



CHICKEN IN PANDAN LEAVES (*serves 4-6 as an appetizer bite*)

Recipe by KATHRYN JOEL

*6 boneless, skinless chicken thighs, halved or quartered depending on size
12 (2" wide) fresh or frozen pandan leaves, rinsed or defrosted
Canola oil, for frying*

Marinade

*3 tbsp grated palm sugar
1/2 tsp. ground white pepper
1/4 tsp. kosher salt
4 cloves garlic, peeled
1/4 cup tender cilantro stems, chopped
1 (1") piece ginger, peeled and thinly sliced
1 1/2 tbsp coconut milk, we like Aroy-D brand
1 tbsp. toasted sesame oil
1 tbsp. Worcestershire sauce
2 1/2 tsp. oyster sauce, we like Pantai brand for Thai recipes
1 tbsp. dark soy sauce, we like Healthy Boy brand Black Soy Sauce for Thai Recipes
2 tsp. cornstarch*

Sauce:

*2 tbsp. grated palm sugar or light brown sugar
2 tbsp. dark soy sauce (Healthy Boy Black Soy Sauce)
1 tbsp. light soy sauce, we like Healthy Boy Thin Soy Sauce
1 tbsp. granulated sugar
1 tbsp. sesame seeds*

- Marinade: In a food processor, combine the palm sugar, the pepper, salt, garlic, cilantro, and ginger, to form a paste.
- Add coconut milk, sesame oil, Worcestershire, oyster sauce, 1 tbsp. dark soy sauce, and the cornstarch;
- Purée until smooth then transfer to a bowl, adding chicken to marinate in your fridge for at least 4 hours, or overnight.

- Sauce: In a pan, combine the remaining palm sugar, dark soy sauce, light soy sauce, granulated sugar, and 2 tbsp. water and simmer until the sugars dissolve, 1–2 minutes. Transfer sauce to a bowl and sprinkle with sesame seeds.
- Now lay 1 pandan leaf, stem side up, on a work surface.
- Place 1 piece of chicken over the center of the leaf and tie the leaf in a knot.
- Wrap the loose ends of leaf around the chicken, flipping the package. Tie another knot, encasing the chicken, and trim the ends.
- Boil 2" water in a steamer. Arrange chicken packages in a single layer in the steamer insert then cover and steam until almost cooked through, 10–12 minutes.
- Heat 2" oil in a 6-qt. saucepan until a deep-fry thermometer reads 350°.
- Working in batches, fry chicken packages until cooked through, 1–2 minutes; drain on paper towels. Unwrap and serve with reserved sauce.

HOI TOD – BROKEN PANCAKE WITH MUSSELS *(serves 4)*

Recipe by KATHRYN JOEL

Batter

1/2 cup mung bean flour

4 tbsp rice flour

pinch of salt

½ to 1 cup water

2 cloves garlic, grated

1 lb live mussels

½ cup Chinese rice wine, or use white wine

unscented oil, or use peanut oil

1 bunch green onions, sliced

2 eggs, lightly beaten

2 cups bean sprouts

2 tbsp fish sauce

ground white pepper

handful cilantro leaves, picked

Sriracha sauce to serve, we like Shark brand Thai Sriracha Sauce

Unscented cook oil for frying, grapeseed or canola, or use peanut oil

- Wash and debeard the mussels, making sure they are all alive (they should close tightly when tapped against a hard surface if they are open).
- In a pan with a tight-fitting lid, heat the Chinese rice wine to a boil. Add the mussels and cover. Cook until all the mussels have only just opened, about 3 minutes.

- Immediately remove the mussels from the pan. Once cool enough to handle, remove the mussels from their shells – discard the shells and set the cooked mussels aside.
- To make the batter, whisk together the flours and the salt with enough water to make a thin crepe-like batter, without lumps.
- Whisk the garlic into the batter, and season with salt and white pepper to taste.
- Season the eggs with fish sauce and white pepper to taste.
- Heat a non-stick pan until hot, adding a generous amount of cooking oil.
- Stir the mussels and half the green onions into the batter and ladle a third to half of it into the pan (depending on the size of your pan), swirling the pan to form a semi-circle.
- Cook over a high heat until the edges begin to crisp. Continue to cook until the bottom is golden.
- Pour 1/3 to 1/2 of the egg over the crepe and cook briefly then flip, continuing to cook until the crepe is crisp and the egg is cooked, breaking it up into pieces as you do so and continuing to fry. Add bean sprouts at the side of the pan, seasoning with a little fish sauce. Toss together the broken omelette and the bean sprouts.
- Serve, finished with sriracha sauce and garnished with green onions and cilantro leaves.

PAN-SEARED & STEAMED WHOLE FISH WITH AROMATICS *(serves 2-4 as part of a Thai meal)*

Recipe by KATHRYN JOEL

1 small whole fish (branzino, sea bream or other whole fish, about 1lb, cleaned and scaled, head on, and at room temp)

1/4 tsp sea salt

6 cloves garlic, peeled and thinly sliced

1 small Thai chillies, thinly sliced

1 tbsp fresh ginger, peeled and slivered

1 green onion, sliced

3-4 tbsp peanut oil

1-2 tbsp thin (light) Thai soy sauce (Healthy Boy Brand) or fish sauce (Squid brand)

1/2 - 1 tsp sugar

juice of 1 lime, or to taste

To serve: steamed jasmine rice and baby bok choy (recipe below)

- Prepare your steamer with 2 inches of water.
- Make 2 or 3 diagonal cuts in each side of the fish, right to the bone.
- Rub the fish with the sea salt.
- Heat a non-stick frying pan over a high heat, then add the oil.

- Fry the fish 1-2 minutes on each side, until golden brown.
- Slide onto a deep plate that fits in your steamer then spread the garlic, chilis and ginger over the fish.
- Combine the soy or fish sauce with the sugar and spoon over the fish, then pour over the oil from the wok or frying pan so that it sizzles the garlic slices.
- Steam for 8 minutes, then sprinkle over the green onion.
- Steam for 2 more minutes.
- Once the fish is cooked but still moist and translucent, squeeze over some lime juice and serve.

BABY BOK CHOY WITH THAI OYSTER SAUCE

Recipe by KATHRYN JOEL

6-8 baby bok choy, trimmed
2-3 tbsp Thai oyster sauce (Pantai brand)
2-3 tbsp fish sauce (Squid brand)
2 cloves garlic, chopped
White pepper, to taste
Peanut oil or other cooking oil

- Heat a wok over a medium high heat then add some peanut or cooking oil.
- Add the garlic and sauté for a few seconds before adding the bok choy, and stir fry until the leaves are bright green, and the stems slightly translucent. If needed, add 1 to 2 tbsp water so that the bok choy and garlic don't burn.
- Add the oyster sauce.
- Season to taste with the fish sauce.

RED THAI CURRY WITH BRAISED BEEF *(serves 4 with rice)*

Recipe by KATHRYN JOEL

Braised Beef
400 to 600 g boneless beef short rib or other braising cut (chuck, oxtail, shin....), trimmed
2 cans coconut milk, we prefer Aroy-D brand or as needed
Unscented cooking oil (grapeseed, canola)
1 stalk lemongrass
Handful lime leaves
Handful cilantro stems
1 red thai chilis, whole

*2-4 cloves garlic, whole peeled
salt*

Sauce, Garnish & To Serve

¼ cup red curry paste

Optional: ½ to 1 cups beef or chicken stock, or as needed

Coconut oil, or use peanut or canola or grapeseed

fish sauce, to taste, we use Squid Brand

palm sugar, grated, to taste

large handful Thai basil leaves, picked, fried in unscented oil

steamed jasmine rice, to serve (wash your rice well and cook in a covered pan, or a rice cooker – we will show you how to wash your jasmine rice during the class)

- In a deep skillet / dutch oven, heat unscented oil on high heat.
- Meanwhile season the beef, then sear the skillet / dutch oven, until nicely caramelized on both sides. Remove from the skillet and set aside.
- Add enough coconut milk to the skillet to cover the beef by 2/3, then add the aromatics.
- Bring to a boil, then reduce to a simmer and return the seared beef to the pan.
- Cover with a cartouche (parchment paper lid).
- Cover with a lid and braise on a low heat for 2 ½ to 3 hours or more until fork tender – the coconut milk should be gently simmering.
- Remove the beef from the pan and set aside (you can press it overnight for an elevated presentation), retaining the braising liquid.
- In a wok or sauté pan, heat some coconut oil.
- Add the curry paste and fry in the oil over a medium to medium-low heat for a few minutes until it is fragrant and cooked, then add the beef braising liquid (coconut milk).
- Add (optional) stock as needed. Bring to a simmer and reduce to desired consistency, as needed.
- Season to taste with fish sauce, lime juice, grated palm sugar and salt.
- To serve, portion and rewarm the beef in the sauce.
- Heat some cooking oil in a small pan then deep fry the basil leaves, a handful at a time, just until brightly green and crisp.
- Serve with steamed jasmine rice, garnished with deep fried Thai basil leaves.

RED CURRY PASTE

Recipe by KATHRYN JOEL

*2 guajillo peppers, seeded rehydrated and chopped
3-6 fresh red bird's eye chilis (to taste)*

1 tsp coriander seeds, dry roasted
1 tsp cumin seeds, dry roasted
1 tsp white peppercorns, dry roasted
1-2 tbsp garlic (to taste)
2 stalks lemongrass, tender centers only, chopped
1/3 cup finely chopped cilantro stems
1 tsp makrut (kaffir) lime leaves, chopped
1 inch galangal, peeled and chopped
1-2 tsp Thai shrimp paste
generous pinch of salt

- Deseed the guajillo chiles, and rehydrate in hot water for 20 minutes. Drain and chop finely.
- Grind the coriander, cumin and peppercorns in the mortar or in a spice blender, then remove to a bowl and set aside.
- In a mortar and pestle, add the garlic and a generous pinch of salt, and grind to a purée.
- Add the remaining ingredients one at a time, starting with the drier more fibrous ingredients and pounding to a paste before adding the next ingredient. Finally add the shrimp paste and dried spices.

STICKY RICE WITH MANGO

Recipe by KATHRYN JOEL

2 cups glutinous (sticky) rice
2 cups (1 can) coconut milk (Aroy-D)
1/2 cup sugar
1/2 tsp salt
1 pandan leaf, knotted
3 ripe mangos, peeled and sliced
2 tbsps toasted sesame seeds

- Place the rice in a large bowl and wash in several changes of cold water until the water runs clear then cover with water by at least 2 inches and allow to soak for at least 4 hours, or overnight.
- To cook, drain the rice and place it in a bowl in a steamer, or on a trivet in a large pan.
- Steam for 30-40 minutes, covered.
- Meanwhile combine the coconut milk, sugar and salt in a pan, adding the pandan leaf, and heat gently to dissolve the sugar and salt.

- When the rice is cooked but still hot, stir half of the hot sauce into it, mixing well. Continue stirring in the coconut sauce until the rice is moist but not soupy, reserving the rest for spooning over when you serve it.
- Set aside for 20 minutes for the flavours to infuse, then serve finished with the mango slices, and garnished with toasted sesame seeds.

SUPPLIERS IN EDMONTON

Seafood

- Ocean Odyssey Inland, 10019 167 Street

Thai Ingredients

- 99 Supermarket, 10768 99 Street NW
- Lucky Supermarket, 10725 97 Street NW
- T&T, 3451 Calgary Trail

Mexican Chilis

- Tienda Latina, 9844 63 Avenue NW
- Paraiso Tropical, 6926 104 Street NW / 9136 118 Avenue NW

BONUS RECIPES: These are complementary or additional recipes. They are for your reference and enjoyment, and will not be taught in your class.

RED CHICKEN CURRY WITH THAI EGGPLANT, SQUASH & PEAS *(serves 4 with rice)*

Recipe by KATHRYN JOEL

1 can coconut milk, we prefer Aroy-D brand

1/2 to 1 cup chicken stock, or you can use vegetable or shrimp stock

2-3 tbsp red curry paste

Coconut oil, or use peanut or canola or grapeseed

1 lb boneless chicken thigh meat, or you can use breast, skinned and cut into bite-sized pieces ★

1/2 cup peas, fresh or frozen (optional) or other non-starchy vegetables of choice

1/2 lb small round Thai Eggplants, halved or quartered, or substitute Japanese eggplant cut into chunks

1/2 small kabocha squash, peeled seeded and cut into bite-sized pieces (optional)

2 makrut (kaffir) lime leaves
fish sauce, to taste, we use Squid Brand
palm sugar, grated, to taste
large handful Thai basil leaves
Red bird's eye chilis, sliced, optional to finish
coconut oil, or use peanut or grapeseed oil
steamed jasmine rice, to serve (wash your rice well and cook in a covered pan, or a rice cooker – we will show you how to wash your jasmine rice during the class)
nam pla prik, to serve (optional)

★ *You can substitute 1lb of shrimp, pork or beef for the chicken in this dish.*
★ ★ *For a vegetarian version use more vegetables and (optional) tofu and substitute Vegetarian Fish Sauce and Miso Paste for the Fish Sauce and Shrimp Paste*

- In a wok, heat some coconut oil (or other oil) over a medium-low heat. Alternatively, add the thick cream from a can of coconut milk to a wok, and heat slowly stirring occasionally until the coconut cream separates into oil and solids, about 10 to 15 minutes.
- Add the curry paste and fry in the oil (or coconut cream) for a few minutes until it is fragrant and cooked, then add the rest of the coconut milk and the stock.
- Season to taste with fish sauce, lime juice, grated palm sugar and salt.
- Bring to the boil, then add the chicken (or protein of choice, if you're using shrimp add them after about 10 to 12 minutes), eggplants, squash and julienned makrut lime leaves. Simmer uncovered for around 15 minutes or until the chicken is cooked through and the eggplants and squash are tender. Add the peas.
- Adjust the seasoning with more fish sauce, lime juice and palm sugar to taste, as needed, stir in the basil leaves and sliced chilis, and serve with steamed jasmine rice, and (optional) Nam Pla Prik.