

INSTRUCTIONAL KITCHEN

Thai Cuisine

Easy Pad Thai

Serves 4

Ingredients:

- 8 oz pad thai or lo mein noodles
- 2 Tbsp. canola oil
- 1 clove minced garlic
- 2 eggs
- 1½ Tbsp. soy sauce
- 2 Tbsp. lime juice
- 2 Tbsp. brown sugar
- 1 tsp. fish sauce
- 1/8 tsp. red pepper flakes
- 3 green onions, sliced
- 1 red bell pepper, de-seeded and finely sliced
- ¼ of a bunch of chopped cilantro leaves
- ¼ chopped peanuts (unsalted)

Instructions:

1. Bring a large pot of water to a rolling boil. Add the noodles and cook for 7 to 10 minutes or until tender. Drain the noodles and set aside.
2. In a large skillet, heat the vegetable oil over medium heat. Add the garlic and bell pepper and cook for 1 to 2 minutes, or until tender and fragrant.
3. Whisk the eggs lightly with a fork. Pour them into the skillet and cook just until they solidify, but are still moist, moving the eggs around the skillet slightly as they cook so that they lightly scramble. When the eggs are cooked, remove the skillet from the heat and set aside.
4. In a small bowl, stir together the soy sauce, lime juice, sugar, fish sauce, and red pepper flakes. Pour the sauce into the skillet with the scrambled eggs. Add the noodles and toss to coat in the sauce.
5. Sprinkle the green onions, cilantro, and peanuts over the noodles. Toss lightly to combine. Serve warm.

Vegetarian Spring Rolls

Serves 6

Ingredients:

Rolls

- 2 large carrots, julienned
- 2 -3 julienned green onions
- ½ red bell pepper, julienned
- ⅓ cup thinly sliced purple cabbage
- 1 Tbsp. olive oil
- ¼ cup minced fresh cilantro (or to taste)
- ¼ tsp. fresh ground black pepper
- 1 pinch sea salt
- 3 ounce bean sprouts
- 16 rice paper, rounds softened (8-inch, see note)
- ⅛ cup finely chopped fresh Thai basil

Sauce:

- 1 Tbsp. low-sodium soy sauce
- 1 tsp. dark sesame oil or ¼ cup soy sauce
- 2 Tbsp. rice vinegar
- 1 Tbsp. peanut butter
- ½ tsp. spicy sesame oil
- ½ tsp. minced garlic (2 cloves)
- 1 tsp. honey

Instructions:

1. In a large bowl, combine the carrots, green onions, cabbage, olive oil, cilantro, salt and pepper: toss well.
2. Let marinate at room temp for 10 minutes, stirring frequently.
3. Meanwhile, place the noodles in a medium bowl.
4. Cover with boiling water and soak for 10 minutes, or until the noodles are softened.
5. Drain well and snip into 2-inch pieces.
6. Set aside.
7. Place about 2 Tablespoons of the noodles and about 2 Tablespoons of the vegetable mixture about 1-inch from the lower edge of each rice paper round.
8. Sprinkle with basil/mint leaves.
9. Fold the bottom edge over the filling; fold in both sides and roll up tightly.
10. Press to seal.
11. Place on a plate seam side down; cover with plastic wrap.
12. Refrigerate for 10 minutes (you may also make these ahead of time and refrigerate for several hours).
13. Two quick sauces (or use hoisin, hot mustard, etc): In a small bowl,

- combine the soy sauce and sesame oil.
14. In a separate bowl, combine the soy sauce, rice vinegar, peanut butter, hot sesame oil, garlic and sugar.
 15. Serve as a dipping sauce with the spring rolls.

Warm Jackfruit Sago Dessert

Serves 4

Ingredients

- ¼ cup sago or tapioca pearls (40g)
- 2½ cups coconut milk (600ml)
- 1 pandan leaves (or banana leaves)
- 1/3 cup sugar (70g)
- ¼ tsp salt
- 1 cup jackfruit (nangka) peeled, seeded, and cut into ½ inch strips (150g)
- 1 cup crushed ice (optional)

Instructions

1. Cook sago (or tapioca pearls) in a pot of boiling water until translucent. Sago is cooked when center is no longer opaque, about 8 minutes. Pour sago into a sieve and rinse under running water to remove excessive starch. Drain well.
2. Combine coconut milk, pandan leaf, sugar, and salt in a medium size saucepan. Bring to a boil over medium low heat. Stir to dissolve sugar and salt.
3. Add jackfruit and cooked sago (or tapioca pearls). Bring it back up to a boil. Turn off stove.
4. Serve warm in small bowls or cold with crushed ice.