

Thailand Food

Compiled by seva



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1. Barbecued Chicken Wings - Peak Gai Yang

tag: thailand

Yield: 4 Servings

Ingredients

- 1 1/2 lb Chicken Wings
- 1 ts Salt
- 1/4 c Chopped Lemon Grass
- 8 Cloves Garlic, Chopped
- 1/2 ts White Pepper
- 1/4 c Minced Cilantro Root Or: Coriander Root
- 1 ts Tumeric

Directions

This is a favorite barbecue recipe. The enticing aroma of the sizzling meat on the grill makes it very popular with the street vendors' clientele. ~~~~~ Combine all the marinade ingredients and marinate the chicken wings overnight. Barbecue the wings over medium coals for 5 to 7 minutes on each side until they are cooked through and golden brown.

Serve with steamed sticky rice.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

2. Green Mango Dip - Nam Prik Ma-Muang

tag: thailand

Yield: 1 Servings

Ingredients

- 8 oz Shredded Green Mango
- 6 Cloves Garlic, Minced
- 2 tb Shrimp Paste
- 1/4 c Fish Sauce (Nam Pla)
- 2 tb Lime Juice
- 2 tb Sugar

Directions

A good dip with seafood and fish, fresh vegetables, and boiled eggs. ~~~~~ Place the shredded mango, garlic and shrimp paste in a mortar and gently mash with the pestle so that the mango is bruised but is still in shreds. Add the remaining ingredients and stir to combine. Remove to a serving bowl and use as a dip for grilled meats or fresh vegetables. Makes 2 cups.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

3. Chicken Barbecue, Thai-Style

tag: thailand

Yield: 4 Servings

Ingredients

16 oz Chicken, dark meat
2 tb Curry powder
1 ts Five spive powder
1 Clove garlic
1 tb Cooking wine
1 tb Ginger, chopped
3 tb Soy sauce
1 tb Honey
1 ds Pepper
Cubed pineapple
Green pepper, cubed
1/2 c Coconut milk
1/2 c Peanut butter
1/4 c Soy sauce
Hot sauce, optional

Directions

Cut chicken into one-inch cubes. Marinate chicken in next 8 ingredients overnight. Skewer approximately 1 ounce of chicken and intersperse with cubed pineapple and green pepper. Cook chicken over an open grill until done. To prepare dipping sauce, mix remaining ingredients well. Serve with chicken. Posted to MC-Recipe Digest V1 #323

Recipe by: Thailand

From: gtg[at]phoenixat.com (Glen T Greenman)

Date: Sat, 30 Nov 1996 22:41:17 -0500 (EST)

4. Goong Pad Pong (Garee Curried Shrimp)

tag: thailand

Yield: 4 Servings

Ingredients

- 2 tb Oil
- 3 Minced Garlic Cloves
- 8 oz Shrimp, Shelled & Deveined
- 1 ts Curry Powder
- 2 tb Fish Sauce (Nam Pla)
- 1 tb Oyster Sauce
- 1 1/2 tb Sugar
- 1/4 c Slivered Green Bell Pepper
- 1/4 c Slivered Red Bell Pepper
- 1/4 c Sweet Basil Leaves
- 1/4 c Sliced Onions

Directions

The subtle flavor of the curry compliments the fresh flavor of the shrimp very well in this quick and easy recipe.
----- Heat a large skillet and add the oil, garlic and shrimp. Saute for 1 minute. Add all the other ingredients and cook for 2 minutes.

Serve with steamed jasmine rice.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

5. Curried Shrimp - Goong Pad Pong Garee

tag: thailand

Yield: 4 Servings

Ingredients

- 2 tb Oil
- 3 Minced Garlic Cloves
- 8 oz Shrimp, Shelled & Deveined
- 1 ts Curry Powder
- 2 tb Fish Sauce (Nam Pla)
- 1 tb Oyster Sauce
- 1 1/2 tb Sugar
- 1/4 c Slivered Green Bell Pepper
- 1/4 c Slivered Red Bell Pepper
- 1/4 c Sweet Basil Leaves
- 1/4 c Sliced Onions

Directions

The subtle flavor of the curry compliments the fresh flavor of the shrimp very well in this quick and easy recipe.
----- Heat a large skillet and add the oil, garlic and shrimp. Saute for 1 minute.
Add all the other ingredients and cook for 2 minutes.

Serve with steamed jasmine rice.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

6. A Jad (Cucumber Pickle)

tag: thailand

Yield: 4 Servings

Ingredients

- 4 tb Rice vinegar
- 1 ts Sugar
- 2 -(up to)
- 3 tb Cucumber; very coarsely chopped; or sliced
- 2 Shallots (purple onions) chopped
- 3 -(up to)
- 4 Red and green prik ki nu (Birdseye chillis); thinly sliced

Directions

Date: Tue, 20 Feb 1996 18:04:28 -0500

From: The Meades <kmeade[at]ids2.idsonline.com> (by way of

Combine the ingredients, and leave to stand overnight. Colonel Ian F. Khuntilanont-Philpott Systems Engineering, Vongchavalitkul University, Korat 30000, Thailand

CHILE-HEADS DIGEST V2 #246

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

7. Cucumber Salad

tag: thailand

Yield: 4 Servings

Ingredients

- 2 Cucumbers, peeled, halved & - seeded
Juice of 1 lime
- 1 1/2 ts Sugar
- 1/4 c Soy sauce
- 1/2 s Red onion, thinly sliced
m
- 1 s Fresh red chili pepper, - thinly sliced
m
- 1 s Fresh green chili pepper, - thinly sliced
m
- 2 Plum tomatoes, sliced
Whole chili peppers
Cilantro sprigs

Directions

Cut cucumber halves into 2" long sections. Cut each section into 1/4" thick strips. Place in a bowl. Add the lime juice, sugar & soy sauce. Toss gently until well combined. Add onions, chilis & tomatoes & toss gently until well combined. Garnish with the whole chillies & cilantro sprigs.

Grace Young, "The Best of Thailand: A Cookbook"

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/vegan4.zip>

8. Gaeng Paa Pla Dook (Jungle Curry with Catfish)

tag: thailand

Yield: 4 Servings

Ingredients

== CURRY PASTE ==

- 2 tb Chopped Lemon Grass
- 8 Shallots
- 6 Cloves Garlic
- 1/4 c Chopped Lesser Ginger
- 8 Dried Jalapeno Peppers
- 1 ts Canned Peppercorns
- 1 ts Shrimp Paste
- 1/2 ts Salt

== PREPARATION ==

- 2 tb Oil
- 1 1/2 lb Catfish, Cut Into 1" Slices
- 1/4 c Fish Sauce (Nam Pla)
- 3 c Water
- 1/2 c Thai Eggplant
- 1/4 c Sliced Green Jalapeno Pepper
- 1/2 c Sweet Basil Leaves
- 10 Whole Kaffir Lime Leaves

Directions

In the days when travel through various parts of Thailand required journeying through areas of jungle, the people had to make do with what was available there. This recipe is so named because the ingredients and cooking method made it a suitable dish for the jungle. Best eaten in the presence of monkeys, tigers and snakes to keep it more authentic. ~~~~~

~~~~~ Combine all the ingredients for the curry paste, using a mortar and pestle or a blender.

Heat a large saucepan and add the oil and curry paste. Stir-fry for 1 minute on medium-high heat.

Add the fish, fish sauce, water and eggplant and heat to boiling. Cook, stirring, for 3 minutes. Add the remaining ingredients and remove from the heat. Serve.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

## 9. Fried Sun-Dried Fish - Pla Kem Taud

tag: thailand

**Yield: 4 Servings**

### Ingredients

- 4 Sun-Dried Mackerel Steaks Cut From Sun-Dried Fish
- 3 tb Oil
- 2 Thinly Sliced Shallots
- 1 tb Chopped Green Thai Chili Peppers
- 2 tb Fresh Lime Juice

### Directions

The South is known for its abundance of seafood and supplies much of the seafood of Thailand. This is one of the many easy but delicious recipes for simply prepared fish. Sun-dried mackerel is available already prepared, but its flavor may be too strong for Western palates. Other fish may be substituted if desired. ~~~~~ Rinse the mackerel steaks and dry them thoroughly with paper towels, removing as much moisture as possible.

Heat the oil in a large skillet on medium-high heat. Carefully lay the mackerel steaks onto the oil and fry for 5 minutes on each side, or until the outside of the fish is golden brown and the inside is hot.

Remove the steaks to a serving dish and scatter the shallots and chili peppers on top. Drizzle with lime juice and serve immediately.

From: Thailand The Beautiful Cookbook. Typed by Syd Bigger.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## Compiler Profile

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