

Larb Kai

Spicy Ground Chicken Salad

(ลาบไก่)



This is one of our all-time favorite Thai dishes, and it is a very common dish served throughout Thailand as well as Laos. It's quick to make and often extremely spicy, but the lime juice and mint leaves make for an exotic and splendid combination. It is very light and healthy.

Ingredients (makes 4 servings)

- 500 g. Ground Chicken
- 3 Tablespoons Sliced Red onion or shallots
- 2 Tablespoons Finely Chopped Spring Onion
- 2 Tablespoons Chopped Coriander
- ¼ Cup Mint Leaves
- 3 Tablespoons Toasted Rice Powder (Khao Koor)
- 2 Tablespoons Dried chili powder
- 4 Tablespoons Lime Juice
- 2 Tablespoons Fish Sauce (Less to taste)



Instructions

You can use ground chicken from the supermarket, or chicken ground in your food processor.

1. Add one tablespoon of water in a wok or large frypan over medium heat, then add the chicken. Cook, breaking up the chicken with a spoon for 5 minutes or until the chicken cooked through (it might stick at first, but keep stirring).
2. Once the chicken is done take the pan off the heat and add red onion.
3. Start out by adding 1 tablespoon of fish sauce and 1 tablespoon of lime juice. Toss everything together well and test to see if you like how it tastes. If not, add more fish sauce and more lime juice until the salad tastes right to you.
4. Add the toasted rice powder; toss.
5. Add one teaspoon of dried chili powder to the mix and taste.
6. Once the taste is where you want your larb to be, mix the mint leaves and serve.

Note:

Serve with fresh vegetables, fresh steamed sticky rice or if you prefer you can use steamed Thai Jasmine rice.





Kluai Buad Chee

Banana in Coconut Milk

(กล้วยบัวชี)

This is a typical Thai dessert traditionally eaten warm and sometimes as a snack. The addition of salt is important as it balances the sweetness of the sauce with the richness of the coconut milk. Choose bananas that are not too ripe as they need to hold their shape after cooking.

Kluai Buad Chee is a Thai dessert that is so simple to make and has a great taste, besides the ingredients are not difficult to find at all.

Bananas used in this dessert must be namwa variety. They should be tasted first. If the bananas are sweet, the sugar portion should be reduced. Each banana should be evenly cooked. The sweetness should be well-balanced, not too sweet and the coconut milk should not curdle.

Ingredients (makes 4 servings)

- ❖ 10 Ripe bananas (Kluai Namwa)
- ❖ 100 ml. of Coconut milk
- ❖ 300 g. of sugar
- ❖ 1 teaspoon of salt
- ❖ 3 Pandan leaves (ใบเตย)
- ❖ 1 cup of water



Instructions

7. Wash the bananas
8. Peel bananas and halve the banana vertically, then cut across in half (1 banana can be cut into 4 sections)



9. Heat the coconut milk in the pot or large saucepan over medium heat and bring slowly to boil.
10. Add sugar and salt, stirring until dissolved completely
11. Add pandan leaves
12. Add Bananas
13. Simmer on low heat around 10 minutes until bananas are cooked
14. Adjust sugar and salt to taste
15. Serve immediately in shallow bowls.

กล้วยบวชชี

