



TIME FOR THAI

Recipes:

- Thai-Inspired Jasmine Rice
- Chicken and Lemongrass Curry
- Thai Salad
- Vegetarian Alternative: Tofu and Lemongrass Curry

Pre-Class Instructions:

Without Kits:

- Read over recipes and have them available for reference
- Assemble all equipment and ingredients
- Wash all fruits and vegetables, and peel if necessary
- Measure all dry ingredients

Serves 2

SHOPPING LIST

Produce

- 1 onion
- 3 tbsp fresh ginger
- 2 stalks lemongrass
- 2 limes
- 1 bunch cilantro
- 3 carrots
- 1 small container Thai basil
- 1 bunch green onion
- 1 shallot
- 3 cloves garlic
- 1 green chili
- 1 English cucumber
- 1 mango

Pantry

- 1 cup Jasmine rice
- 3 tbsp palm sugar or brown sugar
- 1 can (8 oz/227 g) bamboo shoots
- 2 cups chicken (substitute vegetable broth for vegetarian)
- 1 can (13.66 oz/403 mL) coconut milk

Protein & Dairy

- 4 boneless, skinless chicken thighs (substitute with 1/2 package firm tofu for vegetarian)

Condiments & Spices

- salt & pepper
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 2 tsp turmeric
- 1/4 tsp crushed red pepper
- 1 tsp sesame seeds
- 3 tbsp canola oil
- 1 tbsp fish sauce (omit for vegetarian)
- 2 kaffir lime leaves
- 1/4 cup rice vinegar
- 1 tsp sesame oil

Equipment

- knife
- cutting board
- measuring spoons and cups
- mixing bowl
- wooden spoon
- frypan
- spatula
- saucepan with lid
- strainer
- citrus juicer
- food processor or mortar & pestle
- zester

THAI-INSPIRED JASMINE RICE

Ingredients

- 1 cup Jasmine rice, rinsed
- 1 tbsp canola oil
- 1 cup chopped onion
- 1 tbsp chopped fresh ginger
- 1 lemongrass, smashed
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 lime, zested and juiced
- 1 1/2 cups water
- 2 tbsp chopped green onion

Directions

1. Heat oil in saucepan on medium-low heat, add onions and sweat for 2 minutes, no colour.
2. Add the ginger, lemongrass, coriander, and cumin seeds and continue to cook for 2 more minutes.
3. Add the rice, lime zest, lime juice and water; bring to a boil, cover with lid and turn heat to low. Cook for 18 minutes.
4. Turn heat off and leave covered for 5 minutes.
5. Fluff with fork and serve with green onion.

CHICKEN AND LEMONGRASS CURRY

Ingredients - Curry Paste

- 1 lemongrass, finely chopped
- 1 tbsp fresh ginger, peeled and chopped
- 2 tbsp chopped shallot
- 3 cloves garlic, chopped
- 1 green chili, deseeded and chopped
- 2 tsp turmeric

Directions - Curry Paste

1. Using food processor (or mortar & pestle), grind together all ingredients.

Ingredients - Curry

- 2 tbsp canola oil
- 4 boneless, skinless chicken thighs, diced
- 1 recipe curry paste
- 2 kaffir lime leaves
- 2 tbsp palm sugar or brown sugar
- 1 tbsp fish sauce
- 2 cups chicken broth
- 1/2 cup coconut milk
- 1/4 cup bamboo shoots, drained
- 2 tbsp chopped fresh cilantro

Directions - Curry

1. Heat oil in large frypan over medium-high heat.
2. Sear chicken until golden brown. Remove from pan and turn temperature to low.
3. Add curry paste, cook for 2 minutes. Add chicken back with lime leaves, sugar, fish sauce and chicken broth.
4. Increase heat to high and reduce liquid by half.
5. Add coconut milk and bamboo shoot; bring to a boil.
6. Finish with chopped fresh cilantro.
7. Serve with rice.

VEGETARIAN ALTERNATIVE: TOFU AND LEMONGRASS CURRY

Ingredients - Curry Paste

- 1 lemongrass, finely chopped
- 1 tbsp fresh ginger, peeled and chopped
- 2 tbsp chopped shallot
- 3 cloves garlic, chopped
- 1 green chili, deseeded and chopped
- 2 tsp turmeric

Directions - Curry Paste

1. Using food processor (or mortar & pestle), grind together all ingredients.

Ingredients - Curry

- 2 tbsp canola oil
- 1 recipe curry paste
- 2 kaffir lime leaves
- 2 tbsp palm sugar or brown sugar
- 2 cups vegetable broth
- 1/2 cup coconut milk
- 1/2 package firm tofu
- 1/4 cup bamboo shoots, drained
- 2 tbsp chopped fresh cilantro

Directions - Curry

1. Heat oil in large frypan over medium-high heat.
2. Add curry paste, cook for 2 minutes. Add lime leaves, sugar, and vegetable broth.
3. Increase heat to high and reduce liquid by half.
4. Add coconut milk, tofu and bamboo shoot; bring to a boil.
5. Finish with chopped fresh cilantro.
6. Serve with rice.

THAI SALAD

Ingredients

- 1/4 cup rice vinegar
- 1 tsp sesame oil
- 2 tsp palm sugar or brown sugar
- 1/2 lime, zested
- 1/4 tsp grated fresh ginger
- 1/4 tsp crushed red pepper
- 2 cups peeled, sliced English cucumber
- 2 cups peeled, sliced carrots
- 1 cup peeled, sliced mango
- 2 tbsp thinly sliced fresh Thai basil
- salt to taste
- 1 tsp sesame seeds to garnish, optional

Directions

1. To prepare dressing, whisk together vinegar, oil, sugar, lime zest, ginger, and crushed red pepper until combined.
2. Combine rest of ingredients in a bowl. Add dressing and toss to coat. Season with salt to taste and garnish with sesame seeds. Serve immediately.