

Thai Food Sauce

Ready to Cook



National Research Council of Thailand



Kasetsart University



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Thai Food Sauce Ready to Cook

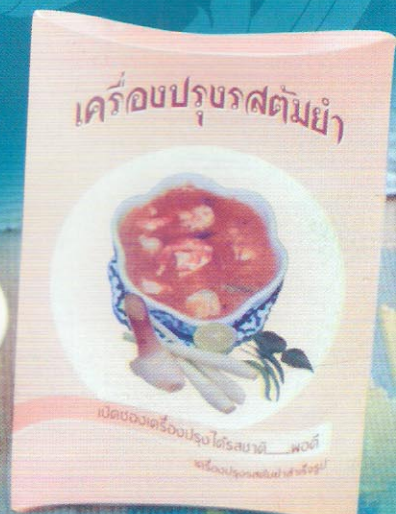
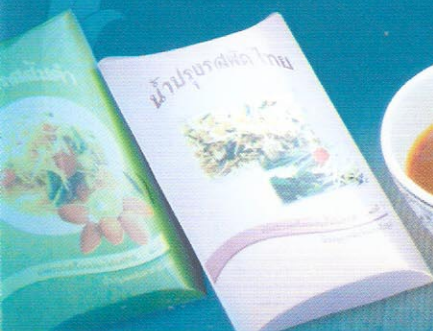
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Thai food Sauce Ready to Cook

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Contents

The strengths, distinctive features and selling points of Thai Food	6
The Benefits of Thai Food	7
Antioxidants and phenolic substance quantities of Thai sauce	8
Thai Food Sauce and Recipes	
Thai herbs insight	9
The selling points of Thai foods	11
The different points of Thai foods	12
Antioxidants capacity and total phenolic content of ingredients used in Thai foods	13
Som Tum Sauce, Thai Som Tum	14
Phad Thai Sauce, Phad Thai	16
Tom Yum Kung Sauce, Tom Yum Kung	18
Phad Kra Prao Sauce, Khao Phad Kra Prao	20
Kaeng Liaeng Soup , Kaeng Liaeng	22
Mee Ka Ti Sauce, Mee Ka Ti	24
Khao Soi Neua soup, Khao Soi Neua	26
Choo Chee Sauce, Choo Chee Pla	28
Phad Mee Pak Tai Sauce, Phad Mee Pak Tai	30
Phad Khee Mao Sauce, Kuay Tiew Khee Mao	32
Nam Yum, Yum Neua	34



*The strengths, distinctive features
and selling points of*

Thai Food

Technology to develop Thai food for easy preparation and consumption is utilized in the form of heat resistant plastic containers and has become a popular part of modern lifestyle. In addition, there is another trend of franchising businesses promoting Thai food in foreign countries. Restaurant operators can utilize instant seasoning in packs to prepare food which provides consistent quality. Consumers who like Thai food in foreign countries can also prepare their own Thai food conveniently. The Institute of Food Research and Product Development at Kasetsart University has received funds from the National Research Committee in order to develop various instant food items which are ready for consumption, and sauce packs that are easy to use.

Another factor that enables consumers to become interested in Thai food is to provide information based on scientific research indicating that Thai food can be healthy. The results of the research show that instant Thai food products contain components and help to fight against free radicals which cause heart disease, cancer, cataracts and aging.



The Benefits of Thai Food

It is well-known that Thai food is healthy, and this factor encourages especially foreigners to consume more Thai food. The research has shown results which indicate the potential of Thai food to eliminate free radicals. Even though the food is cooked, the healthy features are not lost. The phenolic components remain in the food too.



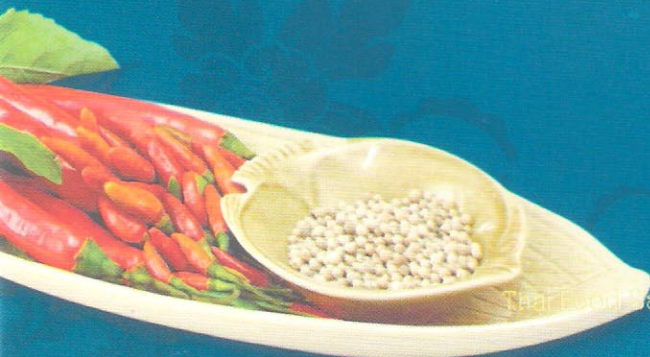
Antioxidants capacity and total phenolic content in sauces for Thai food

Sauces	Antioxidants capacity (mg Vitamin C equivalent / 100 g sauce)	Total phenolic (mg gallic acid equivalent / 100 g sauce)
Som Tum Sauce (Sauce for Papaya Salad)	17.37	76.29
Phad Thai Sauce (Sauce for Stir-fried Noodles)	24.62	98.90
Tom Yum Sauce (Sauce for Spicy Soup)	31.55	119.37
Phad Kra Prao Sauce (Sauce for Stir-fried with Holy Basil)	34.81	69.24
Kaeng Liaeng Soup (Spicy soup for Mixture of Vegetable)	20.56	128.79
Mee Ka Ti Sauce (Sauce for Rice Vermicelli with Coconut Milk)	20.11	108.58
Khao Soi Soup (Soup for Beef Khao Soi)	15.43	60.47
Choo Chee Sauce (Sauce for Curry Cooked Fish)	17.39	72.97
Phad Mee Pak Tai Sauce (Sauce for Stir-fried Rice Noodles Southern Style)	28.11	95.78
Phad Khee Mao Sauce (Sauce for Spicy Drunken Noodles)	42.11	80.52
Nam Yum Sauce (Sauce for Spicy Salad)	7.87	67.04



Thai herbs insight

Some radicals such as superoxide ($O_2^{\cdot -}$), hydrogen peroxide (H_2O_2) and hydroxyl radical ($OH^{\cdot}$) are generated in the human body during cell respiration. These species may damage cells if they are present at high level. Ability to scavenge superoxide, hydroxyl radical and another radical from rancid food, peroxy radical ($ROO^{\cdot}$) was tested. The results show that Chili, Shallot, Lemon grass and Galangal can eliminate free radicals. The table of herbs against free radicals illustrates. Numbers that indicate the power of free radical scavenging: 1 = Strong, 6 = Weak.



Herbs against free radicals

	Herbs	$O_2^{\cdot -}$	$OH^{\cdot}$	$ROO^{\cdot}$
Individual	Chili	3	4	2
	Shallot	4	2	4
	Lemon grass	2	3	1
	Galangal	1	1	3
Mix and match	Chili + Shallot	6	4	6
	Chili + Lemon grass	5	3	2
	Chili + Galangal	2	2	3
	Shallot + Lemon grass	4	5	4
	Shallot + Galangal	1	1	5
	Lemon grass + Galangal	3	6	1
3 Herbs!	Chili + Shallot + Lemon grass	4	2	3
	Chili + Shallot + Galangal	3	1	4
	Chili + Lemon grass + Galangal	2	4	1
	Shallot + Lemon grass + Galangal	1	3	2

$O_2^{\cdot -}$ = SUPEROXIDE
 $OH^{\cdot}$ = HYDROXYL
 $ROO^{\cdot}$ = PEROXYL





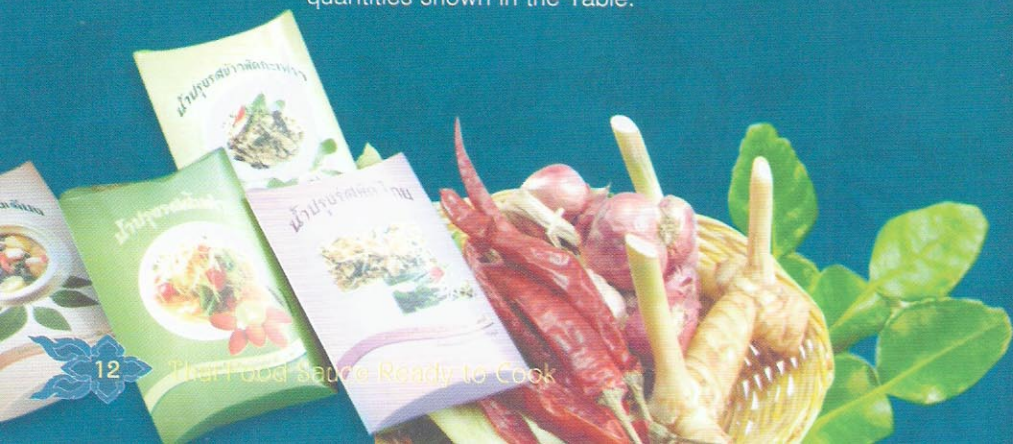
The selling points of Thai food

Some marketers stated that distinguishing Thai food products could bring success to the operators' sales. Thai products are well-known in terms of health care and unique taste. Promoting the other kinds of Thai food that are different from common dishes is considered an important selling point, especially the dishes that provide hot and spicy tastes as well as strong herbal smells, Kour Kling, 3 regional noodle dishes : Mee Ka Ti (coconut milk vermicelli), Phad Mee Pak Tai (Stir-fried flat rice noodle in southern style) and Khao Soi, for example. These dishes are other choices for those who want to try something new.



The different points of Thai food

Thai food differences compared to other foods in the world. Foreigners are amazed with its uniqueness. Not only do spices and herbs enhance the fragrance of Thai foods, but they are also a good source of anti-free radicals, indicated by antioxidant capacity, as it contains phenolic components with the quantities shown in the Table.



Antioxidant capacity and total phenolic content of ingredients used in Thai foods.

Vegetables, Herbs, Spices	Antioxidant capacity (mg Vitamin C equivalent / 100 g sauce)	Total phenolic content (mg gallic acid equivalent/ 100 g sauce)
Chinese Kale	31.50	109.01
Cilantro Root	16.78	54.17
Cilantro (Branch + Leaf)	86.98	167.05
Garlic	9.38	21.31
Green Peppercorns	105.24	247.67
Shallot	10.56	67.73
Bean Sprout	7.67	59.07
Sweet Basil	129.47	147.67
Holy Basil	319.32	328.49
Chinese Chives	12.11	39.92
Cabbage	6.62	27.79
Yellow Spur Chili	105.16	174.03
Red Spur Chili	91.80	154.46
Hot Chili (Jinda)	124.24	254.46
Carrot	0.96	11.28
Kaffir Lime Leaf	152.21	518.60
Lemon Grass	128.59	114.15
Galangal	103.81	153.68
Chinese Key	63.38	131.40
Turmeric	1126.12	1240.70
Ginger	183.32	222.38
Curry Powder	203.43	418.31
Cumin (Roasted)	145.03	266.57
Cilantro Seeds (Roasted)	93.54	136.63
Dried Hot Chili (Roasted)	156.30	968.60
Dried Chili	74.78	481.40
Kaffir Lime Rind	88.44	476.16



Thai Som Tum

Ingredients	Weight	Measure
Shredded papaya	400 g	4 cup
Som Tum sauce	120 g	1/3 cup
Long beans	80 g	1 cup
Tomatoes	120 g	3/4 cup
Hot chillies	5 g	1 tsp
Dried shrimps	25 g	1/2 cup
Garlic	8 g	2 tsp
Lime juice	2 g	2 tbsp.

 Preparations

1. Pound hot chillies and garlic roughly in a clay mortar with a wood pestle.
2. Add shredded papaya, long beans and dried shrimp, and roughly pound.
3. Add Som Tum sauce and mix thoroughly. Season to taste

Som Tum Sauce

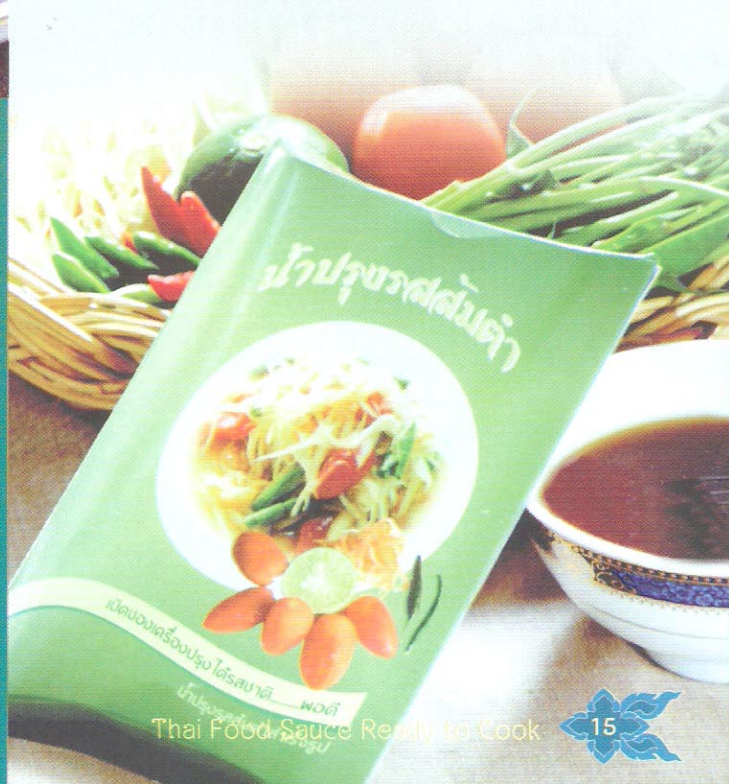
Sauce for Papaya Salad

Ingredients	Weight (Grams)	Measure
Tamarind juice	100 g	1/2 cup
Fish sauce	80 g	1/4 cup +1 tbsp
Salt	1 g	1/4 tsp
Citric acid	1.5 g	1/2 tsp
Palm sugar	150 g	1/2 cup
Water	50 g	1/2 cup

Preparations

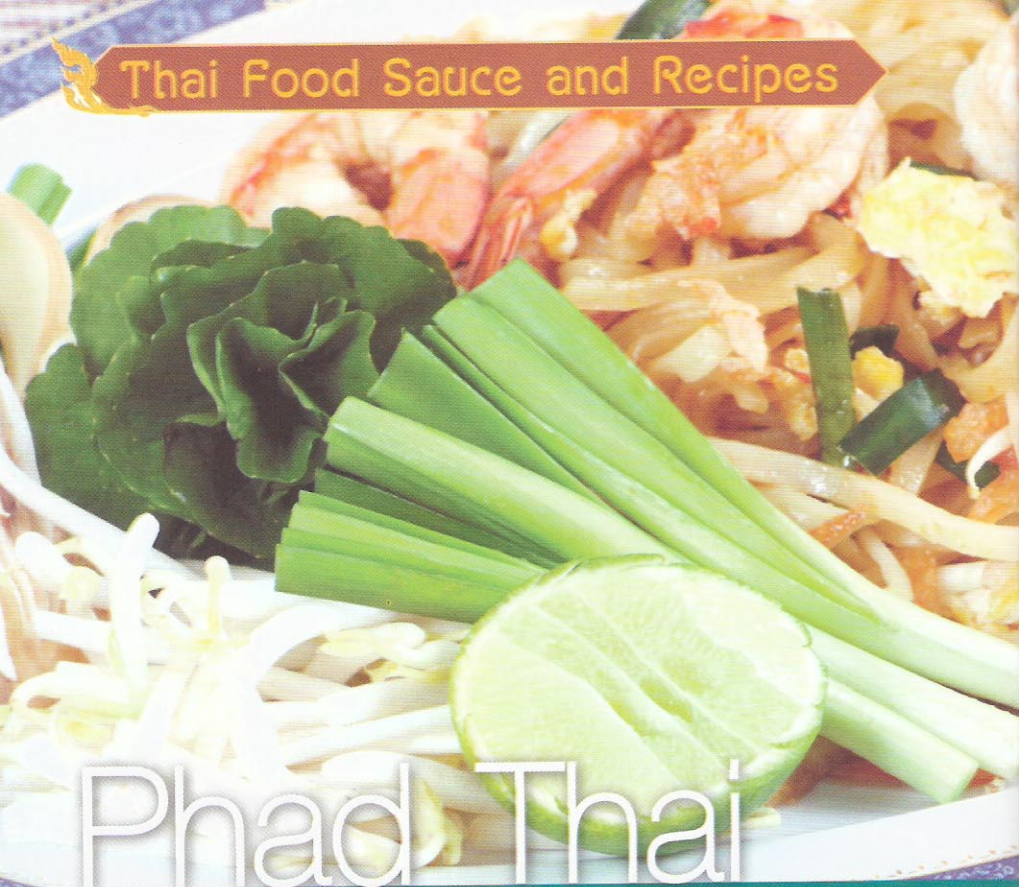
1. Mix everything together and bring to the boil.
2. Simmer until reduced to a viscous sauce.
3. Remove from the heat and use it as Som Tum sauce.

with lime juice. Serve it with a fresh vegetables side dish such as cabbage, shoots of Thai water morning glory and long beans.





Thai Food Sauce and Recipes



Phad Thai

Ingredients

Weight

Measure

Phad Thai sauce	80 g	1/4 cup
Fresh flat rice noodle	100 g	1½ cup
(Dried flat rice noodle	70 g	70 g
Dried shrimp	20 g	1/3 cup
Water	50 g	1/4 cup
Bean sprouts	100 g	1 cup
Chinese chives	20 g	1/4 cup
Egg	60 g	1 egg
Vegetable oil	25 g	2 tbsps
Tofu (firm)	40 g	1/4 cup



Preparations

1. Soak the noodles for approximately 5 minutes. Drain in a colander.

2. Heat the water in a pan. After boiling, put soaked noodles and allow to get soft. Mix them with Phad Thai sauce thoroughly and move aside in the pan. Add oil and egg.



Phad Thai Sauce

Sauce for Stir-fried Noodles

Ingredients	Weight	Measure
Shallots	360 g	3 cup
Garlic	150 g	1½ cup
Chili powder	3 g	1½ tsp.
Vegetable oil	240 g	1 cup
Palm sugar	750 g	3 cup
Tamarind juice	150 g	1/2 cup + 2 tbsp
Vinegar	210 g	3/4 cup + 2 tbsp
Salt	6 g	1/4 cup
Sugar	60 g	1 t tsp

Preparations

1. Pound shallots and garlic finely and saute them with oil.

2. Put the other ingredients in a pot. Heat the ingredients until melted. Bring to boil and then add the sauté shallots and garlic. Mix them together and pack in plastic bags, 80 grams each.

Note : The cooking sauce recipe makes 2 kg.

3. Scramble egg and mix with the seasoning noodles. When the noodles look dry, add bean sprouts and Chinese chives. Stir them together with noodles until cooked. Then remove from the heat.

Note: This portion is for 2 servings.



Thai Food Sauce and Recipes



Tom Yum Kung

Ingredients	Weight	Measure
Tom Yum sauce	90 g	1/4 cup
Peeled prawns	250 g	1½ cup
Mushroom	150 g	3/4 cup
Dried lemon grass	2 g	2 tbsp.
Kaffir lime leaves	1 g	3 leave
Water	600 g	2+1/3 cup

Preparations

1. Boil the water and add Tom Yum sauce, lemon grass, kaffir leaves, mushrooms and peeled prawns. Bring to boil and wait until the prawns cooked.

2. Remove from the heat and serve it immediately.

Note : This recipe is for 3 servings.



Tom Yum Kung Sauce

Sauce for Tom Yom Kung

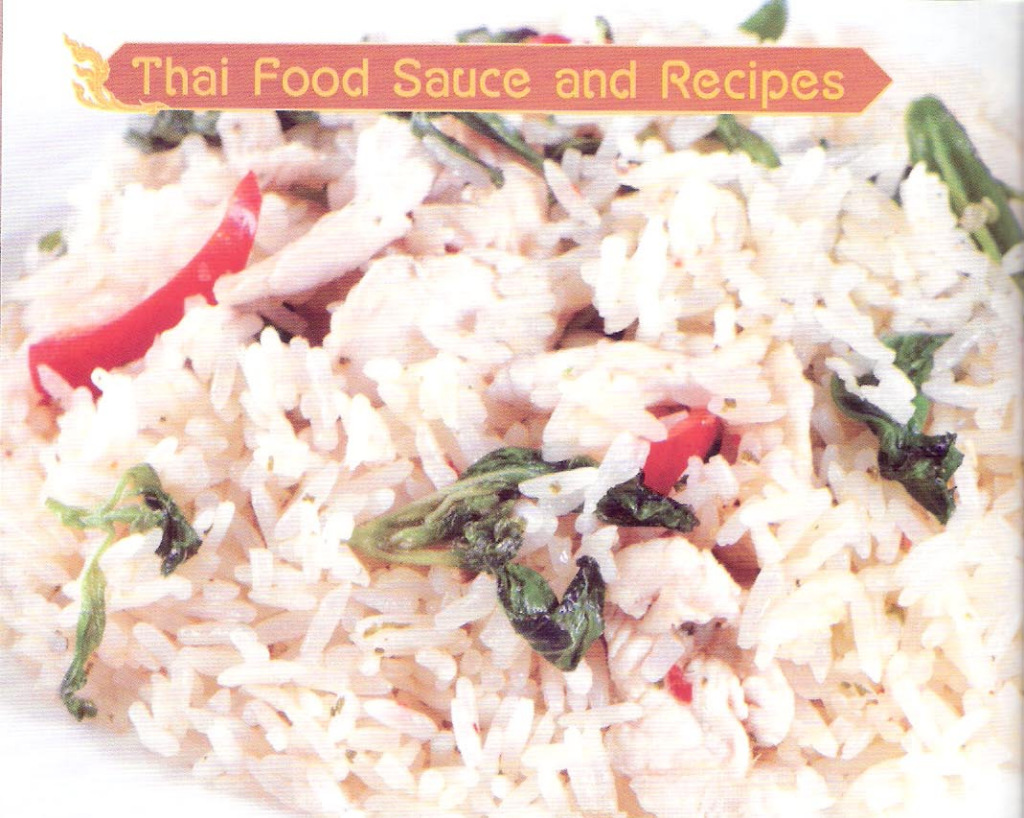
Ingredients	Weight		Measure
Chili paste			
Dried chillies	50	g	1½ cup
Lemon grass	400	g	5 cup
Shallots	300	g	1½ cup
Galangal	70	g	1/2 cup
Kaffir lime leaves	50	g	2½ cup
Others			
Vegetable oil	500	g	2 cup
Citric acid	68	g	1/3 cup + 1 tbsp
Salt	170	g	1/2 cup + 3 tbsp
Fish sauce	850	g	3½ cup
Sugar	212.5	g	1 cup + 3 tbsp
Sliced lemon grass	150	g	2 cup
Kaffir leaves, cut into pieces	20	g	1/2 cup
Water	500	g	2 cup

Preparations

1. Roast chillies, kaffir lime leaves, shallots, galangal and lemon grass and then grind them until smooth to Tom Yum paste.
2. Stir-fry the Tom Yum paste with oil. Add sliced lemon grass and kaffir lime leaves, set aside.
3. Put citric acid, salt, sugar and water into a pot. Melt it and bring to boil. Then add fish sauce and bring to boil again.
4. Add the Tom Yum paste into the pot. Stir it thoroughly and bring to boil again. Pack in plastic bags, 90 gram per bag.

Note : This recipe makes 3.2 kg of cooking sauce.

Thai Food Sauce and Recipes



Khao Phad Kra Prao

Ingredients

Weight

Measure

Phad Ka Prao sauce	80 g	1/4 cup
Sliced chicken	80 g	3/4 cup
Steamed rice	250 g	1 2/3 cup
Vegetable oil	5 g	1 tsp
Water	20 g	2 tbsp
Sliced red spur chili	5 g	1 tbsp
Holy basil	25 g	1/4 cup

Preparations

1. Stir-fry sliced chicken with oil until the meat is cooked.
2. Add spur chili, steamed rice and Phad Ka Prao sauce, mix thoroughly. Put holy basil, mix together before removing from the heat and it is ready to serve.

Note: This portion is for 2 servings.



Phad Kra Prao Sauce

Sauce for Stir-fried with Holy Basil

Ingredients	Weight	Measure
Holy basil	50 g	1½ cup
Garlic	375 g	2½ cup
Galangal	50 g	1/2 cup
Shrimp paste	15 g	1 tbsp.
Palm sugar	100 g	1/3 cup + 1 tbsp
Vegetable oil	500 g	2 cup
Hot chilies (green/red)	150 g	1½ cup
Shallots	125 g	1 cup
Grounded pepper	2.5 g	1 tsp
Fish sauce	375 g	1½ cup + 1 tbsp
Salt	25 g	2 tbsp.
Water	1000 g	4 cup

Preparations

1. Ground hot chilies, garlic, shallots, galangal, pepper and shrimp paste together. Add holy basil and roughly grind them.
2. Stir-fry Pad Kra Prao paste with oil until fragrant.
3. Add fish sauce, palm sugar and salt.
4. Pack in plastic bags, 80 gram per bag.

Note: This recipe makes 2.5 kg of Pad Ka Prao sauce.





Kaeng Liaeng

Ingredients	Weight	Measure
Kaeng Liaeng soup	500 g	2 cup
Peeled and sliced pumpkins	450 g	3 cup
Peeled and sliced sponge gourd	300 g	3 cup
Mushroom	250 g	2 ½ cup
Ivy gourd	150 g	3 ¼ cup
Lemon basil	70 g	3 cup

Preparations

1. Add Kaeng Liaeng soup in a pot, bring to boil.

2. Add sliced pumpkins first and then add other vegetables such as sponge gourd, mushrooms and ivy gourd. Bring to boil. Remove from the heat and then sprinkle lemon basil.

3. Ready to serve.

Note: This recipe is for 3 servings.



Kaeng Liaeng Soup

Spicy soup for Mixture of Vegetable

Ingredients	Weight	Measure
Grounded pepper	100 g	3/4 cup
Shallot	750 g	6 cup
Dried shrimps	600 g	12 cup
Food seasoning (pork flavor)	270 g	1½ cup
Shrimp paste	260 g	1 cup + 1½ tbsp
Thai chilies	40 g	1/2 cup
Water	13 kg	

Preparations

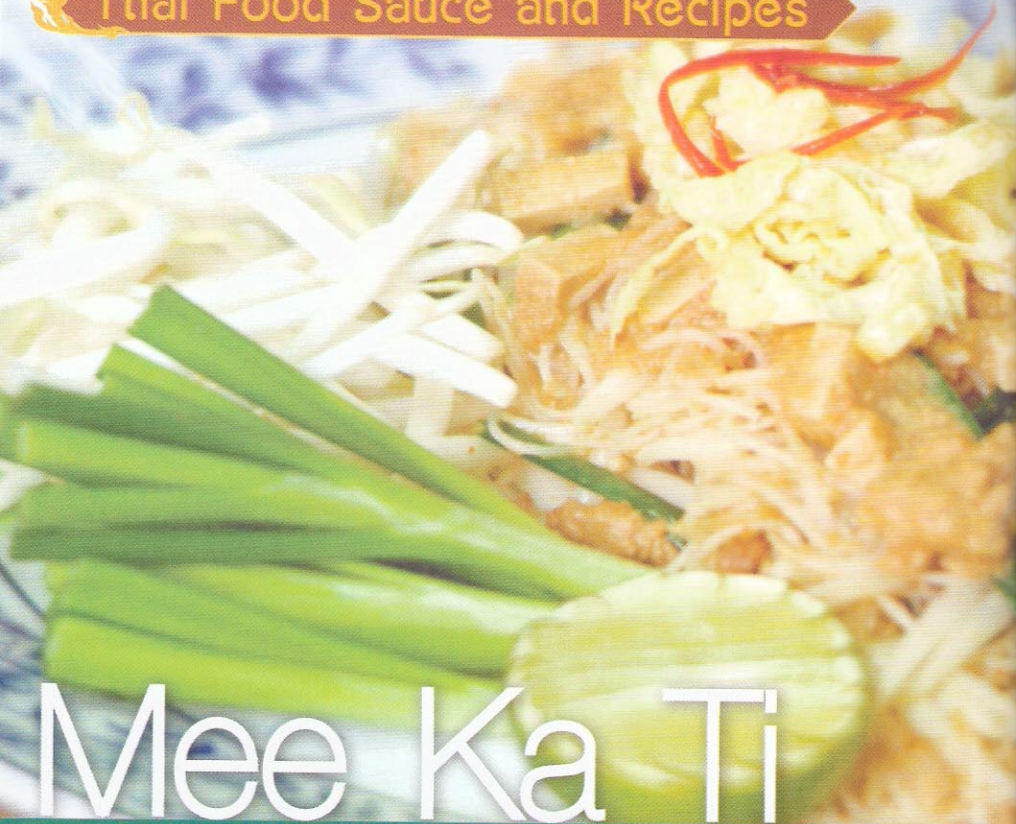
1. Pound dried shrimps finely. Add pepper, Thai chilies, shrimp paste and shallots in the mortar and pound finely.

2. Put Kaeng Liaeng paste and water in a pot. Add food seasoning and bring to boil.

Note: These ingredients are for 13 kg.



Thai Food Sauce Ready to Cook



Mee Ka Ti

Ingredients	Weight	Measure
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Mee Ka Ti sauce	1250 g	5 cup
Soaked rice vermicelli	750 g	6 ½ cup
Bean sprouts	200 g	3 cup
Chinese chives, cut 1.5 inches	40 g	½ cup
Coconut milk	200 g	¼ cup + 2 tbsp

Preparations

1. Pour coconut milk into a frying pan. When boiled, put the rice vermicelli and stir-fry it for a while.

2. Pour in half of Mee Ka Ti sauce and stir-fry until the water has reduced away.

3. Sprinkle bean sprouts and Chinese chives. Stir-fry for a while and then remove from the heat.

Mee Ka Ti Sauce

Sauce for Rice Vermicelli with Coconut Milk

Ingredients	Weight		Measure	
Chili Paste				
Sliced shallots	100	g	¾	cup 1 tbsp
White fermented soybeans	100	g	½	cup
Chopped cilantro root	10	g	2	tbsp.
Pepper	3	g	2	tsp.
Dried chillies	2	g	4	chillies
Others				
Minced pork	100	g	½	cup
Minced prawn	150	g	⅓	cup
Sliced tofu	100	g	½	cup
Palm sugar	140	g	½	cup + 1 tbsp
Tamarind juice	80	g	4 ½	tbsp.
Salt	13	g	1	tbsp.
Coconut milk	350	g	1 ⅓	cup
Water	250	g	1	cup

Preparations

1. Blend the mixture of chili paste ingredients and some coconut milk until smooth.
2. Stir-fry the paste at a low heat. Then add prawn, pork and tofu. Stir-fry until the ingredients are cooked.
3. Add sugar, salt and tamarind juice.
4. Pour water, and the rest of the coconut milk. Simmer the sauce for a while and then remove from the heat.

Note: The sauce portion will be 1250 grams

4. Top Mee Ka Ti with the rest of sauce.

5. Sprinkle with sliced omelet and sliced chili spur pepper (option).

6. Serve with vegetables such as banana blossom, Chinese chives and bean sprouts etc.

Note: This portion is for 6-8 servings.



Now Your Food Sauce Ready to Cook

Thai Food Sauce and Recipes



Khao Soi Neua

Ingredients

Weight Measure

Khao Soi Nue soup	150 g	1	cup
Egg noodle	70 g	1	bundle

Preparations

1. Fry a portion of egg noodles in hot oil until crisp. Remove and drain well.
2. Boil the rest of the noodles in water until cooked, then drain.
3. Place the boiled noodles in serving bowls and pour the Khao Soi soup on top. Garnish with the fried noodles. Serve with pickled cabbage, shallots and roasted dried chili.

Khao Soi Neua Soup

Soup for Beef Khao Soi

Ingredients	Weight		Measure	
Chili Paste				
Dried chillies	10	g	20	chillie
Dried hot chillies	3	g	2	tbsp
Shredded ginger	15	g	2	tbsp
Sliced garlic	20	g	2	tbsp
Sliced shallot	45	g	6	tbsp
Cilantro root	10	g	2	tbsp
Ground roasted cilantro seed	3	g	2	tsp
Ground roasted cumin	2	g	1 ½	tsp
Curry powder	5	g	1	tbsp
Others				
Beef cut lengthwise into 1 cm (½in) slices	500	g	2 ½	cup
Coconut milk	400	g	1 ½	cup
Water	1200	g	5	cup
Sugar	25	g	2	tbsp + 2 tsp
Soy sauce	25	g	2	tbsp + ¾ tsp
Fish sauce	10	g	1	tbsp
Salt	6	g	1 ½	tsp

Preparations

1. Roast dried chilies and hot chilies until golden brown, set aside.

2. Roast ginger, garlic and shallots until turn yellow and fragrant.

3. Blend all chili paste ingredients together until fine, adding a small portion of coconut milk will help.

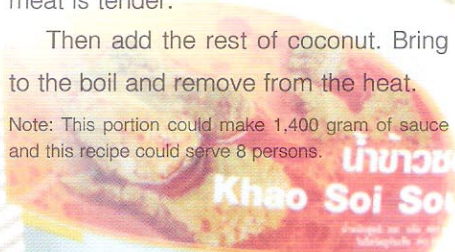
4. Stir-fry the chili paste until fragrant. Add beef and stir-fry it for a while, transfer to a pot.

5. Add water, bring to boil and season with sugar, soy sauce, fish sauce and salt.

6. Then add 2/3 of coconut milk and bring to a boil. Simmer for 2 hours or until meat is tender.

Then add the rest of coconut. Bring to the boil and remove from the heat.

Note: This portion could make 1,400 gram of sauce and this recipe could serve 8 persons.





Choo Chee Pla

Ingredients	Weight	Measure
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Choo Chee sauce	200 g	3/4 cup
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Sliced fish fillets	150 g	3/4 cup
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Shredded red spur chilies	2 g	2 g
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Shredded kaffir lime leaves	1 g	1 g
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Preparations

1. Heat Choo Chee sauce until boiled in a pan. Add fish fillets and bring to boil.

2. Turn the fish over. Wait until the fish is cooked and looks soaked.

3. Serve on a plate and sprinkle with shredded red chilies and kaffir lime leaves.

Choo Chee Sauce

Sauce for Curry Cooked Fish

Ingredients	Weight	Measure
Chili Paste		
Sliced shallots	35 g	1 ½ tbsp
Garlic	30 g	¼ cup
Dried chilies	10 g	15 seed
Dried hot chilies	2 g	1 ½ tbsp
Lemon grass	10 g	2 tbsp
Galangal	4 g	2 tsp
Cilantro root	5 g	1 tsp
Kaffir lime rind	2 g	1 tsp
Salt	4 g	1 tsp
Pepper	1 g	½ tsp
Shrimp paste	8 g	1 ½ tsp
Others		
Coconut milk	550 g	2 ¼ cup
Water	380 g	1 ½ cup
Fish sauce	25 g	4 tbsp
Palm sugar	20 g	1 tbsp 1 tsp
Shredded kaffir lime leaves	4 g	1 ½ tbsp

Preparations

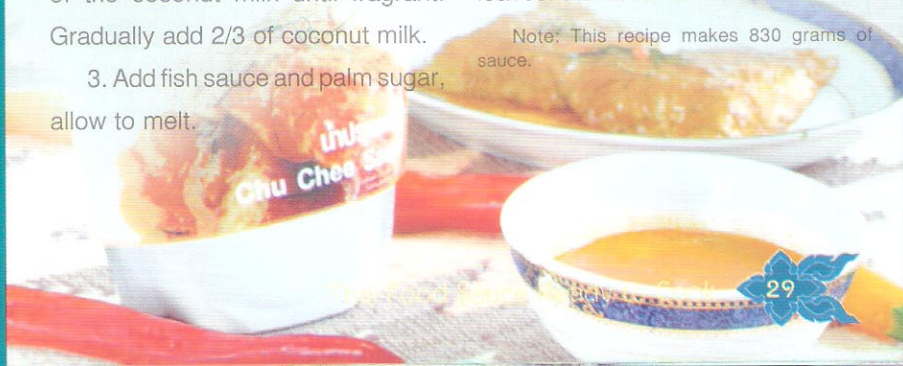
1. Pound the chili paste ingredients finely.

2. Stir-fry the chili paste with some of the coconut milk until fragrant. Gradually add 2/3 of coconut milk.

3. Add fish sauce and palm sugar, allow to melt.

4. Add the rest of the coconut milk and water. Bring to the boil and then sprinkle the shredded kaffir lime leaves. Remove from the heat.

Note: This recipe makes 830 grams of sauce.



Thai Food Sauce and Recipes



Phad Mee Pak Tai

Ingredients

Weight Measure

Phad Mee Pak Tai sauce	200 g	1/2 cup
Peeled prawns	75 g	1/3 cup
Soaked flat rice noodle (Dried flat rice noodle 75 grams)	150 g	1 ½ cup
Water	80 g	1/3 cup



Preparations

1. Pour some water into a pan. Cook rice noodle boiling water. Stir-fry noodles until tender.

2. After the water has reduced away, pour the Phad Mee Tai sauce and add prawns. Mix thoroughly, and remove from heat when some sauce still remains. Place on a plate and serve with a fresh vegetable side-dish for example cucumber, bean sprouts, Chinese chives and Asiatic pennywort.

Note: This portion is 1-2 servings



Phad Mee Pak Tai Sauce

Sauce for Stir-fried Rice Noodles Southern Style

Ingredients	Weight	Measure
Chili Paste		
Shallots	200 g	2 ¼ cup
Dried chilies	30 g	55 seed
Dried hot chilies	4 g	2 tbsp
Shrimp paste	25 g	1 tbsp + 2 tsp
Other		
Coconut milk	1000 g	4 cup
Water	500 g	2 cup
Palm sugar	300 g	1 ¼ cup + 1 tbsp
Fish sauce	75 g	1/3 cup
Salt	15 g	1 tbsp + 1 tsp

Preparations

1. Blend hot chili paste sauce ingredients until smooth. Pour it into the pot filled with coconut milk.
2. Heat the sauce until boil and fragrant. Add sugar, fish sauce and salt and bring to the boil. Remove from the heat.

Note: This recipe makes 2,000 grams of sauce



Thai Food Sauce and Recipes



Kuay Tiew Khee Mao

Ingredients	Weight	Measure
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Phad Kee Mao sauce	370 g	1 ½ cup
Flat rice noodles	335 g	2 ½ cup
Peeled prawns	252 g	1 ¼ cup
Chinese kale	170 g	1 ¾ cup
Sliced carrots	35 g	½ cup
Sliced yellow peppers	15 g	3 tsp.
Water	60 g	¼ cup

Preparations

1. Cook the Chinese kale and carrot in boiling water. Drain and set aside.
2. Heat Phad Kee Mao sauce in a pan. Bring to the boil and then add peeled prawns. When the meat is cooked, add the noodles.
3. Slowly pour the water into the frying pan to soften the noodles.
4. Add Chinese broccoli, carrots and yellow peppers. Stir-fry until smooth and then it is ready to serve.

Phad Khee Mao Sauce

Sauce for Spicy Drunken Noodles

Ingredients	Weight		Measure
Chili Paste			
Garlic	50	g	1/3 cup + 1 ½ tbsp
Hot chilies	10	g	2 tbsp
Spur chili pepper	20	g	¼ cup
Holy basil	35	g	1 cup
Grounded pepper	0.5	g	¼ tsp
Others			
Vegetable oil	50	g	¼ cup
Fish sauce	20	g	1 ½ tbsp
Soya sauce	25	g	2 tbsp
Sugar	20	g	2 tbsp
Water	300	g	1 cup 3 tbsp

Preparations

1. Roughly pound or briefly blend the chili paste ingredients.
2. Stir-fry the ingredients with oil until fragrant.
3. Add sugar, fish sauce and soya sauce.
4. Pour the water and bring to boil. Remove from the heat.

Note: This portion could make 370 grams of sauce.





Yum Neua

Ingredients	Weight	Measure
Spicy Salad sauce	50 g	¼ cup
Meat of choice (sausage, grilled pork or beef)	100 g	¾ cup
Sliced onions	50 g	half an onion
Sliced tomatoes	25 g	half a tomato
Sliced celery	15 g	half a stem

Preparations

1. Mix together the meat, onions, tomatoes and celery.
2. Pour over spicy salad sauce and toss well.

Ingredients	Weight		Measure	
Pickled red hot chilies	40	g	½	cup
Pickled spur chili peppers	40	g	½	cup
Pickled garlic	40	g	¼	cup
Palm sugar	60	g	¼	cup
Tamarind juice	64	g	¼	cup
Fish sauce	180	g	¾	cup
Citric acid	6.3	g	1 ¾	tsp
Malic acid	2.7	g	1	tsp
MSG	3	g	1	tsp
Water	240	g	1	cup

Preparations

1. Prepare all the pickled ingredients as follows:
 - ◆ Peel and wash the garlic, drain well.
 - ◆ Wash the hot chilies and blanch for 1 minute and drain in a colander.
 - ◆ Wash Spur chili peppers and remove the inside of the chilies. Blanch them for about 1 minute.
2. Pickle garlic, hot chilies and spur chili pepper in the vinegar for a week.
3. Finely blend both pickled chilies and pickled garlic with water. Transfer to a pot.
4. Add the rest of the ingredients into the pot and bring to boil for about a minute.
5. Pack in plastic bags, 50 grams each.

Note: This portion could make 600 grams of sauce.





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