir-fry until the sprouts and onions are crisp-tender, 1 to 2 minutes. Remove from the heat and transfer to a serving plate.

Sprinkle with the chopped cilantro, remaining 1/4 cup peanuts, and dried shrimp. Garnish with the remaining bean sprouts, cilantro sprigs, and lemon or lime wedges, and serve immediately. Diners squeeze lemon or lime juice to taste.

Serves 8 as a pasta course, or 4 as a main course

Thai Fried Noodles (3)

Categories: Thai, Pasta

Yield: 4 servings

3 tb Vegetable oil	2 Eggs; beaten
4 Garlic cloves	12 oz Rice vermicelli
-- finely crushed	-- soaked in water for
1 tb Fish sauce	-- 20 minutes, drained
3 tb -TO	4 oz Peeled shrimp
4 tb Lime juice	4 oz Bean sprouts
1 ts Crushed palm sugar	4 Green onions; sliced

-----TO GARNISH-----

2 tb Dried shrimp, ground	Cilantro leaves
Roasted peanuts	Lime slices
-- finely chopped	

Heat oil in a wok, add garlic and cook, stirring occasionally, until golden. Stir in fish sauce, lime juice and sugar until sugar has dissolved. Quickly stir in eggs and cook for a few seconds. Stir in noodles to coat with garlic and egg, then add shrimps, 3/4 of the bean sprouts and half of the green onions.

When noodles are tender, transfer contents of wok to a warmed serving dish. Garnish with remaining bean sprouts and green onions, dried shrimp, peanuts, cilantro leaves and lime slices.

Thai Noodles

Categories: Thai, Pasta

Yield: 4 servings

3 c Chopped cabbage	1 1/2 ts Worcestershire sauce *
1 md Onion; chopped	1/4 ts Crushed red pepper
1 1/2 ts Oil	1/2 ts Curry powder
9 oz Pasta shapes	1/8 ts Ground cloves
-- (shells, bow-ties, etc)	1 Garlic clove
1/4 c Crunchy peanut butter	-- minced or mashed
1 tb Fresh lime juice	7 oz Coconut "milk"
1 1/2 ts Brown sugar	1 tb Chopped fresh cilantro
1 1/2 ts Soy sauce	1 ts Chopped fresh basil

* (Vegetarian or regular worcestershire sauce, as you prefer.)

Saute cabbage and onion in oil til just softened. Set aside in large bowl. Cook pasta till al dente. While pasta cooks, mix next 9 ingredients in a sauce pan. Heat gently, adding coconut milk gradually. Do not boil. Mix cooked pasta with sauce and veggies. Mix in cilantro and basil. Serve immediately.

4-6 main dish servings. This is a heavy dish; serve with a steamed veggie, and/or a light green salad.

Thai Rice Noodles

Categories: Thai, Pasta

Yield: 4 servings

4 oz Dried rice noodles	2 Beaten eggs
-- medium size	2 tb Tamarind sauce
1/4 c Vegetable oil	1/4 c Bean sprouts
2 Garlic cloves; finely minced	1 Scallion; sliced
3 tb Chopped raw shrimp	1 tb Salty preserved radish
3 tb Lean ground pork	2 tb Coarsely ground peanuts
1 ts Sugar	- (salted or unsalted)
1 tb Fish sauce	2 tb Sliced green onions
1 ts Soy sauce	2 Lemon wedges
2 ts Hot chili sauce	1 Cucumber

1. Soak noodles in hot water for 20 minutes, or until soft. Drain.
2. Heat oil in a wok or large skillet and saute garlic until golden. Add the shrimp and ground pork and stir-fry until lightly browned. Add the sugar, fish sauce, soy sauce, and chili sauce and stir-fry until the sugar dissolves. Pour in the beaten eggs, let them set slightly, then stir to scramble.
3. Add the noodles and stir-fry about 2 minutes. Push noodles to side of wok or skillet. Add the tamarind sauce and cook for 1 minute. Add the bean sprouts, scallions, radish, and stir-fry until bean sprouts are slightly cooked, about 1 minute. Stir noodles down into tamarind mixture and stir-fry until well-mixed.
4. Pile noodles on a serving dish and sprinkle with peanuts and scallions. Seed cucumber and slice lengthwise into 4 pieces. Place lemon and cucumber wedges on side of plate.

Thai Salmon Parcels

Categories: Thai, Fish

Yield: 2 servings

2 4-5oz salmon fillets	1 Spring onion; finely chopped
4 Sheets filo pastry	1 tb Fresh coriander
1 oz Butter	-- (finely chopped)
1 ts Grated ginger	1 Lime; zest & juice
1 Garlic clove; pressed	Salt & pepper

Mix together lime zest and juice, garlic, spring onion, ginger and coriander.

Melt butter. Lay out 1 sheet of filo, and brush with butter. Lay second sheet on top, brush with more butter. Lay a salmon fillet about 2-3 inches from short side of pastry, season to taste and put half of lime mixture on top. Fold short end of pastry over salmon, then fold in the 2 long sides. Fold the salmon over twice more, and cut off the remaining pastry. Do the same with the other fillet.

Put the parcels on a well-greased baking sheet, and just before baking brush with the remaining butter. Cook at gas mark 5 for 20-25 mins, until brown and crispy.

Thai Tomyum Gung (Shrimp) / Gai (Chicken)

Categories: Thai, Chicken, Shellfish

Yield: 1 servings

- | | | |
|------|----------------------------|------------------------------|
| 2 | -to | Lemon juice & fish sauce |
| 3 | Stalks of lemon grass | 2 -to |
| 2 lb | Tiger shrimps | 3 sm Red/green chili peppers |
| | -OR- boneless chicken meat | 1 cn Straw mushrooms |
| 5 | -to | 1 1/2 tb Thai chili paste * |
| 6 | Lime leaves (kaffir) | Cilantro/parsley |

* with soya beans oil (dark redish-brown color), which comes in a jar that can be bought at any Thai grocery

Instructions: ===== Boil some water (half of the pot) in a 1.5qt sauce pan. Put in lemon grass, and the chili paste. Put in the shrimps and the mushrooms. Let it boil for 10 minutes. Put in the "lime" leaves and sliced chili peppers (1 min). It's done!!

Now you can mix it in a serving bowl with some lemon juice and fish sauce. Garnish with cilantro and serve hot with Thai Jasmine rice.

Toam Yum Gai (Thai Soup)

Categories: Soups, Thai

Yield: 1 servings

-----GENERIC CHICKEN BROTH-----

- | | | | |
|------|------------------------|------|-----------------------------|
| 2 tb | Olive Oil | 1 md | Onion; cut into pieces |
| 1 ts | Sesame Oil | 2 lg | Carrots; cut into pieces |
| 3 | Whole cloves | 1 | Chicken, cut into pieces ** |
| 2 | Bay leaves | 6 c | Water |
| 1 | Sprig of fresh thyme * | | |

-----EVERYTHING ELSE-----

- | | | | |
|------|---------------------------|----------|----------------------------|
| | Mushrooms *** | -- | chewing on them.) |
| | Shrimp if you want *** | 4 | Kaffir lime leaves |
| 1 | Stalk lemongrass | | Cilantro leaves as desired |
| | -- cut into 2 inch pieces | 1 ts | Chili sauce |
| 2 sl | Galanga root | 2 tb | Fish sauce |
| | -- (more if you like | 1 1/2 tb | Lemon juice |

-----OPTIONAL-----

- | | |
|--------------------|------------------------------|
| Sliced hot peppers | -(2 or 3 slices per serving) |
|--------------------|------------------------------|

* (ad libbed with about 1 tsp or 1 tblsp of powdered thyme)

** (Some boneless skinless chicken pieces, plus some thighs with the bones bashed once with the back of a knife would be ok too -- the point being to get the flavor from the marrow out.)

*** as many as you want, cut any way you want, of any kind you want

Instructions: ===== Use a large covered stockpot. Heat olive and

sesame oil on high heat. Add cloves, bay leaves, thyme, (these should be pounded a bit first to crack the fibers and release more flavor) and onion, carrots. Cover 2 minutes, stir if you want.

Add chicken on top, and pour ONE cup of water over the tops of the chicken. Cover. Cook 5 minutes on high.

Add remainder of water, cover, continue heating till it starts to boil, then turn heat down and simmer covered 30 minutes. Skim off foam occasionally. Remove chicken, debone, and cut into bite sized pieces. Strain soup, avoid getting the sediment at the bottom. (What you do with the leftover veggies after making a stock is up to you. I think they end up in Minnesotan hot dishes....)

Take 4 cups of the stock, heat until it begins to boil, turn down the heat till it is just simmering. Add galanga, lemongrass, Kaffir lime leaves (bash them a bit to break the fibers--it allows them to release more flavor). Add mushrooms, chicken, (shrimp if you must). Stir in the fish sauce, chili paste. Cover, cook for another 5 minutes. Serve.

Add lemon juice (just have slices of lemon or lime that you can squeeze) cilantro, and thinly sliced jalapenos or other hot peppers at the table. Fresh liquorice basil also adds a nice touch.

Comments/Modifications: ===== We cheated and used Swansons reduced salt chicken stock for the water in the beginning because we used boneless skinless chicken. Can't tell if it hurt or helped.

Also had 4 shiitake mushrooms which had been soaking for several days, so they were cut up, and the soaking juice was added along with the chicken and mushrooms. About one cup of this. Big win. Yum.

Tom Kha Gai

Categories: Thai, Chicken, Soups

Yield: 1 servings

2	Boneless chicken breast	1 cn Coconut milk
	-- cut up bit sized	2 tb Sugar
2	-TO	2 ts Salt
3	Stalks of lemon grass	1 ts Dried crushed red chilis
	- cut up into 2" pieces	-- (optional)
	- and separated	7 c -Water
6	Pieces of dried galangal	

Place the chicken, lemon grass and galangal in a soup pot. Add the water and cook over medium for about 30 minutes. Add the remaining ingredients and simmer for 20 minutes. You may need to adjust the salt, sugar and water as I find the taste varies with the brand of coconut milk used. Serve with extra chilis and white rice.

Yellow Curry Chicken

Categories: Chicken, Thai, Main dish

Yield: 1 servings

1 lb	Chicken breast meat	1/2 c	Frozen peas (approximately)
	- (boneless, skinless)	2 tb	Vegetable oil
	- cut in bite-size pieces		-- (less if desired)
2 c	-TO	1 tb	Red curry paste
3 c	Fresh veggies	14 oz	Coconut milk
	-- mushrooms, asparagus,	4 tb	Fish sauce (less if desired)
	-- onions, zucchini, ...	1 ds	Salt
2	Potatoes; peeled and	2 tb	Sugar (less if desired)
	-- cut in pieces, pre-cooked	1 tb	Yellow curry powder
2	Carrots; cut in bite-size	1/2 c	Water or chicken stock
	-- pieces, pre-cooked	1/2	Bay leaf
	-OR- half this amount		

1A. Pre-cook potatoes and carrots. Don't cook them too done, since they will simmer with the main dish later.

1. Cut boneless, skinless chicken breast into bite-size pieces.
2. Wash and cut fresh vegetables into bite-size pieces.
3. In a heavy saucepan on medium heat, heat the veg. oil, red curry paste, and about one third of the coconut milk. Heat 5-10 minutes, stirring, until it forms a thin gravy.
4. Turn the heat to high, add the chicken, and cook until the chicken is half cooked, maybe five minutes.
5. Add the fish sauce, sugar, salt, and rest of the coconut milk, and mix well.
6. Stir in the curry powder, potatoes, carrots, and water/stock. If desired, add 1/s bay leaf. Let simmer just a minute or two.
7. Add the fresh vegetables and the frozen peas, and let simmer for 3 to 5 minutes, until fresh veggies are just done.
8. Serve (with jasmine rice...).

Aromatic Broth with Vegetable Slivers

Categories: Thai, Soups

Yield: 4 servings

1	Stalk Lemon Grass	1 1/2 tb	Salt
4 c	Cubed Chicken Meat		Pepper To Taste
	Chicken Or Fish Stock	3 oz	Snow Peas
1/2 c	Sliced Cilantro Leaves	1 md	Carrot, Peeled
1	Serrano Or Jalapeno Chili	4 md	Radishes
1/2 ts	Grated Lime Zest		Green Part of 1 Scallion
	Lime Juice To Taste	2 tb	Whole Cilantro Leaves

1. Cut lemon grass in 2-inch pieces; bruise lightly. Combine with stock, cilantro stems, chili, and lime zest in sauce pan. Simmer, covered, 15 minutes (halfway through, taste and remove hot pepper, if desired, or leave in longer for more heat).

2. Strain. (Solids can be re-used with more cilantro to flavor another batch of broth.) Add lime juice, salt and pepper.
3. Cut snow peas in thin diagonal strips. With vegetable peeler shave 2 inch ribbons of carrot. Thinly slice radishes and scallion.
4. Bring soup to a boil: stir in snow peas and carrots and boil until just tender --about 1 1/2 minutes. Stir in radishes, scallion, and cilantro; bring to a boil. Serve at once.

Aubergine with Pork and Prawns - Makhua Phao Song Kruang

Categories: Thai, Pork, Shellfish

Yield: 6 servings

Stephen Ceideburg	4	Cloves garlic, crushed
4 lg Aubergines (eggplants)	1	tb Vinegar
5 oz Pork, minced or ground	1	tb Fish sauce (Nam Pla)
7 oz Prawns (shrimp), shelled	2	tb Fermented soya beans
1/2 ts Pepper	1	ts Sugar
3 Shallots, chopped		Red Bell Pepper Or:
1 tb Oil	3	Red Chines

Cook the aubergines whole in a hot oven (230 degrees C/450 degrees F/Gas Mark 8) or barbecue them directly over strong heat until the skins are burnt.

Toss the aubergines into cold water then peel and cut them into large pieces. Place the pieces in a serving dish.

Mix the pork and prawns together. Add pepper to taste and put aside.

Saute the shallots in the oil, Remove the shallots and drain them, using the oil remaining in the pan to saute the garlic. When the garlic is golden brown, add the pork and prawn mixture and saute for a few minutes over medium heat.

Add the vinegar, fish sauce, soya beans and sugar and mix in well; cover and cook for a few minutes.

Top the aubergine pieces with the pork and prawn mixture, and sprinkle with the sugar.

Aubergine with Lentils - Phad Makhua Sai Thua Khiew

Categories: Thai, Vegetables

Yield: 6 servings

Stephen Ceideburg	1	Fresh chili
1/4 lb Lentils	2	tb Vegetable oil
1/2 ts Salt	1	tb Fish sauce
8 oz Aubergine (eggplant)	4	tb Water
4 Cloves garlic	10	Mint leaves

Cover the lentils with boiling water and leave for 2 hours. Drain, cover with fresh water, add salt, bring to the boil and cook, covered for 1/2 hour. Drain.

Cut the aubergines lengthwise into 4 pieces and then cut these quarters into 5-cm (2-inch) pieces.

Pound the garlic and chili together. Then fry them in the vegetable oil until golden.

Add the lentils, fish sauce, aubergine pieces and water to the garlic and chili in the pan. Continue frying for 2-3 minutes until the aubergine is cooked.

Add the mint leaves, turn the mixture just once with a spoon, and remove from the heat.

Aubergine Fritters - Makhua Chub Khai Thord

Categories: Thai, Vegetables

Yield: 6 servings

Stephen Ceideburg	2	Aubergines (eggplants),
2 Eggs, beaten		-finely sliced
Salt to taste		Oil for deep frying
2 tb Milk		

Mix the eggs, salt and milk together to make a batter. Dip the aubergine slices into the batter and deep-fry the coated aubergine slices in the oil over moderate heat until evenly brown.

Baked Prawns and Mungbean Noodles - Kung Op Wun Sen

Categories: Thai, Shellfish, Pasta

Yield: 6 servings

1 lb Prawns	1 tb Sugar
5 Coriander roots, crushed	1 tb Oyster sauce
1 tb Pepper corns	2 tb Light soy sauce
1 Onion, thinly sliced	1 ts Sesame oil
3 sl Ginger, crushed	1 tb Whiskey
2 tb Cooking oil	2 c Mungbean noodles, soaked and
1 tb Maggi sauce	-cut into short lengths
1/4 ts Salt	

Place the oil in a wok, heat and stir fry the coriander root, ginger, pepper and onion. When fragrant, remove from the wok and place in a mixing bowl.

Add the noodles, the sauces, salt, sugar, sesame oil and whiskey, toss the noodles until well coated, and then add the prawns and toss well once again.

Divide the noodles and prawns into four individual portions; place each portion in a lidded cup, and close the lids. Place the cups on a baking

tray and bake at 460 degrees F. until the prawns are done (about 10 minutes).

Serve hot with fresh vegetables, such as tomatoes and spring onions.

Barbecued Chicken Wings - Peak Gai Yang *

Categories: Thai, Chicken, Barbeque

Yield: 4 servings

1 1/2 lb Chicken Wings	1/2 ts White Pepper
1 ts Salt	1/4 c Minced Cilantro Root Or:
1/4 c Chopped Lemon Grass	-Coriander Root
8 Cloves Garlic, Chopped	1 ts Tumeric

This is a favorite barbecue recipe. The enticing aroma of the sizzling meat on the grill makes it very popular with the street vendors' clientele.

Combine all the marinade ingredients and marinate the chicken wings overnight. Barbecue the wings over medium coals for 5 to 7 minutes on each side until they are cooked through and golden brown.

Serve with steamed sticky rice.

Eggplant with Tofu

Categories: Thai, Vegetarian

Yield: 4 servings

3/4 lb Japanese eggplant	5 Red chili peppers
- (about 3 cups sliced)	-- seeded and chopped
1/4 lb Tofu	10 -to
6 tb Oil	15 Sweet basil leaves
2 -to	1 tb -to
3 Garlic cloves; crushed	3 tb Yellow bean sauce
1 -to	- (SEE NOTE)

NOTE: (yellow bean sauce from Thailand is saltier than sauce from Hong Kong or China, so season to taste)

Slice unpeeled eggplant crosswise into slices 1/8-inch thick. Cut tofu into 1/2-inch cubes. Heat oil in skillet; add garlic and stir-fry until light brown (don't burn!). Add eggplant and tofu and cook for 5 to 7 minutes. Add remaining ingredients; mix gently. Serve immediately, since eggplant and basil turn dark if dish sits after cooking. Makes 3 to 4 servings.

Evil Jungle Prince with Chicken (Or With Mixed Vegetables)

Categories: Thai, Chicken, Main dish

Yield: 4 servings

1/2 lb Boneless chicken breast	1/2 c Coconut milk
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-OR-	1/2 ts Salt
1/2 lb -Mixed vegetables,	1 -to
- (see note below)	4 tb Fish sauce,
2 -to	- based on personal taste
6 sm Red chile peppers	- (omit for veggie version)
1/2 Stalk fresh lemon grass	10 -to
2 Kaffir lime leaves	15 Basil leaves
2 tb Oil	1 c Chopped cabbage

Thinly cut chicken into 2-inch strips. (If doing veggie version, cut vegetables into thin strips.) Grind together red chili peppers, lemon grass, and kaffir lime leaves in a food processor or pound in a mortar. Heat oil to medium-high and saute pepper mixture for 3 minutes. Stir in coconut milk and cook for 2 minutes. Add chicken (or vegetables) and cook for 5 minutes or until cooked (same time for veggies). Reduce heat to medium-low. Stir in fish sauce (if using), salt, and basil. Serve on a bed of chopped cabbage.

Note: ===== For mixed vegetables, choose from among bell peppers, string beans, water chestnuts, tomatoes (small cherry tomatoes are best), bamboo shoots, miniature corn, asparagus, cucumbers, zucchini, Japanese eggplant, and mushrooms. I particularly like string beans or asparagus, a few cherry tomatoes, shredded (rather than sliced) bamboo shoots, miniature corn, and some straw mushrooms or slender (Japanese) eggplant.

(3-4 servings)

Galloping Horses (Thai Appetizer)

Categories: Thai, Appetizers

Yield: 8 servings

1 ts Oil	1 Fresh pineapple; -OR-
1 lb Ground pork	5 -Tangerines, -OR-
4 -to	4 -Oranges
8 Garlic cloves	1/3 c Sugar
-- finely chopped	1/2 ts Pepper
3 Green onions, white part	Lettuce leaves
-- chopped	Mint or coriander leaves
3/4 c Roasted salted peanuts	Chopped chilis

Grind peanuts. Heat oil in a frying pan, add pork, garlic and onions. Cook until pink color disappears. Drain off most of the fat. Add sugar and pepper, cook 1-2 minutes. Add peanuts, mix in well, then remove from heat. Cool to room temperature.

Prepare platter, lining with lettuce leaves. Peel and segment the citrus fruit if used, cutting each segment down to the back and fanning open to form a circle. If using pineapple, cut off top leaves and outer skin, as thinly as possible, from top down. Look at the "eye" pattern, as it forms a spiral down the pineapple. Cut the spirals with a sharp knife held at about a 45 degree angle. Cut off bottom. Cut pineapple into about 5 or 6 wedges and then cut each of those into 1/4 inch slices. Arrange fruit on platter.

Mound meat mixture onto fruit, and decorate with other garnishes. Serve at room temperature, or chilled.

(servings: 8-10)

Green Bean Curry (Aka Country Curry or Jungle Curry)

Categories: Thai, Vegetables

Yield: 6 servings

1 lb Fresh green beans	Bamboo shoots (optional)
2 tb Thai Curry Paste	6 c Chicken broth
2 tb Vegetable oil	

Clean and pick green bean tips. In a dutch oven (or equivalent size vessel), heat oil. Add curry paste and "fry" until fragrant, about 1 minute. Add broth, green beans, bamboo shoots (or other vegetable). Bring to a rapid boil and cook like that for about 15-20 minutes (watching that liquid doesn't reduce too much; add water as necessary). Reduce heat to a hard simmer and continue cooking until green beans are VERY done and have absorbed the flavor of the curry broth. Serve in bowls over rice.

NOTES: If necessary, you may substitute whole frozen green beans for fresh.

Thai Curry Paste: "Country Curry" or "Red Curry"; but they are all flavorful. Mae Ploy and Tommy Tang are other good brands.

Bamboo shoots: I like to use a large can of bamboo tips because they are tender and I can cut them into 1/4 inch thick round slices. You can also use a couple of the small cans of sliced bamboo shoots, but they will not absorb the flavor as well. I think carrots cut into coins would also be good, if you like those. I tried potatoes once, but they just disintegrated.)

Hot and Sour Shrimp Soup (Thai)

Categories: Thai, Soups

Yield: 6 servings

1 lb Medium shrimp	3 tb Fresh lime juice or to taste
2 Sticks fresh lemongrass; OR	1 ts Thai chili paste
2 tb -Dried lemongrass	-(nam prik pow) OR see NOTE
4 Kaffir lime leaves	15 oz Canned straw mushrooms; -OR-
- (fresh or dried) -OR-	12 md -Fresh mushrooms
1 tb -Finely grated lemon zest	3 Fresh hot green chilies
1 1/2 qt Chicken stock	3 tb Cilantro
1 tb Fish sauce or salt to taste	

NOTE: The following mixture may be substituted for 1 teaspoon Thai chili paste: 1/4 ts cayenne, 1/4 tsp sugar and 1/2 tsp oil

Wash, peel, de-vein shrimp. Save shells. Wash shrimp again, drain, pat dry, cover and refrigerate. If using fresh lemongrass, cut each stick into three 2 inch pieces--starting from rounded bottom end. Discard straw-like top. Lightly crush the 6 pieces.

In a pan, combine lemongrass, lime leaves, stock, and shrimp shells. Bring

to boil. Lower heat and simmer gently for 20 minutes. Strain stock, then add fish sauce, lime juice, and chili paste. Adjust fish sauce and lime juice to taste. *Add more chili paste for more heat.

Drain straw mushrooms and add to stock. (If using fresh mushrooms, quarter them and drop in lightly salted boiling water. Boil 1 minute. Drain and add to stock.) **The soup can be prepared to this point several hours ahead of time and stored in the refrigerator.**

Prepare garnish shortly before serving. Cut green chillies into fine rounds. Wash and dry cilantro. Just before serving, heat the soup, when it begins to boil, drop in peeled shrimp. Cook on medium heat for 2 minutes or just until shrimp turn opaque. Garnish with chillies and cilantro leaves. Serve hot.

Kwitiaow Pad Thai

Categories: Thai, Shellfish
Yield: 6 servings

1/2 c Peanut or corn oil	- (sen kel or woon sen),
1 oz Raw prawns, shelled	- soaked in cold water
4 oz Firm bean curd (tofu); diced	- for 7-10 minutes, if dried
3 tb Preserved sweet white radish	1/4 c Chicken stock
-- chopped	3 tb Dried shrimps, chopped
3 tb Sliced shallots	1/3 c Unsalted peanuts, chopped
4 Eggs	4 Spring onions; sliced
11 oz Rice or cellophane noodles	15 oz Bean sprouts

-----SAUCE-----

1 c Water	1/3 c Palm sugar
1/2 c Tamarind juice	1 tb White soya sauce

Mix all the sauce ingredients together in a pan and boil until reduced to about 2/3 cup. Set aside to cool.

Heat the oil in a wok or pan until very hot, then add the prawns and bean curd and stir-fry lightly for 1 minute. Add the preserved radish and shallot, fry for 1 minute, and break in the eggs. Stir-fry for a minute, then add the noodles and chicken stock. When the noodles are soft (about 2 minutes), add the dried shrimps, peanuts, spring onions and bean sprouts. Add the sauce, fry for a couple of minutes and serve.

Serve accompanied by chopped peanuts, chopped dry chillies, sugar, lime wedges, spring onions, and fresh bean sprouts, all in small containers.

My Pad Thai

Categories: Thai, Pork
Yield: 1 servings

3 1/2 tb Distilled white vinegar	- cut crosswise into
2 tb Water	- 3/8 inch thick strips -OR-
2 1/2 tb Fish sauce	1 lb -Lean pork, cut into thin
3 tb Tomato paste	-slices 3/8 inch by 2 inches

2 1/2 tb Sugar	8 oz Small, cooked shelled shrimp
1/2 tb Dried shrimp	2 Eggs; lightly beaten
-- pounded to a powder	2 c Fresh bean sprouts
9 oz Flat rice sticks, 1/8" wide	- beans removed
Vegetable oil	1/4 c Roasted, unsalted peanuts
1/3 c Fresh sweet basil leaves	- coarsely ground
- (Thai or purple basil)	Cherry tomatoes; halved
2 Red Serrano chili peppers	Lime wedges
-seeded & very finely minced	Mint sprigs
4 Garlic cloves; minced	-OR- sliced green onions
1 1/2 lg Boned chicken breast halves	

Combine the vinegar, water, fish sauce, tomato paste, sugar, and dried shrimp in a small bowl; mix until well blended and reserve. In a large pot, soak the noodles in enough water to cover. In a small skillet or pot, heat vegetable oil 3/4 to 1 inch deep to 350 degrees, or until a dried rice noodle puffs instantly when dropped into the oil. Deep-fry the basil leaves a few at a time, turning them once or twice until they are crisp, or 40 seconds to a minute; drain on paper toweling.

Bring the noodles to a boil and cook them 2 minutes, or until they are almost tender. Drain and rinse them well, then spread them on paper toweling to dry slightly. Heat a wok or large skillet and add about 2 1/2 tablespoons vegetable oil. Fry the Serrano peppers about 30 seconds, then add the garlic and stir-fry until it is soft. Add the chicken or pork and stir-fry until the chicken is almost opaque throughout or the pork is browned. Stir in the shrimp and the sauce and mix completely. Make a well in the center of the mixture and pour in the eggs. When they are almost set, scramble them evenly. Add half the noodles, thoroughly incorporating them into the mixture; stir in the remaining noodles and half the bean sprouts. Cook just until the bean sprouts are nearly wilted.

Heap the meat and noodles onto a platter. Cover one half of them with ground peanuts and the other half with uncooked bean sprouts. Ring the noodles with lime wedges, cherry tomatoes, and mint sprigs and garnish the top with the fried basil.

Nue Gra Pao: Stir-Fried Beef with Mint

Categories: Thai, Meats

Yield: 4 servings

1 lb Flank steak	3 tb Fish sauce
14 Serrano chilies	1 tb Granulated sugar
- finely chopped	1/2 c Water (more if needed)
1/4 c Finely chopped garlic	1/2 c Mint or basil leaves
1/2 c Finely chopped yellow onion	- (loosely packed)
1/4 c Vegetable oil; PLUS:	Green lettuce leaves
2 tb Vegetable oil	

This is a rich, hearty dish with plenty of typical Thai flavors. Any kind of beef may be used, but flank steak works particularly well because it is easy to cut it across the grain, which helps keep the meat from falling apart during stir-frying and produces a tender result. Be sure to serve plenty of rice, because it helps moderate the hot chilies without detracting from the flavor. You may reduce the number of chilies by up to one half, but traditionally this dish should have a rich, hot chili flavor.

1. Slice the beef across the grain into strips 1/4 inch thick and 2 to 3 inches long. Set aside.
2. Pound or grind the chilies, garlic, and onion to a coarse paste in a mortar or blender. If you use a blender you may need to add the oil to aid in grinding.
3. Heat a wok, add the oil, and swirl it over the surface of the pan. (Do not add more oil if you have ground the chilies, onion, and garlic in oil.) Add the paste from Step 2 and stir-fry until it is light golden.
4. Add the beef and stir-fry until it is a uniform tan color, but do not overcook it.
5. Add the fish sauce, sugar, water, and mint (or basil) leaves. More water may be added if the sauce is too dry. There should be about 1/2 to 3/4 cup sauce, depending on how much water you added.

Ahead of time note: The dish may be prepared a day in advance to this point. To do so, proceed through Step 5, omitting the mint or basil leaves. When you are ready to serve, heat the mixture and add the leaves. If the meat has absorbed the liquid, add just enough warm water to bring it back to the original consistency.

6. Arrange a single layer of lettuce leaves in a serving bowl and put the beef mixture over them. Serve the beef immediately or keep it warm while preparing other dishes.
7. Serve with rice.

(Serves 4 to 6)

Nue Nam Tok: Grilled Beef with Thai Seasoning

Categories: Thai, Meats

Yield: 6 servings

3	Serrano chilies	2 tb	Fish sauce
1/4 c	White vinegar	1 ts	Ground roasted chilies *
1 1/2 lb	Flank steak	2 tb	Ground toasted rice **
1/4 lb	Red onion; sliced		Red lettuce leaves
4	Green onions		Coriander sprigs
1/4 c	Lime juice; PLUS:		Mint or Basil leaves
1 tb	Lime juice		

1. Remove the stems, but not the seedes, from the chilies. Slice the chiles crosswise into pieces 1/8" thick. Place the sliced chiles and vinegar in a small serving bowl. Let it stand for at least 15 minutes.
2. Grill the beef to the desired doneness, preferably over charcoal. Slice it across the grain into strips 1/8" thick and 1 to 2 inches long. Put these in a large ceramic bowl.
3. Peel the red onion, remove the root portion, and slice the onion vertically into thin strips. Slice the green onion diagonally into thin pieces. Add both types of onion to the beef.

4. Add the lime juice, fish sauce, ground chilies, and ground rice. Mix well

5. Arrange a single layer of lettuce leaves on a serving platter, and place the beef mixture on top. Garnish with sprigs of coriander and mint or basil leaves.

6. Serve at room temperature, the vinegar sauce (from Step 1) and rice.

* Use small hot chilies about 3 to 4 inches long. Roast whole chili stems and all, in a dry wok or skillet until the color changes to dark red or brown depending on the chilies used. Be careful not to let them burn. When the chilies have cooled, remove the stems and seeds. Place the chilies in a food processor or blender and grind using short pulses. Pre-ground chilies are also commercially available, but often lack the "bite" of home ground ones and may be more expensive.

** Place uncooked rice in a dry wok or skillet and heat over moderate heat until deep golden brown, stirring frequently to keep from burning and to allow it to develop a uniform color. Watch the rice carefully after it begins to change color and stir constantly because it can burn easily at this stage. When it is a uniform deep golden color, remove from heat and allow to cool to room temperature. Grind it to a fine powder in a blender or a spice grinder. This can be made in advance and kept in quantity so that there is always a supply on hand, but it is also easy to make up while preparing the dish.

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