



This recipe was crafted by women and girls in the Thailand baking school who have learned cooking as a trade so they can escape the red-light district and provide for their families. Learn more at worldhelp.net/freedom.

INGREDIENTS

1 cup Minced Chicken, Pork, or Beef
1 tsp Minced Garlic
2 Tbsp Vegetable Oil
2 tsp Soy Sauce
2 tbsp Fish Sauce
1 Tbsp Sugar
1 Tbsp Oyster Sauce
1/2 cup Thai Basil Leaves, fresh or dried
1 tsp Thai Chili Peppers, ground in mortar or bowl
1/3 cup Water

Pat Krapow (Basil Stir Fry)

1. Pour oil into a wok or large pan and warm over medium-high heat.
2. Once oil has warmed up, add garlic and ground chili peppers and stir until fragrant.
3. Add meat and stir fry until cooked through.
4. Add soy sauce, sugar, fish sauce, oyster sauce, water, and basil leaves. Stir fry together until well combined and serve immediately.