



**COOKING CLASSES**  
AT SUR LA TABLE

**FAMILY FUN:  
TASTY THAI**

WITH SUR LA TABLE CHEF



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# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

## Protein

- 1 1/2 pounds chicken breast
- 1 cup fried tofu

## Produce

- 1 bunch cilantro
- 2 small shallots
- Ginger
- Garlic
- 1 bunch scallions
- 2 1/2 cups of bean sprouts
- 1 lime
- 1 head Boston lettuce
- 2 medium carrots
- 1 English cucumber
- 1 red bell pepper
- 1 bunch of mint

## Dairy

- 4 large eggs

## Pantry Items

- 1/2 cup coconut cream
- Canola or vegetable oil

- Yellow curry powder
- Fish sauce
- Granulated sugar
- 1/2 cup coconut milk
- Phanang curry paste
- Unsalted roasted peanuts
- Light brown sugar
- White vinegar
- Light soy sauce
- Kosher salt
- Garlic powder
- Sriracha chili sauce

## Specialty Ingredients

- Phanang curry paste
- Lime leaf
- Tamarind concentrate
- 8 ounces Chantaboon rice noodles
- Sweet preserved radish (optional)
- Round rice paper



# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef's knife
- Paring knife
- Vegetable peeler
- 2 cutting boards

## Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Mixing bowl (various size)
- Wooden spoon
- Garlic peeler
- Whisk
- Tongs
- Baking sheet
- Colander
- Slotted spoon

## Cookware

- Small saucepan
- Grill pan
- Wok
- Medium saucepan

## Tabletop

- Serving platter
- Large serving bowl
- Dinner plates

## Other

- Bamboo skewers
- Plastic wrap
- Foil



## Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### Chicken Satay

1. Slice chicken
2. Soak bamboo skewers

### Perfect Pad Thai

1. Soak rice noodles

### All recipes

1. Wash and dry produce



## GRILLED CHICKEN SATAY WITH PEANUT SAUCE

**Yield:** 24 skewers or 8 servings

This is a great party dish all year round. Serve as an appetizer, finger food or an entrée. Remember to soak the bamboo skewers for at least 30 minutes to prevent burning while grilling or broiling, but you can skip this step if you are pan grilling.

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*1/2 cup coconut cream*  
*2 tablespoons canola or vegetable oil*  
*1 tablespoon yellow curry powder*  
*1/4 cup chopped cilantro leaves*  
*2 tablespoons fish sauce*  
*1 tablespoon granulated sugar*  
*1 tablespoon lime juice*  
*1 pound chicken breast, sliced into long strips 1/4-inch thick*  
*1 recipe Peanut Sauce (recipe included)*

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Soak 24 bamboo skewers in warm water for 30 minutes and preheat broiler on high and place the top rack 6-inches below the heating element or heat a barbecue or stove top grill pan to medium-high heat.

- 1. To prepare marinade:** To a medium bowl add coconut cream, oil, curry powder, cilantro, fish sauce, sugar and lime juice, whisk to combine. Add the chicken and use a silicone spatula to mix and coat the chicken completely, cover with plastic wrap and marinate at room temperature for 20 minutes. Thread marinated chicken pieces onto bamboo skewers.
- 2. To cook skewers:** If using a broiler: place the chicken skewers onto a wire rack set over a rimmed baking sheet lined with foil or parchment paper. Transfer to the preheated oven and cook 2 to 3 minutes per side, flipping once. If using a barbecue or stove top grill pan: place skewers directly on oiled grill racks and cook 2 to 3 minutes per side, flipping once.
- 3. To serve:** Arrange the chicken skewers onto warmed platter or divide among 8 warmed dinner plates. Serve with peanut sauce on the side.



## FRESH VEGETABLE SPRING ROLLS

**Yield:** 16 rolls

The recipe below is vegetarian, but will work well with cooked shrimp or chicken added. If you want to make the rolls in advance, cover them with a damp kitchen towel for up to 2 hours.

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*1 head Boston lettuce, leaves separated, rinsed, and dried*  
*2 medium carrots, peeled*  
*1 English cucumber*  
*4 scallions*  
*1 red bell pepper, cored*  
*16 round rice paper (spring roll) wrappers*  
*Bowl of water, for preparing wrappers*  
*32 fresh mint leaves*  
*32 cilantro leaves*

*Peanut Sauce (recipe included)*

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1. **To prepare the vegetables,** Remove the tough vein from the center of the lettuce leaves and discard it; set aside.

Cut carrots, cucumber, scallions, and red bell pepper into 4-inch-long slices resembling matchsticks.

2. **To assemble the rolls,** Dip the rice paper into a bowl of tepid water until soft and pliable, about 5 seconds; shake off excess water and place onto a clean, smooth surface. Arrange several mint and cilantro leaves on the lower third of the rice paper. Top with a few lettuce leaves, carrot, cucumber, scallion, and bell-pepper matchsticks. Fold the bottom of the rice paper up over the veggies. Fold in the sides and then roll up. Repeat with the remaining ingredients.

3. **To serve:** Arrange the summer rolls on a serving platter and serve with peanut sauce. Serve immediately.



## PEANUT SAUCE

**Yield:** 1 1/2 cups

This peanut sauce is very versatile and can be served with beef, chicken, or shrimp satay, pan-fried tofu, or even as a salad dressing. Use rice or white vinegar as a substitute for tamarind. Many curries, such as red curry, Massaman curry, and yellow curry, can be used instead of Panang curry. Each will give a different accent to the sauce.

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*1/2 cup coconut milk*  
*2 teaspoons Panang curry paste*  
*1 makrut lime leaf, thinly sliced*  
*2 small shallots, minced*  
*1 tablespoon minced fresh ginger or galangal root*  
*1 garlic clove, minced*  
*3 tablespoons ground roasted peanuts*  
*1 tablespoon fish sauce*  
*2 tablespoons firmly packed palm sugar or light brown sugar*  
*1 tablespoon tamarind concentrate*

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1. Add coconut milk, curry paste, lime leaf, shallots, ginger, and garlic to a small saucepan. Place the saucepan on the stove over medium-high heat and cook, stirring constantly with a wooden spoon, until fragrant and the oil separates, for about 8 minutes.
2. Reduce the heat to medium-low, stir in the remaining ingredients, and simmer until the sauce becomes creamy and coats the back of the spoon. Use immediately or cool and store in the refrigerator for up to 3 days or in the freezer for up to 3 months.



## PERFECT PAD THAI

**Yield:** 4 servings

No need to call for takeout when this classic noodle dish is simple and easy to make. Look for trays of fried tofu at Asian supermarkets and choose bean sprouts grown from mung beans for the best flavor and texture. Be sure to have each ingredient prepped and measured before beginning this recipe!

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*8 ounces Chantaboon rice noodles*

*1/3 cup peanut or vegetable oil*

*8 ounces chicken thighs or breasts cut into 1/2-inch pieces*

*4 large eggs, lightly beaten*

*3 garlic cloves, minced*

*2/3 cup Pad Thai Sauce (recipe included)*

*1 cup fried tofu, cut into 1/4-inch cubes*

*1/4 cup sweet preserved radish, thinly sliced (optional)*

*1/2 cup green onion, thinly sliced*

*2 1/2 cups bean sprouts, rinsed thoroughly, divided*

*1/2 cup unsalted roasted peanuts, finely chopped, plus more for garnish*

*1 lime, cut into wedges, for garnish*

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1. **To soften Chantaboon rice noodles:** To a large bowl, add rice noodles and cover with hot water. Soak for 30 minutes to soften. Drain in a colander and set aside, covered.
2. **To prepare pad Thai:** To a wok set over high heat, add oil and swirl to coat sides. Add the chicken and fry until thoroughly cooked. Add eggs and stir fry for 30 seconds. Stir in garlic and noodles, followed by Pad Thai Sauce. Simmer noodles in sauce until cooked through, 1 to 2 minutes. Stir in tofu and radish.
3. Check noodles; if they are not tender, add 1/4 cup water. When noodles are tender, stir in green onions, 2 cups of bean sprouts, and peanuts; remove wok from the stove. Be careful not to overcook noodles or they will stick together. If this happens, add small amounts of water to separate them. When water is absorbed, remove wok immediately from the heat.
4. **To serve:** Transfer Pad Thai to a large serving bowl and garnish with remaining bean sprouts, peanuts, and lime wedges. Serve immediately.



## PAD THAI SAUCE

**Yield:** 2 1/2 cups (enough for 3 recipes of pad Thai)

This makes more than enough sauce you need for one recipe of Pad Thai. Store leftovers in the fridge for up to 2 weeks or freeze in 2/3-cup batches.

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*2/3 cup tamarind concentrate (Thai brands only)*

*2/3 cup white vinegar*

*1/3 cup light soy sauce*

*1/3 cup fish sauce*

*1 teaspoon kosher salt*

*1 cup grated palm sugar or light brown sugar*

*3 tablespoons garlic powder*

*1/8 to 1/4 cup Sriracha chili sauce, depending on preference*

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1. To a medium saucepan, add all ingredients and bring to a boil over medium heat. Cook sauce until it thickens and coats the back of a spoon, about 10 minutes. Set aside.



## THAI CUISINE

The cuisine of Thailand is heavily influenced by geography, religion, and history. Both Chinese and Indian ingredients and cooking methods have made their way into Thai dishes. The heavily Buddhist population of Thailand also shaped the cuisine with an emphasis on vegetables and smaller portions of meat. A typical Thai meal features steamed jasmine rice, with a variety almost exclusively native to Thailand. Several different dishes, including stir-fries, noodle dishes, grilled or roasted items, and salads are presented at the same time and shared by everyone at the table.

The flavor profiles of Thai cuisine include sweet, sour, salty, and spicy, all carefully balanced to produce harmonious dishes. Ingredients are available in Asian markets or online shops while proper substitutions can be found within common pantries—making Thai food simple to prepare at home.

### THAI INGREDIENTS GLOSSARY

**Bird's eye or Thai Chiles:** Small red or green chiles widely used in Thai cooking. Thai chiles are extremely hot and should be used in moderation. Find them fresh in Asian markets or substitute other fresh chiles of choice. Always wear gloves when working with fresh chiles.

**Chantaboon Rice Noodles:** Translucent when dried, these flat noodles are used to make Pad Thai. They are soaked in water before cooking. Available in many grocery stores and Asian markets.

**Coconut Milk:** Often used as a base for soups, stews, and curries; easily found canned in most grocery stores.

**Fish Sauce:** A condiment made from fermented and pressed anchovies, a defining flavor of Thai food. Easily found in most grocery stores and Asian markets.

**Fried Tofu:** Deep-fried tofu that is creamy on the inside and slightly spongy on the outside. Can be found in most Asian groceries or made by frying firm tofu in 350°F oil until crispy.

**Galangal:** A variety of rhizomes with an appearance similar to ginger. Widely used in Thai and other Southeast Asian cuisines. Often found in Asian markets, fresh or frozen. Fresh ginger can be substituted; however, galangal's distinct pine scent and peppery flavor makes it worth seeking out.

**Jasmine Rice:** An aromatic, long grain rice variety that is a staple in Thai cuisine. Widely available in grocery stores and Asian markets.

**Makrut Lime Leaves:** Shiny, deep green, oval leaves often joined in pairs. The leaves impart an intensely bright citrus flavor to sauces, soups, and curries. When unavailable, substitute one tablespoon grated lime zest for one leaf.



**Lemongrass:** A stalky plant with a lemony scent that grows in many tropical climates, most notably in Southeast Asia. A common ingredient in Thai cooking, lemongrass provides a zesty lemon flavor and aroma to many Thai dishes.

**Palm Sugar:** Made from the sap of the palm tree; light brown in color and often sold in round, flat disks in Asian markets. When unavailable, substitute equal amounts of light brown sugar.

**Sriracha Hot Chili Sauce:** A hot sauce named for a seaside town of Si Racha in Thailand. It includes chiles, salt, sugar, and vinegar, and is used as a condiment on a variety of dishes. Widely available at grocery stores and Asian markets.

**Sweet Preserved Radish:** A key ingredient in Pad Thai, this salted and sweetened radish is available whole or shredded in Asian grocery stores or online.

**Sweet Rice or Glutinous Rice:** A staple in northern regions of Thailand, it is eaten by molding it with your hands and dipping it into other dishes. When purchasing, look for those imported from Thailand as other varieties taste and cook differently.

**Tamarind:** A sour paste made from the pulp inside the seed pods of the tamarind tree and typically used to flavor sauces. Tamarind can be purchased as pulp or concentrate in Asian markets or local grocery stores. Only purchase Thai-style tamarind concentrate as brands vary widely in taste and texture.

**Thai Basil:** A leafy herb with a stronger flavor than that of Italian sweet basil. The plant has purple stalk and small leaves with a subtle mint or licorice flavor. You can purchase Thai basil at well stocked grocery stores and Asian markets.

