



# Grandma's Home Cooking School

# APPETIZER



## DEEP FRIED SPRING ROLL (POH PHIA TOD)

### Ingredient: filling

- 50g Minced chicken (Vegetarian alternative: tofu)
- 20g Minced firm tofu
- 200g Bean sprouts
- 100g Cabbage, thinly sliced
- 50g Shredded carrot
- 5 Cloves garlic, finely chopped
- 5 Garlic chives, cut into inch length
- 50g Glass noodles, soaked and cut into inch length
- 2 tbsp. Cooking oil
- 4 Spring-roll wrappers



### SEASONING SAUCE

- 1 tsp Sugar                      - 1 tsp fish sauce (Vegetarian alternative: Soy sauce)
- 1 tbsp Soy sauce                - 2 tbsp Oyster sauce (Vegetarian alternative: Mushroom sauce)

### SWEET CHILI SAUCE

- 300 ml. water                      -5 tbsp sugar
- 4 tbsp rice vinegar                - 1 tsp salt
- 3 red spur chilies, finely chopped - 5 cloves Garlic, peeled, finely chopped
- 2 tsp tapioca flour

**Preparation: SWEET CHILI SAUCE**

1. Combine vinegar, water sugar and salt in a sauce pan. Bring to a simmer over medium heat until thickened.
2. Add garlic and chili. Let boil for 5-10 minutes.
3. In a small bowl, combine tapioca flour with water and stir well. Add the mixture to the sauce pan, stirring frequently.
4. Remove from heat and allow to cool

**Preparation: SPRING ROLL FILLING**

1. In a mixing bowl, mix bean sprouts or cabbage, garlic chives, carrot, with glass noodles, topped with tofu and seasoning sauce. Set aside
2. In a sautee pan, heat 2 tbsp oil over medium heat.
3. Toss in garlic and sautee until fragrant
4. Add chicken and sautee.
5. Toss in all ingredients from the mixing bowl.
6. Sautee until all ingredients are cooked through. Remove from heat and allow to cool at room temperature.

### Preparation

1. Spread a spring roll wrapper on the counter, with one corner at the bottom.
2. Place a tablespoon of filling at the bottom part of the wrapper in thin log shape leaving a few centimeters space at the bottom.
3. Lift the wrapper over filling and tuck it under. Roll the wrapper tightly to seal.
4. Fold left and right sides inward. Brush the roll with egg.
5. Deep fry in vegetable oil over medium heat until crispy and golden brown.
6. Serve warm with sweet chili sauce.

\*Glass noodle aka cellophane noodle is a low-calorie alternative in various recipes, made of mung bean and low in carbohydrate. Vegetarian spring roll can be made with variety of mushroom, i.e. shiitake, wood ear mushroom, sliced Portobello, etc. Try brushing with olive oil and oven-fry for healthier recipe.

## THAI TRADITIONAL SPRING ROLL (TUNG THONG)

### Ingredient: for FILLING

- 250-300 Minced chicken or shrimps
- 50 g Carrot, minced
- 50g Corn kernels
- 50g Peas
- 2 tbsp. wheat flour
- Spring roll sheet for gold bag wrapper
- Blanched spring onion for gold bag to tie gold bag
- Palm oil for frying
- Ground white pepper corn
- 1 tsp. Coriander root, minced
- 2 garlic, minced

### Seasoning sauce:

- 1 tbsp. soy sauce
- 1 tsp. sugar
- 1 tbsp. oyster sauce



### Preparation

1. In mixing bowl, combine chicken or shrimp with carrots, corn kernels, peas.
2. In a sautee pan, heat 2 tbsp. of oil to sautee the mixture is tender and cooked through.
3. Add seasoning sauce and stir to combine.
4. Place 1 scoop of filling in each wrapping sheet. Wrap and tie with blanched spring onion.
5. In a wok, with enough oil to cover the bags, over medium heat, deep fry until golden in color and crispy.
6. Serve with sweet chili sauce

*Note:* Avoid mixing the filling with hand or mixer, as the temperature effects flavor to change. Using spoon is recommended.

\*This crispy dumpling is usually served in auspicious ceremony as its name resembles wealth and prosperity.



# SOUP





## COCONUT SOUP

### (TOM KA KAI)

#### Ingredient:

- 100g Chicken breast/thigh, cut into bite-size pieces (vegetarian alternative : tofu)
- 50g oyster mushrooms
- 2 stalks lemongrass, diagonally sliced into 1 inch pieces
- 5 slices Galangal
- 2 kaffir lime leaves, stripped in halves
- ½ Onion, quartered
- 1-5 Chilies, crushed
- 2 Tomato, quartered
- 2-3 Coriander, cut into 1 cm lengths
- spring onion, cut into 1 cm lengths
- 250g coconut milk
- 1 tsp, Sugar
- 1 tbsp, fish sauce (vegetarian alternative: soy sauce)
- 1 tbsp, lime juice



#### Preparation:

1. In a medium-sized pot, bring coconut milk to a simmer. Reduce heat to medium, add lemongrass, galangal, kaffir lime leaf and chili. Let simmer for 5 minutes.
2. Add chicken
3. Add onion, tomato and mushroom.
4. Season with sugar, fish sauce and stir to combine.
5. Let simmer shortly before removing from heat and add squeeze in fresh lime juice.
6. Ladle into serving bowl. Garnish with fresh coriander and spring onion.

\*Kha – the herb that brings the dish unique aroma is a home-remedy herb for its warming effect that aids respiratory infection and motion sickness or morning sickness.

## HOT AND SOUR SOUP

### (TOM YUM SOUP)

#### Ingredient:

- 5-7 fresh prawns (vegetarian alternative : Oyster mushroom/Tofu)
- 200g Vegetable broth or any kind of broth
- 1-2 Stalks lemongrass, diagonally sliced into 1 inch length
- 4-5 slices Galangal
- 2 kaffir lime leaves, stripped in halves
- Shallots, smashed slightly with cleaver or pestle
- Tomato, quartered
- Coriander, cut into 1 cm. lengths
- spring onion, cut into 1 cm lengths
- 1 tsp. Sugar
- 1 tbsp. fish sauce (vegetarian alternative : soy sauce)
- 1 tbsp. Lime juice
- 1 shot coconut milk or unsweetened evaporated milk



#### Preparation:

1. In a medium-sized pot, bring water/broth to boil over high heat. Add Lemongrass, galangal, chilies, kaffir lime leaf and shallots. Let simmer to allow the herb to infuse.
2. Add tomato mushrooms. Season with sugar, fish sauce and chili paste oil. Stir lightly until simmer.
3. Add prawns coconut milk. Let simmer until prawn is just cooked turn.
4. Remove from heat and squeeze in lime juice.
5. Ladle into serving bowl and garnish with coriander, spring onion, and coriander.

# STIR-FRY



## PAD THAI

### INGREDIENT:

- 200g Rice Noodle (Soaked until tender, drain well)
- 50g Chicken breast/thigh or any other meat of your choice, sliced.
- 20g firm tofu, cubed
- Egg
- Water
- Shallot or garlic, thinly sliced.
- Garlic chives
- 50g Bean sprouts
- Shredded carrot
- Cooking oil
- Dried shrimp



### Pad Thai sauce

- 1 tsp Palm sugar
- 1 tsp Fish Sauce. Vegetarian alternative : Soy sauce
- 1 tbsp Soy sauce
- 1 tbsp Oyster sauce vegetarian alternative: Mushroom sauce
- 2 tbsp Tamarind sauce
- ½ tsp Chili powder

### Preparation:

1. Prepare Pad-thai sauce: combine all ingredients in a small mixing bowl and stir well until dissolved. Set aside.

Preparation:

2. In a wok, heat the cooking oil over medium heat. Add sliced shallot/garlic and dried shrimp. Sautee until fragrant.
3. Stir in meat and tofu. Sautee until cooked through.
4. Crack in an egg and stir until almost cooked through.
5. Make room on one side of the pan, add rice noodle, Pad Thai sauce and water. Stir well to combine and noodle is tender.
6. Shortly before removing from heat, stir in fresh bean sprout, garlic chive and carrot.
7. Serve your Pad Thai garnished with ground roasted peanut and a fresh slice of lime.

\*Pad Thai – bursting with authentic flavor of tamarind sauce that boosts digestive system palm sugar which is healthy alternative to refined sugar. The dish is complemented with tofu and fresh vegetable which makes healthy choice and equivalently tasty meatless.

## PAD KA PRAO

### INGREDIENT:

- 100g ground chicken.
- 2-3 clove Garlic, finely chopped
- 1-5 Birds eye chilies, crushed
- ½ onion, sliced
- 2 long bean, sliced diagonally
- fresh leaves from 3 bunches of holy basil
- Red pepper, sliced diagonally
- Cooking oil



### SEASONING SAUCE

- 1 tsp. Sugar
- ½ tsp. Fish Sauce
- ½ tsp. Soy sauce
- 1 tbsp. Oyster sauce
- Ground white pepper corn

### Preparation

1. In a wok, heat cooking oil over medium heat, sautee garlic and chilies until fragrant
2. Add chicken and sautee until cooked through.
3. Toss in onion, long beans and seasoning sauce after. Stir well until vegetables are tender.
4. Shortly before removing from heat, toss in holy basil leaves sliced red pepper and stir shortly.
5. Remove from heat and ready to serve.

\*This pungent dish is best served over steamed rice. Ka-prao – holy basil, aids digestion and beat bloating. Chewing fresh leaves freshen breath.

## STIR FRIED CHICKEN WITH CASHEW NUT

### INGREDIENT:

- 100g Chicken Breast/thigh in cubes
- 2 cloves garlic, minced
- 1-2 sun dried chilies, cut in 1 cm length.
- 2 baby corn, sliced
- 2 spring onion, cut into 1-inch length
- ½ onion, sliced
- Carrot, sliced
- 50g roasted, cashew nuts
- 2 tbsp. cooking oil
- 3 tbsp. water

### SEASONING SAUCE

- 1 tsp. Sugar
- 1 tsp. Fish sauce
- 1 tbsp. Soy sauce
- 1 tbsp. Oyster sauce
- 1 tsp. Chili paste
- Ground white pepper corn



### Preparation:

1. In a wok, heat cooking oil over medium heat and sautee garlic and dried chilies until fragrant.
2. Add chicken and stir until cooked through.
3. Toss in baby corn, onion, carrot and seasoning sauce after. Stir until vegetable are and tender.
4. Add spring onion and roasted cashew nuts, stir to combine. Remove from heat and ready to serve.

\*This vibrant dish is very flavorful with crunchy texture from cashew nuts, which is not only addictive but very beneficial. It is rich in Magnesium, unsaturated fat that reduce risk of gallstone and heart disease.

# CURRY



## RED/GREEN CURRY PASTE

### INGREDIENT:

- 5 dried red spur chilies, seeded and soaked
- 1-2 cloves garlic or 4-5 cloves Thai garlic, peeled
- 1-2 medium size shallots, finely sliced
- ½-1 tbsp. lemongrass, finely sliced
- 1 tsp. galangal, thinly sliced
- 1 tsp. coriander root
- ½ tsp. turmeric, sliced
- ½ tsp. kaffir lime rind
- ½ tsp. peppercorns
- ½ tsp. coriander seeds, roasted
- ½ tsp. cumin, roasted
- ½ tsp. salt
- 1 tsp. shrimp paste



### PREPARATION:

1. In a mortar, pound roasted dried herb; coriander seeds, cumin and peppercorn until finely ground.
2. Add the remaining ingredients except shrimp paste. Pound until well combined.
3. Add shrimp paste, continue pounding until the mixture forms smooth and fine paste.

\*Freshly pound Thai curry paste; combination of herb, rendering its aroma, flavor and benefit to enhance daily-consumed local curry dish. Turmeric is well known anti-inflammatory superfood, bird'eyes chili is antioxidant herb and congestion. Kaffir-lime controls blood pressure and lemongrass is digestion stimulant

## KHAO SOI YELLOW CURRY PATE

### (NAM PIK KHAO SOI)

- 5 sun dried chili, remove seeds and soaked in warm water
- 1-2 cloves garlic or 4-5 cloves Thai garlic
- 1-2 medium-sized shallots
- ½-1 tbsp. lemongrass
- 1 tbsp. galangal
- 1 tsp. coriander root
- ½ tsp. turmeric
- ½ tsp. kaffir lime rind
- 1 tsp. peppercorns
- ½ tsp. coriander seeds, roasted
- ½ tsp. cumin, roasted
- ½ tsp. salt
- 1 tbsp. masala powder or curry powder
- ½ tsp. shrimp paste



#### PREPARATION:

1. In a mortar, pound roasted dried herb; coriander seeds, cumin and peppercorn until finely ground.
2. Add the remaining ingredients except shrimp paste. Pound until well combined.
3. Add shrimp paste, continue pounding until the mixture forms smooth and fine paste.

## Panang curry paste

### INGREDIENT:

- 5 dried red spur chilies, seeded and soaked
- 1-2 cloves garlic or 4-5 cloves thai garlic
- 1-2 medium-sized shallots
- ½-1 tbsp. lemongrass
- 1 tsp. galangal
- 1 tsp. coriander root
- ½ tsp. turmeric
- ½ tsp. kaffir lime rind
- ½ tsp. peppercorns
- ½ tsp. coriander seeds roasted,
- ½ tsp. cumin, roasted
- ½ tsp. salt
- 1 tbsp. peanut
- 1 tsp. shrimp paste



### Preparation:

1. In a mortar, pound roasted dried herb; coriander seeds, cumin and peppercorn until finely ground.
2. Add the remaining ingredients except shrimp paste. Pound until well combined.
3. Add shrimp paste, continue pounding until the mixture forms smooth and fine paste.

## MASSAMAN CURRY PASTE (NAM PIC MASSAMAN)

- 5 sun dried chili, seeded and soaked in warm water
- 1-2 cloves garlic or 4-5 cloves Thai garlic
- 1-2 medium-sized shallots
- ½-1 tbsp. lemongrass
- 1 tsp. galangal
- 1 tsp. coriander root
- ½ tsp. turmeric
- ½ tsp. kaffir lime rind
- 1 tsp. peppercorns
- ½ tsp. coriander seeds, roasted
- ½ tsp. cumin, roasted
- ½ tsp. cloves, roasted
- ½ tsp. cinnamon
- 2 tsp. Masala or curry powder
- 1 tsp. peanut

PREPARATION;

1. In a mortar, pound roasted dried herb; coriander seeds, cumin and peppercorn until finely ground.
2. Add the remaining ingredients except shrimp paste. Pound until well combined.
3. Add shrimp paste, continue pounding until the mixture forms smooth and fine paste.

\*Massaman is the Malay and Indian influence curry. Its scent of cumin and cinnamon is enchanting. Its property is benefiting; cumin reduces blood cholesterol and food-borne disease. Cinnamon is well known for antiviral property and Alzheimer aid.



## RED/GREEN CURRY

Red or green curry (Gang ped or Gaeng keow wan)

### INGREDIENT:

- 2 tsp. Curry paste
- 200 g Chicken breast/thigh cut into bite-sized pieces  
(Vegetarian alternative: tofu)
- 2 tbsp. cooking oil
- 250 ml coconut milk
- 2 kaffir lime leaves, stripped in halves
- 10 sweet basil leaves
- 2 Eggplants
- 5-10 baby eggplants
- 4 red chili, diagonally sliced
- 1 tsp. palm sugar
- 1-2 tbsp. fish sauce (Vegetarian alternative: 1 tsp. salt)

### PREPARATION:

1. In a skillet or a pan, over medium-low heat, combine cooking oil and curry paste. Stirring frequently.
  1. Add chicken, stir until no longer pink.
  2. Add coconut milk, stir well and let simmer few minutes.
  3. Turn the heat to medium, add eggplant and cook until tender
  4. Season with sugar and fish sauce.
  5. Add palm sugar and fish sauce. Stir to combine.
  6. Add kaffir lime leaves, sweet basil leaves and red Chilies. Remove from heat and serve.

## PANANG CURRY

### INGREDIENT:

- 2 tsp. Panang curry paste
- 200g Chicken breast/thigh cut into bite-sized pieces (Vegetarian Alternative :tofu)
- 1 tbsp. Cooking oil
- 150 ml. Coconut milk
- Kaffir lime leaves, finely sliced
- 4-5 Red chili, sliced diagonally
- 5-8 pea eggplants
- 1 tsp. Palm sugar
- 1 tbsp. Fish sauce (Vegetarian alternative:1 tsp. salt)

### PREPARATION:

1. In a skillet or a pan, over medium-low heat, combine cooking oil and curry paste. Stirring frequently.
2. Add chicken, let simmer until no longer pink.
3. Add coconut milk, stir well and let simmer few minutes.
4. Turn the heat to medium, add eggplant and cook until tender
5. Add palm sugar and fish sauce. Stir to combine.
6. Add kaffir lime leaves, sweet basil leaves and red chilies. Remove from heat and serve.

## KHAO SOI

### INGREDIENT:

- 1 tbsp. khao soi curry paste
- 100 g chicken breast/thigh  
Cut into bite-size pieces (vegetarian alternative: tofu)
- 1 tbsp. cooking oil
- 250ml. coconut milk
- 100g egg noodles, blanched
- 50g deep-fried egg noodles
- 1 tsp. coriander, finely chopped
- 1 tsp. spring onion, finely chopped
- 1 tsp. palm sugar
- 1 tsp. fish sauce (vegetarian alternative: 1 tsp. salt)
- 2 shallots, finely sliced
- Juice from a half lime
- 2 tbsp. pickled cabbage

### PREPARATION:

1. In a skillet or a pan, over medium-low heat, combine cooking oil and curry paste. Stirring frequently.
  1. In a skillet or a pan, over medium-low heat, combine cooking oil and curry paste. Stirring frequently.
  2. Add chicken, let simmer until no longer pink.
  3. Add coconut milk.
  4. Add palm sugar and fish sauce. Stir to combine and let simmer 5-10 minutes.
1. Serve over the egg noodle and garnish with deep-fried egg noodles, coriander, spring onion, shallots, pickled cabbage, and a fresh slice of lime.



## MASSAMAN CURRY

### INGREDIENT:

- 1 tbsp. massaman curry paste
- 200g chicken breast/thigh  
Cut into bite-size pieces (vegetarian alternative: tofu)
- 2 tbsp. cooking oil
- 250ml coconut milk
- 100g potato, boiled and diced
- ¼ onion, halved
- ¼ carrot diced
- 1tbsp. roasted peanut
- 1 bay leaves
- 1 roasted cinnamon stick
- 2 roasted cardamom pods
- 3 roasted star anise
- 1 tsp. palm sugar
- 1 tsp. fish sauce (vegetarian alternative : 1 tsp. salt)
- 1 tbsp. tamarind sauce

### PREPARATION:

1. 1. In a skillet or a pan, over medium-low heat, combine cooking oil and curry paste. Stirring frequently.
2. Add chicken, stir and let simmer until no longer pink.
3. Turn the heat to medium, add potato, onion, carrot, roasted peanut and coconut milk.
4. Add cinnamon cardamom pods, star anise, bay leaves and let simmer for 10 minute.
5. Season with palm sugar, fish sauce and tamarind sauce .Remove from heat and serve.

# SALAD

## PAPAYA SALAD

### INGREDIENT:

- 100g green papaya, shredded
- 20g carrot, shredded
- 3 cloves garlic
- 1-4 bird eyes chilies
- 2 long beans cut into 1-inch length
- 1 tomato, quartered
- 1 tbsp. roasted peanuts

### DRESSING :

- 1 tbsp. palm sugar
- 1-2 tbsp. fish sauce
- (vegetarian alternative : 1 tsp. soy sauce)
- 1-2 tbsp. lime juice

### PREPARATION:

1. Crush chili garlic and long beans in the wooden mortar.
2. Season with palm sugar, fish sauce, lime juice. Add tomato and crush lightly with pestle until palm sugar is dissolved.
3. Add shredded scraped papaya, carrot and tomato and mix with spoon and wooden pestle to combine.
4. Plate on a serving dish, drizzle with peanuts and serve



\*Papaya salad is popular weight-watching recipe for its refreshing flavor with lime, palm sugar and fish sauce and skin and digestive boosting benefit. Raw papaya itself power house of enzyme for internal cleansing and rich in fiber, and a power house of nutrient such as carotenoids.

# DESSERT

## BANANA IN COCONUT MILK

### (KLUAY BUAD CHEE)

#### INGREDIENT:

- 2 ripe 'Nam Wa' bananas
- 1 cup, coconut milk
- 4-5 Pandan Leaves, ties into knot
- 2 tbsp, Sugar
- 2 pinch of salt

#### Preparation:

1. In medium-sized pot, add coconut milk and pandan leaves to infuse. Bring to a boil.
2. Add sliced bananas.
3. Season with sugar and salt. Let simmer for 3 minutes.
4. Remove from heat. Drizzle with toasted white sesame and serve warm.

\* 'Nam Wa' banana is Thai household staple, mildly sweet, versatile and compliments well with creamy coconut milk – heart-healthy fat.



## RED RUBY WATER CHESTNUTS (TUB TIM KROB)

### INGREDIENT:

- 100 g. Water Chestnuts. Preferably raw, peeled and cut into 1-cm width cubes.
- 3 tbsp. Tapioca Flour
- 250 g. coconut milk
- ½ cup Grenadine or red syrup
- 2 tbsp. Sugar
- 2 pinch of Salt
- Water (For Boiling)
- Crushed ice



### PREPARATION:

1. Soak water chestnuts in grenadine for 30 minutes.
2. Dry water chestnut with paper towel and coat with tapioca flour. Sift off any excess.
3. In a pot, bring water to a boil. Reduce heat to medium, add coated water chestnut and let boil.
4. Once the floured coat turns translucent, transfer water chestnuts to iced cold water.
5. In a medium-sized pot, combine coconut milk, sugar and salt, bring to a simmer, stir until dissolved. Remove from heat and let cool.
6. Transfer water chestnut to a serving cup.
7. Serve red-ruby water chestnut topped with coconut milk and crushed ice.

\*If available, freshly-pressed coconut milk is preferred; for its fragrance, flavor and texture. Raw water chestnut is more succulent and crunchy. Its cooling effect makes ideal refreshment for summer.

## MANGO with STICKY RICE (KHAO NIAO MAMUANG)

### INGREDIENT:

- 200 g Steamed glutinous (Sticky) rice
- 100 g coconut cream
- Sugar or Palm sugar (or more to taste)
- ½ tsp. Salt
- 5 fresh pandan leaves
- Fresh ripe mango
- Deep fried mung beans seeds or toasted sesame seed



### PREPARATION

1. In a medium-sized pot, bring coconut milk and pandan leave to a simmer. Add salt and set 2 tbsp of the mixture aside and allow to cool.
2. Add sugar and stir until dissolved.
3. Add sticky rice to the mixture pot over low heat, stir well and let stand until the milk is absorbed.
4. Remove from heat. Transfer the sticky rice to a bowl and cover with lid to keep warm.
5. Arrange sticky rice on a serving plate, topped with nicely peeled and sliced mango.
6. Sprinkle with mung beans/sesame seeds and top with 2 tbsp. of coconut cream.

\*Mango – queen of tropical fruit. Succulent and refreshing mango, with antioxidant property is great choice for youthful skin

Did you know? There are more than 174 varieties of mango in Thailand.

# REFRESHMENT



## THAI ICED TEA/THAI LEMON TEA

### INGREDIENT:

- Thai red tea leaves
- 1 shot sweetened condensed milk
- 1 shot fresh milk
- 1 tbsp sugar
- 1 pinch of salt
- 250 ml. hot water
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### HOW TO MAKE THAI MILK TEA

1. Brew the tea by pouring boiling hot water in a mug with the tea leaves in and let steep for 2-3 minute.
2. Strain the tea leaves with strainer. Add sweetened condensed milk, sugar and fresh milk. Stir until dissolved and well combined.
3. Pour the brew into a glass with ice and top with the other half of the fresh milk and The Thai tea is ready to serve

\*Thai tea is excellent both warm and cold. The Thai tea leaves has antioxidant and stress-relieve property. Milk portion in the tea enhances benefit of the tea and prevent urinary calcium-loss from caffeine consumption and it can be easily adapted to sugar-free version.

### HOW TO MAKE THAI LEMON TEA

- Thai red tea leaves
- A mixture of juice from 1 slice of lime, tbsp of sugar and 1 cup of hot water
- 1 pinch of salt

Follow the instruction in Thai tea recipe but replace milk with fresh lime juice mixture. Serve with ice