



COOKING CLASSES
AT SUR LA TABLE

PERFECT PAD THAI

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- ☐ 3 eggs
- ☐ 6 ounces fried tofu (see recipe for protein alternative)

Produce

- ☐ 3 garlic cloves
- ☐ 1 small bunch green onion
- ☐ 1 1/2 cups bean sprouts
- ☐ 1 lime

Pantry Items

- ☐ 6 ounces Chantaboon rice noodles
- ☐ Peanut or vegetable oil
- ☐ 1/3 cup white vinegar
- ☐ Soy sauce
- ☐ Kosher or sea salt
- ☐ 1/2 cup palm sugar or light brown sugar
- ☐ Garlic powder
- ☐ Sriracha or other Asian-style hot sauce
- ☐ Fish sauce

Dry/Canned Goods

- ☐ 1/4 cup peanuts, plus more for garnish
- ☐ 1/3 cup tamarind concentrate (Thai brands)

Other

- ☐ Preserved radish (often found in the Asian foods refrigerated section, see recipe for substitutions)

Equipment Needed

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

Cutlery

- ☐ Chef's knife
- ☐ Paring knife
- ☐ 2 cutting boards

Hand Tools/Gadgets

- ☐ Mixing bowls, various sizes
- ☐ Colander
- ☐ Wok spoon, or wooden spoon
- ☐ Prep bowls
- ☐ Bench scraper
- ☐ Whisk
- ☐ Measuring cups and spoons

Cookware

- ☐ Wok or large skillet
- ☐ Medium saucepan
- ☐ Small skillet, for toasting peanuts

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.

Pad Thai and Pad Thai Sauce

1. Wash and dry produce.

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; 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. Though some of the flavors and ingredients may not be familiar, most are easily found in Asian markets and grocery stores. Many of these ingredients can be substituted with commonly found items, making Thai food simple to prepare at home.

PAD THAI

Yield: 2 to 4 servings

No need to call for takeout when this classic noodle dish is simple and easy to make. Look for packaged fried tofu at Asian supermarkets and choose bean sprouts grown from mung beans for the best flavor and texture. Measuring and prepping every ingredient before starting this recipe will help with your cooking flow.

6 ounces Chantaboon rice noodles

1/3 cup peanut or vegetable oil

3 large eggs, lightly beaten

3 garlic cloves, minced

1/2 cup Pad Thai Sauce (recipe included)

6 ounces fried tofu, cut in 1/4-inch cubes

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

1/2 cup green onion, thinly sliced

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

1/4 cup peanuts, unsalted, skillet toasted and finely chopped, plus more for garnish

1 lime, cut into wedges, for garnish

1. ***To soften the Chantaboon rice noodles:*** Place noodles in a large bowl and cover with hot water. Soak for 30 minutes or until tender and soft. Drain in a colander and set aside; cover with a clean dish towel.

2. ***To prepare the Pad Thai:*** To a wok set over high heat, add oil and swirl to coat sides. Add eggs and stir fry for 30 seconds. Add 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 of water. When noodles are tender, add green onions, 1 cup of bean sprouts and peanuts; remove wok from stove. Be careful not to overcook the noodles or they will stick together. If this happens, add small amounts of water to separate them. When water is absorbed, take wok off heat immediately.

4. ***To serve:*** Place pad Thai in a large serving bowl and garnish with remaining bean sprouts, lime wedges and peanuts.

Pad Thai variations:

- Substitute fried tofu with 6 ounces of firm tofu, 6 ounces of thinly sliced chicken breast or thighs, or 6 ounces of peeled and deveined shrimp.
- Thinly sliced fresh radish can be substituted for preserved radish.

PAD THAI SAUCE

Yield: 1 1/2 cups (enough for 2 Pad Thai recipes)

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

1/3 cup tamarind concentrate (Thai brands only)

1/3 cup white vinegar

2 tablespoons soy sauce

2 tablespoons fish sauce

1/2 teaspoon kosher salt

1/2 cup grated palm sugar or light brown sugar

2 teaspoons garlic powder

2 to 3 tablespoons Sriracha chili sauce, depending on preference

1. Place all ingredients in a medium saucepan 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.

Pad Thai Sauce variations:

- Can't find palm sugar? Substitute with light brown sugar.
- Tamarind concentrate may be tricky to find. Look for it at Asian grocery stores, some well stocked grocery stores may have it, or purchase online. If in a pinch, prepared ketchup can be used.

Ingredients Glossary

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.

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.

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; it 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.

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. Only purchase Thai-style tamarind concentrate as brands vary widely in taste and texture.