

Recipe

Tom Kha Gai

Category

Soup

Description

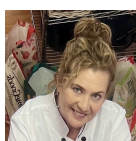
Tender chicken in a velvety smooth coconut milk broth infused with lemongrass and other Thai flavors. A delicious start to your Thai meal.

Servings

4 Updated 1/15/23.

Ingredients

1.00	T	Oil	
0.25		Onion	
1.00	Cloves	Garlic	
0.25		Red Jalepeno or Thai	
1.50	.25" slices	Ginger	
0.50	stalk	Lemongrass	
1.00	t	Red Curry Paste	
2.00	C	Chicken Broth	
2.00	C	Coconut Milk	Nice creamy brand like Angel (Grace?) or the
1.00	med	Chicken Breasts	
4.00	oz	White Mushroom Caps	to finish
1.00	T	Sugar	to finish
1.00	T	Fish Sauce	to finish
1.50	T	Lime Juice	to finish
1.50		Green Onions	thinly sliced - for garnish
0.13	C	Cilantro	for garnish



Instructions

In a medium pot, heat the coconut oil over medium heat. Add the onion, garlic, jalapeno or chile, galangal or ginger, lemongrass, and red curry paste and cook, stirring frequently, for 5 minutes, or until onions are softened. Add chicken broth and bring to a boil. Reduce heat and simmer uncovered for 30 minutes.

Strain out the aromatics (the garlic, onions, lemongrass, and ginger) and discard.

Add in coconut cream or milk, chicken breast (or tofu or shrimp), and mushrooms. Simmer until chicken breast pieces are just cooked through,

then add fish sauce, coconut aminos (or coconut sugar), and lime juice, plus more of each to taste.

Cook 2 minutes, then ladle into serving bowls and top with sliced green onions and fresh cilantro.

To use shrimp, simply stir in 1 pound of raw shrimp instead of chicken. Simmer until just cooked through, pink, and no longer translucent.

Make it Whole30: Use compliant chicken broth. Use 2 tablespoons coconut aminos instead of coconut sugar. Use Red Boat fish sauce – this is the only fish sauce I've found to be compliant.

Make it Vegan/Vegetarian: Use vegetable stock, preferably an Asian variety. Use a 1-pound block of firm or extra firm tofu (regular or silken) cut into bite-sized cubes. For vegan, use soy sauce (to taste) instead of fish sauce.



Recipe

Pad Thai Fried Rice

Category

Carb Side

Description

Fried Rice with a Thai twist. The gorgeous flavors of Thailand combine here to make a delicious variation on fried rice. Serve this with Thai Chicken Satay for a real treat or have it all on its own.

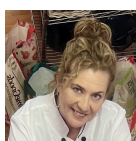


Servings

8 Make Extra! Spot on for app/side

Ingredients

4.00	T	Brown Sugar	for the sauce
4.00	T	Lime Juice	for the sauce
4.00	T	Soy Sauce	for the sauce
2.00	T	Fish Sauce	for the sauce
2.00	T	Sriracha	
2.00	t	Tamarind Paste	for the sauce
4.00	Cloves	Garlic	for the sauce
0.50	C	Brussels	Shredded and Charred (or some other green -
0.50	C	Carrots	Grated and charred
4.00		Eggs	
8.00		Green Onion - white	chopped to cook with eggs
4.00	cloves	Garlic	chopped - to cook with eggs
4.00	t	Vegetable Oil	
4.00	Cups	Jasmine Rice	For 4, do 1 scoop of rice in the rice cooker,
0.50	C	Peanuts	for topping - Be generous - Honey roasted are
0.50	C	Cilantro	chopped - for topping
8.00		Green Onion - green tops	for topping
		Bean Sprouts	for topping
		Lime Wedges	for serving



Instructions

Prepare the sauce by whisking together brown sugar, lime juice, soy sauce, fish sauce, sriracha, tamarind paste and garlic. Set aside. You can do this well ahead. This will last a couple of weeks or more in the fridge.

Either use leftover, refrigerated rice or, at least one day before serving the dish, cook rice as per package instructions, fluff and set aside and refrigerate overnight or freeze rice and defrost the day before you want to use it in this dish. It needs to be cold going into the pan, though.

Cut lime wedges, set aside
Chop peanuts, cilantro, set aside.

Shred Brussels Sprouts and grate carrots and set aside.

Scramble egg, season with salt and pepper and set aside.

Heat oil in deep, large skillet over medium-high heat.
Char brussels sprouts shavings, and set aside on a large plate.
Add a splash of extra oil and char carrots - cook them until they begin to caramelize, but don't let them get too soft.

Add more oil to the pan and add veggies, whites of green onions, and garlic and cook until fragrant, about 60 seconds. Add eggs and cook and scramble until eggs are nearly set (they should still be a little wet), about 1 minute. Transfer egg mixture to a small bowl.

Next, add veg oil to skillet and heat til hot. Add fluffed rice and cover partly with lid or splatter screen, because it's likely to pop. Don't let it steam, though. Try to let it sizzle 5-7 min (depending on the heat of your cooktop) without stirring to develop a little bit of a crunchy bottom.

When a little bit of crunch has developed, add sauce - THE SAUCE IS POWERFUL, I probably use about 1 - 2 T per Cup of cooked rice. Taste as you go. When you're satisfied, and then add egg mixture.

Top rice with chopped cilantro and peanuts. Serve with lime wedge



Recipe

Thai Chicken Satay

Category

Lunch

Description

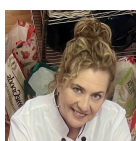
Thai Marinated Chicken on a stick, served with a peanut dipping sauce. Delicious served atop Pad Thai Fried Rice . Accompanied by a silky cup of Tom Kha Gai soup

Servings

8 Allow 2 skew per but cut chix SMALL

Ingredients

0.50	C	Peanut Butter	for dipping sauce
3.00	cloves	Garlic	for dipping sauce
1.00	t	Ginger	for dipping sauce
2.00	T	Soy Sauce	for dipping sauce
1.00	T	Brown Sugar	for dipping sauce
1.00	whole	Lime	Lemongrass? for dipping sauce
1.00	t	Sesame Oil	for dipping sauce
1.00	t	Red Curry Paste	for dipping sauce
1.00	t	Sriracha	for dipping sauce
2.00	T	Water	for dipping sauce
1.50	Lb	Chicken	1.5 - 2 oz chicken per skewer... CUT SMALL
0.50	C	Coconut Milk	for marinade
3.00	cloves	Garlic	for marinade
2.00	t	Ginger	for marinade
1.00	T	Fish Sauce	for marinade
1.00	T	Red Curry Paste	for marinade
3.00	T	Brown Sugar	for marinade
3.00	T	Soy Sauce	for marinade
0.50	t	Turmeric	for marinade
0.50	t	Cumin	for marinade
1.00	T	Cilantro	for marinade
		Peanuts	for plating
		Cucumber	for plating
		Pad Thai Fried Rice	if you want to serve them together
		Cilantro	for garnish
		Peanuts	Chopped, for garnish



Thai Chicken Satay

Add all of the ingredients to a large ziploc bag. Refrigerate for at least 1 hour or overnight.

Remove chicken from refrigerator, skewer and sous vide for about 45 minutes. Sous Vide makes this EXTRA TENDER but sometimes I grill to completion.

When you are ready to eat preheat grill to medium high heat.

Place on the grill and cook for 4-5 minutes on each side. Serve with peanut dipping sauce, lime wedges and extra cilantro for garnish if desired.

Peanut Dipping Sauce

Add all of the ingredients to a food processor and pulse until combined. Alternately you can mix in a medium bowl with a whisk until combined. Set aside until ready to serve. You can do this well in advance and keep in the refrigerator for a couple of weeks or do it while the chicken is cooking.