

Audrey's Thai & Vietnamese

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Chicken Coconut Soup with Galanga (Gai Tom Kha)

Audrey Harvey

Makes 4 servings.

- 1 cup chicken breasts without skin, sliced thin
- 14 ounces coconut milk
- 2 cups chicken broth
- 6 slices galanga (fresh or dried)
- 6 thai chili peppers, cut in half
- 3 Kaffir lime leaves, torn
- 2 tablespoons fish sauce
- 2 tablespoons lime juice, fresh squeezed
- 3 tablespoons cilantro, lightly chopped

Combine the chicken, coconut milk, chicken broth, galanga, thai chili peppers and Kaffir lime leaves in a medium saucepan. Bring to a very light simmer and simmer, stirring occasionally, until the chicken is properly cooked. Stirring helps prevent the coconut oil from separating out.

Turn off heat, and add fish sauce, lime juice, and cilantro.

Serve immediately.

As you eat this soup, pick out and discard the galanga root, chilis, and Kaffir lime leaves. These items give flavor but are not meant to be actually chewed and swallowed. This is how the Thais eat it. They suck on these items but then discard them.





Ladle soup over hot jasmine rice in bowl.



Another great Thai soup. Cut the heat by seeding the chilis and/or reducing the amount.



Per serving (excluding unknown items): 323 Calories; 27g Fat (72% calories from fat); 14g Protein; 10g Carbohydrate; 30mg Cholesterol; 831mg Sodium



Cucumber sauce

Audrey Harvey

Makes 6 servings.

1/2 cup Satay ginger sweet & sour sauce

1/4 cup white vinegar

1 small lime, juiced

1 small jalapeno, sliced

2 thai chili peppers, minced

1 cucumber, peeled

2 tablespoons cilantro, chopped

2 tablespoons dry roasted peanuts

Slice the peeled cucumber lengthwise and remove the seeds. Chop the cucumber into 1/2 to 1/4 inch pieces.

Toast the peanuts for a minute or two (be careful not to burn!). Crush the peanuts.

Mix the sweet&sour sauce, the vinegar, and the juice from the lime. Stir in the chopped cucumber, sliced jalapeno, minced chili peppers. Add the cilantro and crushed peanuts.

Chill for 1/2 hour before serving.



Relish for masaman curry



Per serving (excluding unknown items): 19 Calories; less than one gram Fat (7% calories from fat); 1g Protein; 5g Carbohydrate; 0mg Cholesterol; 4mg Sodium



Fish Dipping Sauce (Nuoc Cham)

Audrey Harvey

Makes 4 servings.

- 1/4 cup water
- 2 tablespoons sugar
- 2 tablespoons lime juice, fresh squeezed
- 1/4 cup rice wine vinegar (or rice vinegar)
- 2 tablespoons fish sauce
- 1 clove garlic, minced
- 1 small red thai chili, seeded and minced

Place the sugar, vinegar and water in a saucepan and bring the mixture to a boil. Remove from heat and let cool.

Add the lime juice and fish sauce.

At this point you can store the sauce in the refrigerator in a tightly sealed bottle or jar for up to 2 to 3 months.

To serve the sauce:

Add the minced chili and garlic to the sauce. You can also add some shredded carrot to the sauce when you serve it.



 **This sauce is for dipping egg rolls in or as a dip for cucumber. You can easily prepare it ahead.**

 **Per serving (excluding unknown items): 45 Calories; 1g Fat (22% calories from fat); 0g Protein; 9g Carbohydrate; 1mg Cholesterol; 1mg Sodium**



Masaman Curry

Audrey Harvey

Makes 6 servings.

3/4 pound turkey tenderloin, or chicken, sliced thin
5 medium red potatoes, peeled
4 large carrots, peeled
1 large onion, peeled
1 can Thai masaman curry paste, 4 oz.
2 tablespoons tamarind pulp
14 ounces coconut milk, 1 can
8 ounces bamboo shoots, shredded (strips)
1 1/2 cups chicken broth
1 teaspoon sugar
2 tablespoons fish sauce

Drain the bamboo shoot strips and soak in water for 10 minutes. Drain before using. Pour 1/2 cup of boiling water over the tamarind pulp in a small bowl. Let sit for 20-30 minutes to soak and soften. Then stir well and strain to make "tamarind juice".

Prepare the vegetables by cutting them into 1/2 to 1 inch chunks.

Heat the wok over high heat. Pour about 1/2 cup of the very thickest part of the coconut milk that has settled at the top of the can into the wok. Reserve the rest.

Add the curry paste to the coconut mixture and stir well. Let it simmer and reduce over medium to high heat for a while until the oil starts to separate out of the coconut milk.

Add the meat. Stir-fry for a couple of minutes until the meat loses most of its pinkness.

Add the vegetables and stir. Let this cook for a few minutes, stirring occasionally.

Add the drained bamboo shoot strips. Add the rest of the coconut milk, chicken broth, and juice from the strained tamarind pulp. Stir well. Let this come to a simmer. Reduce the heat to low, cover and simmer.

When the vegetables are tender (about 20 mins), turn off the heat, add the sugar and fish sauce and stir well.

Serve immediately.



Serve with jasmine rice & cucumber sauce



Per serving (excluding unknown items): 274 Calories; 17g Fat (54% calories from fat); 4g Protein; 28g Carbohydrate; 1mg Cholesterol; 620mg Sodium



Pad Thai (Stir-fried noodles, Thai style)

Audrey Harvey

Makes 4 servings.

8 ounces Chantaboon rice sticks
1 teaspoon garlic, minced
3 tablespoons sweet pickled radish
3 tablespoons dried shrimp
3 squares dried, spicy tofu, sliced thin strips
1/2 jar Satay Pad Thai sauce
1 cup green onion, 1 1/2 inch slices
3 cups bean sprouts
2 tablespoons dry roasted unsalted peanuts, crushed
2 tablespoons peanut oil
2 eggs , beaten
1/2 pound shrimp (optional), peeled and deveined
1/4 cup cilantro, sprigs
1 lime, quartered
1/2 cup green onion, 1 1/2 inch slices
1 cup bean sprouts

Prepare rice noodles by soaking them in hot water for 15 minutes or until soft enough to handle. Drain.

Heat oil in wok. When hot, add garlic and sweet radish and stir until fragrant and slightly browned.

Add dried shrimp and dried tofu strips. Stir. If using shrimp, add now and stir for a couple of minutes until mostly opaque.

Add beaten egg, stir well and cook for a minute.

Add drained rice noodles, and 1/2 jar of Pad Thai sauce stir well, and cook until heated through, stirring occasionally to prevent sticking. Add a little water if needed.

Add green onion, bean sprouts, peanuts - stir and cook until heated through.

To serve, garnish with cilantro, lime wedge, raw green onions and bean sprouts. Squeeze lime over noodles just before eating.



You can make your own pad thai sauce: tamarind, water, salt, palm sugar, white vinegar, and a little chili powder.



Per serving (excluding unknown items): 113 Calories; 7g Fat (50% calories from fat); 4g Protein; 12g Carbohydrate; 0mg Cholesterol; 25mg Sodium



Panang Curry

Audrey Harvey

Makes 6 servings.

3/4 pound beef, turkey tenderloin, or chicken, sliced thin
2 small eggplants (optional), Japanese style
1 can Thai panang curry paste, 4 oz.
14 ounces coconut milk, 1 can
8 ounces bamboo shoots, shredded (strips)
1 teaspoon sugar
4 magrood leaves, shredded
1 tablespoon dry roasted peanuts, crushed

I typically use canned coconut milk - do not shake before using. You buy canned bamboo strips instead of the sliced kind.

Prepare the eggplants by slicing 1/4" thick or less at a diagonal. I usually leave the skin on because the japanese (a.k.a italian) eggplants are thin-skinned. Layer the slices in a colander sprinkling salt on each layer. Place a weight on top - a plate with a can sitting on top of this works well. Let sit for 30 minutes, then rinse well and drain.

Drain the bamboos shoot strips and soak in water for 10 minutes. Drain before using.

Heat the wok over high heat. Pour about 1/2 cup of the very thickest part of the coconut milk that has settled at the top of the can into the wok. Reserve the rest.

Add the curry paste to the coconut mixture and stir well. Let it simmer and reduce over medium to high heat for a while until the oil starts to separate out of the coconut milk.

Add the meat. Stir-fry for a couple of minutes until the meat loses most of its pinkness.

Add the eggplant and stir. Let this cook for a few minutes, stirring occasionally.

Add the drained bamboo shoot strips and stir. Let this cook for a few minutes. Add the rest of the coconut milk and stir. Let this come to a simmer. Reduce the heat to low, cover, and simmer.

When the eggplant is tender (falling apart!!), turn off the heat, add the sugar and fish sauce and stir well. Sprinkle with shredded magrood and crushed peanuts.

Serve immediately.



Serve with plenty of hot jasmine rice



You can use 4 cups green beans instead of eggplant in the recipe (or both!). I have also had it with carrots as the vegetable - experiment!



Per serving (excluding unknown items): 158 Calories; 16g Fat (84% calories from fat); 2g Protein; 5g Carbohydrate; 0mg Cholesterol; 10mg Sodium



Prik King Green Beans

Audrey Harvey

Makes 6 servings.

1 tablespoon peanut oil
1 can prik king curry paste, 4 oz.
3/4 pound pork or turkey tenderloin, sliced
4 cups green beans, 2 inch pieces
8 ounces canned bamboo shoots, strips
1/2 cup water
4 magrood leaves, shredded
2 tablespoons fish sauce

Prepare and wash green beans. (Frozen works fine too).

Drain can of bamboo shoot strips. Soak strips in water (this takes out some of that canned taste).

Heat the oil in the wok, and add the curry paste. Heat in the wok until the oil starts to separate from the paste. Stir in the meat and stir fry for a few minutes until browned. Add green beans and stir to mix well. Let cook for a few minutes.

Drain bamboo shoots, and add to wok. Add 1/2 cup of water to wok and mix well. Bring to a simmer over low heat and cover. Simmer until green beans are at desired tenderness (10 to 20 minutes depending on freshness of green beans).

Turn off heat. Add fish sauce and sprinkle with shredded magrood. Stir well and serve immediately.

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|  | Serve with steamed jasmine rice. |
|  | Per serving (excluding unknown items): 51 Calories; 3g Fat (50% calories from fat); 1g Protein; 6g Carbohydrate; 1mg Cholesterol; 5mg Sodium |



Shrimp Soup with Lemon Grass (Tom Yum Gung)

Audrey Harvey

Makes 4 servings.

- 1/2 pound medium shrimp, peeled and deveined
- 1 quart chicken stock
- 1 1/2 tablespoons thai roasted chili paste in soybean oil
- 3 tablespoons tamarind juice, strained
- 1 can straw mushrooms, drained
- 4 slices galanga root (fresh or dried)
- 1 stalk lemon grass, sliced diagonally
- 2 Kaffir lime leaf, coarsely torn
- 2 thai chilies (optional), cut in half
- 3 stalks green onion, sliced
- 4 tablespoons cilantro, lightly chopped
- 2 tablespoons fish sauce
- 1/4 cup lime juice (juice from 1 lime)

To prepare the lemongrass, peel the outer leaves and remove the top half of the stalk, then slice diagonally into very long but thin slices.

To make the tamarind juice, pour about 1/4 cup of boiling water over 1 tablespoon of tamarind pulp and let steep for about 20 minutes, stirring occasionally. Strain it before adding it to the soup.

In a medium saucepan, combine the chicken stock, thai chili paste, tamarind juice, galanga slices, straw mushrooms, sliced lemon grass and torn Kaffir lime leaf. Bring the soup to a vigorous boil.

Add the peeled and deveined shrimp, and cook for exactly 3 minutes. Turn off the heat.

Add the fish sauce, lime juice, cilantro, and green onion. Stir.

Serve immediately.

As you eat this soup, pick out and discard the galanga root, chilis, lemongrass, and Kaffir lime leaves. These items give flavor but are not meant to be actually chewed and swallowed. This is how the Thais eat it. They suck on these items but then discard them.



Ladle soup over hot cooked jasmine rice in the bowl.



This is my absolute favorite soup! It is unique in flavor - a careful balance of sweet, sour, spicy and salty. This is my own version arrived at after trying several different recipes.



Per serving (excluding unknown items): 145 Calories; 3g Fat (17% calories from fat); 15g Protein; 13g Carbohydrate; 87mg Cholesterol; 2303mg Sodium



Stir-fried Chicken with Chili and Basil (Bai Kaprow)

Audrey Harvey

Makes 4 servings.

1 cup chicken breasts without skin, sliced thin
1 tablespoon Aji Mirin rice wine
1 tablespoon soy sauce, low sodium
4 Thai chilis, seeded and chopped
8 ounces bamboo shoots, strips
1/2 small onion, sliced thin
4 tablespoons bai kaprow (Holy Basil) leaves, whole leaves
1 tablespoon oyster sauce
1 tablespoon fish sauce
1 dash sugar
1 tablespoon garlic, minced
3 tablespoons peanut oil

Buy canned bamboo shoot strips instead of sliced bamboo shoots. I use Thai oyster sauce for this recipe.

To prepare the canned bamboo strips, drain them and soak in water for 10 minutes. Drain before using.

To prepare the onion, slice radially, and very thin.

Place the chicken in a glass (non-reactive) bowl, sprinkle the meat with the Aji Mirin and the soy sauce, and mix well. Marinate for 30 minutes.

Heat the oil in the wok. Add the garlic, brown slightly (don't burn it), add the chopped chilis and the marinated chicken. Stir for a minute or two.

Add the sliced onion and stir for a minute. Add the drained bamboo shoot strips and stir.

Add the bai kaprow leaves and stir. Stir-fry until the chicken is done.

Turn off the heat. Add the oyster sauce, fish sauce and sugar. Stir well.

Serve immediately.



Serve with plenty of hot jasmine rice.



You can make this recipe with beef or shrimp as well as chicken. Use more or less thai chilis according to taste.



Per serving (excluding unknown items): 172 Calories; 11g Fat (59% calories from fat); 12g Protein; 6g Carbohydrate; 29mg Cholesterol; 339mg Sodium



Stir-Fried Chicken with Lemon Grass

Audrey Harvey

Makes 4 servings.

- 2 stalks lemon grass
- 1 pound chicken breasts without skin, sliced thin
- 2 thai chilis, seeded and minced
- 6 cloves garlic, minced
- 3 tablespoons fish sauce
- 1 teaspoon arrowroot or cornstarch
- 3 tablespoons peanut oil
- 1 large onion, thinly sliced
- 1 tablespoon sugar
- 2 tablespoons serachi chili sauce

To prepare the fresh lemon grass, discard the outer leaves and the upper half of the stalk. Slice paper thin and chop very fine or cut into chunks and mince using a food processor. Cut the chicken across the grain in thin slices.

In a bowl combine the lemon grass, minced chilis (use just one to reduce the heat), half of the minced garlic, 2 tablespoons of the fish sauce, the arrowroot or cornstarch, a little black pepper and 1 tablespoon of the oil. Mix well. Set aside to marinate for 30 minutes.

Heat the wok over medium high and add 1 tablespoon of the oil. When the oil is hot, add the thinly sliced onions and the remaining garlic. Stir-fry for about 3 minutes or until golden brown. Remove the onions with a slotted spoon to a plate.

Add the remaining 1 tablespoon of oil to the wok. When the oil is hot, add the marinated chicken, the sugar and the serachi chili sauce. Stir-fry over high heat a few minutes until the chicken is just (but properly) cooked. Add the remaining tablespoon of fish sauce, toss well and turn off the heat. Place the chicken on the plate top of the sauteed onions.



Serve with plenty of hot jasmine rice.



This recipe is also delicious with beef. This recipe is spicy hot. To reduce the heat cut the chilis and serachi chili sauce in half.



Per serving (excluding unknown items): 247 Calories; 13g Fat (48% calories from fat); 22g Protein; 10g Carbohydrate; 54mg Cholesterol; 61mg Sodium



Thai Pork, Eggplant & Green Bean Curry (Red)

Audrey Harvey

Makes 4 servings.

3/4 pound pork, sliced thin
2 small eggplants, Japanese style
2 cups green beans, 2 inch pieces
2 teaspoons Thai red curry paste
14 ounces coconut milk
8 ounces bamboo shoots, shredded (strips)
2 tablespoons bai horapa (Thai Sweet Basil), torn leaves
1 teaspoon sugar
2 tablespoons fish sauce

I typically use canned coconut milk - do not shake before using. You buy canned bamboo strips instead of the sliced kind. The Thai curry pastes also come in cans. Transfer the rest of the curry paste to a plastic container, and it will keep in the refrigerator for quite a while.

Prepare the eggplants by slicing 1/4" thick or less at a diagonal. I usually leave the skin on because the Japanese (a.k.a. Italian) eggplants are thin-skinned. Layer the slices in a colander sprinkling salt on each layer. Place a weight on top - a plate with a can sitting on top of this works well. Let sit for 30 minutes, then rinse well and drain.

Drain the bamboo shoot strips and soak in water for 10 minutes. Drain before using.

Heat the wok over high heat. Pour about 1/2 cup of the very thickest part of the coconut milk that has settled at the top of the can into the wok. Reserve the rest.

Add the curry paste to the coconut mixture and stir well. Let it simmer and reduce over medium to high heat for a while until the oil starts to separate out of the coconut milk.

Add the pork. Stir-fry for a couple of minutes until the pork loses most of its pinkness.

Add the eggplant and stir. When the eggplant starts to brown, add the green beans and stir well. Let this cook for a few minutes, stirring occasionally.

Add the drained bamboo shoot strips and stir. Let this cook for a few minutes. Add the rest of the coconut milk and stir. Let this come to a simmer, then add the bai horapa and sugar and stir. Reduce the heat to low and simmer.

When the green beans and eggplant is tender, turn off the heat, add the fish sauce and stir well.

Serve immediately.

Note: The fresher the green beans, the faster they will cook. Frozen green beans cook quickly so you might wait for the eggplant to cook more before adding them. I like it best when the eggplant is cooked until it is really falling apart.



Serve with plenty of hot jasmine rice



The more curry paste you use the hotter the curry is.



Per serving (excluding unknown items): 464 Calories; 36g Fat (66% calories from fat); 17g Protein; 24g Carbohydrate; 46mg Cholesterol; 59mg Sodium



Thai Shrimp Curry (Green)

Audrey Harvey

Makes 4 servings.

1 pound shrimp, peeled and deveined
2 small zucchini, sliced very thin
2 teaspoons Thai green curry paste
14 ounces coconut milk
8 ounces bamboo shoots, shredded (strips)
2 tablespoons bai horapa (Thai Sweet Basil), torn leaves
1 teaspoon sugar
2 tablespoons fish sauce

I typically use canned coconut milk - do not shake before using. You can also buy canned bamboo strips. Use that instead of the sliced kind. The Thai curry pastes also come in cans. Transfer the rest of the curry paste to a plastic container, and it will keep in the refrigerator for quite a while.

Drain the bamboo shoot strips and soak in water for 10 minutes. Drain before using.

Heat the wok over high heat. Pour about 1/2 cup of the very thickest part of the coconut milk that has settled at the top of the can into the wok. Reserve the rest.

Add the curry paste to the coconut mixture and stir well. Let it simmer and reduce over medium to high heat for a while until the oil starts to separate out of the coconut milk.

Add the shrimp. Stir-fry for a couple of minutes until the shrimp starts to become opaque.

Add the zucchini and stir. Add the drained bamboo shoot strips and stir. Let this cook for a few minutes. Add the rest of the coconut milk and stir. Let this come to a simmer, then add the bai horapa and sugar and stir. Reduce the heat to low and simmer.

When the zucchini is tender, turn off the heat and add the fish sauce and stir well.

Serve immediately.

Note: If you are concerned about overcooking the shrimp, remove them after stir frying them until they are done (3 minutes), and then add them at the end when the zucchini is tender. Heat through.



Serve with plenty of hot jasmine rice



The more curry paste you use the hotter the curry is. Two teaspoons will be somewhat hot.



Per serving (excluding unknown items): 383 Calories; 27g Fat (61% calories from fat); 27g Protein; 12g Carbohydrate; 174mg Cholesterol; 186mg Sodium

