

ST. OLIVER'S SPICE PEOPLE



MANGIA E SIIATI ZITTO

COOKING CLASSES FOR THE MASSES

LESSON 09-03

Thai Luncheon Recipes



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Menu -

Peanut Noodle Salad

Red Coconut Curry Chicken served over Jasmine Rice

Dessert

GGO (Garlic, Ginger and Onions. This is used in the dressing and in the chicken coating)

Garlic, chopped	1 cup
Ginger, diced	$\frac{3}{4}$ cup
Green Onions, chopped	$\frac{1}{2}$ cup
Vegetable Oil	$\frac{1}{2}$ cup

Combine all ingredients in food processor and blend until smooth.

Peanut Dressing

Soy Sauce	1 $\frac{1}{4}$ cup
Water	1 $\frac{1}{2}$ cup
Black Vinegar	1 cup
Sesame Oil	1 cup
Peanut Butter (smooth)	2 cups
Sambol	$\frac{1}{4}$ cup
White Sugar	1 cup
GGO	$\frac{1}{4}$ cup

Combine all ingredients and mix until smooth with a hand blender.
Refrigerate.

Yields: 1 quart of dressing.

Peanut Noodle Salad

Egg Noodles (cooked and cooled)	4 cups
Napa (Chinese) Cabbage	2 cups
Carrots, matchsticks	1 cup
Cucumbers, sliced	1 cup
Bean Sprouts	1 cup
Red Peppers, sliced thin	1 cup
Thai Basil	¼ cup

Combine all ingredients and mix well so the vegetables and noodles are coated, then garnish with:

Peanut Pieces	¼ cup
Cilantro	¼ cup





Red Coconut Curry Chicken

Chicken Coating

Rice Flour	2 ½ cups
Soy Sauce	½ cup
White Sugar	1 Tbsp
Kosher Salt	¼ cup
Black Pepper	1 tsp
Vegetable Oil	2 cups
Eggs	20 each
GGO	¼ cup

Combine all ingredients and blend until smooth. Refrigerate.

Fresh Chicken Tenders	2 lbs
Chicken Coating	1 quart

The day *before* you are going to serve, cut (raw) chicken tenders into bite size pieces. Place the cut up chicken into the coating. Make sure to stir the chicken in well so that all pieces will get coated. Cover and refrigerate overnight. While you are at it, go ahead and make the sauce:

Curry Sauce

Coconut Cream	7 cans (14 oz ea)
Water	1 quart
Red Curry Paste	2 cans (4 oz ea)

Combine ingredients in sauce pan, mix well. Simmer over med/low heat until mixture has reduced by approximately half. Remove from heat and add:

White Sugar	½ cup
Fish Sauce	1/3 cup

Stir well and refrigerate overnight.

About an hour before you are ready to serve, prepare the following vegetables:

Onions	2 cups
Red Peppers	2 cups
Bok Choy (greens)	2 cups
Chinese Eggplant	1 cup

Next, heat up your fryer to 375 degrees. Lightly fry the eggplant and set aside to drain.

Carefully add the coated chicken to the fryer, stirring gently to separate the pieces and to assure they cook evenly. Fry to a golden brown, 2 to 5 minutes depending on your fryer and the size of the chicken pieces. Remove chicken from fryer and set aside to drain. Turn off your fryer.

In a large saucepan, pour 1 quart of sauce and turn heat on high. Add the vegetables and the chicken to the sauce. Cook until vegetables have begun to soften, approximately 2 to 5 minutes. Remove from heat and add ¼ cup of Thai Basil leaves and stir. Ladle the hot mixture over cooked Jasmine Rice and garnish with chopped Cilantro and a lime wedge.

Enjoy!



