



AUTHENTIC THAI

MADE EASY

VOLUME 2



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Dear Friends,

It gives me great pleasure to share my love of Thai cuisine
with you in this Volume 2 of Authentic Thai Made Easy.
My daughter and I have created easy recipes together for
Volume 2 and we would love to present them to you, not
only for special occasions but in your daily menus.

Please visit our website for more information or email to
us if you have any queries or comments. Enjoy your Thai
culinary journey and thank you for your continuous support.

Sawasdee ka,

Nong

Mrs. Srichanok (Nong) Wattanasiri
(President)

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Authentic Thai-Choice Pastes

Panang Curry Paste

Thai-Choice Panang Curry Paste is a savoury blend of herbs and spices. It is one of the favourite red curries of the Thai people.

Masaman Curry Paste

Thai-Choice Masaman Curry Paste is a savoury blend of herbs and spices. It is one of the favourite yellow curries of the Thai people.

Tom Yum Paste

Tom Yum soup is the most famous of all the Thai soups. This paste is made with all natural ingredients and used to make Tom Yum soup from scratch.

Yellow Curry Paste

Thai-Choice Yellow Curry Paste is a savoury and flavourful blend of herbs and spices featuring turmeric as a principal ingredient.

Green Curry Paste

Thai-Choice Green Curry Paste is a savoury blend of herbs and spices essential in Thai cuisine.

Red Curry Paste

Thai-Choice Red Curry Paste is a savoury blend of herbs and spices essential in Thai cuisine.

Roasted Chilli Paste

Roasted Chilli Paste one of the most popular is the Thai-Choice Roasted Chilli Paste which is an essential ingredient in Thai chilli crabs.

Tom Kha Paste

A delightful creamy soup paste harmonized by the flavour of galangal root, kaffir lime leaves and the heart of lemongrass in Thailand.



INTRODUCTION

Thai-Choice® Introduction

We have had very positive responses to our Authentic Thai Made Easy Volume 1 over the years and we have had many printings of it in six different languages. With the passage of time and positive encouragement, we have now prepared the sequel, Volume 2. Our selection of recipes included in both Volumes 1 and 2 emphasize authentic Thai cooking, healthy eating and easy to prepare dishes with most ingredients readily available in supermarkets around the world. Of course, we feature our Thai-Choice premium food products as the main ingredients to guarantee authentic Thai dishes with great taste.

We hope that you enjoy these recipes presented in Volume 2 as much as we love sharing them with you. We look forward to having your feedback, please write to us with your comments and questions.





Appetizer

Tom Yum Soup with Prawns

Serving:  4-5 persons

Cooking & Preparation Time:  10 minutes

Ingredients :

Thai-Choice Tom Yum Paste	50 g
Thai-Choice Fish Sauce	1½ Tbsp
Thai-Choice Coconut Milk Grade A	400 ml
Water	3 cups
Straw Mushrooms	150 g
Tomato, quartered	1 (80 g)
De-veined Prawns	200 g
Red Chilli, chopped	to taste
Lime Juice	1 Tbsp
Coriander	a little

Directions:

- ◆ Bring water to the boil in a pot.
- ◆ Add **Thai-Choice Yom Yum Paste**, straw mushrooms, tomato, Thai-Choice Fish Sauce, lime juice and **Thai-Choice Coconut Milk Grade A** into the pot and boil for one more minute.
- ◆ Add prawns and chillies and boil 2 minutes more.
- ◆ Serve hot with cooked Jasmine Rice and garnish Tom Yum Kung with Chinese Parsley (coriander)



TOM YUM PASTE

Tom Yum Soup is one of the most famous Thai soups. This soup has a very unique combination of Thai flavour and aroma for which there are no other comparable soup dishes. Its taste is indescribably delicious with combinations of spicy hotness, lemony tang, and a hint of herbal sweetness all perfectly blended together. To obtain this wonderfully unmatched blend of natural flavour and aroma, some of the most exotic and fragrant herbs found in Thailand are used such as lemon grass, galangal, kaffir lime leaves and Thai chillies.





Appetizer

Easy Grilled Satay

Serving:  4-5 persons

Cooking & Preparation Time:  10 minutes

Ingredients:

Thai-Choice Satay Sauce	1 jar (230 g)
Chicken, Beef or Pork, cut into strips	500 g
Turmeric Powder	1 tsp
Thai-Choice Coconut Milk	1 can (400 ml)

Directions:

- ◆ Marinate the meat strips in **Thai-Choice Coconut Milk** and turmeric powder for 1 hour (or longer for added flavour).
- ◆ Pierce the marinated meat onto bamboo skewers and place them on the barbecue or electric grill using high heat for 3-5 minutes. Brush several times with the remaining marinade while cooking.
- ◆ Heat **Thai-Choice Satay Sauce** in a microwave oven on high for 2-3 minutes or heat in a pan on stove top. Then spoon the heated sauce over satay and serve. Best served with Thai cucumber salad in vinegrette.



TURMERIC (*curcuma longa*)

Turmeric (*Curcuma*, Indian Saffron, and Yellow Root) is a member of the ginger family, and provides yellow colouring for Thai Food. The rhizomes contain 3 to 4 % volatile oil with unique aromatic characteristics. Turmeric's therapeutic properties manifest as a carminative antifatulence and stomachic.



Deep Fried Spring Rolls

Serving:  2-3 person

Cooking & Preparation Time:  10 minutes

Ingredients :

Frozen/Fresh Spring Roll Wrapper	1 pack
Thai-Choice Bean Vermicelli	25 g
Carrot, shredded	50 g
Cabbage, chopped	50 g
Cooked Chicken, minced	100 g
Thai-Choice Oyster Sauce	2 Tbsp
Egg	1
Chopped Spring Onion	1 tsp
Oil for deep frying	2 cups
Oil for stir frying	1 Tbsp



Directions:

- ◆ Soak bean vermicelli until soft and then cut it in to 4 cm length.
- ◆ Heat 1 Tbsp oil in a wok. Then, stir-fry chicken, bean vermicelli and vegetable with Thai-Choice Oyster Sauce until cooked.
- ◆ Place a tablespoonful of the cooked filling in corner of wrapper and fold over. Then, fold the two sides over the filling and roll up towards the points. Moisten end with egg yolk and stick down.
- ◆ Heat oil in a deep fryer or wok. When oil is hot, add spring rolls in to fry.
- ◆ Serve cooked Spring Rolls hot with a dish of Thai-Choice Sweet Chilli Sauce for dipping. Makes about 14 rolls.

RICE PAPER

Rice paper is used for making fresh summer rolls (salad rolls) or fried spring rolls in Asian cuisine. The sheets of rice paper are made in the traditional way and finally dried in the sun on woven bamboo mats. The unique bamboo pattern can be seen on each rice paper sheet. This product has all natural ingredients and no preservatives are used. They are semi-transparent. They must be soaked in water to soften before using and are used as a food wrap for wrapping Asian foods.





Appetizer

Deep Fried Fish with Sweet Chilli Sauce

Serving:  2-3 person

Cooking & Preparation Time:  10 minutes

Ingredients :

Rock Cod or other whole ocean fish	300 g
Thai-Choice Sweet Chilli Sauce	200 ml
Lime Juice	2 Tbsp
Red Chilli, chopped	2 pcs
Thai-Choice Fish Sauce	1 Tbsp
Vegetable Oil	1 cup
Coriander Leaves	2 Tbsp
Garlic, chopped	1 Tbsp
Shallot, finely sliced	40 g
Red and Green Bell Pepper	100 g

Directions:

- ◆ Heat oil and fry fish for 7-10 minutes or until cooked. Place the fish on a serving platter and keep warm.
- ◆ In a separate pan, stir-fry the rest of the ingredients for 3 minutes and pour the contents over the cooked fish. Garnish with coriander leaves.
- ◆ Best served hot with famous Thai-Choice Jasmine Rice.



SWEET CHILLI SAUCE

Sweet Chilli Sauce is a favourite dipping sauce for all types of chicken and seafood dishes, spring rolls and other fried dumplings. It is a must in Thai cooking and is served with baked, roasted, grilled, BBQ and fried meat dishes. It complements all fish dishes and is superb with calamari and shrimp. It is a favourite dipping sauce for fried spring rolls, fried crab claws and other finger foods.







Prawn Salad with Coconut Milk Dressing

Serving:  2-4 persons

Cooking & Preparation Time:  30 minutes

Ingredients:

Large Raw Prawns	400-500 g	
Lime Juice	2 Tbsp	
Grated Lime Peel	2 tsp	
Orange	1	
Small Green, Red and Orange Bell Pepper	1 each	
Thai-Choice Fish Sauce	2 Tbsp	
Sprigs of Fresh Coriander Leaves, chopped	1 dozen	
Kaffir Lime Leaves, thinly sliced	4 pieces	
Thai-Choice Coconut Milk	5 Tbsp	

Directions:

- ◆ Peel, devein and lightly cook prawns in salt water.
- ◆ Marinate the cooked prawns in lime juice, peel & brown sugar for 15 minutes.
- ◆ Arrange orange segments and sliced bell pepper on a plate with prawns.
- ◆ Whisk Thai Choice Coconut Milk and Thai-Choice Fish Sauce and drizzle over the salad.
- ◆ Garnish with chopped coriander and thinly sliced kaffir lime leaves.

FISH SAUCE

Fish Sauce is at the very heart of Thai cuisine which places great importance on the five distinctive yet harmonious tastes prevalent in Thai cooking including saltiness, sweetness, sourness, bitterness and spiciness. As its name suggests, fish sauce, or what the Thais call "nam-pla" (meaning fish water) is derived from Thai anchovy fish. It is believed that a fisherman who lived in Chonburi, a seaside town east of Bangkok, invented nam-pla almost a hundred years ago. This fisherman found out that by fermenting fresh fish with salt, then aging it in huge water jars made of clay for many months, a clear golden-amber extract was derived, which tasted salty but had a complex and pungent smell with a taste of distinctive character, which is the perfect accompaniment to all Thai cooking.



Stir Fried Vegetables in Oyster Sauce

Serving:  1-2 persons

Cooking & Preparation Time:  10 minutes

Ingredients:

Garlic	1	clove
Shitake Mushrooms	200	g
Green Bell Pepper	100	g
Red Bell Pepper	100	g
Broccoli	200	g
Onion	100	g
Thai-Choice Oyster Sauce	4	Tbsp
Ground Black Pepper	2	Tbsp
Spring Onion, cut pieces	15	g
Vegetable Oil	2	Tbsp

Directions:

- ◆ Heat vegetable oil in a frying pan or a wok. Add chopped garlic and stir-fry until it turn light .
- ◆ Add Broccoli and stir-fry for 2 minutes, then add in bell peppers and shitake mushrooms and add water
- ◆ Add **Thai-Choice Oyster Sauce** and spring onions. Stir-fry until cooked
- ◆ Serve hot with **Thai-Choice Jasmine Rice**.



OYSTER SAUCE

Oyster sauce is a thick, brown sauce with a sweet, salty, and earthy flavour. Oyster sauce is a popular ingredient in Thai cuisine. Our oyster sauce enhance the taste and appearance of the stir-fry dish. Traditionally, oyster sauce is made by slowly simmering oysters in water until the juices caramelize into a thick, brown, intensely flavourful sauce.





Thai Red Chicken Curry with Pineapple

Serving:  1 - 2 persons

Cooking & Preparation Time:  15 minutes

Ingredients :

Boneless Chicken	200 g
Sugar	1 Tbsp
Vegetable Oil	1 Tbsp
Thai-Choice Red Curry Paste	3 Tbsp
Thai-Choice Coconut Milk	1 can (400 ml)
Thai-Choice Fish Sauce	1 Tbsp
Pineapple or Eggplant	150 g

Directions :

- ◆ Heat vegetable oil in a sauce pan or wok, add **Thai-Choice Red Curry Paste** and stir well for 2 minutes.
- ◆ Add chicken and continue to stir-fry for 2 minutes, then add **Thai-Choice Coconut Milk**. Bring to a boil.
- ◆ Reduce heat, add sugar and pineapple or eggplant, and stir well. Simmer for 5 minutes.
- ◆ Serve hot over steamed **Thai-Choice Jasmine Rice**.



RED CURRY PASTE

Red Curry Paste is a savoury blend of herbs and spices essential in Thai cuisine. This combination results in an aromatic moist paste ranging from mild to extremely hot. Cook with Thai-Choice® Coconut Milk and choose beef, chicken or other meats to create a dish that is a healthy and delicious main course. Serve with Thai-Choice® Jasmine Rice and everyone will want more of this delicious dish.



Green Curry with Beef

Serving:  4-5 persons

Cooking & Preparation Time:  10 minutes

Ingredients :

Thai-Choice Green Curry Paste	1/2 bottle (3 1/2 Tbsp)
Vegetable Oil	1 msk
Beef, thinly sliced	200 g
Small Eggplant, quartered	100 g
Thai-Choice Fish Sauce	2 tsk
Sugar	1 tsk
Thai-Choice Coconut Milk	400 ml
Red Chillies, sliced	to taste

Directions :

- ◆ Heat vegetable oil in a sauce pan or wok, add **Thai-Choice Green Curry Paste** and stir well for 2 minutes.
- ◆ Add beef and continue to stir-fry for 2 minutes, then add **Thai-Choice Coconut Milk**. Bring to boil.
- ◆ Reduce heat, add sugar and eggplants, stir well. Simmer for 5 minutes. Serve hot over steamed **Thai-Choice Jasmine Rice**.



GREEN CURRY PASTE

Thai-Choice® cooking pastes are the foundation of many famous Thai dishes. These pastes are heated in a wok with small amount of vegetable oil and cooked with other ingredients including meat and vegetables and always with coconut milk.





Main

Grilled Chicken with Hoisin Sauce

Serving:  4 persons

Cooking & Preparation Time:  30 minutes

Ingredients :

Chicken Breast Fillets	500 g
Thai Choice Hoisin Sauce	5 Tbsp

Sósa

Thai Choice Hoisin Sauce	5 Tbsp
Sugar	2 Tbsp
Lime Juice	2½ Tbsp

Directions :

- ◆ Marinate chicken fillets with **Thai-Choice Hoisin Sauce** in the refrigerator overnight.
- ◆ Grill the chicken
- ◆ Serve with cooked glass noodles, or any vegetables as you prefer.
- ◆ For sauce, heat the pan add Hoisin Sauce, sugar and lime juice. Mix well until the sugar is dissolved. Then pour over the top of the cooked chicken.



HOISIN SAUCE

Hoisin sauce, sometimes called Chinese barbecue sauce, is a fragrant, pungent sauce used frequently in Asian vegetable stir-fries marinades and Asian-style grilled dishes such as this grilled tofu with hoisin sauce. Made from a combination of soy, garlic, vinegar, and usually





Pad Thai Rice Noodles

Serving:  2-3 persons

Cooking & Preparation Time:  20 minutes

Ingredients :

Thai-Choice Rice Noodles	200 g
Prawns (peeled & deveined)	250 g
Bean Sprouts	3 cups
Spring Onion, cut in 1 inch pieces	1 cup
Vegetable Oil	4 Tbsp
Thai-Choice Pad Thai Sauce	1 flaska (270 ml)
Egg	2
Lime Juice	2 Tbsp
Chopped Roasted Peanuts	8 Tbsp

Directions :

- ◆ Cook noodles in boiling water for 3 minutes until soft, rinse with cold water and drain.
- ◆ Heat vegetable oil in frying pan or wok.
- ◆ Add the noodles, egg and then **Thai-Choice Pad Thai Sauce**. Stir well then add prawns to the mixture.
- ◆ Add bean sprouts and spring onion to the pan and stir.
- ◆ Serve hot with squeezed lemon juice, sprinkle roasted peanuts over the top.



THAI RICE NOODLES

Rice Noodles are made from Thai white rice flour that is processed into large sheets and then cut size. Hot Fun flat noodles are called rice stick and come in three different widths of 3mm, 6mm and 10mm. Rice Vermicelli or Bee Hoon or Maifum is thick round noodles and are often eaten in soups. Rice noodles are white and opaque in appearance.





Thai Rice Vermicelli with Beef and Coconut Milk

Serving:  3-4 persons

Cooking & Preparation Time:  20 minutes

Ingredients :

Thai-Choice Rice Vermicelli	200 g
Beef, thinly sliced	300 g
Thai-Choice Oyster Sauce	½ bottle (135 ml)
Thai-Choice Coconut Milk	1 small can (165 ml)
Spring Onion, sliced	15 g
Pepper	1 tsp
Red Chilli, sliced	1 to taste
Vegetable Oil	1 Tbsp

Directions :

- ◆ Marinate beef with coconut milk for 15-20 minutes.
- ◆ Heat vegetable oil in a frying pan or wok. Add marinated beef and about 65 ml or ¼ bottle of **Thai-Choice Oyster Sauce** and stir until cooked about 5 minutes.
- ◆ In a frying pan add **Thai-Choice Rice Vermicelli**, another ¼ of **Thai-Choice Oyster Sauce** and remaining coconut milk from the marinade and stir well.
- ◆ Serve the beef over rice vermicelli immediately. Garnish with spring onions and sliced red chilli.



RICE VERMICELLI

Rice vermicelli is used in Thai and other Southeast Asian cuisines, where they are often used in stir-fries, soups, spring rolls, and salads. Rice vermicelli only need to be soaked in hot water before they're ready to use in stir-fries or other dishes.





Main

Traditional Noodles with Chicken and Vegetables in Oyster Sauce

Serving:  3-4 persons

Cooking & Preparation Time:  25 minutes

Ingredients :

Thai-Choice Traditional Noodles	400 g
Chinese Broccoli, or other suitable green vegetable	300 g
Baby Corn	300 g
Chicken, sliced	200 g
Thai-Choice Oyster Sauce	6 Tbsp to taste

Directions :

- ◆ Rinse very well the **Traditional Noodles** then boil for 4-5 minutes, then remove the noodles and drain.
- ◆ Boil the Chinese broccoli for 3 minutes, remove add drain.
- ◆ Boil the baby corn for 2 minutes, remove add drain.
- ◆ Put traditional noodles on the serving plate. Top with Chinese broccoli and baby corn
- ◆ Stir-fry chicken in **Thai-Choice Oyster Sauce** and serve it over the Noodles.



CHINESE NOODLE OR YELLOW

Thai noodles are some of the most popular in the world, and when you taste them, you'll know why.





Desserts

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Kluay Buat Chee (Banana cooked in coconut milk)

Serving:  3-4 persons

Cooking & Preparation Time:  30 minutes

Ingredients:

Thai-Choice Coconut Milk Grade A	800	ml (2 can)
Sugar	100-125	g
Salt	1	teskeið
Þroskaðir bananar	500	g

Directions:

- ◆ Peel bananas and cut it into piece of 2,5 cm.
- ◆ Put coconut milk, sugar and salt in a pot, bring to the boil and add the bananas immediately.
- ◆ Reduce to simmer for 25 minutes until the bananas are cooked. Serve warm in a bowl.



PALM SUGAR

Palm sugar is a natural sweetener made by boiling the sap from sugar or Palmyra palm flowers until it is reduced to sugar crystals. Coconut palm sugar is made in the same fashion, and the terms "coconut sugar," "coconut palm sugar," and "palm sugar" are often used interchangeably. Palm sugar has a complex flavor reminiscent of caramel, and may have smoky maple overtones. It is less sweet than refined white sugar. Palm sugar is used extensively in Thailand and Southeast Asian cuisines.



Coconut Ice Cream

Serving:  3-4 persons

Cooking & Preparation Time:  30 minutes

Hráefni:

Thai-Choice Coconut Milk

2 cans (800 ml)

Sugar

1 3/4 bollar

Vanilla Extract

2 tsp

Aðferð:

- ◆ Mix well 800 ml of **Thai-Choice Coconut Milk** (2 cans, chilled) with 1 3/4 cups of sugar (adjust to your taste) and the flavour of your choice (i.e. : 2 tsp of Vanilla extract).
- ◆ Pour the mixture into your ice cream maker and follow your manufacturer's instructions.
- ◆ Transfer to a suitable container and freeze it in your freezer overnight.



COCONUT MILK

Coconut Milk or "ga-ti" is made from grated meat or ripe coconut meat mixed with warm water and the milky white juice is squeezed out of the grated meat. A ripe coconut is required because when the coconut ripens; the meat becomes thicker due to the accumulation of fat. Ga-ti is one of the essential ingredients of favourite Thai dishes, be it for main courses or desserts.



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Kob khun ka

Nong

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