



**COOKING CLASSES**  
AT SUR LA TABLE

**THAI TONIGHT**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

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

## Proteins

- 1 pound boneless, skinless chicken thighs

## Produce

- 1/2 large or 1 small head Boston lettuce (also known as Bibb or Butter)
- 3 medium carrots
- 1/2 English cucumber
- 1 bunch scallions (green onions)
- 2 red bell peppers
- 1 bunch mint
- 1 bunch cilantro
- 2 shallots
- 4-inch piece fresh ginger root
- 2 garlic cloves
- 2-3 limes
- 8 shiitake mushrooms
- 8 ounces snow peas

## Pantry Items

- 1/3 cup roasted peanuts, shelled
- Cornstarch
- Vegetable oil

## Dry/Canned Goods

- Canned coconut milk

## Specialty Ingredients

- Round rice paper wrappers (22 cm is recommended)
- Panang curry paste
- Makrut lime leaf (see glossary for substitution recommendations)
- Fish sauce
- Palm sugar (see glossary for substitution recommendations)
- Rice wine vinegar
- 1-2 stalks lemongrass
- 1-2 Thai bird chiles
- 1 bunch Thai basil leaves

# Equipment Needed

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

## Cutlery

- Chef's knife
- 2 cutting boards

## Hand Tools/Gadgets

- Mixing bowls (plenty and various sizes)
- Vegetable peeler
- Large shallow dish or bowl (a pie plate is ideal)
- Measuring cups and spoons
- Liquid measuring cup
- Box grater
- Microplane (optional)
- Wooden spoon
- Wok spoon or flat-edged wooden spoon

## Cookware

- Small saucepan
- Wok or large sauté pan

## Bakeware

- 8" x 8" or 9" x 13" baking dish for marinating chicken

## Tabletop

- Large plate for assembling fresh spring rolls
- Serving platters

## **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.

### **All recipes**

1. Wash and dry all produce prior to class.

## FRESH SPRING ROLLS WITH PEANUT SAUCE

**Yield:** 4 servings, 8 rolls

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

---

*1/2 head Boston lettuce, leaves separated, rinsed and dried*

*1 medium carrot, peeled*

*1/2 English cucumber*

*2 scallions*

*1/2 red bell pepper, cored*

*8 round rice paper (spring roll) wrappers*

*16 fresh mint leaves*

*16 cilantro leaves*

*1 recipe Peanut Sauce (recipe included)*

---

1. **To prepare the vegetables:** Remove the tough vein from the center of the lettuce leaves and discard. Set the lettuce aside. Cut carrots, cucumber, scallions and red bell pepper into 4-inch long slices resembling matchsticks.

2. **To prepare the rolls:** Dip a 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.

3. Fold the bottom of the rice paper up over the veggies. Fold in the sides, then roll tightly. Repeat with the remaining ingredients.

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

## PEANUT SAUCE

***Yield:*** 1 1/2 cups

This versatile peanut sauce can be served with beef, chicken, or shrimp satay, pan-fried tofu, or even as a salad dressing. If you don't have tamarind for this recipe, use rice or white vinegar as a substitute. There are many curries that can be used instead of Panang curry, such as red curry, Massaman curry and yellow curry. Each will give a different accent to the sauce.

---

*1/2 cup coconut milk*  
*2 teaspoons Panang curry paste*  
*1 makrut lime leaf, thinly sliced*  
*2 small shallots, minced*  
*1 tablespoon fresh ginger, minced*  
*1 garlic clove, minced*  
*3 tablespoons roasted peanuts, finely chopped*  
*1 tablespoon fish sauce*  
*2 tablespoons firmly packed palm sugar or light brown sugar*  
*1 tablespoon rice wine vinegar*

---

1. To a small saucepan set over medium-high heat, add the coconut milk, curry paste, lime leaf, shallots, ginger and garlic. Using a wooden spoon, stir constantly and simmer until fragrant and oil separates, about 8 minutes.
2. Reduce heat to medium-low, stir in 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 up to 3 days or in the freezer for up to 3 months.

## WOK-FRIED LEMONGRASS CHICKEN WITH VEGETABLES

**Yield:** 4 servings

Have all of your ingredients ready to go before you start cooking. Stir-frying goes quickly once you start. Read the attached glossary for ingredient substitutions.

---

*1/3 cup fish sauce*  
*1/4 cup fresh lime juice, plus more to taste*  
*1/4 cup grated palm sugar or light brown sugar*  
*1/4 cup lemongrass, minced, tender parts only*  
*1 pound boneless skinless chicken thighs, trimmed and sliced into thin strips*  
*1/2 teaspoon cornstarch*  
*2 tablespoons vegetable oil, divided*  
*1 large red bell pepper, cored and cut into matchsticks*  
*8 shiitake mushrooms, stems removed and sliced*  
*1 tablespoon ginger, finely minced*  
*1 garlic clove, minced*  
*1 to 2 Thai bird chiles, thinly sliced*  
*2 medium carrots, peeled and cut into matchsticks*  
*8 ounces snow peas, sliced diagonally in half*  
*1 bunch green onions, cut into 1-inch long pieces, plus more for garnish*  
*1/2 cup loosely packed Thai basil leaves, torn*

---

1. **To make the marinade and stir-fry sauce:** To a small bowl add the fish sauce, lime juice, palm sugar and lemongrass, whisk to combine. Transfer half of the marinade into a baking dish, add chicken and transfer to refrigerator; marinate for 30 minutes to 2 hours. Remove chicken from marinade and place onto a paper towel-lined plate. To the mixing bowl add the cornstarch to the marinade, whisk to combine. Set aside.

2. To a wok or a large sauté pan set over high heat, add 1 tablespoon oil. When the oil is shimmering, add bell pepper and mushrooms and stir-fry until tender, about 2 minutes. Add ginger, garlic, chiles, carrots, snow peas and green onions and cook until aromatic, about 1 minute. Transfer vegetables to a medium bowl and return the wok to high heat.

3. To the hot wok, add the remaining 1 tablespoon oil and swirl to coat. When the oil is beginning to smoke, add chicken and stir-fry for 1 minute. Add reserved lemongrass sauce, toss well to coat and cook 1 to 2 minutes to reduce the sauce. Return vegetables to the wok; toss to coat vegetables thoroughly and cook until chicken is cooked through. Remove wok from heat, add basil and toss once more.

4. **To serve:** Transfer to a serving platter, garnish with green onions and serve immediately.

## 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.

## 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.

**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.

**Jasmine Rice:** A beautifully aromatic and slightly sticky long-grain variety of rice native to Thailand. Widely available in grocery stores and Asian markets.

**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 the seaside town of Si Racha in Thailand. It includes chiles, salt, sugar, vinegar and is used as a condiment on a variety of dishes. Widely available at grocery stores and Asian markets.

**Thai Basil:** A leafy herb with a stronger flavor than that of Italian sweet basil. The plant has a 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.