

Chicken Satay on Bamboo Skewers

Grilled Chicken Stripes on Bamboo Skewers and Served with Coconut Satay and Peanut 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.

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 coriander seed
- 1 teaspoon cumin seed
- 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!)
- 8 tablespoons coconut milk
- 3 tablespoons palm sugar
- 12 bamboo sticks (medium size-prepare by soaking in cold water for 30 minutes)



Preparation for marinated chicken

1. Using a meat tenderizing mallet, gently flatten the chicken in long thin pieces.
2. Place a sauce pan over medium heat and toast the coriander and cumin until fragrance or about 5-8 minutes. Then turn the heat off and crush spices in a mortar and pestle.
3. Combine the rest of ingredients to form a marinade. Marinate the chicken for 25-30 minutes (best is overnight.)
4. The pieces of chicken are then threaded on the 12" bamboo sticks, loosely folding them in half and piercing through the folded meat to form a loose gather.
3. 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
- 1-2 tablespoon red curry paste
- 1 teaspoon fish sauce
- 2 tablespoons palm sugar.

Preparation for satay sauce

1. Heat coconut milk in a sauce pan on medium heat for 2 minutes.
2. 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. Remove the pan from heat. Serve with the grilled chicken.

Seasoned Sesame Chicken on Crispy Toast with Cucumber Sweet and Sour Sauce

These attractive little toasts are ideal for serving as a hot snack at parties. They are easy to prepare and serve crispy hot with sweet and sour cucumber relish.

4 servings

□ **Ingredients** *Sesame Chicken*

- 1/2 lb of chicken breast or 1 half of the chicken breast
- 1/2 teaspoon ground pepper
- 1/2 teaspoon ground cumin seeds
- 3 tablespoons soy sauce (Chinese-mushroom soy sauce)
- 1-2 teaspoon Srirasha sauce
- 1 tablespoon rice flour
- 2 egg whites
- 5 pieces of white bread, sliced into 4 triangular quarters per piece
- 1/2 cup white sesame
- Oil for deep frying
- Paper towel to pat dry

Preparation for Sesame Chicken:

1. Slice chicken in small pieces and process them in the food processor with ground pepper, cumin seeds, soy sauce, Srirasha sauce until smooth.
2. In a grease-free bowl, whisk the egg whites until stiff. Fold them into the chicken paste and add in rice flour into the mixture.
3. Prepare the triangular bread plate next to the chicken mixture, and the sesame plate. Start with the first step, spread the prawn paste over one side on each triangle. Then press the coated side into the sesame seeds and cover the paste.
4. Heat the oil in a wok or the deep-fryer to 375 °F. Add in the bread and deep frying for a couple minutes or until light brown. Do not over fry and always clean up the sesame flakes off the hot oil.
5. Drain the excess oil from each toast with paper towel. Serve hot with cucumber sauce.

□ **Ingredients** *Cucumber Sauce*

- 4 tablespoons rice vinegar
- 1 teaspoon white sugar
- 2-3 tablespoons cucumber, very coarsely chopped or quarterly sliced
- 2 sliced shallots (or any variety of purple onion)
- 3-4 Thai chili peppers thinly sliced.

Preparation for cucumber sauce: Combine the ingredients and serve with Satay sauce on the side.

Cook tip: You can toast the prepared bread in the oven by coating each of them with lightly spray vegetable oil. Then bake on 325 °F for 5 minutes or until crispy and well cooked.

Sweet Carrot and Cucumber Salad with Mint Sauce

This refreshing salad is made with finely grated carrots and cucumber. Alternatively, crisp green apple or raw green mango can be used to make this delicious cold salad.

4 Servings.

□ **Ingredients:**

- 1 Clove of freshly crushed garlic
- 2 cups of finely grated carrots (long shreds)
- 1 cup of finely grated cucumber (long shreds)
- 3 cherry tomatoes
- 1/2 sliced red bell pepper (1 inch length)
- 1/2 sliced yellow bell pepper (1 inch length)
- 1-3 fresh Thai chili peppers (medium-hot)
- 2 tablespoon fish sauce
- 1 teaspoon soy sauce
- 2 tablespoons palm sugar, melted
- 3 tablespoons lime juice, fresh only
- 1 tablespoon tamarind sauce
- 1/4 chopped mint leaves
- 3 tablespoons peanuts, toasted and salted
- 1 tablespoon fresh lemon peel
- Pint of paprika for decoration (optional)



Preparation for Salad:

1. Crush garlic in the mortar then add in carrots little bit at a time while pounding with the pestle until carrots seem to soften.
2. Add in cucumber and peppers and Thai red chili. Pound lightly to mix all ingredients together.
3. Add in all the sauces and mix well by using a spoon and a fork. Then transfer the salad in a serving bowl.
4. Garnish with mint, peanut, fresh lemon peel and paprika. Serve cold.

Thai Herbal BBQ Pork Ribs

BBQ Pork Ribs marinated in garlic sauce, paprika and herbs.

4 Servings.

□ **Ingredients:**

2 lbs. spare ribs (short slices 2 inches length)

1/4 cup lemon juice

3 tablespoons orange juice

2 tablespoons grated fresh ginger

2 cloves of garlic

1 teaspoon turmeric powder

1 tablespoon ground coriander seeds

1 teaspoon ground cumin seeds

1 tablespoon ground pepper

1 small chopped onion

3 tablespoons soy sauce

2 tablespoons rice wine or dry cherry

1 tablespoon palm sugar

1 tablespoon honey

1 teaspoon sesame oil



Preparation:

1. Preheat the oven to 350 °F. Place the ribs in a wide roasting pan, cover loosely with foil and cook in the oven for 25 minutes.
2. In a food processor, pour lemon juice, orange juice, ginger, garlic, tumeric powder, coriander powder, cumin powder, pepper, onion, soy sauce, rice wine, palm sugar, honey and sesame oil. Process until smooth.
3. Pull out the roasting pan and pour off any fat from the spare ribs. Then spoon the sauce mixture over the spare ribs. Make sure to coat each sparerib both side evenly.
4. Return the ribs to the oven at 400 °F for about 35-40 minutes or until golden brown. Serve hot.

Healthy Garden Thai Spring Rolls with Pickled Plum Sauce

Fried and Steamed Techniques for our favorite Spring Rolls with Tofu, carrot, bean sprouts and crystal noodle.
Serve 12-15 egg rolls

□ **Ingredients** *Egg Rolls*

- 1 package of firm tofu (thinly long slices)
- 1/4 cup minced green onion
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 2 tablespoons fish sauce
- 1 tablespoon sugar
- 1 tablespoon oyster sauce
- 1/2 cup grated carrots
- 2 cups clear noodle soak for 30 minutes until soft
- 2 tablespoons freshly white pepper
- 1 cup bean sprouts
- 15 egg-roll wrappers
- 1 egg yolk beaten for brushing
- Vegetable oil for stir fry and deep frying



Preparation for egg rolls

1. Heat a large skillet in high heat, then add 2 tablespoons of oil. Add in tofu to fry for 5 minutes.
2. Add in green onion, ginger, garlic and sauté for a couple minutes before adding in fish sauce, sugar, oyster sauce.
3. Then add the carrots, noodle, and pepper. Cook for 1 minute on high heat to reduce the sauce and drain whatever liquid is left from the pan.
4. Turn off the heat and allow the filling to cool and then add the bean sprouts.
5. Place a wrapper as a diamond with a corner towards you and place two tablespoons in the lower portion. Fold the corner up, rolling once. Bring the sides in and brush the upper portion of the wrapper with egg yolk. Roll the wrapper up, sealing the entire spring roll. Repeat with the rest of the wrappers.
6. Heat the oil to 350 F (180 C) and deep-fry the spring rolls until golden brown. Serve with a sweet and sour sauce.

Steaming Method: Heat the bamboo steamer over boiling water. Then place the egg rolls in the steamer. Steam on high heat for 5 minutes. Serve hot.

□ **Ingredient** *Plum Sauce*

- 2 pickled plum, pitted
- 4 tablespoons white sugar
- 1 teaspoon rice vinegar
- 3 tablespoons water
- 1/4 cup thinly sliced, skinned, cucumber
- salt to taste

Preparation for plum sauce: Blend all the ingredients (except cucumber and salt) in the blender. Heat the smooth sauce in a pan over medium heat for 5 minutes. Remove the pan from heat and let it cool down before add cucumber. Serve the sauce with fried egg rolls.

Grilled Shrimp Skewers with Basil and Tomato Sauce

Savory Grilled Shrimps with Coconut Flakes on Bamboo Skewers Served with Basil and Tomato Herb Sauce.

10-15 skewers

Ingredients for Coconut Shrimp

- 1 lb. jumbo shrimp, peeled and deveined, with tails on
- 1 teaspoon salt
- 1 tablespoon lemon or lime juice, fresh squeezed
- 1 teaspoon ground black pepper
- 1 teaspoon ground coriander seeds
- 1-2 teaspoon paprika
- 1 teaspoon fresh ginger, finely chopped
- 4 tablespoons coconut cream (skimmed from the top part of coconut milk)
- 15 bamboo skewers soaked in cold water for 30 minutes

Preparation for Coconut Shrimp:

1. Marinate shrimp with salt, lemon juice, black pepper, coriander, paprika, ginger and coconut cream for 15 minutes.
2. Thread two shrimps in a bamboo skewer.
3. Heat a cast-iron griddle pan or heavy frying pan until hot. Spray the pan with a little oil then sear the marinated shrimps for 2-4 minutes on each side, or until they turn pink.
4. Arrange the shrimp on serving plate. Serve with Sweet Vinaigrette.

Ingredients for Basil and Tomato Sauce

- 2-3 medium vine-ripened tomatoes
- 1 cup Thai basil
- 1/2 cup cilantro leaves
- 2 cloves minced garlic
- 2 teaspoons balsamic vinegar
- 2 tablespoons tamarind sauce
- 1 tablespoon lemon juice
- 1 tablespoon palm sugar
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper



Preparation for Basil and Tomato Sauce:

1. Core the tomatoes and cut in half. Grill over very hot coals for only a few minutes to take some of the color and flavor. (Use oven broiler if you don't have access to hot coals.) Remove from the grill and set aside to cool.
2. Place basil, cilantro, and garlic in a food processor. Process until smooth. Add the tomato, vinegar, tamarind sauce and lemon juice then process until smooth. Season with palm sugar, salt and pepper to taste.
3. Serve the sauce with grilled coconut shrimps.

Five Spice Roasted Duck with Lettuce Wraps

Oven Roasted Duck with Five Spices and served with Ice Burg Lettuce and Gravy Sauce

4 Servings

Ingredients for Stir-fry Roasted Duck:

- 2 tablespoon vegetable oil or peanut oil
- 1 tablespoon grated ginger
- 2 cloves of minced garlic
- Half roasted duck, discard bones and cut into strips
- 1 tablespoon Srirasha sauce
- 1 cups cauliflower, cut into florets
- 1/2 cup sliced snow peas
- 1/2 cup sliced red bell pepper
- 1/2 cup chopped green onion
- 1 tablespoon sesame seeds
- 3 tablespoon soy sauce
- 1 tablespoon dark soy sauce
- 2 tablespoon dry cherry
- 1-2 tablespoon corn starch
- 2-3 tablespoon water
- 1 teaspoon sesame oil
- Ice burg lettuce for presentation



Preparation:

- 1 Heat the oil in a wok on high heat and add ginger, garlic. Lower the heat and add duck, Srirasha sauce. Sauté for 3-4 minutes then turn on the high heat before adding cauliflower and snow peas. Sauté for 5 minutes then add red bell pepper, green onion, sesame seed, and sauces.
- 2 Mix well before adding dry cherry. Lower the heat down. Blend cornstarch with water and add slowly in the wok. Sauté and mix well and add in sesame oil. Turn off the heat.
- 3 Serve the duck on each Ice burg leave for each serving. Serve with gravy sauce.

The Gravy Sauce: Mix 1 cup of the duck juice from the roast pan with 2 tablespoons of honey, 1 tablespoon of Srirasha sauce and 1 tablespoon of cornstarch. Bring to boil in the saucepan, stir consistently. Serve with the duck .

Cook Tip: To make roasted duck, you need 2 tablespoons dark soy sauce, 2 tablespoon honey, 1 tablespoon Chinese five spice powder, 1 teaspoon salt, and 2 large boneless duck breasts. Mix together the soy sauce, honey, five spice powder and salt into a sauce marinade. Place the duck breasts in a shallow ovenproof dish. Brush with the sauce marinade, turning to coat them completely both sides. Cover and marinate in the refrigerator for 3 hours or overnight, keep brushing more sauce marinade every hour if possible. Then cook in a 400 °F oven for 20-25 minutes, glaze frequently with the remaining sauce.