

POPULAR CLASSIC THAI RECIPES



by Pailin Chongchitnant
of Hot Thai Kitchen



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Introduction

Thank you for purchasing this e-book! I hope it will make cooking your favourite Thai classics even easier. Though this is designed to be a standalone e-book, I’ve provided a link to a video tutorial for each recipe in case it helps you feel more confident before attempting a new dish.

A NOTE ABOUT INGREDIENTS

Cooking Thai food is not hard, but you might have some questions when you come across an unfamiliar ingredient. Not to worry! Below I’ve listed a few important notes about some ingredients called for in this e-book, and if you want to dig deeper, I’ve provided links to further information on my website as well.

COCONUT MILK

Choosing a good brand of coconut milk makes a big difference in your cooking! For best flavour, I recommend Aroy-D or Chaokoh in UHT paper cartons. But if these are not available, the canned version of these two brands is fine.

Further reading: [Everything You Need to Know about Coconut Milk](#)

PALM SUGAR

Palm sugar is most commonly sold as solid pucks, and in my recipes, I ask for palm sugar to be either weighed or measured by tightly packing finely chopped palm sugar into a measuring spoon. If you’re using the kind of palm sugar that is a soft paste, use the weight measure, or, if you need to use a measuring spoon, use a little bit less of it.

Further reading: [The Ultimate Guide to Palm Sugar](#)

TAMARIND PASTE

When the recipe calls for tamarind paste, you can either [make it yourself using tamarind pulp following this tutorial](#) or buy ready-to-use paste that is sold in tubs or jars and is often labelled as “tamarind concentrate.” Always buy tamarind paste from Thailand—it should be brown, with a pourable consistency. Do not buy tamarind concentrate from India, as it is a different product.

Further reading: [Everything You Need to Know about Tamarind in Thai Cooking](#)

THAI CHILI PASTE

This is a savoury, sweet paste not to be confused with Thai curry paste. It is sold in glass jars labelled as “Thai Chili Paste in Soya Bean Oil” or “Thai Chili Paste.” If you cannot find it, you can also make it from scratch using my [Thai chili paste recipe](#).

THAI CURRY PASTE

There’s no shame in using premade Thai curry paste—that’s what most Thai people do! However, it’s important to use a good brand. My favourites are Mae Ploy and Aroy-D, and I do not recommend Thai Kitchen because it is very weak. If you would like to make your own, I have recipes for [green curry paste](#), [red curry paste](#), and [yellow curry paste](#).

Further reading: [Red Curry Paste Review](#) and [Green Curry Paste Review](#)



OTHER RESOURCES

I also have articles and videos about most other Thai ingredients, so feel free to explore if you find yourself with questions about something!

- [Thai ingredients 101](#)—Basic info about essential Thai ingredients
- [Fish sauce](#)
- [Soy sauces](#) (including black soy sauce and Golden Mountain sauce)
- [Oyster sauce](#)
- [Lemongrass](#)
- [Galangal](#)
- [Makrut lime leaves](#) (Note: These are sometimes sold as “kaffir lime leaves,” although this term is falling out of use because some cultures consider it a racial slur.)

Chicken Satay

SATE GAI

Prep Time: 20 minutes + 25 minutes to marinate

Cook Time: 15 minutes | **Serves:** 4

In Thailand you can find street carts selling skinny skewers of pork satay all over the country. But skewering tiny slices of pork is not a fun job, so for this recipe I'm using thicker slices of tender chicken breast and skipping the skewering altogether to make it weeknight friendly!

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Ingredients

MARINATED CHICKEN

- 1½ tsp (7.5 ml) **coriander seeds**
- ½ tsp (2.5 ml) **cumin seeds**
- ½ tsp (2.5 ml) **white peppercorns**
- 1 Tbsp (15 ml) **brown sugar**
- ¾ tsp (3.75 ml) **table salt**
- ¾ tsp (3.75 ml) **ground turmeric**
- ½ tsp (2.5 ml) **ground cinnamon**
- 1 Tbsp (15 ml) **tamarind paste** (see [p. 6](#))
- ½ cup (120 ml) **coconut milk**
- 1¼ lb (550 g) boneless, skinless **chicken breasts or thighs** (see note)

SATAY SAUCE

- ½ cup (70 g) **roasted peanuts**, unsalted
- 1¼ cups (300 ml) **coconut milk**, divided
- 2 Tbsp (30 ml) **red curry paste** (see [p. 7](#))
- 2 Tbsp (30 ml) **tamarind paste** (see [p. 6](#))
- 2 Tbsp (24 g) **palm sugar**, finely chopped, packed (see [p. 6](#))
- 1–2 tsp (5–10 ml) **fish sauce**

AJAAD—QUICK CUCUMBER PICKLE (OPTIONAL)

- ½ cup (120 ml) **white vinegar**
- ¼ cup (50 g) **granulated sugar**
- ⅛ tsp (0.6 ml) **table salt**
- 5 oz (150 g) **cucumber**
- Half a **shallot**, small-diced
- 1–2 **Thai chilies**, chopped (optional)

TO SERVE

- **White bread**, to serve (optional)

Instructions

MARINATED CHICKEN

Grind the coriander seeds, cumin seeds, and peppercorns in a spice grinder or mortar and pestle until very fine, then transfer to a mixing bowl. Add the brown sugar, salt, turmeric, cinnamon, tamarind paste, and coconut milk; stir to mix well.

Add the chicken to the marinade and mix very well to ensure all the pieces are coated. Marinate at room temperature for 20 minutes or cover and refrigerate for up to 1 day. The longer it marinates, the better—just stir it once or twice during the marinating time.

Make the satay sauce while the chicken marinates.

SATAY SAUCE

Using a mortar and pestle or a food processor, grind the peanuts until mealy. If using a machine, be careful not to turn this into peanut butter; you want texture in the peanut sauce.

Put ⅓ cup (80 ml) coconut milk in a small pot and bring to a boil over medium heat. Add the curry paste and cook for about 3 minutes, stirring constantly until the mixture is very thick and the coconut oil starts to separate from the paste. (The oil may not separate depending on the coconut milk you’re using. This is okay—just proceed with recipe.)

Add the remaining coconut milk and stir to mix well. Add peanuts, tamarind paste, and palm sugar, and simmer gently for 5 minutes, stirring frequently, until thickened into a dip consistency. Scrape the bottom of the pot when stirring to prevent scorching.

If the sauce gets too thick before 5 minutes of cooking time is up, add a splash of water so that you can give it the full 5 minutes to develop the flavour.

Taste and add fish sauce as needed. If it tastes a little flat, add a bit more tamarind paste to bump up the acidity.

Continued on the next page...



Note

If using chicken breast, remove the tender as its own separate piece, then slice the rest diagonally into ½-inch-thick strips. For thighs, trim off any excess fat and remove the “oyster” (the chunky, dangly bit) for a more even thickness, then cut the thigh in half lengthwise.

You can also [watch my video to see how I cut the chicken.](#)

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AJAAD—QUICK CUCUMBER PICKLE (OPTIONAL)

In a small pot, combine the vinegar, sugar, and salt. Cook over medium heat just until the sugar is completely dissolved. Let cool completely.

Cut the cucumber in half lengthwise, then thinly slice crosswise so you get half-moon pieces. Close to serving time, place the cucumber, shallots, and chilies, if using, in a small serving bowl and pour the cooled vinegar mixture overtop. Don't combine the cucumber with the pickling liquid more than 30 minutes before serving, as it's best when the cucumbers are still crunchy.

TO SERVE

Preheat the grill on high heat, then arrange the chicken perpendicular to the grates, discarding the marinade. Cook with the lid open for 2–3 minutes, then flip and cook on the other side for another 2 minutes or until cooked through. The internal temperature should reach 165°F (74°C). If using chicken thighs, aim for 175°F (80°C) minimum—you might need to close the lid because they tend to take longer. Alternatively, you can pan-fry the chicken.

If serving with bread, place the bread on the grill to toast it along with the chicken, or put it in the toaster.

Serve the chicken with the satay sauce, ajaad, and some white toast on the side.





Crispy Spring Rolls

PAW PIA TOD

Prep Time: 30 minutes | **Cook Time:** 1 hour

Makes: 12—14 pieces

I didn't know spring rolls could be that good until I had these. I learned this recipe from a Thai restaurant I worked at where they made 500 of these every week! They are the perfect party appetizers that can be made ahead. You will not be disappointed!

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 VIDEO INSTRUCTIONS
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Notes

1. Use Thai or Chinese glass noodles, which are very thin and sometimes called bean threads or bean vermicelli. Ideally, choose a brand that's made from 100% mung bean starch with no other starches mixed in. Do not use Korean glass noodles, which are made with sweet potato starch.

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2. To make these vegetarian, you can replace the pork with an equal weight of the vegetables.

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3. If you don't eat eggs, you can make "glue" for sealing the wrapper by stirring 1 Tbsp (15 ml) all-purpose flour with 1 Tbsp (15 ml) water into a thick paste.

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Ingredients

- 1.4 oz (40 g) dry **Thai-style glass noodles** (see note 1)
- 4.2 oz (120 g) **ground pork** (see note 2)
- 3 tsp (15 ml) **soy sauce**, divided
- 2 Tbsp (30 ml) **neutral oil**
- 4 cloves **garlic**, chopped
- ½ tsp (2.5 ml) **ground white pepper**
- ¼ tsp (1.25 ml) **ground black pepper**
- 3 medium dried **shiitake mushrooms**, soaked in hot water until soft (at least 30 minutes), then finely chopped
- 1½ cup (360 ml) finely shredded **green cabbage** (2-inch-long juliennes)
- 1 cup (240 ml) coarsely grated **carrots**
- 6 **cilantro stems**, finely chopped
- 1 Tbsp (15 ml) **granulated sugar**
- ½–1 tsp (2.5–5 ml) **table salt**
- 14 pieces of 8-inch (20 cm) **spring roll wrappers**, thawed
- 1 **egg**, for sealing wrapper (see note 3)
- **Frying oil**, as needed (I use canola)
- **Sweet chili sauce** for dipping, store-bought or [homemade](#) (optional)

Instructions

Soak glass noodles in room-temperature water for 10 minutes until soft and pliable. Drain, then cut into 2-inch pieces.

Mix the ground pork with 1 tsp (5 ml) of the soy sauce and set aside.

In a well-seasoned wok or a large cast-iron skillet, add the oil and turn the heat to medium. Add the garlic, white pepper, and black pepper; stir until garlic starts to turn golden, 2–3 minutes.

Increase the heat to medium-high, then add the pork; stir until the pork is no longer clumpy and is almost completely cooked, about 2 minutes.

Add shiitake mushrooms, noodles, cabbage, carrots, cilantro stems, sugar, ½ tsp (2.5 ml) salt, and 2 tsp (10 ml) soy sauce. Toss until noodles are fully cooked and cabbage is wilted, adding a splash of water if noodles start sticking or if the vegetables are cooked but the noodles feel too chewy. Turn off the heat, then taste and add more salt as needed. Let cool to room temperature or lukewarm before wrapping.

While the filling is cooling, peel the wrappers apart so they're easier to separate when you wrap. Beat the egg in a small bowl.

To wrap, use ¼ cup (60 ml) of filling per spring roll. If you need instructions for how to wrap, [watch this video tutorial](#); it's much easier understood by watching than reading!

To fry, add at least 2 inches of frying oil to a pot large enough to fit at least 4 spring rolls and heat it to 350°F (175°C) (or 375°F/190°C if frying from frozen). Keeping the heat on medium to medium-high, add 4 spring rolls and fry for about 5 minutes until they're nicely browned. Drain on a rack or paper towel and repeat with the rest. **Tip:** If they're not browned enough after 5 minutes, the heat is too low; if they're too browned, the heat is too high.

Let cool slightly before serving. These are great even without dipping sauce, but a dip in Thai sweet chili sauce certainly doesn't hurt!

To reheat, bake them at 375°F (190°C) or air-fry them at 350°F (175°C) for 4–5 minutes.



Fish Sauce Wings

PEEK GAI TOD NAM PLA

Prep Time: 20 minutes to marinate

Cook Time: 15 minutes | **Serves:** 2

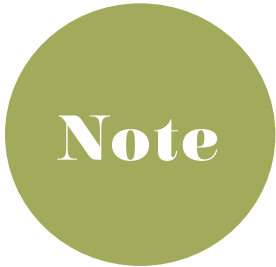
Fish sauce wings are a super popular gub glam or “drinking food” in Thailand. Salty, crunchy, and munchy, they go astoundingly well with a refreshing, fizzy beverage. With only one seasoning, you may be skeptical by the simplicity of these wings, but trust me—every time I’ve made these for someone, they are surprised. “It’s JUST fish sauce?” Yep, it’s fish sauce magic.

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VIDEO INSTRUCTIONS

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Note

In Thailand fish sauce wings are made only with wing flats (aka wingettes). Their flat shape allows us to shallow fry with little oil instead of deep-frying and still get a nice crispness. If you want to use drumettes, you absolutely can, but I suggest deep-frying them instead.



Ingredients

- 1 lb (450 g) **chicken wing flats** (see note)
- 1½ Tbsp (22.5 ml) **fish sauce**
- ½ tsp (2.5 ml) **ground white or black pepper**
- ¼–⅓ cup (30–40 g) **rice flour or cornstarch**
- **Frying oil**, as needed (I use canola)

Instructions

In a dish just large enough to hold all the chicken wings in one layer, or in a zip-top bag, toss the chicken wings with the fish sauce. Let the wings marinate for 20–30 minutes, flipping them halfway through. Then remove them from the marinade and pat them dry.

Lay the wings in one layer on a plate or baking sheet, sprinkle the pepper all over the wings, and press it onto the skin. Using a sieve, sift about half of the rice flour evenly over the wings, then flip and sift the flour over the other side. Transfer the wings into the sieve and shake off any excess flour; you want the wings to be entirely coated with a thin layer of flour.

In a 12-inch skillet, add a thin layer of oil, no more than ¼-inch deep, and turn the heat on to medium. Once the oil is hot, add the wings, thick-skin-side down, and fry without moving them for about 4 minutes until the skin is deeply golden brown.

Flip and fry the other side just until the chicken is cooked, 2–3 more minutes. Don’t worry about trying to get this side crispy, as the skin is too thin. Remove from the pan and drain on a paper towel.

Serve while still hot with a cold beverage!



Thai Green Papaya Salad

SOM TUM

Prep Time: 20 minutes
Cook Time: 5 minutes | **Serves:** 2

Green papaya salad is undoubtedly Thailand’s most famous salad overseas, but it is just as popular, if not more, amongst Thai people. The combination of crunchy green papaya with the spicy, tart dressing makes it irresistible.

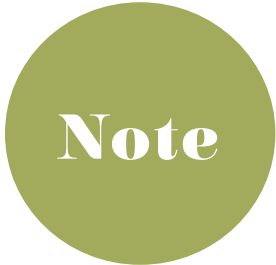
It’s traditionally made in a large mortar and pestle, and the pounding forces the dressing to mingle with the vegetables in a short time, resulting in a salad that tastes more cohesive. If you don’t have a mortar and pestle, I’ve provided an alternative method as well. To make it a traditional meal, serve som tum with sticky rice and Thai BBQ chicken ([p. 43](#))!

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VIDEO INSTRUCTIONS

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If you’ve never seen how the salad is pounded in a mortar and pestle, I recommend watching [this video tutorial](#) so you understand the technique.



Ingredients

- 2 cloves **garlic**
- 1–2 **Thai chilies**, or to taste
- 1½ Tbsp (18 g) **palm sugar**, finely chopped, packed (see [p. 6](#))
- 2 **long beans**, cut in 2-inch pieces
- 1 heaping Tbsp (20 ml) **dried shrimp**, roughly chopped if large
- 3 Tbsp (25 g) **roasted peanuts**, unsalted, divided
- 2 Tbsp (30 ml) fresh **lime juice** (keep the juiced lime rind)
- 1½ Tbsp (22.5 ml) **fish sauce**
- 2 tsp (10 ml) **tamarind paste** (see [p. 6](#))
- 1½ cups (130 g) julienned **green papaya**
- ½ cup (50 g) **cherry tomato** halves or a small tomato cut in wedges

Instructions

IF YOU HAVE A MORTAR AND PESTLE

Pound garlic and chilies in a large mortar and pestle until there are no more big chunks (pieces of chili skin are fine).

Add the palm sugar and mash with the pestle until it turns into a wet paste and all the chunks are dissolved. Add the long beans and pound just until they’re broken. Add the dried shrimp and half the peanuts and pound to break the peanuts up slightly.

Add the lime juice, fish sauce, and tamarind paste, adding the squeezed lime skin into the mortar as well for extra lime fragrance. Stir with a large spoon to mix and dissolve the sugar into the dressing. At this point if your mortar isn’t big enough to fit all the papaya, you can transfer the dressing into a mixing bowl and finish it there.

Add the papaya and tomatoes, and then use the pestle to pound the salad a couple of times, then use a large spoon to flip the salad so the bottom part ends up on top. Repeat the pound-and-flip a few more times until everything looks well mixed and the tomatoes are slightly crushed. If making in a mixing bowl, use a wooden spoon to crush the tomatoes so the juices come out to mix with the dressing.

Plate and sprinkle with the remaining peanuts.

IF YOU DON’T HAVE A MORTAR AND PESTLE

Make the dressing by putting finely chopped palm sugar in a small bowl, drizzling a little hot water on it and mashing it into a paste with a spoon. Add lime juice, fish sauce, and tamarind and stir until the sugar is dissolved.

Press or grate the garlic into a large mixing bowl. Finely chop the chilies and add to the garlic. Pour the dressing over the garlic and chilies and stir to mix well, mashing the chili chunks with a spoon to extract chili flavour into the dressing.

Roughly chop the peanuts and add half of them to the mixing bowl. Smash the long beans until broken using anything heavy you can find in the kitchen (like a bottle, a can, a rolling pin) then add to the mixing bowl. Add the dried shrimp and the tomatoes and use a wooden spoon to press on the tomatoes to release some of the juice.

Add the papaya and toss to mix. Plate and sprinkle with the remaining peanuts.



Northeastern Chicken Salad

LAAB GAI

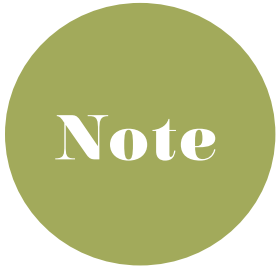
Prep Time: 15 minutes

Cook Time: 15 minutes | **Serves:** 2

Laab gai (sometimes written as larb gai) is a spicy and tart chicken salad iconic of northeastern Thai cuisine. It's one of the easiest dishes to make—and so tasty it's no wonder it's one of the most popular Thai dishes around the world! It also goes very well with green papaya salad ([p. 23](#)).



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Note

You can buy Thai roasted chili flakes (*prik pohn*) at some Asian grocery stores, or make them yourself easily: toast some spicy dried chilies, such as arbol chilies, in a dry skillet until charred spots form, then grind in a spice grinder.



Ingredients

TOASTED RICE POWDER

- 2 Tbsp (30 ml) uncooked **jasmine or glutinous rice**
- 1 **makrut lime leaf** (optional)

LAAB

- 2 Tbsp (30 ml) **water or unsalted chicken stock**
- 10.5 oz (300 g) **ground chicken**, preferably dark meat
- 1 Tbsp + 2 tsp (25 ml) **fish sauce**, divided
- 1 small **shallot**, thinly sliced
- 2 Tbsp (30 ml) fresh **lime juice**
- Roasted **chili flakes**, to taste (see note)
- 1 **green onion**, chopped
- 4 leaves **sawtooth coriander** and/or 6–8 sprigs **cilantro**, chopped
- ¾ cup (6 g) **mint leaves**, roughly torn if large
- **Sticky rice** and fresh crunchy **vegetables**, such as cabbage, cucumber, or long beans, to serve

Instructions

TOASTED RICE POWDER

Add the uncooked rice and the makrut lime leaf, if using, to a dry skillet. Toast over high heat, stirring constantly, until the rice is deeply browned. Before the rice is done, the makrut lime leaf will be dried up and curled; remove it once this happens to prevent it from burning. Once the rice is browned, remove from heat immediately and transfer to a mortar and pestle or a spice grinder. Grind the rice together with the lime leaf until it's mostly powdered but with some gritty pieces.

LAAB

In a medium pot, add the water or stock and bring to a simmer. Add the ground chicken and about 1 tsp (5 ml) of the fish sauce. Cook, stirring constantly to break up any big lumps, until it is fully cooked.

Remove from heat, then, using the pot as your mixing bowl, add the shallots and stir to wilt and infuse. Then add the remaining fish sauce, lime juice, and chili flakes. Close to serving time, add the toasted rice powder, green onions, sawtooth coriander, and/or cilantro and stir to mix.

Tip: Don't add the toasted rice powder until serving time—otherwise it will absorb all the dressing and make the salad dry.

Plate and sprinkle the mint on top. Serve warm or at room temperature with sticky rice and fresh, crunchy vegetables.



Glass Noodle Salad

YUM WOON SEN

Prep Time: 15 minutes

Cook Time: 20 minutes | **Serves:** 2

*Yum woon sen is a classic Thai salad that's a staple in many Thai homes. It was one of the first dishes that I made after leaving Thailand because it represents Thai home cooking so well, and the ingredients are easy to find. With bright and fresh flavours, it's usually served as part of a bigger meal to balance heavier dishes, but it wouldn't be such a bad thing to eat it on its own! **Tip:** Glass noodle salad should be served immediately after tossing because the noodles will absorb the dressing as they sit.*

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Note

Use Thai or Chinese glass noodles, which are very thin and sometimes called bean threads or bean vermicelli. Ideally, choose a brand that’s made from 100% mung bean starch with no other starches mixed in. Do not use Korean glass noodles, which are made with sweet potato starch.



Ingredients

DRESSING

- 10 sprigs **cilantro**
- 2 cloves **garlic**
- 1–3 **Thai chilies**, or to taste
- 1 Tbsp (12 g) **palm sugar**, finely chopped, packed (see [p. 6](#))
- 2 Tbsp (30 ml) **fish sauce**
- 3 Tbsp (45 ml) fresh **lime juice**

NOODLE SALAD

- 1.4 oz (40 g) dry **Thai-style glass noodles** (see note)
- 1 Tbsp (15 ml) **dried shrimp** (optional)
- 1 medium **tomato**, cut in wedges
- ⅓ cup (35 g) julienned **onion**
- 1 stalk **Chinese celery** or 2 inner leafy stalks of regular celery, chopped
- 6 medium **shrimp**, peeled and deveined
- 3.5 oz (100 g) **ground pork**
- 1 tsp (5 ml) **fish sauce**
- ¼ cup (35 g) **roasted peanuts**, roughly chopped

Instructions

DRESSING

Chop off the leafy half of the cilantro sprigs and set aside for later, then chop the stems into small chunks and place in a mortar and pestle along with the garlic and chilies, and pound into a paste. Add the palm sugar and pound until mostly dissolved. Add fish sauce and lime juice and stir until the sugar is dissolved.

NOODLE SALAD

Soak the glass noodles in room-temperature water for 10 minutes until soft and pliable. Drain and cut into 2-inch pieces.

Place the dried shrimp, if using, in a small heatproof bowl, cover with room-temperature water, then microwave for about 45 seconds. Alternatively, you can cover the dried shrimp with hot-off-the-boil water. Let them sit for a few minutes to soften, then drain. Pound the dried shrimp in a mortar and pestle until broken up and fluffy. Alternatively, chop them into small pieces.

Bring a medium pot of water to a boil for cooking the noodles. Meanwhile, place the tomato, onion, celery, and dried shrimp into a large mixing bowl and set aside.

Boil the glass noodles for 2 minutes, then remove them from the water with tongs or a mesh skimmer and set aside in a bowl. (Keep the water boiling on the stove.)

Add the shrimp to the water and cook for 30–45 seconds, or just until they are done. Remove the shrimp with tongs or a mesh skimmer and place them into the mixing bowl with the veggies.

Pour out most of the cooking water, leaving just enough water to cover the bottom, and return the pot to the stove. Add the pork and fish sauce and stir until fully cooked. Use a mesh skimmer or slotted spoon to remove the pork from the liquid and place it into the mixing bowl. Then add about 1 Tbsp (15 ml) of the pork cooking liquid into the mixing bowl as well.

Add the noodles to the mixing bowl, pour the dressing over the noodles, and quickly toss to combine.

Roughly chop the cilantro leaves, then toss them into the salad. Sprinkle with peanuts and serve immediately.



Lemongrass Hot & Sour Soup with Shrimp

TOM YUM GOONG

Prep Time: 20 minutes

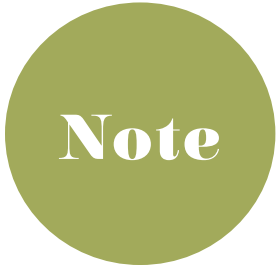
Cook Time: 10 minutes + 10 minutes if making shrimp stock

Serves: 4

Tom yum goong is our world-famous soup featuring juicy shrimp and infused with lemongrass, galangal, and makrut lime leaves. It's spicy, sour, and bursting with flavour—not to mention super easy to make! For maximum flavour, buy head-on shrimp and make your own shrimp stock.

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 VIDEO INSTRUCTIONS
TAP TO WATCH



Ingredients

SHRIMP STOCK (OPTIONAL)

- **Shrimp shells and heads** from at least 12 shrimp
- 1 Tbsp (15 ml) **neutral oil**
- ¼ cup (30 g) chopped **onion** (optional)
- 4¼ cups (1 L) **water**

TOM YUM SOUP

- 4 cups (960 ml) **shrimp stock** (recipe above) or unsalted chicken stock
- 2 stalks **lemongrass**, bottom half only, smashed and cut in 2-inch pieces
- 8 slices **galangal**
- 2–5 **Thai chilies**, or to taste, smashed and cut in large pieces
- 6 **makrut lime leaves** (see note)
- 5.3 oz (150 g) **oyster mushrooms**, large ones torn into bite-sized pieces
- 12 medium-size **shrimp**
- ½ cup (120 ml) fresh **lime juice**
- ¼ cup (60 ml) **Thai chili paste** (*nam prik pao*; see [p. 7](#))
- 3 Tbsp (45 ml) **fish sauce**
- 1 tsp (5 ml) **granulated sugar**
- Chopped **cilantro**, for garnish
- **Jasmine rice**, to serve

The lemongrass, galangal, and makrut lime leaves are for infusion only and are not meant to be eaten. Traditionally they are left in the soup for garnish, but remember to inform your guests when serving. Alternatively, tie the herbs in a cheesecloth bag and remove them before serving.



Instructions

SHRIMP STOCK (OPTIONAL)

Peel the shrimp and remove the heads, then add all the shells and heads into a stainless-steel pot and add the oil and the onion, if using. Sauté over medium-high heat, pressing out any tomalley from the shrimp heads with a spatula.

Once the bits that are stuck to the bottom of the pot start to brown and smell wonderfully like grilled shrimp, deglaze with the water, scraping all the bits off the bottom of the pot, and simmer for 5 minutes. Strain, making sure to get out any liquid from inside the shrimp heads.

TOM YUM SOUP

Add the shrimp or chicken stock, lemongrass, galangal, and chilies to a medium pot. (If you made shrimp stock, you can use the same pot.) Twist the lime leaves with your hands to bruise them and release their aroma, then tear them into chunks and add to the pot, discarding the centre stems. Bring to a gentle boil, and let it simmer for about 5 minutes.

Add the oyster mushrooms and let them simmer for about 2 minutes.

Ensure that the soup is boiling, then add the shrimp and stir them into the soup. When the soup starts to bubble again, turn off the heat and let the residual heat cook the shrimp completely—another minute or so. Remove the herbs now, if you wish.

Add the lime juice, chili paste, fish sauce, and sugar; stir to dissolve. Taste and adjust the seasoning to your liking.

Garnish with cilantro leaves and serve with jasmine rice.



Coconut Galangal Chicken Soup

TOM KHA GAI

Prep Time: 15 minutes

Cook Time: 25 minutes | **Serves:** 4

Tom kha gai is the most comforting chicken soup Thai cuisine has to offer. The broth is infused with lemongrass, makrut lime leaves, and, most importantly, the eponymous herb galangal, known as kha in Thai. The coconut milk adds body without making it heavy, and the ever-so-gentle heat makes it the perfect thing to sip after a long day.

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VIDEO INSTRUCTIONS
TAP TO WATCH

Notes

1. I do not recommend using chicken breast for this soup.

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2. The lemongrass, galangal, and makrut lime leaves are for infusion only and are not meant to be eaten. Traditionally they are left in the soup for garnish, but remember to inform your guests when serving. Alternatively, tie the herbs in a cheesecloth bag and remove them before serving.

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Ingredients

- 2 cups (480 ml) **unsalted chicken stock**, preferably homemade
- ½ tsp (2.5 ml) **table salt**
- 1 lb (450 g) boneless, skinless **chicken thighs**, cut in 1-inch cubes (see note 1)
- 1½ cups (360 ml) **coconut milk**
- 1 stalk **lemongrass**, bottom half only, smashed and cut in 2-inch pieces
- 12 thin slices **galangal**
- 5 **makrut lime leaves** (see note 2)
- 2–3 **Thai chilies**, or to taste, smashed
- 5.3 oz (150 g) **oyster mushrooms**, large ones torn into bite-sized pieces
- 1–2 Tbsp (15–30 ml) **fish sauce**
- 1 tsp (4 g) **palm sugar**, finely chopped, packed (see [p. 6](#))
- 2–2½ Tbsp (30–37.5 ml) fresh **lime juice**
- Chopped **green onions** and/or **cilantro**, for garnish
- **Jasmine rice**, to serve

Instructions

Bring the chicken stock to a boil, then add the salt and the chicken. Simmer gently for 15–20 minutes or until the chicken is fork tender.

Add the coconut milk, lemongrass, galangal, makrut lime leaves, chilies, mushrooms, 1 Tbsp (15 ml) of the fish sauce, and palm sugar. Simmer for 5 minutes to infuse.

Remove the herbs now, if you wish. Taste and add more fish sauce as needed. Turn off the heat and add 2 Tbsp (30 ml) of the lime juice, then taste again and add the remaining lime juice if you’d like it a little more tart. Top with green onions and/or cilantro.

Serve with jasmine rice. You can serve the soup in a small bowl on the side of a Thai meal, or you can put the rice in the soup and enjoy it on its own.



Thai BBQ Chicken

GAI YANG

Prep Time: 20 minutes + 2 hours to marinate

Cook Time: 30 minutes | **Serves:** 4

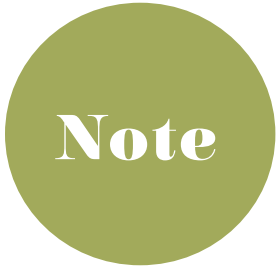
No Thai barbecue is complete without gai yang, marinated grilled chicken that is the cornerstone of Thai grilling culture. The chicken is extra juicy thanks to the water in the marinade, so you don't have to worry too much about overcooking it on the grill. Loaded with umami and slightly sweet, this dish is always a crowd pleaser, especially with the dipping sauce! To make this a traditional meal, serve with [Thai sticky rice](#) and green papaya salad ([p. 23](#)).

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VIDEO INSTRUCTIONS

TAP TO WATCH



Ingredients

BBQ CHICKEN

- 1½ tsp (7.5 ml) **white peppercorns**
- 2 tsp (10 ml) **coriander seeds**, toasted
- 1 stalk **lemongrass**, bottom half only, thinly sliced
- 5 cloves **garlic**
- 3 Tbsp (45 ml) **soy sauce**
- 2 Tbsp (30 ml) **fish sauce**
- 1 tsp (5 ml) **Thai black soy sauce** or dark soy sauce
- 1 Tbsp (15 ml) **granulated sugar**
- ½ cup (120 ml) **water**
- 2 Tbsp (30 ml) **neutral oil**
- 8 bone-in, skin-on **chicken thighs** (about 2½ lb/1.5 kg)

NAM JIM JEAW DIPPING SAUCE

- 1 Tbsp (15 ml) uncooked **jasmine or glutinous rice**
- 2 Tbsp (30 ml) **tamarind paste** (see [p. 6](#))
- 1 Tbsp (15 ml) **fish sauce**
- 1 Tbsp (15 ml) fresh **lime juice**
- 1 Tbsp (12 g) **palm sugar**, finely chopped (see [p. 6](#)), or light brown sugar
- Roasted **chili flakes**, to taste (see note)
- 1 Tbsp (15 ml) finely chopped **shallots**
- 1 Tbsp (15 ml) chopped **green onions**
- 3 sprigs **cilantro**, chopped

You can buy Thai roasted chili flakes (*prik pohn*) at some Asian grocery stores, or make them yourself easily: toast some spicy dried chilies, such as arbol chilies, in a dry skillet until charred spots form, then grind in a spice grinder.

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Instructions

BBQ CHICKEN

Grind white peppercorns and coriander seeds into a powder using a mortar and pestle. Add the lemongrass and garlic and pound into a fine paste. Transfer into a zip-top bag or a mixing bowl large enough to hold the chicken, then add the soy sauce, fish sauce, black soy sauce, sugar, water, and oil; stir or shake the bag to dissolve the sugar.

Add chicken to the marinade and toss to coat all the pieces. Refrigerate for at least 2 hours and up to overnight, stirring the chicken or flipping the bag halfway through to ensure even marinating.

Meanwhile, make the dipping sauce.

NAM JIM JEAW DIPPING SAUCE

Make toasted rice powder by adding the raw jasmine or glutinous rice to a dry skillet, then toast over high heat, stirring constantly, until the grains are dark brown. Immediately pour the rice into a mortar and pestle, or pour onto a plate to cool slightly and transfer to a spice grinder. Grind until it’s mostly powdered, with some gritty grains remaining.

Combine the tamarind, fish sauce, lime juice, palm sugar, chili flakes, and shallots; stir until the sugar is mostly dissolved. If there are a few stubborn sugar bits, stir it again when you’re ready to serve; it’ll dissolve as it sits in the liquid.

Close to serving time, stir in the green onions, cilantro, and toasted rice powder.

Continued on the next page...

TO GRILL

About 45 minutes before cooking, pull the chicken out of the fridge to let it warm to room temperature. Preheat the grill on medium.

Oil the grates and place the chicken on the grill, skin-side up. Turn the heat down to low or medium-low and close the lid. Flip the chicken every 5 minutes and keep the BBQ temperature at around 300°F (150°C) so the outside doesn't burn too quickly. The chicken thighs should take 20–25 minutes depending on their size, and the internal temperature of the thickest part should reach at least 175°F (80°C). **Tip:** Because there is sugar in the marinade, the chicken will burn more easily if the heat is too high. So keep the heat low, or use indirect heat if the exterior is darkening too quickly.

Allow chicken to rest for at least 5 minutes before digging in. Serve with *nam jim jeaw* and, ideally, sticky rice.





Classic Pad Thai

PAD THAI

Prep Time: 30 minutes

Cook Time: 10 minutes | **Serves:** 2

This pad thai recipe is the real deal, and it won't be like your average takeout! Fully loaded with all the classic ingredients an authentic pad thai should have, it has perfectly balanced flavour that is complex and not overly sweet. It's also naturally gluten free.

Tip: *I recommend cooking no more than 2 servings in one pan, to prevent soggy noodles, and serving immediately for the best texture.*

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VIDEO INSTRUCTIONS
TAP TO WATCH

Notes

1. Noodles are sufficiently soaked when they have lost all their kinks and do not resist gravity at all when lifted. I use Erawan brand size medium, and it takes 1 hour. Other brands may take less time.



2. Thai sweet preserved radish, or *chai po waan*, is hard to find, but if you find it, make sure the package says “sweet,” as the non-sweet kind is too salty. You can omit it, or substitute the Japanese version called *takuan*.



Ingredients

PAD THAI SAUCE

- 3 Tbsp (35 g) **palm sugar**, finely chopped, packed (see [p. 6](#))
- 3 Tbsp (45 ml) **water**
- 3–4 Tbsp (45–60 ml) **tamarind paste** (see [p. 6](#))
- 2 Tbsp (30 ml) **fish sauce**

PAD THAI

- 4 oz (115 g) dry **rice noodles**, 3 mm wide, soaked in room-temperature water for 1 hour (see note 1)
- 3 oz (85 g) pressed **tofu**, cut in small pieces
- 3 cloves **garlic**, chopped
- ¼ cup (35 g) roughly chopped **shallots**
- 3 Tbsp (45 ml) finely chopped SWEET preserved **daikon radish** (see note 2)
- 2 Tbsp (30 ml) **dried shrimp**, roughly chopped
- Spicy **chili flakes**, to taste (optional)
- 3 Tbsp (45 ml) **neutral oil**
- 10 medium **shrimp**, or as many as you like
- 2 large **eggs**
- 2½ cups (120 g) **bean sprouts**
- 8–10 stalks (70 g) **garlic chives**, cut in 2-inch pieces
- ¼ cup (35 g) **roasted peanuts**, roughly chopped, divided
- 1 **lime**, cut in wedges, to serve

Instructions

PAD THAI SAUCE

Tip: This sauce can be made in advance and kept in the fridge indefinitely.

Add palm sugar to a small pot and melt over medium heat. Once the sugar is melting, keep stirring until it turns into a dark caramel colour, then immediately add water to stop the cooking (it will sizzle aggressively).

Add the tamarind and fish sauce, bring the sauce to a simmer, then turn off heat; the hardened sugar will not have dissolved at this point, but let it sit while you prep other ingredients, and it should be dissolved by the time you need it.

PAD THAI

Cut drained noodles once with scissors so they are half as long. This makes them easier to toss and separate in the wok.

In a small bowl, combine the tofu, garlic, shallots, preserved radish, dried shrimp, and chili flakes, if using. Set aside.

Heat a well-seasoned wok or a large cast-iron skillet over high heat and, once it’s very hot, add just enough oil to coat the bottom. Add the shrimp in one layer and allow to sear until browned, then flip and cook the other side until done, about 2 minutes total; turn off the heat and remove the shrimp from the pan.

Turn the heat back on to medium, add a little more oil if needed, then add everything in the tofu bowl and sauté for a few minutes until the garlic starts to turn golden and shallots are wilted. If the wok looks dry, add a little more oil. (Don’t skimp on oil—otherwise the noodles will clump together.)

Turn heat up to high, then add noodles and the sauce. Keep tossing with tongs until all the sauce is all absorbed. Turn off the heat for now and taste the noodles for doneness.

Continued on the next page...

If they're still undercooked, add a little splash of water, turn the heat back on, and continue cooking until the extra water has been absorbed.

Once the noodles are done, push them to one side of the pan. Add a little extra oil to the empty space and crack the eggs into it. Break the yolks and scramble slightly, then put the noodles on top of the eggs and let them cook undisturbed for about 30 seconds. Flip and toss to mix the eggs into the noodles.

Add the shrimp back in and toss briefly to mix. Then add bean sprouts, garlic chives, and half of the peanuts; immediately turn off the heat and toss everything until well mixed.

Serve immediately with a lime wedge on the side and the remaining peanuts on top. For a classic presentation, you can add a little extra side of bean sprouts and some garlic chives for garnish.

Squeeze a bit of the fresh lime on top before eating for an extra zingy freshness!





Pad See Ew

PAD SEE EW

Prep Time: 20 minutes

Cook Time: 10 minutes | **Serves:** 2

There's a reason pad see ew is a cult favourite—and one of my top street food dishes! Chewy and tender fresh rice noodles are stir-fried with a savoury sauce and crunchy Chinese broccoli. It's a simple dish but requires good technique for working with fresh rice noodles so they don't end up broken and mushy, so pay attention to the instructions and read them through before you start cooking! If you've had trouble working with fresh rice noodles before, I recommend reading my article on [techniques for mastering rice noodles](#).

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VIDEO INSTRUCTIONS

TAP TO WATCH

Notes

1. You can also use shrimp or tofu, in which case there is no need to marinate.

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2. Chili vinegar is optional but highly recommended! Simply slice any kind of spicy chilies thinly and let them sit in white vinegar for at least 10 minutes before using. Alternatively, you can just blend the chilies and the vinegar together.

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3. I recommend making 1 serving at a time to maximize noodle toasting and prevent mushy noodles, so you may want to split the ingredients in half when prepping. The protein, however, can be cooked all together.

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Ingredients

MARINATED MEAT

- 8 oz (225 g) **chicken, pork, or beef**, thinly sliced (see note 1)
- 2 tsp (10 ml) **soy sauce**
- ¼ tsp (1.25 ml) **granulated sugar**
- 1 Tbsp (15 ml) **water**

SAUCE

- 2 Tbsp (30 ml) **oyster sauce**
- 1 Tbsp (15 ml) **soy sauce**
- 1½ tsp (7.5 ml) **fish sauce**
- 1½ tsp (7.5 ml) **Golden Mountain sauce or Maggi Seasoning**
- 2 tsp (10 ml) **Thai black soy sauce** or dark soy sauce

STIR-FRY

- 1 lb (450 g) fresh wide **rice noodles**
- 3–4 Tbsp (45–60 ml) **neutral oil**, divided
- 4 cloves **garlic**, chopped
- 2 **eggs**
- 5.3 oz (150 g) **Chinese broccoli**, aka gai lan, stems thinly sliced on a bias, leaves roughly chopped
- 4 tsp (20 ml) **granulated sugar**
- **Ground white pepper**, to taste
- **Chili vinegar** (*prik nam som*)(optional; see note 2)

Instructions

MARINATED MEAT

Combine the meat with the soy sauce, sugar, and water and mix well. Let it marinate while you prep other things.

SAUCE

Combine all sauce ingredients and stir to mix well. Divide the sauce evenly into individual portions—each portion is 2 Tbsp + 1 tsp (35 ml).

STIR-FRY

Separate the rice noodles into individual strands and divide into single portions, as you’ll be cooking them 1 portion at a time. If the noodles are cold, hard, and stuck together, heat them up before separating: carefully divide the noodles into 3–4 smaller bundles and spread them onto a large plate. Microwave at 70% power, stopping every minute to move the noodles around for even heating and to separate them further if you can as they warm up. Repeat the heating, moving, and separating until the noodles are hot and soft enough to be individually peeled apart without breaking; it should take a total of 3–4 minutes for 1 lb (450 g).

Have all your ingredients close by the stove before you start.

Heat a well-seasoned wok or large cast-iron skillet over high heat. When hot, add about 1 Tbsp (15 ml) oil and let it heat up for about 5 seconds. Add the protein and spread it out into a single layer and sear on one side until browned or 70% cooked, then toss and keep stirring until fully cooked. Turn off the heat and remove the protein from the pan.

From this point on, I recommend cooking 1 portion at a time for best results. With the heat still off, add about 1½ Tbsp (22.5 ml) oil and garlic and then turn the heat back on to medium-high. Sauté until the smallest bits of garlic start to turn golden, about 1 minute.

Continued on the next page...

Crack in the egg, break the yolk, and let it set just about halfway, then quickly scramble it.

Add the Chinese broccoli and toss to coat it in the oil, about 10–15 seconds.

Turn the heat up to high, add 1 portion of the noodles, 1 portion of the sauce, and 2 tsp (10 ml) of sugar and toss to coat the noodles evenly in the sauce, being careful not to cut the noodles with your spatula.

Once the noodles are coated in the sauce, spread them out to cover the entire pan and let them sit without stirring for about 15–30 seconds until some of the noodles have charred. Flip or toss the noodles and let them sit again to char the other side. You may flip the noodles again a couple more times to get more toasting if you wish.

Add 1 portion of the cooked protein back into the pan without adding any meat juices that have accumulated, and toss briefly to mix. Turn off the heat and plate. Wipe the pan clean with a paper towel and cook the next serving.

Serve with white pepper and chili vinegar, if using, and enjoy!





Drunken Noodles

PAD KEE MAO

Prep Time: 30 minutes

Cook Time: 10 minutes | **Serves:** 2

This is the spicy and aromatic cousin of pad see ew. Fresh rice noodles are stir-fried with chilies, garlic, and holy basil, which you can substitute with regular basil or Thai basil if needed. It comes together very quickly in a wok, but it requires good technique for working with fresh rice noodles so they don't end up broken and mushy, so pay attention to the instructions and read them through before you start cooking! If you've had trouble working with fresh rice noodles before, I recommend reading my article on [techniques for mastering rice noodles](#).



VIDEO INSTRUCTIONS
TAP TO WATCH

Notes

1. You can also use shrimp or tofu, in which case there is no need to marinate.

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2. In Thailand we use spur chilies or *prik chee fa*, which are red and mild. You can substitute any kind of mild red peppers—even red bell pepper will do, but it’s a bit watery, so if possible, use something with thinner flesh.

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3. I recommend making 1 serving at a time to maximize noodle toasting and prevent mushy noodles, so you may want to split the ingredients in half when prepping. The protein, however, can be cooked all together.

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Ingredients

MARINATED MEAT

- 8 oz (225 g) **chicken, pork, or beef**, thinly sliced (see note 1)
- 2 tsp (10 ml) **soy sauce**
- ¼ tsp (1.25 ml) **granulated sugar**
- 1 Tbsp (15 ml) **water**

SAUCE

- 2 Tbsp (30 ml) **oyster sauce**
- 1 Tbsp (15 ml) **soy sauce**
- 1½ tsp (7.5 ml) **Golden Mountain sauce or Maggi Seasoning**
- 1½ tsp (7.5 ml) **fish sauce**

STIR-FRY

- 1 lb (450 g) fresh wide **rice noodles**
- 1–3 **Thai chilies**, or to taste
- 5 cloves **garlic**
- ¼ cup (35 g) chopped mild **red pepper** (see note 2)
- 2.8 oz (80 g) **Chinese broccoli**, aka gai lan
- 2 oz (60 g) **carrots**, cut in thin sticks
- 2 Tbsp (12 g) julienned **fingerroot** (*grachai*)(optional)
- 2 stems young **peppercorns**, cut in small chunks (optional)
- 2–3 Tbsp (30–45 ml) **neutral oil**, divided
- 2½ tsp (12.5 ml) **granulated sugar**
- Dash of **Thai black soy sauce** or dark soy sauce (optional)
- 2 cups (30 g) **holy basil leaves**, or substitute Italian or Thai basil

Instructions

MARINATED MEAT

Combine the meat with the soy sauce, sugar, and water and mix well. Let it marinate while you prep other things.

SAUCE

Combine all sauce ingredients and stir to mix. Divide into individual portions—each portion is 2 Tbsp (30 ml).

STIR-FRY

Separate the rice noodles into individual strands and divide them into single portions, as you’ll be cooking them 1 portion at a time. If they are cold, hard, and stuck together, heat them up before separating: carefully divide the noodles into 3–4 smaller bundles and spread them onto a large plate. Microwave at 70% power, stopping every minute to move the noodles around for even heating and to separate them further if you can as they warm up. Repeat the heating, moving, and separating until the noodles are hot and soft enough to be individually peeled apart without breaking; it should take a total of 3–4 minutes for 1 lb (450 g).

Using a mortar and pestle, pound the Thai chilies into a paste. Add garlic and mild red peppers and pound into a rough paste.

Thinly slice the stems of the Chinese broccoli on a diagonal and put them in a bowl with the carrots, *grachai*, if using, and young peppercorns, if using. Roughly chop the Chinese broccoli leaves and keep them separate. Have all your ingredients close by the stove, separated into portions (except for the meat).

Heat a well-seasoned wok or a large cast-iron skillet over high heat. When hot, add about 1 Tbsp (15 ml) oil and let it heat up for about 5 seconds. Add all of the protein and spread it out into a single layer and sear on one side until browned or 70% cooked, then toss and keep stirring until done. Turn off the heat and remove the protein from the pan.

Continued on the next page...

From this point on, I suggest cooking 1 portion at a time: With the heat still off, add the garlic-chili paste and a little more oil if needed. Turn heat on to medium and stir just until the small pieces of garlic start to turn golden, about 1 minute.

Turn the heat up to high and add the bowl of non-leafy veggies; stir for 30 seconds.

Add the noodles, drizzle the sauce and sugar on the noodles, and toss until all the noodles are evenly coated and the sauce has been absorbed. If you want a darker colour, you can add a dash of black or dark soy sauce at this time.

Let the noodles sit in the pan without stirring for 15–20 seconds or until the noodles are charred in some spots. Flip the noodles and repeat 1–2 more times.

Add 1 portion of the cooked protein back in without adding any collected meat juices, and toss briefly to mix. Turn off the heat, add the basil and the Chinese broccoli leaves and toss just until the greens are wilted. Plate, then wipe the wok clean with a paper towel before cooking the next serving.





Glass Noodle Stir-Fry

PAD WOON SEN

Prep Time: 15 minutes

Cook Time: 20 minutes | **Serves:** 2

I'm almost positive every Thai household makes some version of pad woon sen regularly. It's quick, delicious, and kid-friendly, and glass noodles are so easy to work with that anyone with any skill level can successfully cook them. Simply soak the noodles while you prep, cut them a few times to shorten, and they're ready to go into the wok. Feel free to change up the veggies and protein—it's a great dish to use up things in the fridge! The noodles also reheat quite well, but be sure to reheat the noodles until steaming hot or they won't fully soften.



VIDEO INSTRUCTIONS

TAP TO WATCH



Note

Use Thai or Chinese glass noodles, which are very thin and sometimes called bean threads or bean vermicelli. Ideally, choose a brand that’s made from 100% mung bean starch with no other starches mixed in. Do not use Korean glass noodles, which are made with sweet potato starch.



Ingredients

- 1.4 oz (40 g) dry **Thai-style glass noodles** (see note)
- 1 Tbsp (15 ml) **soy sauce**, divided
- 6 oz (170 g) boneless, skinless **chicken thighs**, ½-inch sliced
- 1 Tbsp (15 ml) **oyster sauce**
- 1½ tsp (7.5 ml) **Golden Mountain sauce or Maggi Seasoning**
- 1½ tsp (7.5 ml) **granulated sugar**
- 2 Tbsp (30 ml) **water**
- 2–3 Tbsp (30–45 ml) **neutral oil**
- 3 cloves **garlic**, chopped
- ¼ small **onion**, julienned
- 2 **eggs**
- 1 cup (50 g) **cabbage** cut in bite-sized pieces
- ⅓ cup (30 g) **carrots** cut in thin sticks
- ¼ tsp (1.25 ml) **ground white pepper**
- 1 **tomato**, cut in wedges
- 1 **green onion**, chopped

Instructions

Soak glass noodles in room-temperature water for 10 minutes until soft and pliable. Drain and use scissors to cut them in half or in thirds. The shorter noodles are easier to toss in the wok.

In a bowl, combine 1½ tsp (7.5 ml) of the soy sauce with the chicken and stir to mix.

Make the sauce by combining the remaining soy sauce, oyster sauce, Golden Mountain sauce, sugar, and water in a small bowl. Stir until the sugar is dissolved.

Heat a wok or a large skillet over high heat, and once hot add 2 Tbsp (30 ml) oil and swirl the pan to coat. Add the chicken and spread it out into one layer. Once the underside is browned, toss the chicken until it is fully cooked, about 3 minutes. Remove from the pan, leaving all the oil behind.

In the same pan over high heat, add more oil as needed, then add the garlic and onions and cook until the garlic turns light golden, about 1 minute.

Crack in the eggs and scramble slightly to break the yolks, then let them set about halfway before scrambling again until they’re cooked. Add the cabbage and carrots, and toss for about 30 seconds.

Add the glass noodles, the sauce, and the white pepper and toss the noodles constantly until the noodles are done and have absorbed all the sauce. Add the chicken back in, along with all the collected liquid, and toss until all the additional liquid is absorbed. The noodles should be done at this point. You can taste the noodles to check doneness if you’re unsure.

Turn off the heat and add the tomatoes and green onions and toss just to wilt and mix, 10–15 seconds. Serve.



Northern Curry Noodles

KHAO SOI

Prep Time: 20 minutes

Cook Time: 50 minutes | **Serves:** 3

The most well known dish of Northern Thailand, khao soi is a noodle soup unlike any other. Egg noodles are served in a coconut curry broth, topped with crispy deep fried noodles and zingy condiments. It's always a crowd pleaser.

The curry paste can be made in advance and frozen in portions to make this a weeknight friendly meal. Don't tell anyone, but if you don't feel like deep frying or are pressed for time, it is okay to skip the crispy noodles.

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 VIDEO INSTRUCTIONS
TAP TO WATCH

Notes

1. The curry paste ingredients are enough to make twice as much as you need for this khao soi recipe. Any leftover curry paste can be frozen for later use..

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2. To make sautéed chili flakes, combine hot chili flakes with just enough neutral oil to make a paste. Sauté over medium low heat for a few minutes until dark and smokey. This is great for adding heat to any dish, so feel free to make extra.

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Ingredients

CURRY PASTE (SEE NOTE 1)

- 3 pods **black cardamom**
- 1½ Tbsp (22.5 ml) **coriander seeds**
- 10 thin slices **ginger**
- 8 thin slices **fresh turmeric**
- ½ cup (70 g) chopped **shallots**
- ¾ oz (20 g) **mild dried chilies**, such as guajillo or puya
- ½ tsp (2.5 ml) **table salt**

CURRY BROTH

- 1½ cups (360 ml) **coconut milk**, divided
- ½ batch **curry paste** (recipe above)
- 1 lb (450 g) **chicken drumettes or drumsticks**
- 2½ cups (600 ml) **water**
- 2½ Tbsp (37.5 ml) **soy sauce**
- 2½ tsp (12.5 ml) **granulated sugar**

TO SERVE

- 12 oz (340 g) fresh flat **wonton noodles**, divided
- **Frying oil**, as needed (I use canola)
- Chopped **cilantro** and/or **green onions**, for garnish (optional)
- 1 **lime**, cut in wedges
- ¼ cup (35 g) julienned **shallots**
- ½ cup (75 g) chopped **pickled mustard greens**
- **Sautéed chili flakes**, to taste (see note 2)

Instructions

CURRY PASTE

Remove the seeds from the black cardamom pods and place the seeds into a dry skillet. Add the coriander seeds and toast over high heat, moving them constantly, until the coriander seeds darken slightly, about 3 minutes. Pour the seeds onto a small plate and set aside to cool.

In the same skillet over high heat, add ginger and turmeric and spread the slices out in a single layer. Let them sear without moving until they're slightly charred on one side, 2–3 minutes. You can flip and char the other side if you are feeling ambitious, or just remove them from the pan into a small bowl. Add the shallots to the skillet and allow those to char. Because of their higher sugar content, this will happen quickly—about 30 seconds. Move the charred shallots to the bowl with the ginger and turmeric.

In a spice grinder, grind dried chilies and toasted black cardamom and coriander seeds into a powder. (You may need to do this in two batches.)

In a mortar and pestle, pound the ginger, turmeric, and shallots into a paste. When they feel a bit wet and slippery, add the dry spices and keep pounding until the paste is very fine. Alternatively, use an immersion blender to grind the ginger, turmeric, and shallots in a 2-cup glass measuring cup, lifting and repositioning the blade frequently, then add the dry spices once the ginger mixture has turned into a paste.

Use the paste right away or divide into 2 portions and freeze.

CURRY BROTH

In a medium pot, add about ½ cup (120 ml) of the coconut milk and reduce it over medium-high heat until it thickens and the coconut oil starts separating from the coconut milk. (The oil may not separate depending on the coconut milk you're using. This is okay—just proceed with recipe.)

Reduce the heat to medium, add the curry paste, and sauté for about 2 minutes. If the curry paste sticks to the pot, deglaze with a bit of the remaining coconut milk.

Continued on the next page...

Add the chicken and toss to coat in the paste. Add the remaining coconut milk, water, soy sauce, and sugar. Bring to a simmer and let the chicken braise until fork tender, about 20 minutes for drumettes and 40 minutes for drumsticks.

Taste and adjust seasoning as needed. If it's too salty, the broth has reduced too much and you can simply add more coconut milk or water. (Use coconut milk if you prefer a richer broth.)

TO SERVE

Make the crispy fried noodles: Take 3 oz (85 g) of the noodles for frying, and cut them with scissors so they are about 4 inches long.

Tip: Fry a small amount of noodles at a time, as they will expand A LOT.

Heat at least 1 inch of frying oil in a wide pot or wok to 350°F (175°C). Place a small handful of noodles into the oil and, using tongs or a wire skimmer, press the noodles down as they puff up to keep them in the oil as much as possible. After 20–30 seconds, when the bubbling slows down, flip the noodles and fry the other side until the bubbling stops. Remove and drain on paper towel. Repeat with the remaining noodles.

Assemble the noodle soup: Bring a large pot of water to a full boil. Meanwhile, separate and loosen the remaining noodles. Once the water is boiling, add the noodles and cook until they are done, about 3 minutes for fresh flat wonton noodles. Use tongs or a wire skimmer to remove the noodles and portion them into 3 serving bowls.

Pour the hot curry broth over the noodles and add the chicken to each bowl. Top with a handful of the crunchy noodles and some chopped cilantro and/or green onions, if using. Serve immediately with lime, julienned shallots, pickled mustard greens, and chili flakes as condiments.





Holy Basil Stir-Fry

PAD GAPRAO

Prep Time: 15 minutes

Cook Time: 20 minutes + 5 if frying eggs | **Serves:** 2

If national dishes were to be decided based on their popularity amongst locals, pad gaprao (aka pad kra pao) would be the national dish of Thailand. It's our equivalent of sandwiches—a quick and ubiquitous meal that you grab for lunch. There are two styles of pad gaprao—the old style, which is simpler, and this modern one, which is what I grew up on and is what's served in most Thai restaurants overseas. For the complete Thai experience, top with a fried egg and drizzle it with prik nam pla!

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VIDEO INSTRUCTIONS

TAP TO WATCH

Notes

1. In Thailand we use spur chilies or *prik chee fa*, which are red and mild. You can substitute any kind of mild red peppers—even red bell pepper will do, but it’s a bit watery, so if possible, use something with thinner flesh.

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2. If you don’t have holy basil, use regular Italian basil (my preference) or Thai basil.

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3. To make *prik nam pla*, simply combine 3 parts fish sauce, 1 part lime juice, and chopped Thai chilies to taste.

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Ingredients

- 5–10 **Thai chilies**, or to taste
- 5 cloves **garlic**
- ¼ cup (35 g) chopped mild **red pepper** (see note 1)
- 1 Tbsp (15 ml) **oyster sauce**
- 1 Tbsp (15 ml) **soy sauce**
- 2 tsp (10 ml) **fish sauce**
- 1–1½ tsp (5–7.5 ml) **Thai black soy sauce or dark soy sauce**
- 2 Tbsp (30 ml) **water**
- 1½ tsp (7.5 ml) **granulated sugar**
- 2 Tbsp (30 ml) **neutral oil**, plus more as needed for frying eggs
- 10 oz (300 g) **ground chicken thigh or pork**, preferably coarsely ground
- ½ small **onion**, cut in ½-inch dice
- ½ cup (65 g) **long beans**, cut in ½-inch pieces
- 1½ cups (22 g) **holy basil leaves**, loosely packed (see note 2)
- 2 **eggs** (1 per person)
- **Jasmine rice**, to serve
- **Prik nam pla** for the eggs (optional; see note 3)

Instructions

In a mortar and pestle, pound Thai chilies into a fine paste. Add garlic and the mild red peppers and pound into a rough paste.

Make the sauce by combining the oyster sauce, soy sauce, fish sauce, 1 tsp (5 ml) of the black soy sauce, water and sugar in a small bowl; stir to dissolve the sugar.

Heat a wok or a large skillet over medium heat, then add the oil and the garlic-chili paste and stir until the garlic starts to turn golden, about 1 minute.

Turn the heat up to high and add the chicken or pork and toss to break up the meat. Once it’s no longer in big clumps, add the sauce and continue tossing until the meat is almost done. If you want the colour to be darker, you can add a dash more black soy sauce.

Add the onions and long beans and toss until the chicken is done, another minute or so. Turn off the heat and stir in the holy basil just until wilted. Taste and adjust seasoning as needed.

To fry the eggs, heat about ½ inch of oil in a small skillet or a wok over high heat (use medium or medium-high heat if you prefer the yolk to be more cooked). Once the oil is very hot, crack an egg into the pan and let it fry until the edges are browned and bubbly, spooning the oil over the top of the egg as it fries. Once the edges are browned and the yolk is done to your liking, remove the egg from the pan and drain on a paper towel. Repeat with the remaining egg.

Serve the *pad gaprao* over jasmine rice and top it with the fried egg. Drizzle a little of the *prik nam pla* over the egg and enjoy!



Cashew Chicken

GAI PAD MED MAMUANG HIMAPAN

Prep Time: 15 minutes

Cook Time: 8 minutes | **Serves:** 4

Cashew chicken is my husband's favourite Thai dish, and lucky for him it's super easy and weeknight friendly! My recipe includes many tricks to maximize deliciousness that most restaurants don't do. So it is guaranteed to be better than takeout!

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VIDEO INSTRUCTIONS

TAP TO WATCH

Notes

1. Instead of Golden Mountain sauce you can substitute Maggi Seasoning or more fish sauce in equal amounts.



2. Whole dried chilies are traditionally added for garnish and as an option for people who like their food spicy. You can skip them or simply add spicy chili flakes to make the whole dish spicy.



Ingredients

SAUCE

- 1 Tbsp (15 ml) **oyster sauce**
- 1 Tbsp (15 ml) **soy sauce**
- 1 tsp (5 ml) **Golden Mountain sauce** (see note 1)
- 1 tsp (5 ml) **fish sauce**
- 1½ tsp (7.5 ml) **granulated sugar**
- 1 Tbsp (15 ml) **water**
- 1½ Tbsp (22.5 ml) **Thai chili paste** (*nam prik pao*; see [p. 7](#))
- 1 tsp (5 ml) toasted **sesame oil**

CASHEW CHICKEN

- ¾ cup (100 g) unsalted roasted or raw **cashews**
- 14 oz (400 g) boneless, skinless **chicken thighs**
- 2 tsp (10 ml) **soy sauce**
- 2 Tbsp (30 ml) **neutral oil**
- 7–10 spicy **dried chilies** such as arbol (optional; see note 2)
- 4 cloves **garlic**, chopped
- ½ medium **onion**, cut in 1-inch dice
- ¾ cup (75 g) **green bell pepper**, cut in 1-inch dice
- 1¼ cups (125 g) **red, orange, and/or yellow bell pepper**, cut in 1-inch dice
- 2 **green onions**, halved lengthwise and cut in 1½-inch pieces
- **Jasmine rice**, to serve

Instructions

SAUCE

Combine all sauce ingredients in a small bowl and stir to dissolve the sugar as much as you can.

CASHEW CHICKEN

Preheat the oven to 350°F (175°C) and, if using store-bought roasted cashews, roast them again for 8–10 minutes until they darken slightly; this will add crunchiness and intensify the flavour. If using raw cashews, roast them for 10–12 minutes, stirring them halfway through for more even roasting, until they are golden brown.

Slice the chicken thighs crosswise into ½-inch-thick strips. Combine the chicken with the soy sauce and let it sit for at least 15 minutes.

If using dried chilies, add the oil to a wok and add the dried chilies; turn the heat on to low. Keep stirring the chilies until they puff and darken into a maroon colour, about 1 minute. Quickly remove them with a mesh skimmer, leaving the oil behind, and place them onto a paper towel-lined plate to drain.

In the same wok, turn the heat up to high. Once the oil is very hot, add the chicken and spread the pieces out into one layer as much as you can.

Allow the chicken to sear, undisturbed, for about 2 minutes or until the underside is nicely browned. Once browned, toss the chicken, and keep cooking, stirring frequently, until the chicken is completely cooked. Turn off the heat and remove the chicken from the pan, leaving all the oil behind.

With the heat still off, add the chopped garlic, then turn the heat on to medium. Stir the garlic until the smallest pieces turn golden, then add the onions and stir for about 1 minute.

Continued on the next page...

Turn the heat up to high, then add the bell peppers, the chicken, and the sauce mixture and toss until heated through and well mixed, about 1 minute.

Turn off the heat, then add the green onions and cashews and toss just until mixed. Plate and top with fried chilies. Serve immediately with jasmine rice.

Tip: Cashews should only be added if you will eat it right away—otherwise they will lose their crunch in the sauce. If making this dish in advance, keep the cashews on the side and toss them in right before serving.





Classic Mixed Veggie Stir-Fry

PAD PAK RUAM

Prep Time: 20 minutes
Cook Time: 8 minutes | **Serves:** 4

Have bits and bobs of vegetables in your fridge that you don't know what to do with? This recipe will be your new go-to for such a situation. Mixed vegetable stir-fry is a staple in most Thai restaurants because it's a vegetable side that goes well with just about any Thai dish. The vegetables I use here are just suggestions—feel free to change them up to whatever you like. You just need to think about how long each vegetable takes to cook and stagger-add them accordingly.

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 VIDEO INSTRUCTIONS
TAP TO WATCH

Ingredients

SAUCE

- 2 Tbsp (30 ml) **oyster sauce**
- 2 tsp (10 ml) **soy sauce**
- 2 tsp (10 ml) **fish sauce**
- 1 Tbsp (15 ml) **water**
- 1 tsp (5 ml) **granulated sugar**

STIR-FRY

- 1 medium **carrot** (3.5 oz/100 g), cut in thin sticks
- ¼ head (5 oz/150 g) **cauliflower florets**
- 3 cups (5 oz/150 g) **cabbage** cut in bite-sized pieces
- 15 **sugar snap peas** (80 g), strings removed and halved on a diagonal
- 2 Tbsp (30 ml) **neutral oil**
- 5 cloves **garlic**, chopped
- 1–2 **Thai chilies**, cut in chunks (optional)
- **Jasmine rice**, to serve

Instructions

SAUCE

In a small bowl, combine all of the sauce ingredients and stir until the sugar is dissolved.

STIR-FRY

Separate your vegetables into 2 bowls, the first bowl with carrots and cauliflower, or anything firm that takes the longest to cook. The second bowl is for the cabbage and snap peas, or things that take less time. If you are using anything leafy that takes even less time than bowl 2, such as spinach, set this aside as your third bowl. Prepare a cup of water and have it ready by the stove.

Heat a wok or a large skillet over medium-high heat, then add the oil, garlic, and chilies, if using, and sauté until the garlic starts to turn golden, 1–2 minutes.

Add the carrots and cauliflower and a splash of water (about 2–3 Tbsp) and toss for about 1 minute or until the vegetables about 70% cooked. If you like them thoroughly soft, you will need to cover the wok and let them steam.

Add the second bowl of vegetables, followed by the sauce, and toss for another minute or until the vegetables are done to your liking. If you are using anything leafy, add it in now and toss just to wilt.

Remove from heat and serve with jasmine rice.



Pineapple Fried Rice

KAO PAD SAPPAROD

Prep Time: 25 minutes

Cook Time: 8 minutes | **Serves:** 2

This crowd pleaser has a lot going for it—aromatic curry powder, bursts of juicy pineapple, crunchy cashews—and the optional coconut rice gives extra richness. I recommend using fresh pineapple for the best flavour. Follow [this tutorial for how to quickly cut the pineapple and make a pineapple bowl](#) for that extra wow factor, all in one go.

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VIDEO INSTRUCTIONS
TAP TO WATCH

Notes

1. Using coconut rice instead of plain rice in this dish adds a richness and makes the rice much easier to separate in the wok. The amounts provided should yield just about how much cooked rice you need for the fried rice.



2. My preferred curry powder is the Japanese S&B brand, though any kind of curry powder that you like will do.



Ingredients

COCONUT RICE (OPTIONAL; SEE NOTE 1)

- ¾ + ⅛ cup (210 ml) uncooked **jasmine rice**
- ½ cup (120 ml) **water**
- ½ cup (120 ml) **coconut milk**

PINEAPPLE FRIED RICE

- 1¼ tsp (6.25 ml) **curry powder** (see note 2)
- ½ tsp (2.5 ml) **ground white pepper**
- 1½ tsp (7.5 ml) **granulated sugar**
- ¼ tsp (1.25 ml) **table salt**
- 2 tsp (10 ml) **soy sauce**
- 2 tsp (10 ml) **fish sauce**
- 2–3 Tbsp (30–45 ml) **neutral oil**
- 12 medium to large **shrimp**, peeled and deveined
- 2 large **eggs**
- 13.5 oz (375 g) cooked **jasmine rice or coconut rice** (recipe above)
- ½ cup (120 ml) small-diced **onions**
- 1 cup (240 ml) **fresh pineapple**, cut in ½ × ½ × 1-inch pieces
- 2 Tbsp (30 ml) **raisins** (optional)
- ½ cup (70 g) **roasted cashews**, unsalted
- 1 **Roma tomato**, cut in 1-inch dice
- 2 **green onions**, chopped
- **Cucumber slices**, to serve (optional)

Instructions

COCONUT RICE (OPTIONAL)

Cook the rice in the water and coconut milk as you would normal jasmine rice, in the rice cooker or on the stovetop. There’s no need to cool it down before using it for fried rice because the coconut rice will separate easily in the wok, so just fluff it and leave it. In fact, refrigerating coconut rice will make the rice stick together more as the coconut fat solidifies.

PINEAPPLE FRIED RICE

Combine the curry powder, white pepper, sugar, and salt in a small bowl and stir to break up the curry powder.

In another small bowl, combine the soy sauce and fish sauce.

In a wok or a large skillet, heat 2 Tbsp (30 ml) of the oil over high heat. Once very hot, sear the shrimp without stirring until they’re at least halfway done and slightly browned on the underside; flip and cook the other side just until done. Turn off the heat and remove the shrimp from the pan, leaving all the oil behind.

Turn the heat back on to high and add more oil to the wok if needed. Crack in the eggs and scramble briefly. When the egg is halfway cooked, add the rice and onions and toss to mix well.

Add the dry seasoning mix and the sauce and toss until the rice grains are evenly coated.

Add the pineapple and raisins (if using) and stir to mix, then let the rice sit undisturbed for 10–15 seconds to toast and brown the rice slightly. Toss everything and repeat the toasting process 2 more times.

Turn off the heat and stir in the cashews, tomatoes, and green onions; you can also toss the shrimp in now, or put them on top of the rice after plating. Serve on a plate or in a pineapple bowl, with cucumber slices on the side, if desired.



Classic Thai Green Curry with Chicken

GAENG KEOW WAAN GAI

Prep Time: 15 minutes

Cook Time: 25 minutes | **Serves:** 4

This is my most popular recipe, and it's no surprise, as green curry is famous worldwide. I chose bamboo shoots for this curry because it's a classic veggie with a wonderful crunch, and it doesn't require any chopping! This recipe uses traditional Thai curry-making technique, which requires no added cooking oil. You can use store-bought curry paste to make it easy, as most Thai people do, but if you're feeling ambitious, check out my recipe for [homemade green curry paste](#).

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VIDEO INSTRUCTIONS

TAP TO WATCH

Notes

1. If you have a high spice tolerance, you can add a bit more curry paste, which will give you a more flavourful and spicier curry.

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2. Instead of bamboo shoots, you can substitute Thai eggplant cut into thin wedges (3-minute cooking time), or winter melon, cut into 1-inch chunks (10-minute cooking time).

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Ingredients

- 1¾ cups (420 ml) **coconut milk**, divided
- 3½–5 Tbsp (50–70 g) **store-bought green curry paste** (see note 1 and [p. 7](#))
- 1 lb (450 g) boneless, skinless **chicken thighs**, cut in 1-inch pieces
- 1 cup (240 ml) **chicken stock**, unsalted
- 2 Tbsp (24 g) **palm sugar**, finely chopped (see [p. 6](#)), or light brown sugar
- 1–2 Tbsp (15–30 ml) **fish sauce**
- 4 **makrut lime leaves**
- 1 550-ml can **bamboo shoots strips**, drained and rinsed (see note 2)
- 1 cup (15 g) **Thai basil** leaves
- ¼ **red bell pepper**, julienned (optional for colour)
- **Jasmine rice**, to serve

Instructions

In a medium pot, reduce ¾ cup (180 ml) coconut milk until thick and coconut oil starts to separate from the coconut milk. (The oil may not separate depending on the coconut milk you’re using. This is okay—just proceed with recipe.)

Add curry paste and sauté, stirring constantly over medium heat for about 2 minutes until aromatic. If the paste sticks to the bottom of the pan, you can deglaze with a little bit of the remaining coconut milk.

Add chicken and stir to mix with the paste.

Add the chicken stock, remaining coconut milk, palm sugar, and 1 Tbsp (15 ml) fish sauce. Twist the makrut lime leaves to bruise them and release their aroma, then tear them into chunks and add them to the pot, discarding the centre stems. Bring to a simmer and cook gently for 10–15 minutes or until the chicken is fork tender.

Add bamboo shoots and bring to a boil. If you prefer your peppers to be more cooked, add them at this stage. Once boiling, remove from heat.

Taste and add more fish sauce and/or sugar as needed.

Stir in Thai basil and bell peppers, if you haven’t already added them and prefer them crunchier, and serve with jasmine rice.

Tip: If at the end you feel that the curry is weak and needs more curry paste, sauté the additional paste in a little bit of oil for a few minutes until aromatic, then add about a cup of the curry sauce to dissolve the paste, and let it simmer for a few minutes. Stir this back into the curry.



Massaman Curry with Beef

MASSAMAN NUEA

Prep Time: 20 minutes

Cook Time: 90 minutes in a pressure cooker, 3½ hours on the stovetop | **Serves:** 4

The rich and aromatic massaman curry is an iconic Thai dish and a crowd pleaser. Typically it takes a long time to braise the beef until tender, but I have included how to speed it up using a pressure cooker as well. You can buy massaman curry paste, but since it's harder to find, I've included how you can quickly make it using store-bought red curry paste as a base.

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VIDEO INSTRUCTIONS
TAP TO WATCH

Ingredients

SEMI-HOMEMADE MASSAMAN CURRY PASTE (OPTIONAL)

- 1 tsp (5 ml) toasted **cumin seeds**
- 1 tsp (5 ml) toasted **coriander seeds**
- 3½ Tbsp (50 g) **store-bought red curry paste** (see [p. 7](#))
- 1 tsp (5 ml) **ground cinnamon**
- ¼ tsp (1.25 ml) **ground cloves**
- ⅛ tsp (0.6 ml) **ground nutmeg**
- ¼ tsp (1.25 ml) **ground cardamom**
- 1 tsp (5 ml) **fermented shrimp paste** (*gapi*) (optional)

CURRY

- **Neutral oil**, as needed (optional)
- 1½ lb (680 g) **beef chuck**, cut in 2-inch cubes
- 2½ cups (600 ml) **coconut milk**, divided
- 5 Tbsp (70 g) store-bought or 1 batch semi-homemade **massaman curry paste** (recipe above)
- 2–3 Tbsp (30–45 ml) **fish sauce**
- 3 Tbsp (35 g) **palm sugar**, chopped (see [p. 6](#))
- 2–3 Tbsp (30–45 ml) **tamarind paste** (see [p. 6](#))
- 11 oz (300 g) **russet or Yukon Gold potato**, cut in 1½-inch chunks
- ½ large **onion**, cut in ½-inch strips
- ¼ cup (35 g) **roasted peanuts**
- **Jasmine rice**, to serve

Instructions

SEMI-HOMEMADE MASSAMAN CURRY PASTE (OPTIONAL)

Grind cumin and coriander seeds into a powder either in a mortar and pestle or in a spice grinder.

Mix this together with the curry paste, the remaining spices, and fermented shrimp paste, if using.

CURRY

As an optional step, sear the beef for extra flavour: In a large skillet, add just enough oil to coat the bottom and heat on medium-high. Add beef in one layer and, without crowding the pan, sear until the bottom is well browned. Flip beef and brown the other side. Pay attention to the heat and make sure the browned bits on the pan do not burn. Turn the heat off and remove beef from the pan.

STOVETOP METHOD

In a medium pot, add ½ cup (120 ml) of the coconut milk and bring to a boil. Add curry paste and stir to mix well. Turn heat to low, and let the mixture thicken, stirring frequently, until very thick or until coconut oil separates from the paste. (The oil may not separate depending on the coconut milk you're using. This is okay—just proceed with recipe.)

Add remaining coconut milk and stir to mix. Add the beef, 2 Tbsp (30 ml) fish sauce, palm sugar, and tamarind paste. Add water just until the beef is submerged. Stir to mix, loosely cover the pot, and simmer on low heat for about 3 hours or until the beef is fork tender. Check on it periodically to give it a stir and top it up with water as needed to keep the beef submerged.

Once the beef is tender, add the potato, onions, and peanuts, and simmer for another 10–15 minutes just until the potatoes are done. Taste and adjust seasoning with more fish sauce or tamarind as needed. Serve with jasmine rice.

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PRESSURE COOKER METHOD

In the pressure cooker on sauté mode, add ½ cup (120 ml) of the coconut milk and bring to a boil. Add the curry paste and stir to mix well. Turn heat to low, and let the mixture thicken, stirring frequently, until very thick or until coconut oil separates from the paste. (The oil may not separate depending on the coconut milk you're using. This is okay—just proceed with recipe.)

Add the remaining coconut milk and stir to mix. Add the beef, 2 Tbsp (30 ml) fish sauce, palm sugar, and tamarind paste. Stir to mix well.

Close and seal the pressure cooker and cook at high pressure for 30 minutes.

Once the timer goes off, let it naturally release for 10 minutes or, if you have time, wait until the pressure valve falls down. (I always put a cold, wet towel on the metal part of the lid to make this go faster.)

Quick-release the remaining pressure, then open the pressure cooker. Check that the beef is fork tender, then add the potato, onions, and peanuts, and simmer on sauté mode for 10–15 minutes or just until potatoes are done.

Taste and adjust seasoning with more fish sauce or tamarind as needed.

Serve with jasmine rice.





Thai Red Curry with Chicken & Squash

GAENG PED GAI FAKTONG

Prep Time: 20 minutes

Cook Time: 25 minutes | **Serves:** 4

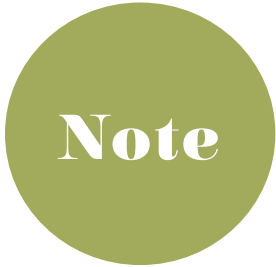
This classic recipe is a great one to start with if you've never made a Thai curry before. It's easy, with ingredients that are relatively easy to find, and it's essentially fail-proof. I love the sweet creaminess of kabocha squash in red curry, but feel free to change up the vegetables—red curry goes with just about everything. I usually use store-bought curry paste, as most Thai people do, but if you like to DIY, check out my [homemade red curry paste recipe](#).

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VIDEO INSTRUCTIONS

TAP TO WATCH



Note

You can use more or less curry paste depending on your spice tolerance. The more paste you add, the more flavourful the curry will be, but also the spicier it will be.



Ingredients

- 9 oz (250 g) **kabocha squash**
- 1½ cups (360 ml) **coconut milk**, divided
- 3½–5 Tbsp (50–70 g) store-bought **red curry paste** (see note and [p. 7](#))
- 1 lb (450 g) boneless, skinless **chicken thighs**, cut in 1½-inch pieces
- 1 cup (240 ml) **chicken stock**, unsalted
- 1–2 Tbsp (15–30 ml) **fish sauce**
- 2 Tbsp (24 g) **palm sugar**, finely chopped, packed (see [p. 6](#))
- 1 cup (15 g) **Thai basil leaves**
- ¼ **red bell pepper**, julienned (optional for colour)
- **Jasmine rice**, to serve

Instructions

Wash the kabocha squash and slice off any woody blemishes on the skin, but otherwise you can leave the skin on. Remove the seeds by scraping them out with a spoon, and cut the squash into bite-sized cubes, first by cutting the squash into wedges, then cutting each wedge in pieces.

Bring ½ cup (120 ml) of the coconut milk to a full boil, then add the curry paste and stir to dissolve it into the coconut milk. Keep cooking it over medium-high heat, stirring frequently, until it is very thick and the coconut oil starts separating from the curry paste. (The oil may not separate depending on the coconut milk you’re using. This is okay—just proceed with recipe.)

Add the chicken and toss to mix with the paste. Add the remaining coconut milk and the chicken stock. Season with 1 Tbsp (15 ml) of the fish sauce and the palm sugar, then simmer for about 8 minutes.

Add the kabocha squash and simmer for about 6–8 minutes, or until the squash is fully cooked and can easily be pierced through with a fork. Be careful not to overcook the squash, or it’ll turn to mush.

Remove from heat and adjust seasoning with more fish sauce as needed; different brands of curry pastes have different amounts of salt, so it is important to taste and adjust. Stir in the Thai basil and red pepper, if using. Serve immediately with jasmine rice.



Panang Curry with Pork

PANANG MOO

Prep Time: 20 minutes

Cook Time: 5 minutes | **Serves:** 2

Panang was one of the first curries that I enjoyed as a child growing up in Thailand because it tends to be less spicy than other curries. And the fact that it doesn't have any vegetables makes it even more appealing for a kid! For the adult who's making the dish, this also means it's the simplest, quickest curry—it's just meat and sauce! It's done in just a few minutes, making it perfect for when you're short on time. If you can find panang curry paste at the store, great, but if not, I've provided a hack for how to quickly make it using store-bought red curry paste as a base.

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VIDEO INSTRUCTIONS

TAP TO WATCH

Notes

1. If you want to substitute chicken, I recommend boneless, skinless chicken thigh, sliced into ½-inch-thick pieces. If you want to use beef, use a tender cut and slice thinly against the grain.



2. If using store-bought panang paste, add 2 Tbsp (18 g) of ground roasted peanuts, as most store-bought pastes leave it out.



Ingredients

SEMI-HOMEMADE PANANG CURRY PASTE (OPTIONAL)

- ¾ tsp (4 ml) **cumin seeds**
- 1½ tsp (7.5 ml) **coriander seeds**
- 2 Tbsp (18 g) **roasted peanuts**, unsalted (if allergic, substitute another type of nuts or seeds)
- 4 Tbsp (60 ml) store-bought **red curry paste** (see [p. 7](#))
- 1 tsp (5 ml) **fermented shrimp paste** (optional and only if the red curry paste doesn’t already contain it)

CURRY

- 10.5 oz (300 g) **pork tenderloin or collar butt**, thinly sliced against the grain (note 1)
- 1½ tsp (7.5 ml) **fish sauce**
- 2 tsp (10 ml) **neutral oil**
- 1¼ cups (300 ml) **coconut milk**, divided, plus extra for garnish, if desired
- 4 Tbsp (60 ml) **panang curry paste**, homemade (recipe above) or store-bought (see note 2)
- 1½ Tbsp (18 g) **palm sugar**, finely chopped, packed (see [p. 6](#))
- 10 **makrut lime leaves**, 7 roughly torn into chucks, 3 finely julienned for garnish
- ⅛ **red bell pepper**, julienned (optional for colour)
- **Jasmine rice**, to serve

Instructions

SEMI-HOMEMADE PANANG CURRY PASTE (OPTIONAL)

In a dry skillet, toast the cumin seeds over medium heat until they darken slightly and are aromatic and start to pop, 2–3 minutes; remove from the pan. Repeat with the coriander seeds.

Grind the cumin and coriander seeds until very fine using a mortar and pestle or a spice grinder. Then add the roasted peanuts and grind until fine.

Mix the ground spices into the red curry paste and shrimp paste, if using. If you’re using a mortar and pestle, simply add the paste into the mortar and pound to mix.

CURRY

Place the pork in a mixing bowl and add the fish sauce and the oil and massage it in with your hands, separating the pieces that are stuck together as you mix.

In a skillet or wok over medium-high heat, reduce ¾ cup (180 ml) of the coconut milk until thickened and creamy. Stir in curry paste and reduce the heat to medium-low. Cook the paste for a few minutes, stirring constantly, until coconut oil separates away from the paste. (The oil may not separate depending on the coconut milk you’re using. This is okay—just proceed with recipe.)

Add the palm sugar and torn makrut lime leaves and cook for a minute or so until the sugar is dissolved.

Add the pork and quickly stir it into the curry paste, separating the pieces as much as you can. Once the pork is about 50% cooked, add the remaining coconut milk and stir for 1 more minute or just until the pork is mostly cooked through, then turn off the heat. *Do not overcook the pork or it will become chewy; it will continue to cook in the residual heat even after you turn off the heat.* If it looks too dry, you can add a splash of water.

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Stir in red peppers, if using. Taste and adjust seasoning with more fish sauce as needed. The amount of fish sauce you need greatly depends on how salty your curry paste is, which varies between brands.

Plate, and if you have extra coconut milk handy, it's traditional to garnish panang curry with a little drizzle of coconut milk on top, but don't worry if you don't have any extra. Top with julienned makrut lime leaves and more red peppers as desired.

Serve with jasmine rice.





Yellow Curry with Chicken

GAENG GAREE GAI

Prep Time: 20 minutes
Cook Time: 1 hour | **Serves:** 4

When compared with red or green Thai curries, yellow curry is unique in that it is richer and thicker, and has more dried spices. In fact, you might say it is reminiscent of Indian curry, and that is because the use of spices such as cumin, coriander, and turmeric in the curry is an influence of Indian cuisine. So if you love Indian food, you will love this, too. Also, I often serve yellow curry to people who can't eat very spicy food (even kids!) because if you're using store-bought curry paste, it tends to be the least spicy of them all.

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VIDEO INSTRUCTIONS

TAP TO WATCH

Ingredients

- 2 cups (480 ml) **coconut milk**, divided
- 5–6 Tbsp (75–90 ml) **store-bought yellow curry paste** (see [p. 7](#)), or half of [this yellow curry paste recipe](#)
- 2 lb (900 g) bone-in **chicken thighs**
- 1–2 Tbsp (15–30 ml) **fish sauce**
- 1–1½ Tbsp (12–18 g) **palm sugar**, finely chopped, packed (see [p. 6](#))
- 1–2 Tbsp (15–30 ml) **tamarind paste** (see [p. 6](#))
- 1 cup (100 g) **cherry or grape tomatoes**
- 10.5 oz (300 g) **waxy potatoes**, cut in 1-inch chunks
- ½ medium **onion**, cut in ½-inch strips
- **Fried shallots**, store-bought or homemade (optional)
- **Jasmine rice**, to serve

Instructions

In a medium pot, bring ¾ cup (180 ml) of the coconut milk to a boil over medium-high heat. Add the curry paste and mix well, then turn the heat down to medium. Keep stirring until the mixture is very thick and the coconut oil separates from the paste. (The oil may not separate depending on the coconut milk you’re using. This is okay—just proceed with recipe.)

Add the remaining coconut milk and stir to mix. Then add the chicken, 1 Tbsp (15 ml) fish sauce, 1 Tbsp (15 ml) palm sugar, 1 Tbsp (15 ml) tamarind, and just enough water to keep the chicken barely submerged. Bring to a simmer, and let the chicken cook gently for 30 minutes.

Meanwhile, pierce the cherry tomatoes with the tip of a paring knife, making about a ½-inch incision. This creates a vent for hot tomato juice to exit, preventing the tomatoes from exploding in your mouth!

Once the chicken is done, add the potatoes and onion and simmer for another 15 minutes or until chicken is fork tender and the potatoes are fully cooked. Top it up with more water as needed to keep the potatoes barely submerged.

Taste and adjust seasoning with fish sauce, sugar, and tamarind as needed. Turn off the heat, immediately stir in the pierced cherry tomatoes, and let the residual heat of the curry gently cook the tomatoes for a few minutes before serving.

Sprinkle with fried shallots, if desired. Serve with jasmine rice.



Mango Sticky Rice

KAO NIEW MAMUANG

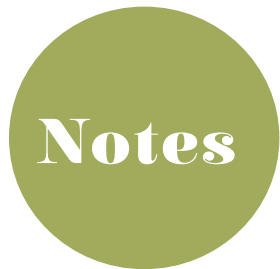
Prep Time: 15 minutes + 4 hours to soak the rice

Cook Time: 1 hour | **Serves:** 6

Mango sticky rice is the most famous Thai dessert—and for good reason! If you never thought fruit and rice would go together, this will blow your mind. It’s loved the world over and is arguably the Thai national dessert. There are a few different components to prep, but every part is easy. Though it is best served the day it is made, you can freeze any leftover sticky rice in portions and reheat in the steamer or microwave.

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 VIDEO INSTRUCTIONS
TAP TO WATCH



Notes

1. White glutinous rice is also labelled as white “sweet rice.” Make sure it is long grain and a product of Thailand.



2. The quality of mangoes is so important for this dessert. In Thailand we use *nam dok mai* mangoes, and in Canada I use ataulfo mangoes.



Ingredients

COCONUT STICKY RICE

- 1 cup (240 ml) **Thai white glutinous rice** (see note 1)
- $\frac{2}{3}$ cup (160 ml) **coconut milk**
- $\frac{1}{2}$ cup (100 g) **granulated sugar**
- $\frac{1}{2}$ tsp (2.5 ml) **table salt**
- **Pandan leaf** (optional)

SALTED COCONUT SAUCE

- 1 tsp (5 ml) **rice flour**
- 1 Tbsp (15 ml) **water**
- $\frac{1}{2}$ cup (120 ml) **coconut milk**
- $\frac{1}{4}$ tsp (1.25 ml) **table salt**

CRISPY MUNG BEANS

- 2 Tbsp (30 ml) shelled and split **mung beans**
- 1 tsp (5 ml) **neutral oil**

TO SERVE

- 3 sweet, ripe **mangoes** (see note 2)

Instructions

COCONUT STICKY RICE

Wash the rice by placing it in a mixing bowl and covering with cold water, then vigorously swishing the rice with your hand to release loose starch. Pour off the cloudy water and repeat the process 4 more times or until the water runs mostly clear.

Soak the rice with room-temperature water for at least 4 hours and up to overnight. While the rice is soaking, make the salted coconut sauce and the crispy mung beans (below).

Preheat a steamer by bringing about 2 inches of water to a full boil. Drain the rice very well, shaking off excess water in a sieve until there is no more dripping. Line a steamer rack with moist muslin (not soaking wet!) or a thin white tea towel and place the rice on the cloth. Fold the edges of the cloth over the rice, making sure the rice doesn’t cover the entire rack—there should be space around the rice to allow steam to come up. Steam the rice for 20–25 minutes.

While the rice is cooking, make the coconut syrup. Combine the coconut milk, sugar, and salt in a small pot. If you have a pandan leaf handy, tie it into a knot and throw it in for extra aroma. Cook it over medium heat, and as soon as it starts to bubble, turn off the heat and cover. You will need to reheat this once the rice is ready.

Continued on the next page...

A few minutes before the rice is done, reheat the syrup so it is steaming hot, then keep it covered.

When the rice is done, immediately place the rice into a mixing bowl and pour the hot syrup over the rice. Stir to break up any lumps, then cover the bowl with a plate or a pot lid and let sit for 20 minutes.

Use a rubber spatula to fold the bottom part of the rice up to the top to help redistribute the syrup, and let sit for at least another 20 minutes or until ready to serve. If serving within the day, it is best to not refrigerate the rice for best texture; it will last all day.

SALTED COCONUT SAUCE

Stir the rice flour into the water until there are no more lumps. Combine the rice flour slurry, coconut milk, and salt in a small pot. Cook over medium-high heat, stirring constantly, until the mixture comes to a boil. Remove from heat and pour into a bowl. Let cool completely before serving.

CRISPY MUNG BEANS

Rinse the beans in cold water, add them to a small pot, and cover with about 2 cups (480 ml) of water.

Over medium heat, bring the water to a simmer. Once simmering, immediately remove from heat and cover the pot for 10 minutes **ONLY**. Drain and rinse the beans in cold water. Spread the beans on a paper towel to dry.

Lightly grease a skillet with oil and add the beans, toasting them over medium-high heat and stirring frequently until the beans are dry, crunchy, and lightly golden. Let cool on a plate. They can be kept in an airtight container for up to 1 month.

TO SERVE

Peel the mangoes and cut each cheek into ½-inch-thick pieces. Serve half a mango per person beside some sticky rice. Spoon some salted coconut sauce over the rice and sprinkle with the crispy mung beans.

Tip: Leftover rice can be refrigerated for up to 2 days, but beyond that you should freeze the rice in portions. To reheat, microwave or steam the rice until it is steaming hot. If the rice doesn't get hot enough, it will still be crunchy in the middle.



Thai Iced Tea

CHA YEN

Prep Time: 5 minutes

Cook Time: 10 minutes + 30 minutes to cool | **Serves:** 4

Personally, I love Thai tea as a sweet afternoon pick-me-up. But it is also one of the best drinks to serve alongside a spicy Thai meal because the creaminess really works to tone down the heat. Thai tea leaves are black tea with added vanilla flavouring, and I use ChaTraMue brand, which is the most popular, but other brands will also work.

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 VIDEO INSTRUCTIONS
TAP TO WATCH



Ingredients

THAI TEA BASE (FOR 4 GLASSES)

- ¾ cup (180 ml) **Thai tea leaves**
- 4 cups (960 ml) hot off-the-boil **water**
- ¼ cup (50 g) **granulated sugar**
- ⅛ tsp (0.6 ml) **table salt**

THAI-STYLE THAI ICED TEA (FOR 1 GLASS)

- ¾ cup (180 ml) **Thai tea base**, from above
- 1½ Tbsp (22.5 ml) **sweetened condensed milk**, to taste
- A pint glass packed full of **ice**
- 2–3 Tbsp (30–45 ml) **evaporated milk**

AMERICAN-STYLE THAI ICED TEA (FOR 1 GLASS)

- ¾ cup (180 ml) **Thai tea base**, from above
- 1 Tbsp (15 ml) **sugar**, or to taste (see note)
- A pint glass packed full of **ice**
- 3–4 Tbsp (45–60 ml) **half and half** (cream with ~12% milk fat)

Instructions

THAI TEA BASE

Steep the tea leaves in hot off-the-boil water for 5 minutes and then strain through a fine-mesh strainer. If you have a French press, steep it in the French press to make the straining process easier!

Add the sugar and salt and stir to dissolve. Let cool to room temperature before making tea so it won't melt the ice too much. You can now store this base in the fridge; it will last at least 2 weeks.

THAI-STYLE THAI ICED TEA

Pour the Thai tea base into a mixing glass (something with a pouring spout, ideally) and stir in the condensed milk until dissolved. If the tea base is chilled and the condensed milk has a hard time dissolving, microwave it briefly to bring it to room temperature.

To a serving glass packed full of ice, pour in the tea. Drizzle the evaporated milk on top and enjoy!

AMERICAN-STYLE THAI ICED TEA

Pour the Thai tea base into a mixing glass and stir in more sugar to your taste, if needed. If the tea base is chilled, microwave it briefly to bring it to room temperature so the sugar will dissolve more easily.

To a serving glass packed full of ice, pour in the tea. Drizzle the half and half on top and enjoy!

I don't add all the sugar to the tea base to allow room for people to adjust the sweetness to their own taste. But if you are making it just for yourself, increase the amount of sugar in the Thai tea base to ½ cup (100 g)—or however sweet you like it—and skip the sugar when making individual glasses.



POPULAR CLASSIC THAI RECIPES

Pailin “Pai” Chongchitnant is a trained chef and the creator of *Hot Thai Kitchen*, the most popular Thai cooking show on YouTube, with over 2 million subscribers. She’s an award-winning author of 2 Thai cookbooks and co-hosts the *Sabai Talk Podcast*. She has contributed to major publications such as *The New York Times*, *Cook’s Illustrated*, and *Serious Eats*.

Pailin is a native Thai and currently lives with her husband and son in Vancouver, Canada.

