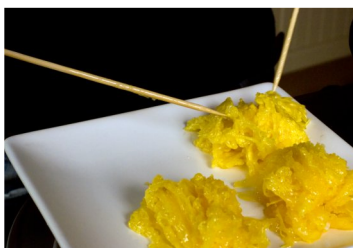
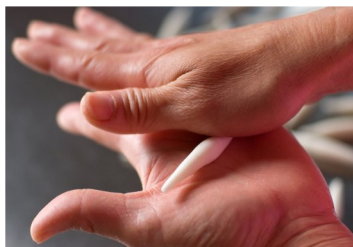


Thai Food Secrets

16 e-books by Oi Cheepchaiissara

Introduction and Index



Welcome to Thai Food Secrets, my collection of 16 e-books which together form a complete encyclopedia of Thai cooking.

This one, the e-book you are currently reading, is an extra. It contains a complete Index to all the others, plus a few free recipes to get you started.

You've probably seen some of my printed books: "The Food of Thailand," "A Little Taste of Thailand," "Fresh Thai," and "200 Thai Favourites." If you have these books already you'll be pleased to hear that I've prepared dozens of new dishes for Thai Food Secrets: dishes like Red Limestone Pancakes with Shrimps and Coconut; Sharp Point Noodles Soup; Crispy Rubies; Gold Threads; and Banana Blossom with Mixed Seafood Salad.

Further than Ever

But there are other reasons why I think Thai Food Secrets goes further than any of my other work. For a start, I've personally prepared every dish you see illustrated. With my family I've had the opportunity to enjoy the food and then to make minor adjustments to the measurements. This has been an essential part of the process because Thai cooks rarely follow precise measurements, preferring to rely entirely on their taste and experience. However, after twenty years of living in England, I guess I've changed. I've discovered the importance of accurate measurement, especially when trying to communicate complex recipes to my readers.



More of Everything

Thai Food Secrets also goes further than my printed books in being more explanatory, with step-by-step recipes that take you through each stage of preparation and cooking. Freed from the use of expensive paper and ink, the publisher has been able to allocate additional space and to fill it with illustrations, my own comprehensive descriptions and quite a few "healthy tips" containing nutritional information and advice.

Light and Shade

Because these are electronic books, the photographs themselves have a much greater dynamic range than would be possible on the printed page. Back-lit, they show the darkest darks and lightest lights so effectively that I was able to work in natural light for the entire project. If you are using Apple's iPad, the colours you see in the photographs are those that were present when I made the food.



Made for iPad

I really do recommend that you view these e-books on iPad, even though they will play on any tablet or standard computer. They've been designed to fit the iPad format perfectly. What's more, on iPad you can easily expand the page to look more closely at the illustrations. It's great in the kitchen.

Better than Books, Faster than Video

I think you'll find my e-books much easier to follow than any other method of explaining recipes. They're more convenient than either printed books or video. Just tap and touch! No page-turning. No re-winding. No hassle!

Authentic Thai Cooking

Every dish you see in Thai Food Secrets is an example of authentic Thai cooking. Here, you'll find some of the most famous Thai dishes, including Green Papaya Salad (Thai Salad Secrets, page 8), Coconut and Galangal Soup with Prawns (Ginger & Galangal Secrets, page 16) and Curried Chicken Buried in Rice (Jasmine Rice Secrets, page 14). I've tried to do justice to them all. I've cooked and presented them in the true Thai style, using traditional techniques.



Green Papaya Salad



Coconut and Galangal Soup with Prawns



Curried Chicken Buried in Rice

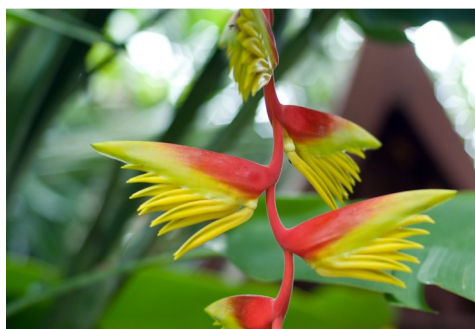
In recognition that Western taste is different, with a lower tolerance for very hot spices or very bitter vegetables, I've moderated some of the flavours in certain dishes. But this is the exception rather than the rule. If anything, Thai Food Secrets challenges you to be adventurous and to try something new. Never had snake beans? Doubtful about okra, taro or water chestnuts? Go on, give them all a try. You may be surprised by how delightful they are when eaten in the context of a complete Thai dish.

Totally Thai

Several western chefs are beginning to place Thai dishes on their menus, then going on to include them in their books and TV shows. Some are better at it than others, but I can't help thinking that they haven't all recognised the essence of Thai cooking in the way I've experienced it myself. So-called "ethnic cooking" is a little bit like learning a foreign language. It's easy to pronounce a few words, but much harder to become fluent, let alone bi-lingual.

Although I've studied Thai food in recent years, taking notes, comparing dishes and experimenting, the fact is: I was brought up on it, eating it every day since birth, through childhood, adolescence and my early twenties. I suppose you could say that I'm actually made of Thai food, as well as being someone who makes it.

For this reason, you can have total confidence that you are taking information from an informed source. You can be sure these recipes are reliable, tested, and totally Thai.



Bite-Sized

You'll probably notice that Thai cooks love to chop up their meat and vegetables into bite-sized pieces. This makes everything easy to cook, if a bit more elaborate to prepare.

I've applied the same concept to Thai Food Secrets, where each e-book is relatively short in comparison to a normal cookbook. Of course, if you put them all together they stretch for over 540 pages. That's quite a lot bigger than the average cookbook.

I'd love you to buy all the e-books in the collection, but, if you like, you can pick and choose the ones that are most appealing to you. For example, if you're a strict vegetarian (no fish!) then you can simply buy Thai Vegetarian Secrets and perhaps Thai Dessert Secrets. Other people may like to pursue a taste for savoury desserts by acquiring Coriander Secrets for Sticky Rice with Egg Custard and Shrimp. And so on. The format puts you in charge. With these e-books you can custom-build your own guide to Thai cooking.



Two Types

To help you acquire a balanced selection of Thai Food Secrets I should mention that I've taken two approaches in compiling these e-books. In some of them I've covered a specific type of dish, such as desserts, soups, salads, or starters. Others have a wider scope because they are themed around a specific Thai herb such as coriander, lemon grass, or Thai basil. In this second category you'll find all kinds of dishes (including desserts, soups, salads and starters.)

No Repeats

All the recipes are different: there is no overlapping. Each book has 10 main recipes, plus at least one bonus recipe, sometimes two. They're great value and they cost about one percent of the price of the ingredients. I think that's fair.

Gift-Wrapped

The bonus recipes are my gift to you. Several of them describe bottled condiments that will enhance your cooking of Thai food. You can put them in your store cupboard or present them to friends and family. My gift to you then becomes your gift to someone else. That's a neat idea, isn't it?

Getting in Touch

If you want to go further in Thai cooking you may like to come to one of the regular Thai cooking classes that I hold in Colchester, in the east of England. If so, check out my website www.modernthaifood.com or email oicheepchaiissara@gmail.com and I'll reply.

If you email, please make sure you have the right number of e's, i's and s's. Thai surnames can be long, which is why we have short nicknames like "Oi" (which translates as "sweet, like sugar cane").

Cheepchaiissara is pronounced cheep-chai-ISSara.

You see, it's much easier in bite-sized pieces!



How to Buy Thai Food Secrets

You can purchase my e-books at:
www.thaifoodsecrets.com



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Thai Starter Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

My Thai friends will be surprised to see the title of this selection of recipes. "We never eat starters," they'll tell me. It's just not the Thai way of eating.

I'll reply: Oh yes we do! We have lots of dishes that can certainly be called "starters," because they usually come with other dishes at the beginning of a meal. They just don't come on their own before the main course, like they do in the west.

Many of these dishes, such as Spring Rolls or Gold Bags, are essentially "finger food" that you can eat at any time during the meal, or even between meals if you feel peckish. We often serve them on special occasions, including weddings and graduation parties, partly because they're so convenient to handle.

If you're holding a corporate event, a product launch or a press conference, these little Thai starters are an ideal alternative to canapés or sticky cream cakes. They're really delicious, nutritious, and not too hard to prepare if you're well organized and have all the ingredients to hand.



1

Buy it from:
thaifoodsecrets.com

Thai Starter Secrets

47 pages, 2 bonus recipes

Prawns in a Blanket
Chicken Wrapped in Pandan Leaf
Crispy Rice Noodles with Prawns
Spring Rolls
Deep-Fried Stuffed Crab
Spicy Honey Prawns
Roast Duck Wrapped in Pancakes
Banana Peppers with Preserved Plum Soup
Gold Bags
Banana Blossom with Mixed Seafood Salad
Curry Puffs: BONUS RECIPE
Crispy Sesame Prawns on Toast: BONUS RECIPE

Thai Soup Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

Here's a tricky question: what, exactly, is soup? For a start, the word is more French than Thai. When you order it in a French restaurant you normally expect a bowl or a clear consommé, unless you've ordered the onion soup. Certainly, the dish that arrives in Thailand to contain a strange assortment of ingredients like those in the Lily Flower Knots and Bean Curd Soup illustrated above, which is just one of the delicious Thai soups you'll find in these pages.

In Thai cuisine, what commonly translates into English as "soup" can contain solid, uncooked ingredients ranging from greens to pan-fried meat. Even when the ingredients are parboiled, the resulting mixture may come wrapped in parcels using a convenient leaf, as in Cabbage Parcels Soup with Garlic and Chilli Oil, and cooked together with the liquid.

Thai soup defined

Served in a bowl and eaten with a spoon, that, essentially is the Thai definition of "soup." In the Thai language, the nearest phrase for it is "kaeng jued" (pronounced something like "gang jate").

"Kaeng" refers to a liquid style of food that has to be served in a bowl rather than on a plate. "Jued" means "plate," not in the sense of "dish" (this would be much too French!) but in the sense of "something needs to be added." This represents a very Thai way of doing things: making one work (whether food, art, architecture, etc.) more efficiently rather than more single.



1

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Thai Soup Secrets

31 pages, 2 bonus recipes

Stuffed Squid Soup (mild)
Pork with Quail Eggs and Bean Curd Soup (mild)
Scrambled Eggs with Thai Basil Leaf Soup (mild)
Pork Spare Ribs with Peanuts and Preserved Turnip Soup (mild)
Lily Flower Knots and Bean Curd Soup (mild)
Bitter Melon with Minced Pork and Red Dates Soup (mild)
Sour Soup with Drumsticks, Green Papaya, Okra and Mixed Seafood (spicy)
Spicy Liang Soup
Spicy Yellow Soup with Fish, Asparagus and Thai Pea Aubergines
Hot and Sour Soup with Pan-Fried Sliced Steak and White Fungus (spicy)
Cabbage Parcels Soup with Garlic and Chilli Oil (spicy): BONUS RECIPE
Spicy Bean Curd Soup with Seaweed, Garlic and Chilli Oil: BONUS RECIPE

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Thai Salad Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

What are the words that come to mind when we try to describe Thai salads?

Let's see... we can start with first impressions: "fresh, lively, invigorating," and then we can go on to their flavors: "salty, sweet, spicy, and tangy," we talk about their contrasting textures: "chewy, crunchy, and melt-in-the-mouth smoothness," and all that's before we get down to mentioning some actual ingredients: papaya, eggplant, egg, mango, salad leaves, mung bean, papaya, chilies, lemon grass, chilies, ginger, fish sauce, lime and lemon juice for name but a few.

Any salad, as long as it's mixed

Strong on taste. Thai salads are, quite simply "yum." Seriously, that is the Thai word for their (sometimes written in English as "yum"). It means "tasty" and really has nothing to do with curves or anything you might normally associate with salads in the west. As far as we Thais are concerned, every salad is a mixed salad. After all, what's the point of preparing food if you don't mix your flavors, colours and textures?

Above: Green Papaya Salad, Below: Scallops and Lemon Grass Salad



1

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Thai Salad Secrets

30 pages, 1 bonus recipe

Fish Salad with Mango and Ginger

Quail Eggs Salad with Prawns

Green Papaya Salad

Spicy Mixed Seafood Salad with Mango

Vegetable Salad Rolls

Crispy Fish Salad

Aubergines with Prawn Salad

Pan-Fried Duck with Cashew Nuts Salad

Scallops and Lemon Grass Salad

Crispy Pork Crackling with Pineapple Salad

Mixed Fruit Salad in Pineapple: BONUS RECIPE

Thai Seafood Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

With over 3,000 kilometres of tropical coastline and hundreds of beautiful islands, it's not surprising that Thailand is famous for its seafood. In Bangkok you will find some of the biggest and best seafood restaurants in the world, while further down the peninsula the food is even more abundant and often much cheaper.

Because seafood is one of the key components of Thai cuisine, I've distributed over 50 recipes on this subject among all my e-books. Together they form a really extensive guide on how to cook seafood in the Thai style. The e-book you are now reading is a smaller selection, concentrating mainly on fish dishes, but including other recipes for crab and mixed seafood. And that brings me to the obvious question: what edible creatures should we properly call seafood?

Seafood Defined

In North America, even river fish can find their way on to a seafood menu, but in Europe the word often excludes fish altogether. My own definition does include fish, but not river fish, many of which are found only in Thailand and are not normally exported. In these recipes I've made sure that you'll be able to use locally purchased seafood, wherever you happen to live.

Steamed Fish with Preserved Plum
Crispy Fried Basil Leaves, from Thai Basil Secrets.



1

Buy it from:

thaifoodsecrets.com

Thai Seafood Secrets

32 pages, 1 bonus recipe

Steamed Fish with Preserved Plum

Deep-Fried Fish with Pineapple and Sweet Pepper

Steamed Fish with Spirulina and Thai Basil Leaves

Cracked Crab with Curry Powder

Dry Fish Curry with Kaffir Lime Leaves and Coconut Cream

Steamed Fish with Goji Berries and Spring Onions

Spicy Crispy Fish with Thai Green Peppercorns

Steamed Fish with Lemon Grass

Pan-Fried Fish with Taro and Red Dates Soup

Fish Ball Curry with Jackfruit and Okra

Spicy Mixed Seafood with Crispy Herbs Salad: BONUS RECIPE

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Buy it from:
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Thai Basil Secrets

26 pages, 1 bonus recipe

Deep-Fried Fish with Chillies and Crispy Thai Basil Leaves
Spicy Chicken with Crispy Thai Basil Leaves
Spicy Noodles with Beef and Thai Basil Leaves
Stir-Fried Squid with Crispy Thai Basil Leaves
Green Curry with Chicken and Thai Aubergine
Mixed Vegetable Curry Steamed with Thai Basil Leaves
Prawns and Thai Basil Leaves Omelette
Spicy Chicken with Roasted Curry Paste
Jungle Curry with Mixed Vegetables
Spicy Pork with Thai Basil Leaves
Thai Basil Seeds with Lychees and Ginger Sorbet: BONUS RECIPE



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Chilli Secrets

29 pages, 1 bonus recipe

Spicy Egg Noodles with Monkfish and Baby Courgettes
Pan-Fried Sliced Steak with Hot and Sour Sauce
Spicy Crispy Vegetables
Stir-Fried Pork with Garlic, Pepper and Chilli
Stir-Fried Prawns with Roasted Chilli Paste
Roasted Spicy Sticky Ribs
Steamed Crabs with Chilli and Lime Sauce
Red Curry with Chicken and Bamboo Shoots
Spicy Chicken with Thai Basil Leaves
Spicy Roast Duck with Mango, Ginger and Chilli Relish
Roasted Chilli Paste: BONUS RECIPE

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Coriander Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

In Thailand we've always loved coriander and it's been an integral part of our cuisine for as long as anyone can remember. Some call it "Chinese parsley" or cilantro. We call it "phak chi".

I am glad to say that an increasing number of people in the west are now acquiring a taste for it. You can find fresh coriander in all good supermarkets, where it is often sold as ready-to-pick plants growing in little pots.

For Thai cooks, coriander is one of our most versatile ingredients. It finds the base of our curries, particularly Green Curry which uses not only the leaves but also the stems and roots of the coriander plant. As far as I know, we are the only people who have found a way of using coriander root effectively in cooking.

We also use coriander widely as a garnish (often just as edible decoration on top of the dish rather than a serious accompaniment). A sprig of young coriander adds colour and makes a wonderful contrast with the brilliant red of chili slices that are often performing a similar function.



1

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Coriander Secrets

39 pages, 1 bonus recipe

Seared Prawns with Coriander Leaves and Chilli

Vermicelli Soup with Minced Chicken

Chicken Satay

Fish with Coriander and Garlic

Gold Purses with Prawns

Green Curry with Mixed Seafood and Water Chestnuts

Pan-Fried Pork Spare Ribs

Spicy Ground Duck

Crispy Pork with Coriander Leaves and Chilli on Toast

Massaman Curry with Mixed Vegetables

Sticky Rice with Egg Custard and Shrimp: BONUS RECIPE

Garlic Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

In my book "The Food of Thailand" there is a double-page photo of a Thai market stall, in charge of which is a young woman who is always making a call on her mobile phone. Behind her are sacks and sacks (and more sacks) of garlic. There are loaded "pallets" of garlic hanging from the roof and trays of garlic standing on the table. I keep wondering who she's talking to. Surely she's not ordering more garlic?

You, we use a lot of garlic in Thailand. Although you may associate this popular culinary flavouring with Southern Europe, garlic actually originated in central Asia and is today grown in unbelievable huge quantities in China and south-east Asia. I'm not exaggerating when I say there are more Thai savoury dishes that contain garlic than those that don't.

What is garlic?

Encyclopedias tell us that garlic is a species in the onion family Alliaceae, making it a close relative not only of onions, but also of shallots, leeks, and chives. As a Thai resident of East Anglia, I have learnt that the word "garlic" comes from the Anglo-Saxon "gar," meaning "spear," and "lic," meaning "lick." In other words, a plant like a leek, but with spear-shaped stems. We call it "kua stem."



1

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Garlic Secrets

26 pages, 1 bonus recipe

Stir-Fried Garlic Prawns

Deep-Fried Fish with Mushrooms and Water Chestnuts

Mixed Vegetable Curry with Lychees

Stir-Fried Mixed Seafood

Rice Soup with Fish Drizzled with Garlic Oil

Pork with Pineapple and Sweet Peppers

Stuffed Omelette

Stir-Fried Chicken with Cashew Nuts

Fried Rice with Chicken

Thai Dim Sum

Garlic Oil: BONUS RECIPE

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Ginger & Galangal Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

In this e-book, I've decided to group ginger and galangal together, partly because they're closely related, but also because you'll need to know the difference between them if you're going to cook authentic Thai food.

First, let's look at their appearance. When you see them together there's no mistaking one for the other. Ginger (on the left, above) usually has a much darker skin and is generally more bulbous. When you cut it, you can see its pale yellow interior which will be slightly moist in young, fresh ginger, but drier in older, more pungent examples.

Galangal, by contrast, has a more elegant and showy appearance: being a mixture of culms from a shiny white to a glowing pink. Its thin stems may be tinged with green, turning dark brown, but the overall effect is certainly more photogenic and perhaps more suggestive of fine dining.

What are they?

The culinary parts of ginger and galangal both grow underground, but they are not the actual roots of their respective plants. They are what botanists call "rhizomes," or "root stems" from which the roots and stems grow. If you dig up growing them, you can break off part of the rhizome if it has one or two shoots on it, and plant it in well drained soil in a flowerbed or perhaps more suggestive of fine dining.

1

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Ginger & Galangal Secrets

26 pages, 1 bonus recipe

Steamed Fish with Ginger

Red Curry with Duck and Lychees (Galangal)

Beef with Sweet Pepper and Black Bean Sauce

Fried Rice with Pineapple

Hot and Sour Soup with Gold Purses (Galangal)

Chicken with Water Chestnuts and Ginger

Coconut and Galangal Soup with Prawns (Galangal)

Stir-Fried Noodles with Mixed Vegetables

Spicy Mixed Seafood Salad

Yellow Curry with Fish Balls and Asparagus (Galangal)

Silky Bean Curd with Ginger Syrup: BONUS RECIPE

Lemon Grass Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

Thank you for downloading this 'mini e-book'. You are going to love these recipes! I've taken great care to explain everything you need to do, step-by-step, with suggestions for alternatives if hard-to-find ingredients are not available.

You'll probably need to make a trip to a good supermarket that has an Oriental section, or to a specialist Thai or Oriental store to find certain items. Don't forget: in many countries you can also buy Thai ingredients online. In cities like London, New York, Los Angeles, San Francisco, and Melbourne, Australia, there is always the obvious place: Chinatown. There you will find absolutely everything you need.

Each one of these dishes has lemongrass in it, one of the most popular herbs that we use in Thai cooking. Lemongrass grows wild in tropical countries but you can cultivate it in colder areas if you have a greenhouse. It hates cold weather and cannot survive frost. Despite this, there is nothing more cooling and refreshing on a hot summer's day than a Lemon Grass and Lime Sorbet, the recipe for which I've included here.

Delicious, but can you eat it?

In Thailand we use lemongrass as a flavouring, but we don't often attempt to eat it! However, it's lovely to suck a piece of freshly cooked lemongrass and marvel at the way it resembles the taste of lemon. After all, lemongrass really is a grass, and you would not expect grass to taste like lemon.

There are one or two exceptions to the above rule. In making curry pastes and sauces like sweet chili sauce that has lemongrass as a flavouring, you can finely chop the lemongrass and this helps to break up the fibres. You will then find that this lovely ingredient can actually be eaten and digested. Normally, however, if the cook has left any larger pieces of lemongrass in the meal we eat them aside when we eat (as you do with cloves, for example).

It's also possible to use lemongrass in salads, but it has to be really fresh and moist, and you need to chop it extremely finely. You'll find a very crunchy example called Scallops and Lemon Grass Salad in my selection Thai Salad Secrets.

1

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Lemon Grass Secrets

28 pages, 1 bonus recipe

Curried Seafood Steamed in Sweet Peppers

Green Curry with Beef, Baby Sweetcorns and Cherry Tomatoes

Prawns and Chicken on Lemon Grass Stalks

Deep-Fried Fish with Lemon Grass and Chilli Sauce

Spicy Tomato Dipping Sauce

Mussels with Lemon Grass and Chillies

Vermicelli Salad with Chicken

Pan-Fried Fish Cakes

Hot and Sour Soup with Mixed Seafood

Lemon Grass and Lime Sorbet

Vegetable Oil Infused with Lemon Grass: BONUS RECIPE

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Thai Curry Secrets

32 pages, 1 bonus recipe

Red Curry with Roasted Duck and Lychees

Green Curry with Mango and Thai Pea Aubergines

Yellow Curry with Fish and Water Chestnuts

Massaman Curry with Beef

Panang Curry with Chicken

Taypo Curry with Pork and Morning Glory

Hang Lay Curry

Bean Curd Curry with Pineapple and Red Dates

Curried Crab Meat with Small Purple Aubergines, Steamed in Banana Leaf Cups

Curried Mussels with Thai Pea Aubergines Baked in Banana Leaf Parcels

Pork Spare Ribs with Lychee and Green Peppercorn Curry: BONUS RECIPE



Jasmine Rice Secrets

34 pages, 1 bonus recipe

Fried Rice with Mixed Seafood

Rice with Shrimp Paste, Caramel Pork and Crispy Shallots

Rice Soup with Mixed Seafood

Fried Rice with Mixed Vegetables

Curried Chicken Buried in Rice

Spicy Rice with Pork and Snake Beans

Fried Rice with Prawns

Rice Porridge with Pork and Liver

Half Moon Omelette

Rice with Coconut Milk, Lemon Grass and Chicken

Southern Rice Salad: BONUS RECIPE

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Thai Noodle Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

Easy to eat, cheap and versatile, noodles are great, but they're not exactly the most classy item on the menu. Maybe I can give them a boost. I love noodles and I've always wanted to improve their image to the world at large. I really do think they can be the basis of sophisticated dishes, despite their past record.

Part of the trouble is that noodles are so wonderfully convenient that people tend to wolf them down during a hurried, to-be-honest lunch break. Then again, they are often favored by those who are trying to cure hangovers and head colds. They make an excellent comfort food, especially when you have a decent array of condiments, like chili powder, fish sauce, or fresh chilies in white vinegar to spice them up. And then again, didn't Al Pacino once play a gangster called "Noodle" in a movie?

Yes, noodles have an image problem, but it's through no fault of their own. They are simply a very useful source of starch, without which any meal is woefully incomplete.

Stir-fried noodle (right) can be the quickest
That meal you'll ever make, but handmade
noodles (main image) will take much longer.



1

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Thai Noodle Secrets

35 pages, 1 bonus recipe

Steamed Noodle Parcels

Thai Fried Noodles with Prawns

Stir-Fried Noodles with Beef and Spring Green Leaves

Crispy Noodles with Mixed Seafood

Two Noodles Soup

Chiang Mai Curry Noodles

Stir-Fried Noodles with Chicken and Soy Sauce

Rice Noodles with Coconut Milk and Mixed Beans

Thai Style Noodles with Minced Fish Curry

Stir-Fried Flaky Noodles

Hand Made Egg Noodles with Spicy Duck Soup: BONUS RECIPE

Thai Vegetarian Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

Although Thailand has a worldwide reputation for food, it is not especially well known for its vegetarian dishes. I think this is beginning to change, not least because there are growing numbers of Thai who, for health or ethical reasons, have decided to become vegetarians.

To avoid any confusion, I should mention that modern Thai vegetarians (those who are committed to a *ve-ment*, so-to-speak) are quite distinct from the traditional, pious vegetarians who celebrate the annual Festival of the Nine Emperor Gods in Phuket. This Chinese/Thai celebration, known to tourists as the Phuket Vegetarian Festival, is closely bound up with religious practices such as walking across hot coals, not eating meat, and abstaining from sex. If, during the sacred twelve-day period of the festival, the practitioners lapse from their good intentions, they believe that the hot coals will burn them.



Giving up meat is not necessarily a big
sacrifice in Thailand as there are so many
delicious tropical fruits available. To the
right is Steamed Sticky Rice with Mango,
which you'll find in my Thai Diet
Secrets collection.



1

Buy it from:
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Thai Vegetarian Secrets

28 pages, 1 bonus recipe

Soft Bean Curd Soup with Enoki Mushrooms

Stir-Fried Mixed Vegetables with Sesame Seeds

Crispy Sesame Pearl Barley on Toast

Massaman Curry with Taro and Bean Curd

Stir-Fried Mixed Mushrooms with Ginger

Purple Aubergine and Cashew Nuts Curry

Stir-Fried Egg Noodles with Mixed Vegetables

Red Curry with Mixed Vegetables and Gogi Berries

Green Curry with Pumpkin and Mixed Beans

Stir-Fried Morning Glory

Soya Milk: BONUS RECIPE

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One-Dish Meal Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

When you visit Thailand you'll discover that we have, not one, but two styles of eating our meals. We either have lots of shared dishes, from which each person takes a portion, or else the cook prepares a "one-dish meal" for each person. It doesn't matter whether you are dining alone or in a large group. You can enjoy Thai food served in either of these two styles.

In fact, you may be amazed to see exactly the same food being served both ways. For example, the classic Thai dish of Stir-Fried Chicken with Cashew Nuts can be served separately from the rice or you can order a rice dish spooned over with chicken and cashew nuts. We even have a single word for "spooned over with" (nui), as in "Phai kaayian" (Stir-Fried Noodles) "nui naa naa lai pak" (with Beef and Spring Green Leaves). You'll find the recipe for this lovely one-dish meal in my Thai Noodle Secrets selection.

There are hundreds of one-dish meals, but among the most popular are those that feature noodles, pancakes, or fried rice. All of these key ingredients provide energy-giving starch, forming the basis of the meal. We build on this foundation, adding meat and vegetables for nutrition, fresh herbs and other ingredients for flavour, spices and chillies for heat, and relishes to balance the taste.



1

Buy it from:
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One-Dish Meal Secrets

38 pages, 1 bonus recipe

Rice Soup with Minced Pork and Snake Beans
Pan-Fried Mussels Pancakes
Gold Purses Soup with Prawns
Stir-Fried White Radish Cakes
Southern-Style Salad
Red Limestone Pancakes with Shrimps and Coconut
Sharp Point Noodles Soup
Thai Fried Mixed Vegetables
Fresh Pancake Rolls served with Tamarind Sauce
Sticky Rice Steamed in Lotus Leaves
Thai Style Noodles with Pineapple: BONUS RECIPE

Thai Dessert Secrets

10 Great Recipes from Oi Cheepchaiissara



Introduction

If you've read some of my other e-books, you'll probably be expecting a varied selection of dishes: some of them traditional, others adapted to suit western taste. I'm sure you'll not be disappointed because that's exactly what I've put together for this introduction to Thai desserts, otherwise known as "Khaan Thai". I've chosen these dishes most likely to appeal to someone who enjoys savoury Thai food but who also has a "sweet tooth" and a desire for creamy, sugary dishes at the end of a great meal, or, indeed, at any time of the day.

Let me persuade you

I've read some very flattering comments about Asian desserts by people who otherwise enjoy everything we do with meat, fish, vegetables and herbs. One man on the internet has even offered \$50 to anyone who can find him an Asian dessert that is "halfway edible." I'd reply to him, but I fear he doesn't like bananas, mangoes (shown right), ice cream or coconut, all of which feature prominently in my selection.



1

Buy it from:
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Thai Dessert Secrets

38 pages, 2 bonus recipes

Black Sticky Rice with Taro Pudding
Sea Shells with Sesame Seeds in Coconut Cream
Deep-Fried Bananas
Sago Pudding with Young Coconut
Gold Threads
Bananas in Coconut Cream
Mango Ice Cream
Sticky Rice with Banana and Black Beans in Banana Leaf
Crispy Rubies
Floating Lotus Balls
Sticky Rice with Mango: BONUS RECIPE
Coconut Ice Cream: BONUS RECIPE

Pomelo and Prawns Salad

Yam som oh kup kung



This northern Thai salad uses pomelo to give it a sweet/tart flavour. There are several varieties of this lovely fruit available in Thailand. Some have pink flesh while others are yellow. You can use either. It makes an ideal dish for a hot, sunny day and you can serve it as soon as it's ready. If the pomelo is sweet (taste it!) add 3-4 tbsps of lime or lemon juice to make it more sour.

Ingredients

750 g (1 lb 10 oz) pomelo segments, from 1 large pomelo, about 3 lbs weight
400 g (14 oz) medium-sized prawns
1½ tbsps fish sauce
2 tbsps lime or lemon juice, about 1 lime or lemon
1 tsp sugar (optional) if the pomelo is too sour
1½ tbsps desiccated coconut
3 shallots, peeled and finely sliced
½-1 fresh red chilli about 13 cm (5 inches) long, stemmed, de-seeded and finely chopped

Garnish

a half handful fresh coriander leaves

Preparation time: 30 minutes

Cooking time: 10 minutes

Serves 4: as a starter

Below: pomelo, shown next to a lime for size comparison.

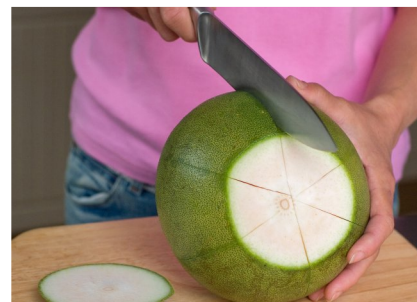
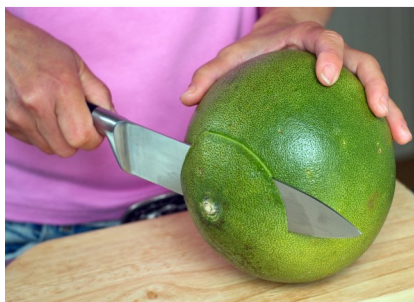


Pomelo and Prawns Salad, cont'd

Peeling the pomelo

1. To peel a pomelo, bear in mind that the skin is much thicker than that of an orange or grapefruit.

First, slice a circular patch off the top of the fruit, about 2 cm deep (roughly the thickness of the skin).



Next, score six deep lines from top to bottom, dividing the skin into six segments.

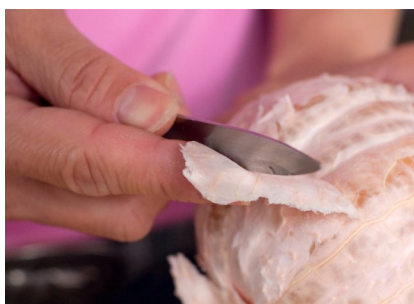
Peel away each skin segment, one at a time.



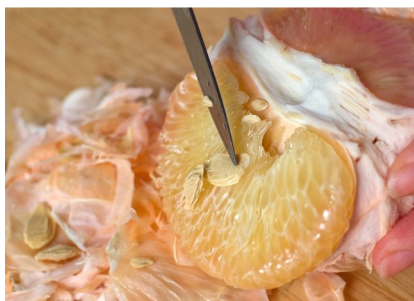
Remove any remaining pith and separate the segments of the fruit.

Crumble the segments into their component parts, without squashing them or releasing the juice into a mixing bowl.

It will make about 500 g (1 lb 2 oz). Set aside.



Pomelos are hard to peel because they require a certain amount of brute force. But they're worth it. Before peeling, allow them to ripen until they soften. When you eat them, they'll be so gentle they'll melt in your mouth.



Pomelo and Prawns Salad, cont'd

2. Prepare the prawns. Pinch off the legs and head, peel and de-vein the prawns to remove the intestinal tract (black line). Cut them open like a butterfly but leave the halves joined at the tail. It will make total 280 g (10 oz) in weight.



3. Heat some water in a small saucepan and bring to boil. Cook the prawns for 2-3 minutes or as you prefer them, then drain.

4. Mix the fish sauce, lime or lemon juice and sugar in a small bowl until the sugar has dissolved.

Pomelo and Prawns Salad, cont'd

5. Dry-fry the dried coconut in a pan on a low heat. Move the coconut around for 3-4 minutes or until lightly browned and fragrant.



6. Add prawns to the pomelo bowl along with lime or lemon skin, shallots and chilli. When you are ready to serve add the fish sauce mixture and gently toss all the ingredients. Taste and adjust seasoning if necessary.



Spoon on to each serving plate and sprinkle on top with coriander leaves and toasted coconut.



Healthy Tip

A relative of the grapefruit, pomelo is rich in vitamin C and potassium. Its juice is beneficial to the digestive system, having an alkaline reaction despite its acidic taste. The fat burning enzyme in pomelo helps to absorb and reduce the starch and sugar in the body.



Red Curry with Jackfruit and Mixed Vegetables

Kaeng phet kanoon kup pak ruam



Well known as "the largest tree-borne fruit," the jackfruit can be up to two feet long, but it contains much smaller individual "fruits" (yellow seed casings) that you can buy in packets from Thai, Chinese or Middle East supermarkets. They have a sweet taste not unlike chestnuts and are ideal for a curry. Here, the other vegetables provide a great variety of tastes and textures.

Red Curry Paste

3-4 dried red chillies about 13 cm (5 inches) long
or: 3-4 fresh long red chillies, stemmed, de-seeded and roughly chopped
13 cm (5 inches) fresh lemon grass, finely sliced
2.5 cm (1 inch) fresh galangal, peeled, finely sliced
3 kaffir lime leaves, finely chopped
4 garlic cloves, peeled and roughly chopped
3 shallots, peeled and roughly chopped
3 coriander roots and stalks, cleaned, roughly chopped
1 tsp ground coriander
1 tsp shrimp paste (optional)

Preparation time: 30 minutes

Soaking time: 5 minutes

Cooking time: 1 hour

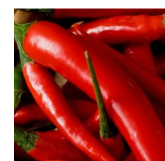
Serves: 4 as one of the main dish

Main dish

600 (1 lb 5 oz) mixed hard vegetables such as baby potatoes and taro
soft vegetables such as sugar-snap peas, purple aubergines, Thai aubergines, baby sweetcorns and okra
150 g (5½ oz) seedless jack fruits
1½-2 tbsps sunflower oil
400 ml (14 fl oz) 1 tin coconut milk
350 ml (12 fl oz) vegetable stock
3½ tbsps light soy sauce
25 g (1 oz) palm, coconut or brown sugar
2-3 kaffir lime leaves, torn in half (optional)

Garnish

a few slices of fresh red chilli



Red Curry with Jackfruit and Mixed Vegetables, cont'd

1. If you are using dried chillies, soak them in boiling hot water for 4-5 minutes or until soft, then drain.
2. Using a pestle and mortar grind or pound the chillies you are using (dried & soaked, or fresh), the lemon grass and galangal into a paste. Add the remaining ingredients and pound the mixture until it again becomes a paste. Or: process all the ingredients in a food processor or blender into a paste.

Make more paste than you need and spoon each "quantity" (enough for one recipe) into a jar or double plastic bags. It will keep at least 2 weeks in the refrigerator or for 5-6 months in a freezer.



3. Leave baby potatoes whole or cut the potatoes into 2 cm pieces. Peel and clean the taro, cut into 2 cm pieces and soak in a bowl of water. Top and tail sugar-snap peas. Slice the jackfruit into slightly smaller pieces.

Red Curry with Jackfruit and Mixed Vegetables, cont'd

4. Cook the baby potatoes in boiling water for 10 minutes. Add the taro and continue for another 10 minutes or until they are tender but still holding their shape. If you are using sliced potatoes they can cook at the same time for 10 minutes or until tender.

5. Heat the oil in a nonstick wok or saucepan. Stir-fry the red curry paste on a medium heat 3-4 minutes or until fragrant.



6. Add the coconut milk, stock, whole purple aubergines (both kinds) and cook for 15 minutes. Slice the Thai aubergines in half and add them to the saucepan. Cook for another 10 minutes or until they start to get tender. Add the baby sweetcorns, okra, light soy sauce and sugar and cook for a further 2-3 minutes.



Red Curry with Jackfruit and Mixed Vegetables, cont'd



7. Add the sugar-snap peas and jackfruits and cook for another 2-3 minutes, stirring occasionally. Add the cooked baby potatoes and taro and warm through for 2 minutes, again stirring occasionally. Add the kaffir lime leaves, taste and adjust the seasoning if necessary.

Spoon into four serving bowls and garnish with the chilli.

Healthy Tips

Jackfruit is an excellent energy food, containing only a small amount of fat. It is rich in the phytonutrients that help to fight cancer and slow down the degeneration of cells. A good source of Vitamin C, it is also used for a remedy for skin diseases and asthma. It also has a high fibre content.

Floating Purses in Coconut Milk

Kra pao tong tom ka



Gold Purses called "kiaw" in Thai are essentially "won ton," a Chinese-style stuffed noodle. They are light and delicious, and yes, they really do float in coconut milk. A version of this lovely dish was illustrated on the front cover of my "200 Thai Favourites" cookbook, published recently by Hamlyn.

Ingredients

750 g (1 lb 10 oz) medium-sized prawns
40 won ton sheets 7.5 cm (3 inches) square
a small bowl of water for brushing the sheets
12 cm (5 inches) 3 fresh lemon grass stalks
2.5 cm (1 inch) fresh galangal
4 shallots
140 g (5 oz) mixed mushrooms such as oyster, shiitake and button mushrooms
2-3 small red bird's eye chillies, depending on taste
400 ml (14 fl oz) coconut milk
350 ml (12 fl oz) prawns, seafood or vegetable stock
2-2½ tbsps fish sauce
4-5 tbsps lime or lemon juice
8 cherry tomatoes with calix left on if possible
or: 2 medium-sized tomatoes, each quartered
4 handfuls of fresh baby spinach or mixed salad leaves to serve

Garlic and Coriander Paste

3-4 garlic cloves, peeled
6 coriander roots and stalks, 3 roughly chopped
¼ tsp ground white pepper
¼ tsp salt

Preparation time: 30 minutes

Cooking time: 15 minutes

Serves: 4 as a main dish



Floating Purses in Coconut Milk, cont'd

Prepare the prawns

1. Pinch off the legs and head, then peel and de-vein the prawns to remove the intestinal tract (black or white line).

Take 350 g (12 oz), remove the tails, then mince (grind) the prawns in a food processor or blender.

Spoon the minced prawns into a mixing bowl.

Set aside the remaining prawns, about 300 g (10½ oz) or 16 prawns, for later use.



For the next step you'll need just 3 or 4 cloves from one of the garlic bulbs (left), plus 3 of the coriander roots.



Make garlic and coriander paste

2. Using a pestle and mortar or a small blender, pound or blend the garlic and 3 roughly chopped coriander roots and stalks into a paste. Or: finely chop them and press backwards and forwards with the flat side of a knife to make the paste.

Floating Purses in Coconut Milk, cont'd

3. Mix the minced prawn, along with the garlic and coriander paste, ground white pepper and salt. Spoon 1 teaspoon of the mixture into the middle of each won ton sheet. Brush the edge with water and gather up, squeezing the corners together to make a little purse. Lay on a tray and repeat until you have used up all the filling and sheets.

4. Cook the won ton purses in boiling water for about 2-3 minutes or until they are cooked and floating. Lift the purses out with a slotted spoon and drop into a bowl of warm water.

5. Lightly strike the lemon grass with a pestle or rolling pin and cut into 2.5 cm (1 inch) pieces diagonally. Also lightly bruise another 3 coriander roots and stalks. Thinly slice the galangal and cut each shallot in half. Remove the hard stalks of the mushrooms and cut half if large. Lightly bruise the chillies with the back of a spoon.

6. Put the coconut milk, stock, lemon grass, galangal and shallots in a saucepan and bring to the boil on a medium heat.

7. Add the whole prawns, mushrooms and chillies and cook for 3-4 minutes or until the prawns are cooked as you prefer them. Add the fish sauce, lime or lemon juice, taste and adjust the seasoning if necessary.

8. Drain the cooked purses and tip in the coconut milk and stock saucepan. Add the cherry tomatoes in a last few seconds, taking care not to let them lose their shape.

Place a handful of spinach leaves into each serving bowl. Divide and spoon the Floating Purses in Coconut Milk into each serving bowl.



Healthy Tips

Multiple health benefits are obtained from all the fresh herbs in this dish. For example, coriander has anti-rheumatic and anti-arthritic properties; galangal has anti-inflammatory and anti-oxidant activities; while spinach is one of the best sources of vitamin K.

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Fig. 1



Fig. 2



Fig. 3



Fig. 4

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Fig. 5



Fig. 6



Fig. 7



Fig. 8

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Steamed Noodle Parcels	Thai Noodle Secrets	4
Stir-Fried Egg Noodles with Mixed Vegetables	Thai Vegetarian Secrets	16
Stir-Fried Flaky Noodles	Thai Noodle Secrets	25
Stir-Fried Noodles with Beef and Spring Green Leaves	Thai Noodle Secrets	9
Stir-Fried Noodles with Chicken and Soy Sauce	Thai Noodle Secrets	18
Stir-Fried Noodles with Mixed Vegetables	Ginger & Galangal Secrets	19
Thai Fried Noodles with Prawns	Thai Noodle Secrets	7
Thai Style Noodles with Minced Fish Curry	Thai Noodle Secrets	22
Thai Style Noodles with Pineapple	One-Dish Meal Secrets	36
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Duck

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Pan-Fried Duck with Cashew Nuts Salad	Thai Salad Secrets	20
Red Curry with Duck and Lychees	Ginger & Galangal Secrets	6
Red Curry with Roasted Duck and Lychees	Thai Curry Secrets	5
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Salty Duck Eggs	One-Dish Meal Secrets	33
Spicy Ground Duck	Coriander Secrets	27
Spicy Roast Duck with Mango, Ginger and Chilli Relish	Chilli Secrets	25

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This is the complete index to all 16 e-books in the Thai Food Secrets series. I've arranged it by category so that you can find all the recipes easily.

Chicken

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Chicken Satay	Coriander Secrets 8
Chicken Wrapped in Pandan Leaf	Thai Starter Secrets 9
Chicken with Water Chestnuts and Ginger	Ginger & Galangal Secrets 14
Curried Chicken Buried in Rice	Jasmine Rice Secrets 14
Fried Rice with Chicken	Garlic Secrets 20
Green Curry with Chicken and Thai Aubergine	Thai Basil Secrets 13
Panang Curry with Chicken	Thai Curry Secrets 13
Prawns and Chicken on Lemon Grass Stalks	Lemon Grass Secrets 9
Red Curry with Chicken and Bamboo Shoots	Chilli Secrets 19
Rice with Coconut Milk, Lemon Grass and Chicken	Jasmine Rice Secrets 27
Scrambled Eggs with Thai Basil Leaf Soup	Thai Soup Secrets 8
Sharp Point Noodles Soup	One-Dish Meal Secrets 20
Spicy Chicken with Crispy Thai Basil Leaves	Thai Basil Secrets 6
Spicy Chicken with Roasted Curry Paste	Thai Basil Secrets 19
Spicy Chicken with Thai Basil Leaves	Chilli Secrets 23
Stir-Fried Chicken with Cashew Nuts	Garlic Secrets 18
Stir-Fried Noodles with Chicken and Soy Sauce	Thai Noodle Secrets 18
Vermicelli Salad with Chicken	Lemon Grass Secrets 18
Vermicelli Soup with Minced Chicken	Coriander Secrets 6

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Beef with Sweet Pepper and Black Bean Sauce	Ginger & Galangal Secrets 6
Green Curry with Beef, Baby Sweetcorns and Cherry Tomatoes	Lemon Grass Secrets 6
Hot and Sour Soup with Pan-Fried Sliced Steak and White Fungus	Thai Soup Secrets 23
Massaman Curry with Beef	Thai Curry Secrets 11
Pan-Fried Sliced Steak with Hot and Sour Sauce	Chilli Secrets 6
Spicy Noodles with Beef and Thai Basil Leaves	Thai Basil Secrets 6
Stir-Fried Noodles with Beef and Spring Green Leaves	Thai Noodle Secrets 9

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This is the complete index to all 16 e-books in the Thai Food Secrets series. I've arranged it by category so that you can find all the recipes easily.

Pork

Banana Peppers with Preserved Plum Soup
 Bitter Melon with Minced Pork and Red Dates Soup (fig.9)
 Crispy Pork Crackling with Pineapple Salad
 Crispy Pork with Coriander Leaves and Chilli on Toast
 Pan-Fried Pork Spare Ribs
 Pork Spare Ribs with Lychee and Green Peppercorn Curry
 Pork Spare Ribs with Peanuts and Preserved Turnip Soup
 Pork with Pineapple and Sweet Peppers
 Pork with Quail Eggs and Bean Curd Soup
 Rice Porridge with Pork and Liver

 Rice Soup with Minced Pork and Snake Beans
 Rice with Shrimp Paste, Caramel Pork and Crispy Shallots (fig.10)
 Roasted Spicy Sticky Ribs
 Spicy Pork with Thai Basil Leaves
 Spicy Rice with Pork and Snake Beans
 Stir-Fried Pork with Garlic, Pepper and Chilli
 Taypo Curry with Pork and Morning Glory
 Two Noodles Soup

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Thai Soup Secrets	14
Thai Salad Secrets	24
Coriander Secrets	30
Coriander Secrets	25
Thai Curry Secrets	30
Thai Soup Secrets	10
Garlic Secrets	13
Thai Soup Secrets	6
Jasmine Rice Secrets	22
One-Dish Meal Secrets	3
Jasmine Rice Secrets	8
Chilli Secrets	15
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Chilli Secrets	11
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Fig. 9



Fig. 10

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This is the complete index to all 16 e-books in the Thai Food Secrets series. I've arranged it by category so that you can find all the recipes easily.

Vegetarian

Cabbage Parcels Soup with Garlic and Chilli Oil
Crispy Sesame Pearl Barley on Toast
Fried Rice with Mixed Vegetables
Green Curry with Pumpkin and Mixed Beans (fig.11)
Massaman Curry with Mixed Vegetables
Massaman Curry with Taro and Bean Curd
Purple Aubergine and Cashew Nuts Curry
Red Curry with Mixed Vegetables and Gogi Berries
Soft Bean Curd Soup with Enoki Mushrooms

Soya Milk (fig.12)
Spicy Crispy Vegetables
Stir-Fried Egg Noodles with Mixed Vegetables
Stir-Fried Mixed Mushrooms with Ginger
Stir-Fried Mixed Vegetables with Sesame Seeds
Stir-Fried Morning Glory
Stir-Fried Noodles with Mixed Vegetables
Thai Fried Mixed Vegetables
Vegetable Salad Rolls (fig.13)

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Thai Vegetarian Secrets	8
Jasmine Rice Secrets	12
Thai Vegetarian Secrets	20
Coriander Secrets	33
Thai Vegetarian Secrets	10
Thai Vegetarian Secrets	14
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Chilli Secrets	9
Thai Vegetarian Secrets	16
Thai Vegetarian Secrets	12
Thai Vegetarian Secrets	6
Thai Vegetarian Secrets	22
Ginger & Galangal Secrets	19
One-Dish Meal Secrets	24
Thai Salad Secrets	13



Fig. 11



Fig. 12



Fig. 13

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This is the complete index to all 16 e-books in the Thai Food Secrets series. I've arranged it by category so that you can find all the recipes easily.

Rice

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Curried Chicken Buried in Rice	Jasmine Rice Secrets 14
Fried Rice with Chicken	Garlic Secrets 20
Fried Rice with Mixed Seafood	Jasmine Rice Secrets 6
Fried Rice with Mixed Vegetables	Jasmine Rice Secrets 12
Fried Rice with Pineapple	Ginger & Galangal Secrets 10
Fried Rice with Prawns	Jasmine Rice Secrets 20
Half Moon Omelette	Jasmine Rice Secrets 24
Rice Porridge with Pork and Liver	Jasmine Rice Secrets 22
Rice Soup with Fish Drizzled with Garlic Oil	Garlic Secrets 11
Rice Soup with Minced Pork and Snake Beans	One-Dish Meal Secrets 3
Rice Soup with Mixed Seafood	Jasmine Rice Secrets 10
Rice with Coconut Milk, Lemon Grass and Chicken	Jasmine Rice Secrets 27
Rice with Shrimp Paste, Caramel Pork and Crispy Shallots	Jasmine Rice Secrets 8
Southern Rice Salad (fig.14)	Jasmine Rice Secrets 32
Spicy Rice with Pork and Snake Beans	Jasmine Rice Secrets 18

Sticky Rice

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Sticky Rice Steamed in Lotus Leaves	One-Dish Meal Secrets 30
Sticky Rice with Egg Custard and Shrimp	Coriander Secrets 37
Black Sticky Rice with Taro Pudding	Thai Dessert Secrets 5
Sticky Rice with Banana and Black Beans in Banana Leaf	Thai Dessert Secrets 23
Sticky Rice with Mango (fig.15)	Thai Dessert Secrets 36



Fig. 14

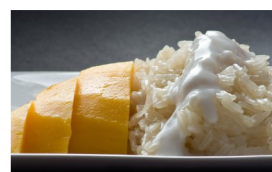


Fig. 15

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This is the complete index to all 16 e-books in the Thai Food Secrets series. I've arranged it by category so that you can find all the recipes easily.

Desserts

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Black Sticky Rice with Taro Pudding	Thai Dessert Secrets	5
Coconut Ice Cream	Thai Dessert Secrets	38
Crispy Rubies	Thai Dessert Secrets	28
Deep-Fried Bananas	Thai Dessert Secrets	11
Floating Lotus Balls	Thai Dessert Secrets	32
Gold Threads	Thai Dessert Secrets	16
Lemon Grass and Lime Sorbet	Lemon Grass Secrets	26
Mango Ice Cream	Thai Dessert Secrets	21
Sago Pudding with Young Coconut	Thai Dessert Secrets	14
Sea Shells with Sesame Seeds in Coconut Cream	Thai Dessert Secrets	7
Silky Bean Curd with Ginger Syrup	Ginger & Galangal Secrets	25
Sticky Rice with Banana and Black Beans in Banana Leaf	Thai Dessert Secrets	23
Sticky Rice with Egg Custard and Shrimp	Coriander Secrets	37
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Thai Basil Seeds with Lychees and Ginger Sorbet	Thai Basil Secrets	25

Sauces

Where these are included within larger recipes, first page number = ingredients; second page number = instructions.

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Chilli and Lime Sauce	Chilli Secrets	17/18
Coconut Sauce	One-Dish Meal Secrets	13/14
Garlic, Coriander and Chilli Sauce	Thai Salad Secrets	13/14
Peanut Sauce	Coriander Secrets	8/11
Pineapple and Sweet Chilli Sauce	Coriander Secrets	30/32
Spicy Tomato Dipping Sauce	Lemon Grass Secrets	13
Sweet Chilli Sauce with Peanuts and Cucumber	Lemon Grass Secrets	21
Sweet Chilli Sauce	Thai Starter Secrets	9/10
Sweet Plum Sauce	Thai Starter Secrets	15/16



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This is the complete index to all 16 e-books in the Thai Food Secrets series. I've arranged it by category so that you can find all the recipes easily.

Pastes & Purées

Where these are included within larger recipes, first page number = ingredients; second page number = instructions.

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Chilli Paste	Coriander Secrets 9/11
Coriander and Garlic Paste	Coriander Secrets 16/17
Dry Curry Paste	Thai Seafood Secrets 13/14
Garlic and Coriander Paste	Ginger & Galangal Secrets 12/13
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Hang Lay Curry Paste	Thai Curry Secrets 17/18
Jungle Curry Paste	Thai Basil Secrets 21/22
Lemon Grass and Chilli Paste	Lemon Grass Secrets 11/12
Massaman Curry Paste	Coriander Secrets 33/34
Red Curry Paste	Chilli Secrets 19/20
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Sour Curry Paste	Thai Soup Secrets 16/17
Spicy Yellow Paste	Thai Soup Secrets 21/22
Tamarind Purée	Thai Noodle Secrets 28/29
Yellow Curry Paste	Thai Curry Secrets 9/10

Relishes

Where these are included within larger recipes, first page number = ingredients; second page number = instructions.

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Cucumber Relish	Coriander Secrets 9/12
Mango, Ginger and Chilli Relish	Chilli Secrets 25/26

Oils

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Vegetable Oil Infused with Lemon Grass	Lemon Grass Secrets 27



Hi everyone,

If you've read this far, I hope you'll go to www.thaifoodsecrets.com and buy some of the e-books in this series. That's when you'll find this index especially useful, so please save it along with the others.

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Also, please respect the copyright notice that appears at the end of each one. It's usually in small print, which is why I mention it now, in slightly larger print!

I hope you'll agree: Thai Food Secrets is great value. It will enable you to cook a huge variety of lovely Thai dishes to delight your family and friends or enjoy by yourself.

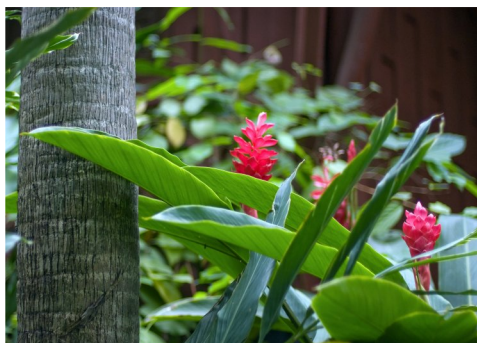
Have a great time cooking Thai food!



Below left: Jim Thompson's House, Bangkok.

Centre: Ayutthaya, Thailand.

Right: Steamed Noodle Parcels, Thai Noodle Secrets.



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