



International Gourmet - Thai Food

International Gourmet meets at rotating members homes several times a year. Attendees bring their own alcoholic drinks and their choice of the food to prepare. We will meet on September 27 at 6:30 at the Krane home. Please call Roseann or Marjorie if you have questions. Thanks to the Singlers for preparing the recipes and menu. They tested everything.

Please let me know if you can host. Please RSVP to me at rkrane@yahoo.com with what you'd like to make. Remember first email gets first choice.

THAI FOOD Menu

1. Appetizer -Thai Style spring rolls with shrimp -- **Krane 2** (Roseann and Walt Krane)
2. Veggies -stir fired veggies and chiles --
3. Salad -pineapple and young coconut salad -- **Wade 2** (Melanie Wade and Greg Sheppard)
- Soup -green curry soup --**Borowski 2** (Karen and Leon Borowski)
4. Entre -pad thai with shrimp -- **Singlers 2** (Marjorie and Roland Sngler)
5. Entre -basil chicken and steamed rice -- **Reynolds1** (Joan Reynolds)
6. Steamed Rice -- **Krane 2** (Roseann and Walt Krane)
7. Dessert -sticky rice and mango -- **Fari Falaki 1**
8. Thai ice tea -- **Krane 2** (Roseann and Walt Krane)

Thai food is characterized by the four flavors: sweet, sour, hot and salty. Every dish seems to be a balance of these four flavors. Most Thai dishes usually consists of vegetables, meats and seasoning. The dishes can easily become vegetarian by omitting and substituting the meat with other vegetable ingredients. Thai food frequently uses sugar for sweet; tamarind and lime for sour; chilies for hot; fish sauce for salty" In our case, the fish sauce will be substituted by soy sauce or vegetable base condiments. Ingredients such as lemon grass, ginger, galangal, basil, cilantro, mint, chilies, coconut milk, and dry spices all contribute to wonderfully complex cuisine. The Chinese brought noodle and wok cooking to Thailand. The Indians brought spices such as cumin and coriander for curries. Much of Thai cooking is light and fresh as very few dishes take more than a few minutes of cooking. (Chat Ming Kuan)

One should never substitute soy sauce for fish sauce in Thai recipes, soy sauce is rarely used in Thai cooking. The fish sauce is extremely important and gives at least 50% of the taste. The fish sauce is a distinguishable feature of Thai cooking. ["There is a less strong fish sauce one can get online from www.thaikitchen.com called "premium fish sauce", and also the green curry paste can be gotten online on the same website. Please cut the chiles dosage in 1/2 as most of us need more of a "mild" spiciness rather than medium or hot. Marjorie will bring seracha sauce for people that want to add to the spiciness. One can get other spices, etc at "ranch 99" asian market in Concord or Pleasanton".](Singler)



The **Kingdom of Thailand** formerly known as **Siam**, is a country at the centre of the Indochina peninsula in Southeast Asia. It is bordered to the north by Burma and Laos, to the east by Laos and Cambodia, to the south by the Gulf of Thailand and Malaysia, and to the west by the Andaman Sea and the southern extremity of Burma. Its maritime boundaries include Vietnam in the Gulf of Thailand to the southeast, and Indonesia and India on the Andaman Sea to the southwest.

Thailand is a monarchy headed by King Bhumibol Adulyadej, Rama IX and governed by a military junta that took power in May 2014. The king is the ninth of the House of Chakri, and has reigned since 1946 as the world's longest-serving current head of state and the country's longest-reigning monarch. The King of Thailand's titles include Head of State, Head of the Armed Forces, Adherent of Buddhism, and Upholder of religions. Although a constitutional system was established in 1932, the monarchy and military have continued to intervene periodically in politics.

With a total area of approximately 513,000 km² (198,000 sq mi), Thailand is the world's 51st-largest country. It is the 21st-most-populous country in the world, with around 65 million people. The capital and largest city is Bangkok, which is Thailand's political, commercial, industrial, and cultural hub. About 75–95% of the population is ethnically Tai, which includes four major regional groups: Central Thai (Khon Pak Klang): 30%; Northeastern Thai (Khon [Lao] Isan): 22%; Northern Thai (Khon Lanna): 9%; and Southern Thai (Khon Tai): 7%. Thai Chinese, those of significant Chinese heritage, are 14% of the population,^[5] while Thais with partial Chinese ancestry comprise up to 40% of the population. Thai Malays represent 3% of the population, with the remainder consisting of Mons, Khmers and various "hill tribes". The country's official language is Thai and the primary religion is Buddhism, which is practised by around 95% of the population.

Thailand experienced rapid economic growth between 1985 and 1996, becoming a newly industrialized country and a major exporter. Manufacturing, agriculture, and tourism are leading sectors of the economy. Among the ten ASEAN countries, Thailand ranks second in quality of life and the country's HDI had been rated as 'high'. Its large population and growing economic influence have made it a middle power in the region and around the world.

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6. Entree -basil chicken -- **Reynolds1** (Joan Reynolds)
7. Dessert -sticky rice and mango
8. Thai ice tea -- **Krane 2** (Roseann and Walt Krane)

also attending are Fari F. and Caroline S. what do they want to make?

Recipes



Thai Fresh Spring Rolls

Original recipe makes 8 spring rolls

- 2 ounces rice vermicelli
- 8 rice wrappers (8.5 inch diameter)
- 8 large cooked shrimp - peeled, deveined and cut in half
- 1/3 tablespoons chopped fresh Thai basil
- tablespoons chopped fresh mint leaves
- tablespoons chopped fresh cilantro
- 2 leaves lettuce, chopped
- 4 teaspoons fish sauce
- 1/4 cup water
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- 2 tablespoons white sugar
- 1/2 teaspoon garlic chili sauce

- 3 tablespoons hoisin sauce
- 1 teaspoon finely chopped peanuts
- PREP 45 mins COOK 5 mins READY IN 50 mins

Directions

1. Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.
2. Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.
3. In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce.
4. In another small bowl, mix the hoisin sauce and peanuts.
5. Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.



Prik Kapa, (stir fried vegetables with chilies and basil) serve 6-8 (#2)

- 3 tablespoons vegetable oil
- 1 bunch thai basil, leaves only (1/2 fried for garnish)
- 2 tablespoons sliced shallot, thin (fried for garnish)
- 3 tablespoons minced garlic
- 1 cup julienne carrot
- 1 cup sliced long beans or string beans, 1" long
- 1 cup sliced baby corn, 1" long
- 1/2 cup julienne-red bell pepper
- 1/2 cup julienne-yellow bell pepper
- 4 each sweet chilies, seeded and julienne
- 2 tablespoons minced thai birdseye chilies (very hot)
- 2 cups diced tofu, 1" cubes
- 2 tablespoons light soy sauce
- 2 tablespoons oyster flavor sauce
- 2 tablespoons sugar
- 1 tablespoon rice vinegar
- 1 tablespoon vegetable base (1 cube)
- salt to taste
- water

Preparation: First, in a wok or deep skillet over medium heat, heat the oil and fry half (1/2) of the basil leaves until crispy but not burnt. Set aside for garnish. With the same oil, fry the sliced shallot until golden brown. Set aside for garnish.

In the same wok or skillet with high heat, cook the garlic and shallot until fragrant. Add the vegetables, stir-fry until almost done about 3-5 minutes. Add the tofu, soy sauce, oyster sauce, sugar, vinegar and vegetable base, stirring to mix well. Before remove from the heat, add the other half of basil leaves and mix well. Add water if the texture is too dry. Before serving, garnish with the fried basil leaves and fried shallots.



Yum Supparot (pineapple and young coconut salad) (serve 6-8) (#3)

Salad

- 3 cups diced pineapple, 1/2" cubes
- 1 cup sliced young coconut meat, strips

2 cups sliced english cucumber, thin crescent slices
 1/2 cup julienne red bell pepper
 1/2 cup julienne gold bell pepper
 1/2 cup julienne red onion
 1 pound mixed baby greens
 2 tablespoons shredded mint leaves
 2 tablespoons shredded cilantro leaves
 1/2 cup whole roasted cashew nuts for garnish
 1/2 cup roasted shredded coconut for garnish

Preparation: Select small size pineapples with leaves attached. Cut the pineapple in half lengthwise. With a knife and spoon, carve the meat out and leave the shell in a bowl shape to be used as decorative containers. Roast the shredded coconut in an oven until golden brown, set aside for garnish.

Cut the top of young coconuts off with a cleaver. Drain the juice, which can be served as a refreshing drink. With a spoon, gently scrape white meat off the coconut shell, discard the rest. Slice the meat into long strips. Prepare the rest of the ingredients and set aside to later mix with the dressing just before serving.

Dressing:

1 cup soy sauce
 1 cup seasoned rice vinegar
 1/8 cup granulated sugar
 1/2 cup peanut oil
 1/8 cup minced ginger, very fine
 2 tablespoons minced jalapeno pepper, very fine
 1/2 cup chopped roasted cashew nuts
 salt and lemon juice to taste

Preparation: In a bowl, whisk together the soy sauce, vinegar and sugar, until the sugar is dissolved. Add the rest of the ingredients, mix well. Just before serving, in a big bowl, mix salad ingredients and toss with the dressing little at a time. Taste for the right combination. Equally distribute the salad into the pineapple shells and garnish with the cashew nuts and roasted coconut.



Kiew Wan (green curry soup) serve 6-8 (#4)

2 tablespoons vegetable oil
 2 tablespoons green curry paste (see recipe below)
 2 cups diced firm tofu, 1/2" cubes
 4 cups coconut milk
 1 cup diced asian eggplant, 1/2" cubes
 1 cup diced zucchini, 1/2" cubes
 1 cup sliced bamboo shoot, 1" long
 1 cup julienne red bell pepper
 3 tablespoons light soy sauce
 3 tablespoons palm or candy sugar (chopped to measure)
 2 tablespoons vegetable base (2 cubes)
 2 sprigs thai sweet basil leaves for garnish
 1 each julienne red chilies or bell pepper for garnish
 salt and sugar to taste

Preparation: In a medium pot, heat the oil over medium heat. Add the green curry paste and cook for 2 minutes, stirring continuously until fragrant. Add the tofu and stir to mix well. Stir in the coconut milk and cook for 5 minutes, stirring occasionally. Add the vegetables, soy sauce, sugar and vegetable base. Bring the heat up to high and cook until the vegetables are done. Do not let it boil over or boil too long, the coconut will separate. Adjust the taste with salt and sugar. Pour in serving bowls and garnish with the sweet basil and red chilies.

Green Curry Paste (also comes in a can)

3 tablespoons chopped cilantro (root preferred, if available)
 2 tablespoons chopped garlic
 3 tablespoons chopped shallot

3 tablespoons minced lemon grass, part only tender
2 tablespoons minced galangal (like ginger)
2 teaspoons minced kaffir lime leaves or skin
3 tablespoons roasted coriander seeds, crushed
3 tablespoons roasted cumin seeds, crushed
10 each Thai green birdseye chilies, fresh
1 teaspoon salt

Preparation: Roast the coriander and cumin seeds in an oven until fragrant. Blend all ingredients in a blender until smooth, add oil if needed. Ready made paste is also available.



Pad Thoi (stir-fried rice noodle) serve 6-8 (#5)

3 tablespoons vegetable oil
2 tablespoons minced garlic
8 ounce 1/2 lb. dried rice noodles, medium size, (chantaboon type)
3 tablespoons diced preserved turnip, very small
1/8 cup light soy sauce
1/8 cup granulated sugar
2 tablespoons tamarind liquid (see instruction)
1 tablespoon paprika (add red pepper)
1 cup sliced fried tofu
1/2 cup sliced garlic chives, 1" long
2 cups mung bean sprouts
1/2 cup chopped roasted peanuts
8 wedges lime for garnish
1 cup mung bean sprouts for garnish
1/4 cup sliced red bell pepper, thin for garnish
6 sprigs cilantro leaves for garnish
salt to taste
water

Preparation: Soak the rice noodles in warm-hot water until soft, changing water couple times if necessary. Drain and set aside to dry. For the tamarind liquid, if using preserved tamarind pulp, soak 1 ounce (a piece about 1 1/2" cube) pulp with 1/2 cup of hot water. Let stand until the pulp is soft, occasionally using your fingers to break up and dissolve the pulp. Strain through a fine-mesh sieve and press all the liquid out. Make about 1/2 cup. Heat a large skillet or a wok with the oil, add the garlic and cook until kagrant. Add the noodles and stir-fry until translucent.

Add the preserved turnip, soy sauce, sugar, tamarind, and paprika. Stir-fry the mixture until thoroughly combined. The noodle should be tender at his point, if necessilry add little water to soften up the noodle.

Add the tofu, garlic chives, bean sprouts and peanuts. Stir well to combine and heat through. Garnish with the cilantro and red bell pepper and serve with the fresh bean sprouts and lime wedges.

Classic Thai Basil Chicken Stir-Fry and steamed rice



(Gai Pad Grapow) (#6)

Yield: SERVES 4 (with rice)

Ingredients:

- 3/4 to 1 lb. chicken breast or thigh, sliced into bite-size pieces or strips
- 4-5 cloves garlic, chopped fine
- 1-2 fresh red chilies, chopped fine, OR 1/2 to 3/4 tsp. dried crushed chili (chili flakes)
- 3 Tbsp. white wine OR white cooking wine
- 2 small bell peppers: red and yellow, sliced
- 1 small green pepper OR 1/2 zucchini, chopped into bite-size pieces
- 3 green onions, sliced
- 1/2 compressed cup Thai basil, OR substitute sweet basil
- 2-3 Tbsp. vegetable oil

STIR-FRY SAUCE:

- 3 Tbsp. oyster sauce (I like [Thai Maekrua brand oyster sauce](#))
- 2-3 Tbsp. [Golden Mountain Sauce](#) (depending on desired saltiness)
- 1 Tbsp. [fish sauce](#)
- 1 Tbsp. lime juice
- 2 Tbsp. brown sugar

Preparation:

1. Combine the 'Stir-Fry Sauce' ingredients together in a cup, stirring to dissolve sugar. Spoon 2 Tbsp. of this sauce over prepared chicken and stir in. Set aside to marinate a few minutes while you prepare your other ingredients. Set remaining stir-fry sauce aside.
2. Heat a wok or large frying pan over medium-high heat. Add oil and swirl around, then add the garlic and chili. Stir-fry 1 minute to release the fragrance, then add the chicken plus a splash of white wine. Stir-fry until chicken turns opaque (3 minutes). Add a little more white wine as needed to keep pan moist.
3. Add the bell peppers and zucchini, plus 3/4 of the stir-fry sauce you made earlier. Stir-fry until vegetables have softened but still retain some of their crispness (about 2 minutes).
4. Reduce heat to medium-low and add the sliced green onions, plus remaining stir-fry sauce. Stir together (note that this is meant to be a saucy dish - this is where the flavor is).
5. Remove from heat and fold in the fresh basil (basil will wilt down into the hot sauce). Taste-test the dish and adjust the flavors to your liking. **Taste-test Tip:** note that this classic Thai dish is meant to be salty-spicy, with the zesty flavor of the basil coming through. It is definitely supposed to veer on the salty side, which is then balanced out when you eat it with plain steam rice. If you still find it too salty for your taste, add more lime juice. If not salty or flavorful enough, add more golden mountain sauce and/or fish sauce.
6. Serve with plenty of [plain steamed jasmine rice](#) and garnish with more fresh basil. ENJOY!

Basil Tip: If you have small basil leaves, they may not need to be chopped. If your leaves are larger, try piling them on top of one another, then thinly slicing them to create shreds. I find you get lots of flavor this way, but be sure to shred it just before adding to the dish (if you do it too far ahead of time, the basil will lose some of its natural oils and flavor).



Khao Niew Mamoung und mango) serve 6-8 (#7 dessert)

- 2 cups sweet glutinous rice (soak overnight and steam it)
- 3 each ripe mangoes
- 1 cup coconut cream
- 3/4 cup palm sugar, (chopped to measure)
- 3 each pandan leaves, 2" long, bruised - (instead of vanilla)
- 1/2 teaspoon salt

2 tablespoons roasted sesame or mung bean seeds for garnish
1 package banana leaves

Preparation: Soak the rice in cold water over night preferable or at least 2 hours. Choose very ripe mangoes. When a can of coconut is left undisturbed, the content usually separates itself into coconut cream and water. To get the coconut cream, simply open the can and scoop out only a thick white part.

-Thaw the banana leaves and trim to fit a serving plate as a decorative liner. The sticky rice and mango will go on the leave.

- In a steamer with high heat, drain the rice and steam over a cheese cloth if necessary for 30 minutes. Turn and stir occasionally until the rice is fully cooked, tender and translucent. If it is still dry, sprinkle with cold water and continue cooking. While the rice is cooking, in a pot with medium heat, mix the coconut cream, sugar pandanus leaves and salt. Simmer until the sugar is dissolved. Do not let it boil, set aside.

When the rice is ready, transfer into a bowl and then fluff and spread the rice with a fork. Let stand for 2 minutes. While the rice is still warm-hot, slowly add the coconut cream mixture to the rice little at a time, fold and mix thoroughly. Use the coconut cream mixture up to 1/2 to 3/4 of the volume. Save the remaining for the sauce.

Before serving, peel the mangoes and slice decoratively into bite-size. Arrange the mango with the sticky rice on a serving plate. Top the sticky rice with little sauce and sprinkle with the sesame or mung bean seeds.



Cha Yen (Thai iced tea) serve 6-8 (#8)

1 cup Thai seasoning mix (Pantainorasingh Brand)
1 gallon water
1 cup sugar
1 cup condensed milk
2 cups half and half cream
2 cups crushed ice

Preparation: In a medium pot, bring water to a boil, add the tea and brew for 10 minutes. Strain with a fine mesh sieve. Add the sugar until dissolved. Set aside to cool.

In a small pot, combine the condensed milk with half and half cream.

Before serving, fill a glass with the crushed ice, pour the tea and top with the condensed milk mixture. It also can be served as a lemon-iced tea without the milk. The ratio of tea and milk is 3:1.

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