

Menu of Authentic Thai Cooking

By Chef Krongjit 'Kacie' Chatuparisoot

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Sweet Sticky Rice with Mango

Be sure to start with a mango that's nice and ripe, with a slight give to the touch. The flesh should be bright and yellow.

6 servings

Ingredients

1 cup sticky rice
1 cup coconut milk
1 cup white sugar
1/2 teaspoon salt

Topping sauce and garnish

1/2 cup coconut milk
1/4 teaspoon salt
1 tablespoon sugar
1 tablespoon tapioca starch
3-4 ripe mangoes, cut into thick slices
1 tablespoon toasted sesame seeds



Sticky Rice Method: Rinse rice 2-3 times, until water runs clear. Place rinsed rice in a bowl and fill with cool water so the water is approximately 2-3 inches above the rice. Let the rice stand in water for 6-8 hours. Drain the rice, place it in cheesecloth, wrap it up and put the cheesecloth inside bamboo steamer. Put 6-8 cups of water in sticky rice steamer and bring to a boil. Then place bamboo steamer inside sticky rice steamer. Be sure the bottom of the bamboo steamer does not touch the boiling water. Place any standard 8 inch lid loosely over the top of the bamboo steamer. Steam the rice for 15-20 minutes until tender and the rice stick as a bun and translucent.



Method

Prepare the sticky rice. While sticky rice is steaming, mix together coconut milk, sugar, teaspoon salt and bring to a boil. Set aside to cool. Immediately after sticky rice is cooked, and still hot, put it into the coconut sauce and stir together well. Cover for 15 minutes and let cool.

Topping

Mix coconut milk with salt, sugar and the tapioca starch. Bring to a boil. Then turn the heat off and let cool. Put the sticky rice and mangoes on a serving dish. Pour the topping sauce over the sticky rice and sprinkle with the toasted sesame seeds. Enjoy!

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Thai Chicken Satay

Served with peanut Satay and coconut sauce

“Satay” is originally from Indonesia/Malaysia. It has been influenced to Southern Thailand since 70s. This is a famous Thai version for Satay sauce and grilled chicken on the skewers. You can of course also make the same recipe with chunks of beef or pork, or large prawns.

Serve 10-15 skewers

❑ **Ingredients** *Marinated Chicken Stripes*

- 1 pound chicken breasts, skinned, boned, and thinly slice 1/2”w x 2” L
- 1 teaspoon toasted coriander seed, ground
- 1 teaspoon toasted cumin seed, ground
- 1 tablespoon chopped garlic
- 1 tablespoon fresh grated ginger
- 3 tablespoons fish sauce
- 1 tablespoon curry powder
- pinch turmeric powder (as only a colorant, so very little!)
- 1/2 can coconut milk
- 3 tablespoons palm sugar
- 15 bamboo sticks (8” long-prepared by soaking in cold water for 30 minutes)

Preparation for marinated chicken

1. Use a meat tenderizing mallet to flatten the chicken strips before marinating.
2. Toast coriander and cumin seeds and then crushed in a mortar and pestle.
3. The rest of ingredients are then combined to form a marinade. Marinate chicken strips for 1-2 hours (best is overnight.)
4. The pieces of chicken are then threaded on the 12" bamboo sticks.
5. The completed sticks are then grilled, broiled or barbequed on fairly high heat (they taste best done over charcoal, as they absorb the smoke). Turn them regularly and brush them liberally with the remaining marinade. Cooking should take between 5 and 10 minutes or until it's all cook through with no pink skin.

❑ **Ingredients** *Peanut Sauce (Satay Sauce)*

- 1/2 cup canned coconut milk
- 3 tablespoons of peanut butter, chunky (prefer natural with less salt-can substitute with almond butter)
- 1-2 tablespoon red curry paste (mild to medium hot)
- 1 teaspoon fish sauce
- 2 tablespoons palm sugar.

Preparation for satay sauce

Heat coconut milk in a sauce pan on medium heat for 2 minutes. Then combine the rest of ingredients to form a smooth sauce. If the sauce is too thick, you can thin it with a little chicken stock. Make sure that the sauce is boil before remove the pan from heat.

Ingredients *Cucumber Sauce* (Cucumber Relish)

4 tablespoons rice vinegar
1 teaspoon sugar
1/3 thinly ¼ sliced cucumber
2 shallots (or any variety of purple onion) thinly sliced
3-4 Thai chili peppers, chopped
a pint of salt to taste

Preparation for cucumber sauce

Combine the ingredients and serve with Satay sauce on the side.



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Coconut Chicken Soup with Galangal and Lemon Grass

(Tom-Kha-Kai)

Serve 8-10 small soup bowls

❑ Ingredients for Coconut Chicken Soup

- 2 cans of coconut milk
- 6 thinly sliced young galangal
- 2 Lemongrass stalks, sliced 1 inch length
- 3 Kaffir lime leaves, whole & fresh
- 1/2 cup slice onion in wedges
- 1 whole chicken breast, thinly sliced long
- 5-6 tablespoons Thai fish sauce or to your taste (can substitute with sea salt)
- 2 tablespoon white sugar
- 1/2 tablespoon palm sugar
- 1 cup chicken stock
- 1/2 cup oyster mushroom, thick sliced (prefer fresh)
- 1/2 cup fresh lime juice
- 3-5 teaspoons crushed Thai chili peppers
- Whole cilantro leaves for garnish



Galangal (Thai Ginger)



Fresh Kaffir Lime Leaves

Preparation

1. Combine half the coconut milk with the galangal, lemon grass, and lime leaves in a large saucepan and heat till boiled.
2. Add the chicken, sliced onion, fish sauce, and sugar. Simmer for about 5 minutes, or until the chicken is cooked, and then add the remaining coconut milk and chicken stock. Heat to boil and then add oyster mushroom. Bring to boil then turn off.
3. Place the lime juice in a serving bowl and pour the soup over them. Garnish with cilantro leaves and crushed chili peppers.





Thai Fried Rice Noodle with Black Sweet Sauce and Vegetable (Pad See-Eiw)

This noodle dish is influenced by Chinese Chow Mien. The black sweet soy sauce is the main condiment for this delicious dish. You can add any of your favorite meat such as chicken, pork, seafood and tofu.

Make 2-4 servings

Marinating the pork or chicken:

1lb. pork loin or chicken, thinly sliced against the grain
1 tablespoon fish sauce
2 tablespoon sweet black soy sauce
1-2 cloves of garlic, minced
1 teaspoon ground coriander seeds
1 tablespoon ground black pepper

Marinate pork or chicken with all ingredients and set aside for 30 minutes.

Stir Fry Ingredients:

1 package dried rice noodles, soaked until soft in warm water (10 minutes).
1/3 cup of vegetable oil for stir fry
3-4 cloves garlic, finely chopped or minced
1/4 cup of broth (chicken or vegetable broth)
1 cup broccoli, cut and separate into small heads
1/2 cup thinly sliced carrots
1/2 cup sliced cabbage
1 finely shred kaffir lime leaves
4 tablespoons fish sauce
3 tablespoons sweet black soy sauce
1 tablespoons Maggi seasoning (soy sauce base seasoning-Maggi brand)
1 tablespoons white sugar
1 teaspoon ground black pepper
1/2 teaspoon ground white pepper
1/4 cup fresh Thai basil leaves, whole

Preparation:

1. In a large skillet or wok over medium heat, sauté the garlic in a little oil until fragrance (about 3 minutes).
2. Turn the heat to high and add in marinated pork or chicken and stir fry for 8-10 minutes or until meat is all cooked.
3. Add in all vegetable at a time and stir fry for 5 minutes in high heat. Add the broth if it's too dry.
4. Add in the noodles and stir continuously to avoid the noodles sticking together. You can add the broth in to separate and cook the noodle. Add each sauce at a time over the noodle and toss the noodle around gently until well coated with sauce.
4. Add in sugar and pepper and toss around to mix all flavor together. Turn off the heat and garnish with basil leaves. Serve hot.

Tips: You can make a side chili relish to go with the noodle by missing 1 tablespoon fish sauce, 1 tablespoon palm sugar, 1 tablespoon rice vinegar, 1 tablespoon lime juice and 1 tablespoon dried chili flakes. Then just add a little of this chili relish to your noodle dish.

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Royal Papaya Salad

Green papaya is the young (raw) papaya that you can find in any Asian grocers. Sometimes it is already shredded for your convenience. The good substitutes for the green papaya are young green mango and carrots.

Ingredients

- 1 clove of garlic
- 2 teaspoon chopped shallots
- 6 green beans, cut 1 inch long
- 2-3 cherry tomatoes
- 1-3 fresh Thai chili peppers (medium-hot) *Optional*
- 3 cups of shredded green papaya
- 1-2 tablespoon fish sauce
- 1 1/2 tablespoon palm sugar, melted
- 1 tablespoon tamarind sauce
- 2-3 tablespoons lime juice, fresh only (**cannot** substitute with vinegar)
- 2 tablespoons peanuts, toasted and salted



Preparation for Papaya Salad

Many Asian supermarkets have shredded green papaya and that is what I use. However, if you can only find whole green papaya, the papaya can be peeled and shredded using a regular cheese grater. When you get closer to the center, you will see the white immature seeds inside, discard the seeds.

In Thailand, green papaya salad is made using a clay mortar, wooden pestle and a spatula.

1. Smash a clove of garlic first. Then add shallots, green beans and halved cherry tomatoes.
2. Pound a few times just to bruise the beans and get the juice out of the tomatoes.
3. Add chili peppers and crush them just enough to release the hotness, unless you like your salad really hot.
4. Add the green papaya, toasted peanuts, fish sauce, lime juice, tamarind sauce and palm sugar. Use the pestle to push the mixture up in the mortar and the spatula to push it down so that the mixture is mixed well. Serve cold.

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Massaman Curry with Chicken or Shrimp

This curry dish is coconut based and also popular with variety of meats such as beef, lamb and pork. Tofu can be substituted for a flavorful vegetarian dish as well.

4-6 Servings

Ingredients

- 1 1/2 can of coconut milk
- 1-2 tablespoon Massaman curry paste
- 1 1/2 lb. chicken breast, slice in 1inch cubes or 1 lb. shrimp, deveined
- 3 tablespoons Thai fish sauce
- 1 1/2 tablespoon palm sugar
- 3 tablespoons tamarind juice (tamarind paste mixed with warm water)
- 6 green cardamom pods
- 1 cinnamon stick
- 2 potatoes cut into medium chunks
- 1 cup onion, cut into wedges
- 1/2 cup roasted peanuts, unsalted and grounded (can substitute with cashews)



Preparation

1. Pour the coconut milk into a wok or large sauce pan, and bring to boil over a medium heat.
2. Add the curry paste and stir for 5 minutes. Then add the chicken and simmer for about 15 minutes. Stir occasionally.
3. Add in fish sauce, palm sugar, tamarind juice, cardamom, cinnamon stick, potato chunks and onion. Cook in medium-high heat for 20 minutes or until the potato is cooked and tender.
4. Add the roasted peanuts or cashews to the wok and mix well. Let all cook for 5 minutes more before transfer to the serving bowl.
5. Serve while hot with jasmine rice.

Cook's Tip

To properly cook meat and potatoes until nice and tender, cover the wok with lid and let all simmer well over a medium heat.

To cook the perfect jasmine rice, put any quantity of Jasmine rice in a large bowl and rinse with cold water for 3 times to remove excess starch or fine soil that left in the grains. Add cold water up to one inch above the rice. Simmer the rice pot over a very low heat for 30-45 minutes and stir gently for the first 10 minutes (or 20-25 minutes in the rice cooker.)

De Royale, LLC

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Chef's Bios

Krongjit 'Kacie' Chatuparisoot

**Owner of De Royale, LLC www.deroyale.com
Royal Thai Kitchen
Royal Art of Fruit and Vegetable Sculpture
Juvel International, Inc.**

Krongjit 'Kacie' Chatuparisoot has a deep passion in her traditional Thai culinary. After overseeing the Boulder-based fair-trade Juvel International, Inc. in providing the US market with premium handcrafted house-ware products that support small village artists in Thailand, she lets her true talent shine through her Thai culinary art at De Royale, LLC and Royal Thai Kitchen. She is a sought after private chef and Thai cooking instructor in the Boulder-Denver areas for healthy cooking with Asian herbs and spices.

For over 900 years the highest forms of art in Thailand, including the culinary arts, are to be found exclusively in the Royal Palaces. These Royal arts are exquisitely created and presented out of great respect and honor to the Majestic lineage of Kings and Queens of Thailand by masters who had the privilege to train in the palaces with decades of experience. Krongjit apprenticed and trained since 1983 in both the Culinary Arts and the Royal Arts of Fruit and Vegetable carving. She trained directly with the great masters of these arts who served exclusively for the King and International Dignities.

Krongjit is an invited Chef to culinary schools and International Wine and Food festivals to teach and demonstrate her privilege skills.



Introduction to Thai Culinary Art and Cuisine

A Thai Meal

A Thai meal is traditionally a communal affair, with two or more people sharing several dishes, all served at the same time and eaten with steamed rice. The dishes are:

Snacks and Hors d'oeuvres. These savory tidbits can be eaten alone or as side dishes. Traditional favorites include stuffed dumpling, satay, crisp-fried rice noodles topped with sweet-and-spicy sauce, and spring rolls. Creative presentation is a big part of Thai snack-making, and a professional cook worth his salt will strive to make them as much as feast for the eye as for the palate.

Salads

Thai salads, called yam, are sour, sweet and salty. A simple dressing works equally well for meat, seafood, vegetable and fruit salads. This is made from fish sauce, lime juice and a dash of sugar. The heat comes from fiery little bird chilies, but just how hot a salad should be depends on the texture and flavor of the meat, vegetable or fruit used. Fresh herbs such as marsh mint, lemongrass, kaffir lime leaves and cilantro are usually used as garnish.

Chili Dips

Usually served with vegetables, meat or fish, chili dips are very versatile. A dip can be a main dish or side dish, added to a pan of fried rice to flavor it, or drizzled on chips to jazz them up. A cook can whip up a bowl of dip from chilies, garlic, onion and shrimp paste or whatever ingredient is available—dried or fermented fish, sour tamarind, dried shrimp, etc.

Soups

Thai soups generally are very flavorful. Meat or vegetable is cooked in broth or coconut cream with a “soup base,” usually a blend of spices and herbs, which gives the soup its flavor. A soup is served not at first course but together with other dishes. This way you can wash down the fiery heat of the more spicy dishes with it.

Curries

The heart of all Thai curries is the curry pastes, which, unlike Indian curry, are made from fresh herbs and spices. The paste is cooked in coconut cream before meat or vegetable is added. Main ingredients in most curries are chili, garlic, shallot, galangal, coriander root and krachai (a small brownish orange, indigenous root. Canned curry pastes are available at markets and grocery stores, but freshly-made pastes make more delicious curries.

Single Dishes

Fried rice or noodle dishes make quick, satisfying meals. You can improvise with different types of meat, vegetables and spices. When cooking the rice, use a little less water so it won't become soggy when you fry it. Separate the noodles before adding it to the oil. Add the meat and sauce, then the rice or noodles, and stir frequently over high heat.

Desserts

Ideal for washing down the spices, Thai desserts are sweet but not intensely so. Banana or flour dumplings in sweetened coconut cream and season fruit in sugar syrup topped with crushed ice are some of the easy-to-make favorites. Thais also eat a lot of candied fruit-banana and breadfruit being two of the most popular--alone or topped with coconut cream.