

A woman wearing glasses and a vibrant, multi-colored patterned shirt is focused on whisking a thick, dark brown mixture in a large metal bowl. The background is softly blurred, suggesting an indoor kitchen setting. The overall mood is one of concentration and culinary artistry.

tastes of freedom

**30 AUTHENTIC RECIPES ...
BRING THE TASTE OF THAILAND**

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This recipe is used 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

7 Tbsp Dark Cooking
Chocolate 70%, chopped

6 Tbsp Unsalted Butter

$\frac{3}{4}$ cup Granulated Sugar

$\frac{1}{2}$ cup All-Purpose Flour

3 Tbsp Cocoa Powder

2 Egg Whites

2 Egg Yolks

$\frac{1}{4}$ tsp Salt

Fudgy Brownie Cupcakes

1. Preheat oven to 350 degrees.
2. Combine flour, cocoa powder, and salt in a bowl, set aside.
3. Melt chocolate and butter over low heat, using a double boiler technique (place ingredients in a glass or metal mixing bowl, fitted on top of a saucepan filled with 1 inch boiling water). Gently melt on low simmering heat and stir with a spatula until melted. Remove from heat.
4. Once chocolate is slightly cooled, mix in egg yolks by hand. Then add flour slowly and hand mix until combined.
5. Beat egg whites and sugar with mixer until a meringue with soft peaks form.
6. Gently fold meringue into chocolate and flour mixture, a third at a time, until combined.
7. Pour into lined or lightly greased cupcake pan, bake for approximately 22 minutes.



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INGREDIENTS

4 cups All Purpose Flour
2 tsp Baking Powder
1½ tsp Baking Soda
6½ Tbsp Milk Powder
½ tsp Salt
2¼ sticks (18 Tbsp) Butter
1 cup Shortening
2½ cups Icing Sugar
2 Medium Size Eggs
4 tsp Vanilla
3 cups Dry Cornflake Cereal
1¾ cups Cashew Nuts

Cornflake Cookies

1. Preheat oven to 350 degrees.
2. Mix dry ingredients of flour, milk powder, baking powder, and baking soda. Set aside.
3. Mix butter, shortening, and icing sugar until fluffy.
4. Add eggs one at a time, mix.
5. Gradually add flour, then vanilla, while mixing.
6. Add cornflakes and cashew nuts, mix gently by hand until just blended through.
7. Using an ice-cream scooper, scoop mixture into balls and place on silicone baking sheet or greased cookie sheet. Flatten slightly.
8. Bake for approximately 30 minutes, or until light golden brown.



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INGREDIENTS

2 1/4 cups All Purpose Flour
1/4 tsp Baking Powder
3/4 tsp Baking Soda
1/4 cup Salted Butter
1/4 cup Shortening
1 cup Granulated Sugar
2 Medium Eggs
3 Ripe Bananas
3/4 cup Whipping Cream
3 tsp Fresh Lemon Juice
3/4 cup Milk
2 Tbsp Poppy Seeds
1 cup Cranberries
Walnuts for sprinkling

Banana Muffins

1. Preheat oven to 325 degrees.
2. Combine flour, baking soda and baking powder. Set aside.
3. Mash bananas and combine with whipping cream, milk, and lemon juice. Add poppy seeds and mix.
4. Mix butter and shortening with sugar until fluffy. Add eggs one at a time, mix.
5. Add 1/3 flour mixture to butter mixture, then 1/3 banana mixture. Alternate two more times until all mixtures are combined.
6. Pour into muffin baking cups, sprinkle with walnuts and cranberries. Bake for 30-35 minutes, or until golden brown.



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INGREDIENTS

1 1/2 cups Coconut Water
(fresh or unsweetened)

1 cup Water

1 cup Fresh Young Coconut
Meat

1 1/4 cups Coconut Cream (or
whole fat coconut milk)

1 1/2 tsp Agar Powder

6 1/2 Tbsp Granulated Sugar

3/4 tsp Salt

Coconut Jelly Treats

1. Mix together coconut water, water, and agar powder until the powder disperses. Set aside for 15 minutes for the powder to absorb the liquid.
2. Cook coconut milk and salt over a low heat, stirring constantly to keep coconut milk from lumping up. Once it begins to boil, remove from heat and leave to cool.
3. Cook coconut water and agar powder mixture over medium heat until powder dissolves (check for powder pellets on cooking spoon to make sure). Bring to a boil. Then add coconut meat and coconut milk and salt mixture. Cook and stir for approximately 3 more minutes.
4. Pour into desired molds and refrigerate. Wait until hardened before removing from molds, about 3-4 hours.



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INGREDIENTS

1 cup Sliced Chicken Breast
 1/2 cup Galangal (fresh or dried)
 1/4 cup Lemongrass
 4 Kaffir Lime Leaves
 1/4 cup Shallots
 5 Thai Chili Peppers
 1 cup Oyster Mushrooms
 5 Dried Red Chili Peppers
 1/4 cup Cilantro
 1/2 cup Coconut Milk
 1 1/2 Tbsp Tamarind Paste whisked with 1 1/2 Tbsp water
 1 Tbsp Coconut Palm Sugar
 3 Tbsp Fish Sauce
 2 Tbsp Lime Juice

Tom Kha Gai (Coconut Chicken Soup)

1. Clean and chop galangal, lemongrass, and cilantro. Set aside.
2. Roughly crush shallots and red chili peppers (separately) in a pestle or with the flat side of a knife.
3. Place wok over low heat and cook crushed chili peppers until aromatic. Remove from pan to rest.
4. Add 1 cup of water to wok. Once boiling, add tamarind mixture, lemongrass, galangal, kaffir lime leaves, and shallots. Bring to a boil again.
5. Add chicken and boil over medium heat for 10 minutes.
6. Add mushrooms and coconut milk.
7. Add fish sauce and sugar to taste. Then add red chili peppers and Thai chili peppers.
8. Add cilantro and lime juice. Remove from heat and serve.

Did you know? Galangal root is a spice closely related to ginger and turmeric. It's been used in traditional Asian recipes and medicines for centuries.



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INGREDIENTS

3 ³/₄ cups Bread Flour
1 ¹/₂ tsp Yeast
2 Tbsp Powdered Milk
1 Egg
¹/₄ cup Sugar or Brown Sugar
1 ¹/₄ cups Steamed and Mashed Potatoes
5 ³/₄ Tbsp Cold Unsalted Butter, Diced
5 ¹/₄ Tbsp Milk

Potato Bread

1. Combine dry ingredients in a large mixer.
2. Slowly add egg and milk. Mix until mixture no longer sticks to the sides of the bowl.
3. Add butter and potatoes.
4. Mix on medium-low speed for approximately 10-12 minutes.
5. Cover and leave to rise approximately 1 - 1 ¹/₂ hours.
6. Gently knead bread into desired shape, removing air bubbles. Be careful not to overknead.
7. Place in greased bread pan or on a greased baking sheet. Cover and leave to rise another 45-60 minutes.
8. Cook uncovered at 375 degrees for 30 minutes or until light brown.
9. Place bread on cooling rack and brush the top with butter for a golden finish.

*Tip: If using a bread pan, make sure the bread is cooled completely before removing from the pan.



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INGREDIENTS

Dough Ingredients

1 1/2 cups All Purpose Flour

1/2 cup Icing Sugar

1/4 cup Almond Flour

1/4 cup Shortening

1/2 tsp Salt

1/4 tsp Baking Powder

1 1/2 Tbsp Rice Bran Oil

Cashew Nuts for topping

Egg Wash Ingredients

1 Egg Yolk

1 tsp Milk

1/8 tsp Salt

1 drop Orange Food Coloring

Singapore Cookies

1. Preheat oven to 350 degrees.
2. Combine flour, almond flour, salt, and baking powder. Set aside.
3. In a separate bowl, mix shortening and icing sugar.
4. Add flour mixture to shortening and icing sugar mixture. Mix by hand until well combined.
5. Alternate adding small amounts of rice bran oil to mixture and kneading. If mixture begins to get sticky, do not add the full amount of oil.
6. Cover and rest for 30 minutes.
7. Roll dough out to approximately 1/2 inch thick. Use small cookie cutters (about 1 inch in diameter) to cut out shapes. Then place cookies on a lightly greased cookie sheet.
8. Mix egg wash ingredients together and brush mixture onto each cookie. Press a cashew lightly onto each cookie and brush with egg wash again.
9. Bake 20-25 minutes until light brown.



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INGREDIENTS

Pa Tong Ko Ingredients

4 $\frac{1}{4}$ cups All Purpose Flour

$\frac{3}{4}$ tsp Salt

1 $\frac{1}{4}$ Tbsp Sugar

1 $\frac{2}{3}$ cups Water

$\frac{1}{4}$ tsp Baking Soda

1 $\frac{1}{2}$ tsp Baking Ammonia

$\frac{1}{2}$ tsp Baking Powder

$\frac{1}{2}$ Tbsp Vegetable Oil

White Sesame Seeds for
topping (optional)

Pa Tong Ko & Thai Tea Custard Dipping Sauce

Pa Tong Ko (Deep Fried Thai Donuts)

1. Combine flour, salt, sugar, baking soda, ammonia, & powder.
2. Slowly add water and hand-knead until fully combined.
3. Knead in vegetable oil.
4. Chill in refrigerator overnight.
5. Remove dough from refrigerator and place on table sprinkled with flour.
6. With a rolling pin, roll out a $\frac{1}{2}$ inch thick rectangle. Cut into 1x4 inch strips.
7. Take one strip and gently press a drop of water into the center. Lay another strip on top of the first, pressing the dough down in the center again (the water will make the two strips stick together in the middle).
8. Repeat Step 7 for the rest of the dough.

(continued on next page)

INGREDIENTS

Dipping Sauce Ingredients

5 Tbsp Thai Tea Leaves*

5 cup Hot Water

5 Eggs

1/3 cup All Purpose Flour

2 cups Milk (or Coconut Milk)

1 1/2 cups Sugar

1 tsp Salt

1 cup Evaporated Milk

**Can be substituted with
Black Tea Leaves*

9. Sprinkle with sesame seeds (optional).

10. Deep fry in hot oil until golden.

11. Serve warm with Thai Tea Custard Dipping Sauce.

Thai Tea Custard Dipping Sauce

1. Mix tea leaves into hot water and steep for 5 minutes.

2. Strain leaves and set tea aside.

3. Beat eggs and set aside.

4. Pour flour into mixing bowl and add tea. Whisk until combined, then add milk, sugar, and salt. Continue mixing until sugar dissolves.

5. Add eggs and mix well.

6. Strain the mixture using a cheesecloth. Lift and twist the ends to create a smooth texture.

7. Pour into pot* and stir over low heat for 25-30 minutes, or until mixture thickens and becomes sticky. Remove from heat.

8. Pour in evaporated milk and whisk until custard mixture is smooth.

9. Serve in small cups for dipping Thai donuts.

*Tip: Use a cast iron pot or Dutch oven to reduce likelihood of burning.





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INGREDIENTS

1/3 cup Mashed Ripe Bananas
3/4 cup Cake Flour
6 1/2 Tbsp Sugar
1/2 cup Vegetable Oil
1 Medium Egg
1/2 tsp Lemon Juice
3/4 tsp Baking Powder
1/2 tsp Baking Soda
1/2 tsp Salt

Steamed Banana Cupcakes (Dairy-Free)

1. Combine flour, baking powder, baking soda, and salt. Set aside.
2. In a separate bowl, mix mashed bananas, sugar, and egg.
3. Add oil to the banana mixture and stir.
4. Combine flour mixture and banana mixture. Stir by hand until well combined.
5. Add lemon juice and stir.
6. Pour into lined cupcake pan and cook in a steamer for 15-20 minutes or bake in preheated oven at 350 degrees for 20-25 minutes.



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INGREDIENTS

2 ½ cups Coconut Milk
1 lb. Sliced Beef
½ cup Panang Curry Sauce
3 Tbsp Fish Sauce
1 Tbsp Palm Sugar
½ tsp Salt
2 Thai Chili Peppers, sliced diagonally
Shredded Lime Leaves (to taste)
1 cup Eggplant (optional)

Beef Panang Curry

1. Pour 2 cups of the coconut milk into a wok or frying pan. (IMPORTANT: Save the other ½ cup of coconut milk for Step 3.)
2. Cook until the fat from the coconut milk begins to separate and the meat is cooked. Then, remove from heat and pour into a bowl.
3. Pour the remaining ½ cup of coconut milk and the panang curry sauce into the wok or frying pan and mix.
4. Pour beef and coconut milk back into the wok and mix everything together.
5. Optional: Add eggplant and cook at a strong simmer.
6. Season the curry with the lime leaves.
7. Slowly add the fish sauce, sugar, and salt to taste.
8. Serve immediately with rice.



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INGREDIENTS

2 cups softened Cream Cheese
 $\frac{3}{4}$ cup Erythritol (sugar substitute)
3 Eggs
1 tsp Vanilla
1 cup Whipping Cream
1 tbsp Almond Flour
 $\frac{1}{8}$ tsp Salt

Basque Burnt Cheesecake

1. Mix cream cheese and erythritol.
2. Add eggs one at a time while mixing.
3. Add vanilla and whipping cream, combining gently by hand.
4. Sprinkle in almond flour and salt and combine.
5. Pour into cheesecake pan.
6. Bake in preheated oven at 325 degrees for 30 minutes. Then raise the temperature to 425 degrees and bake for an additional 15-20 minutes until cheesecake is a golden color.
7. Remove from heat to cool.
8. Refrigerate for at least 12 hours before serving.



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INGREDIENTS

1 cup Cake Flour
1 tsp Baking Powder
1/2 tsp Salt
1/3 cup Vegetable Oil
1/2 cup Evaporated Milk
7 Eggs, separated
2 tsp Vanilla Extract
1/4 tsp Cream of Tartar
9 1/2 tbsp Granulated Sugar

Taiwan Cake

1. Preheat oven to 350 degrees.
2. Combine flour, baking powder, and salt.
3. Slightly warm the oil on the stove. Then, add it to the mixture followed by the milk. Stir.
4. Add egg yolks and vanilla extract. Mix and set aside.
5. Beat egg whites and cream of tartar, slowly adding sugar until mixture forms firm peaks.
6. Combine both mixtures gently by hand.
7. Pour into greased 8x8-inch baking pan.
8. Place pan into a larger baking pan and add 1 1/2 inches of warm water to the larger pan.
9. Bake for 30-40 minutes or until a toothpick comes out clean.



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INGREDIENTS

5 Tbsp Thai Tea Leaves
2 ½ cups Boiling Water
1 Tbsp Sugar
¼ cup Sweetened
Condensed Milk
Half & Half (to taste)

Additional Tools Needed
Tea filter bag or cheesecloth

2 heat-resistant containers,
such as stainless steel milk
frothing pitchers, for foam

Thai Tea (Makes Two Servings)

1. Place tea leaves into the tea filter bag and place it over one heat-resistant container. Then, pour boiling water over the bag until the tea leaves are covered.
2. Stir tea leaves inside the filter to mix well with the water. Steep for 15 minutes.
3. Strain tea leaves and remove the filter. Add sweetened condensed milk and sugar. Stir.
4. Pour the mixture back and forth between the two containers 10 times to make a creamy texture. Set aside to cool.
5. Fill a glass with ice. Then, fill $\frac{3}{4}$ of the glass with the Thai tea mixture.
6. Fill the remainder of the glass with half & half to taste and serve immediately.



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INGREDIENTS

1/3 pound Sliced Pork*
1 1/4 cups Coconut Milk
1/2 cup Water
2 Tbsp Green Curry Paste
1 tsp Shrimp Paste
2 Tbsp Palm Sugar
2 tsp Fish Sauce
1 tsp Pink Himalayan Salt
1 cup Chopped Eggplant
1 1/2 cups Thai Basil Leaves
1 Sliced Red Chili

**Pork can be substituted with meat of your choice or vegetables*

Green Curry

1. Blend 1 cup of the basil leaves in a blender for 1-2 minutes. Strain to get 3 tbsp of basil juice and set aside. (*Note: You will use the rest of the basil in Step 7.*)
2. Stir-fry 1/4 cup of the coconut milk with the curry paste until the oil separates. Add in as much water as needed, a little at a time, to ensure the mixture is not too creamy (*Note: You will use the rest of the coconut milk in Step 4.*)
3. Add pork and stir-fry until cooked through.
4. Add shrimp paste and 1 cup of coconut milk. Bring to a boil.
5. Add fish sauce and continue to cook at a strong simmer.
6. Add eggplant and season to taste with salt and sugar.
7. When eggplant is cooked through, add the remaining 1/2 cup of fresh basil leaves, the 3 tbsp of basil juice, and the chili slices. Remove from heat and serve immediately.



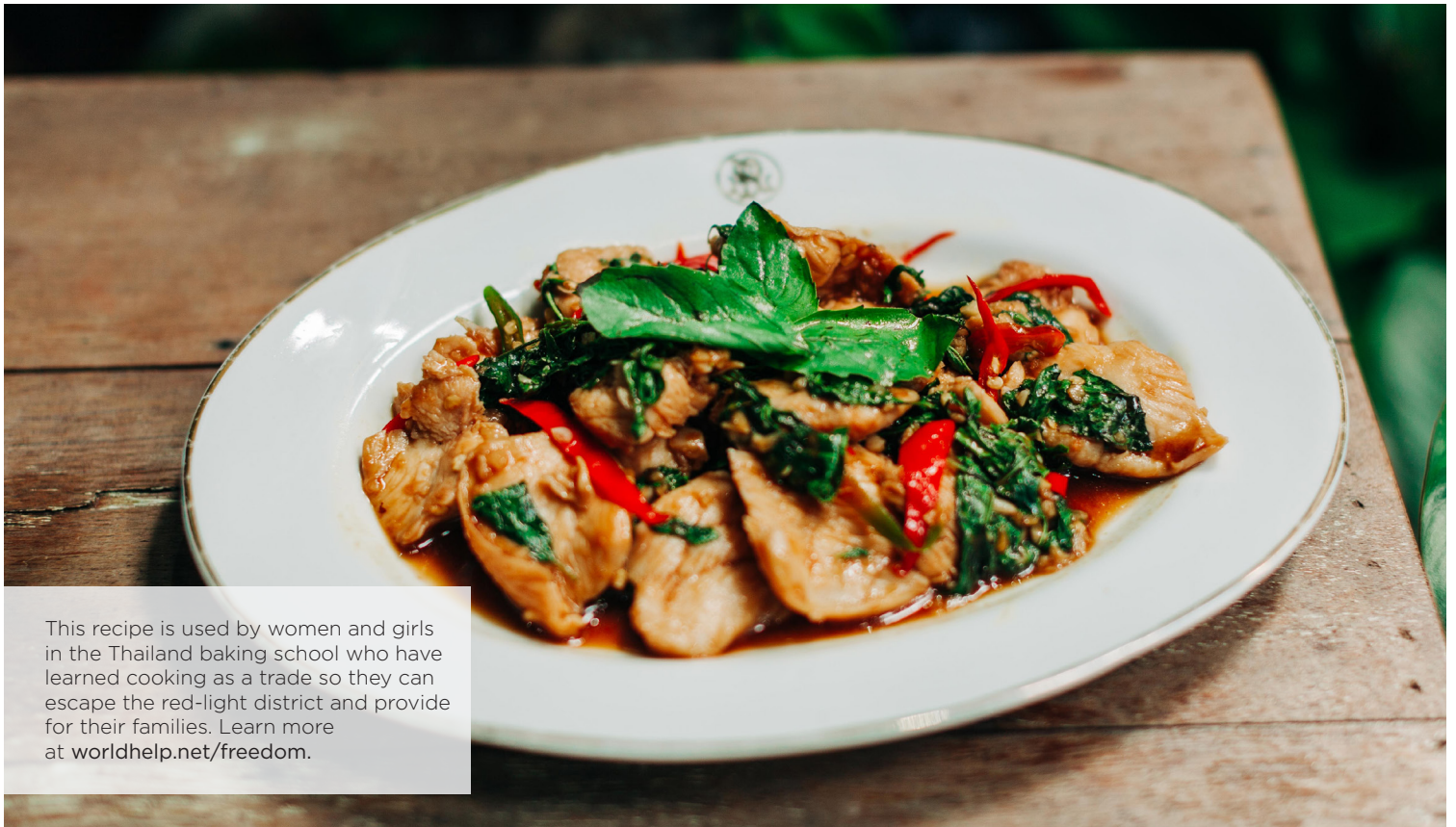
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INGREDIENTS

3 Chicken Breasts
1-2 cups Baked Cashew Nuts
3 Bell Peppers, diced
(1 green, 1 yellow, 1 red)
1/2 cup Flour
3 cloves Garlic, minced
1/4 tsp Salt
1 1/4 Tbsp Sugar
1/2 Tbsp Sesame Oil
1/2 tsp Pepper
2 Tbsp Oyster Sauce
2 Tbsp Soy Sauce
2 Spring Onions, sliced
2 cups Vegetable Oil
2 Tbsp Olive Oil

Cashew Chicken

1. Slice chicken into small chunks and place in a bowl. Add salt and pepper and mix well to coat chicken.
2. Dip chicken into flour and fry in hot vegetable oil until cooked through. *(Note: Save some vegetable oil for Step 3.)*
3. Clean out pan and add more vegetable oil. Fry cashew nuts over low heat until golden.
4. In a separate wok or frying pan, heat olive oil. Then, add garlic and cook for 30 seconds or until fragrant.
5. Add chicken and cashew nuts to pan with garlic and stir fry until combined.
6. Add oyster sauce, soy sauce, sugar, and sesame oil. Mix well.
7. Add spring onions and bell peppers and stir fry until all ingredients are cooked.
8. Serve immediately with steamed jasmine rice.



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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

Pad 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.



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INGREDIENTS

1 lb Chicken Breast
2 Tbsp Soy Sauce
1 1/2 Tbsp Sweet Soy Sauce
1 Tbsp Granulated Sugar
1 Tbsp Sesame Oil
1 1/2 Tbsp Oyster Sauce
1 Tbsp Pepper
1 Tbsp Rice Wine
1 Tbsp Crushed Garlic
3 Tbsp Tapioca Flour
1 1/2 cups Water or Chicken Broth
3 Tbsp Vegetable Oil

Chicken 'n' Gravy

1. Cut the chicken breast into small cubes
2. Mix soy sauces, sugar, sesame oil, rice wine, pepper, and oyster sauce
3. Marinate chicken in the mixture for 1-2 hours
4. Heat oil in a wok and add garlic
5. Add chicken and stir fry until cooked
6. Add water or chicken broth and additional soy sauce to taste before bringing to a boil
7. Mix tapioca flour with a small amount of water and add it to the chicken mixture
8. Stir consistently to break up clumps of flour
9. Once the sauce has thickened, serve immediately with fresh steamed rice



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INGREDIENTS

Spring Roll Ingredients

2 packages of Spring Roll Wrappers

1/4 lb Chicken, minced

2 cups Vermicelli Rice Noodles

2 Eggs

3 cups Shredded Lettuce

1 cup Shredded Carrots

1/2 cup Green Onions, chopped

1/2 cup Celery, chopped

1 Tbsp Garlic, minced

2 Tbsp Soy Sauce

1 Tbsp Sugar

2 Tbsp Oyster Sauce

1 tsp Salt

1 tsp Pepper

3 Tbsp Cooking Oil

Fried Spring Rolls

Spring Roll Directions

1. Put rice noodles into a bowl and cover with hot water to soak for 30 minutes. Drain and set aside.
2. While noodles soak, make a plain fried omelet. Add 1 tsp of oil to a frying pan. Crack two eggs into a bowl or cup, beat together with a pinch of pepper, and pour into the frying pan. Once the egg has set, fold the omelet over and remove from the pan to cool. After the omelet cools, slice into thin strips and set aside.
3. Heat oil in a wok or frying pan and cook garlic for about 30 seconds or until fragrant.
4. Add chicken and stir fry until cooked through.
5. Add all vegetables and continue to stir fry until softened.
6. Add noodles and sliced omelet. Mix thoroughly.
7. Stir in soy sauce, sugar, oyster sauce, salt, and pepper.

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INGREDIENTS

Dipping Sauce Ingredients

2 cups Thai Sweet Chili Sauce

1/2 cup Water

1/2 Sugar

1/4 tsp Salt

3 Tbsp Vinegar

8. Remove from heat and cool completely.

9. Spoon mixture into spring roll wrappers and roll them up.

10. Fry in hot oil until golden.

Dipping Sauce Directions

1. Combine all ingredients in a small sauce pot and bring to a boil.

2. Remove sauce from heat until completely cooled. Serve with spring rolls.





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INGREDIENTS

4 cups Water
 2 stalks Lemongrass, chopped
 2 Tbsp Galangal, sliced*
 5 Kaffir Lime Leaves
 2 Spur Chili Peppers, sliced*
 4-5 cloves Shallots, coarsely crushed
 1 lb Fresh Shrimp
 1 cup Mushrooms
 2 Tomatoes, quartered
 1 Tbsp Tamarind Paste
 1 Tbsp Fish Sauce or Light Soy Sauce
 1/2 Tbsp Sugar
 1/2 Tbsp Thai Chili Paste
 1 Lime
 Cilantro, to taste
Optional: 5 tbsp Evaporated Milk or Coconut Milk

Tom Yum Kung (Spicy Shrimp Soup)

1. Heat water in a pot over high heat.
2. Add lemongrass, lime leaves, fish sauce (or soy sauce), sugar, and tamarind paste.
3. Cook for 3-4 minutes or until boiling.
4. Add shrimp, shallots, chili paste, and mushrooms.
5. Continue boiling for 10 minutes until shrimp is cooked through.
6. Add spur chili peppers and tomatoes. Optional: Add evaporated milk or coconut milk for a creamier soup.
7. Mix well and turn off the heat. Add fresh-squeezed lime juice to taste.
8. Garnish with cilantro and serve.

Cooking Tip: Having trouble finding galangal? Try using ginger instead. Don't have any spur chili peppers on hand? Poblanos are a good substitute, especially if you prefer your dish a little less spicy.



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INGREDIENTS

5 Unpeeled Bananas
8 fl. oz Coconut Milk
3 Tbsp Coconut Palm Sugar
2 Tbsp Granulated Sugar
 $\frac{1}{8}$ tsp Salt

Bananas in Coconut Milk

1. Slice ends off each side of the unpeeled bananas.
2. Cook unpeeled bananas in boiling water for 3-5 minutes until the peel begins to break apart.
3. Scoop bananas out, peel, and cut into bite-sized pieces.
4. Pour coconut milk into a pot and bring to a boil over medium heat.
5. Add coconut palm sugar, granulated sugar, and salt. Mix well.
6. Add bananas and return to a boil.
7. Mix gently and boil for about 3 more minutes. Serve warm.

Tip: Try to use bananas that have just ripened, not too green but not overly ripe either.



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INGREDIENTS

- 1/3 cup Semi-Sweet Chocolate Chips
- 1/2 Tbsp Butter
- 1/3 cup All-Purpose Flour
- 1/4 tsp Baking Soda
- 1/8 tsp Salt
- 1/4 tsp Vanilla
- 1/4 cup Granulated Sugar
- 1 Tbsp Cocoa Powder
- 3/4 Tbsp Milk
- 1/3 Tbsp Water
- 1 Egg White

Baking Tip: Sprinkle sliced almonds on top before baking for extra flavor and crunch!

Brownie Brittle

1. Melt chocolate chips and butter over low heat, mixing to prevent clumping.
2. In a bowl, combine the cocoa powder and flour. Set aside.
3. In a separate bowl, mix the sugar, egg white, and salt. Add milk, water, and vanilla. Stir until well combined.
4. Add melted chocolate and butter to the sugar mixture and combine.
5. Add flour mixture and mix until just combined, being careful not to overmix.
6. Place a silicone baking mat or parchment paper onto a baking sheet. Then, spread the brownie mixture thinly onto the sheet.
7. Bake at 350 degrees for 8 minutes.
8. Immediately after removing from the oven, use a pizza cutter to cut the brittle into small rectangle shapes.
9. Bake for an additional 6 minutes.
10. Remove from the oven and rest until cooled. Store in an air-tight container to prevent softening.



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INGREDIENTS

1 1/2 cups Thai Sticky Rice
(also called Sweet Rice)

1 cup Coconut Milk

3/4 cup Sugar

1 1/4 tsp Salt

1 tsp Rice Flour

2 Mangos, sliced

*Optional: 4-5 Fresh Pandan
Leaves or a few drops of
Pandan Extract*

Mango & Sticky Rice

1. Wash rice and cover with water in a bowl to soak overnight.
2. Add water to sticky rice steamer and bring to a roaring boil.
3. Add drained rice to a cheese cloth, wrap up, and place into sticky rice steamer basket along with 2 fresh pandan leaves or 2 drops of pandan extract (optional).
4. Boil for approximately 30 minutes until sticky rice is soft and cooked through.
5. Add 1/4 cup of the coconut milk to a small pot, saving the rest for later. Pour in sugar and 1 tsp of the salt and cook over gentle heat.
6. Add remaining pandan leaves or 2 drops of extract (optional) to the pot and cook until sugar is dissolved, stirring constantly to prevent clumping.
7. Keep stirring until coconut milk begins to boil. Remove from heat.
8. Add cooked sticky rice to a mixing bowl. Then, pour the hot coconut milk over it and stir well right away. Cover for 15 minutes.
9. Meanwhile, make the coconut sauce topping by mixing the rest of the coconut milk and salt with the rice flour in a small pot. Bring to a boil, stirring constantly. Then, remove from heat.
10. Scoop sticky rice onto a plate and pour topping over as desired. Serve with fresh mango slices.



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INGREDIENTS

Marinade Ingredients

- 1/4 cup Water
- 3 tbsp Vegetable Oil
- 1 cup Sugar
- 4 Shallots, peeled and chopped
- 10 cloves Garlic, chopped
- 1 Tbsp Sesame Seeds
- 2 Tbsp Soy Sauce
- 2 Tbsp Hoisin Sauce
- 1 tsp Salt
- 3 Tbsp Soybean Paste

Other Ingredients

- 2 Tbsp Chinese Rice Wine
- 4 Tbsp Corn Syrup
- 1-2 drops Red Food Coloring
- 1 lb Pork Neck Fillet
(or your favorite cut of pork)

Hong Kong BBQ Pork

1. Add all marinade ingredients into a blender and blend until well mixed.
2. Bring to a boil over medium heat.
3. Add rice wine, syrup, and food coloring while boiling.
4. Remove from heat until cool.
5. Add pork and marinate for 1-2 nights in the refrigerator.
6. Preheat oven to 350 degrees.
7. Remove pork from marinade (save the marinade for later) and set on a foil-lined pan.
8. Bake for approximately 30 minutes.
9. Brush marinade all over and bake for another 30-40 minutes.
10. Slice pork fillet, top with some of the cooked marinade, and serve.



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INGREDIENTS

Wonton Ingredients

1 pack Wonton Wraps
 1 $\frac{1}{3}$ pounds Shrimp, peeled and deveined
 $\frac{2}{3}$ pound Pork Loin, minced
 1 Tbsp Sugar
 1 tsp Cilantro, crushed
 1 tsp Garlic, crushed
 1 tsp Black Pepper
 1 Tbsp Vegetable Oil
 1 Tbsp Soy Sauce
 1 Tbsp Golden Mountain Seasoning Sauce*
 $\frac{1}{2}$ tsp Salt
 1 Egg White
 2 Tbsp Tapioca Starch (or 1 Tbsp Cornstarch)

Soup Ingredients

5 cups (40 fl oz) Chicken Stock
 $\frac{1}{2}$ Tbsp Salt
 $\frac{1}{4}$ cup Green Onions, chopped
 $\frac{1}{4}$ Cilantro, chopped
 2 Pork Bouillon Cubes

Shrimp Wonton Soup

1. Bring chicken stock to a boil in a pot. Add the other soup ingredients and mix well. Set soup aside but keep hot.
2. Using a food processor, mince the shrimp.
3. Add the pork, cilantro, garlic, black pepper, soy sauce, Golden Mountain seasoning sauce, salt, sugar, starch, and egg white to the food processor. Mix until well combined.
4. Place mixture into the refrigerator for about 10 minutes to marinate.
5. Spoon a small amount of the shrimp mixture into the middle of a wonton wrap.
6. Wet all four edges with a touch of water. Then, bring two corners together and fuse the edges to make a triangle.
7. Wet the three corners and bring them together again to make a little stuffed wonton shape that will keep the mixture enclosed.
8. Repeat until all wontons are full or the mixture is gone.
9. In a separate pot from the soup, bring four quarts of water to a boil. Add a pinch of salt and a tablespoon of vegetable oil to keep the wontons from sticking together.
10. Place wontons into the water a few at a time to avoid them sticking together and boil for about 1-2 minutes until they float. Remove from the water.
11. To serve, place the desired number of cooked wontons into a bowl. Then, pour the steaming soup over the top. Garnish with cilantro.

Cooking Tip: Golden Mountain Seasoning Sauce is a cooking staple in Thailand, but if you don't have any on hand, you can make your own substitute. Simply combine 2 Tbsp of soy sauce, 2 Tbsp of vegetable or chicken stock, and $\frac{1}{4}$ tsp of sugar.



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INGREDIENTS

- 1 Egg
- 1 Tbsp Garlic, minced
- 2 Tbsp Vegetable Oil
- 1 cup Jasmine Rice, cooked and cooled
- 1/4 cup Green Onions, chopped
- 1/8 tsp Salt
- 1/4 tsp Stir-Fry Seasoning Mix
- 2 Tbsp Maggi Sauce

Fried Rice

1. Heat wok or frying pan over medium heat and add oil. Once pan is hot, add garlic.
2. Stir fry garlic until aromatic (about 30 seconds). Then, add egg and scramble.
3. Once egg is almost finished cooking, add rice and stir fry together.
4. Add seasoning powder, salt, and Maggi sauce a little at a time until desired taste is achieved.
5. Stir fry well and serve topped with chopped green onions.

Cooking Tip: Want to add some extra protein to your stir fry? Cook your favorite meat in the pan before adding the egg. You can also add pineapple and cashew nuts in Step 4 to add more flavor!



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INGREDIENTS

1 ½ cups Papaya, shredded and chilled
½ cup Green Beans, cut into 1-inch pieces
1 Tomato, thinly sliced and cut into 1-inch pieces
1 tsp Garlic
2 Tbsp Dried Shrimp
2 Tbsp Peanuts, crushed
3 Thai Chili Peppers
1 Tbsp Palm Sugar
1 ½ Tbsp Fish Sauce
2 Tbsp Lime Juice
1 Tbsp Tamarind Concentrate

Papaya Salad (Som Tum)

1. In a large mortar or mixing bowl, roughly crush together the chilis and the garlic.
2. Add sugar, fish sauce, lime juice, and tamarind concentrate. Mix well.
3. Add green beans, tomato, and papaya. Gently mix all ingredients together.
4. Taste and add more ingredients from Step 2 as desired.
5. Finish by adding dried shrimp and peanuts. Toss together and serve.

Cooking Tip: Try not to mix the papaya for too long, or it will lose its crispness. Mix just enough for the ingredients to combine well.



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INGREDIENTS

2/3 lb Chicken, sliced
3 cloves Garlic, minced
2 Tbsp Soybean Oil
1 tsp Sugar
1/2 Tbsp Oyster Sauce
1/2 Tbsp Light Soy Sauce
1 tsp Knorr All Purpose Aromat Seasoning (or similar brand)
1 tsp Dark Soy Sauce
1/8 tsp Black Pepper
1 bunch Cilantro

Garlic Pepper Chicken

1. Mix sauces, seasoning powder, and sugar in a large bowl. Add chicken and coat well.
2. Add oil to a wok or frying pan and stir fry 2 cloves of the minced garlic over medium heat. Save remaining garlic for Step 4.
3. Add chicken to hot pan and stir fry until cooked through.
4. Remove chicken to plate. Then, sprinkle with black pepper and garnish with cilantro and remaining minced garlic. Serve with jasmine rice and sliced cucumbers.



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INGREDIENTS

2/3 lb Chicken, shredded
3/4 cup Shallots, thinly sliced
2 Tbsp Ground Roasted Rice
1 tsp Chili Powder
2-3 Tbsp Fish Sauce
2-3 Tbsp Fresh Lime Juice
1/2 cup Fresh Mint Leaves
1 bunch Cilantro, chopped
2 stalks Green Onions, chopped
1/4 cup Water

Spicy Chicken Salad (Larb Gai)

1. Add water to wok or pan over medium heat.
2. Add chicken and stir fry until cooked. Remove from heat and place in a mixing bowl.
3. Add shallots and toss together with the chicken.
4. Flavor as desired with roasted rice, chili powder, fish sauce, and lime juice. Toss well.
5. Mix in mint leaves, cilantro, and green onions.
6. Serve alongside fresh vegetables such as lettuce, cabbage, and cucumbers.



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INGREDIENTS

4 oz Rice Noodles
1 cup Sliced Chicken
2 Eggs
2 stalks Kale, chopped
1 Tbsp Garlic, minced
1 tsp Regular Soy Sauce
2 Tbsp Light Soy Sauce
1/2 Tbsp Palm Sugar
2 Tbsp Vegetable Oil

Pad See Ew Chicken (Thai Stir Fried Noodles)

1. Soak noodles in water for 3-5 minutes to soften.
2. Heat oil in wok over medium heat. Then, stir fry garlic until fragrant (about 30 seconds).
3. Add chicken and stir fry until almost cooked through.
4. Add eggs and stir fry until cooked.
5. Add noodles and season with soy sauces and sugar.
6. Stir fry gently to mix all ingredients together.
7. Add kale and mix. Then, remove from heat.
8. Plate and sprinkle with black pepper. Serve immediately.



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INGREDIENTS

2 Tbsp Sugar
 2 Tbsp Tamarind Sauce
 (or Tamarind Paste mixed
 with water)
 2 Tbsp Fish Sauce
 1 tsp Thai Chili Peppers, mashed
 3-5 Fresh Shrimp, peeled and
 deveined
 3 Tbsp Firm Tofu, cubed
 2 Tbsp Pickled Radish, minced
 5.5 oz Rice Noodles
 1/4 cup Raw Bean Sprouts
 1/4 cup Fresh Chives, chopped
 1 Egg
 2 Tbsp Vegetable Oil
 2 Tbsp Peanuts, crushed

Pad Thai

1. Place rice noodles in a bowl of water until soft.
2. While noodles soak, make the Pad Thai sauce by mixing the sugar, tamarind sauce, fish sauce, and mashed Thai chili peppers in a small pot over medium heat. Mix continually until boiling. Remove from heat and set aside to cool.
3. Heat oil in a pan or wok. Once hot, add the shrimp and stir fry until almost cooked through. Remove shrimp from heat and set aside on a plate.
4. Add tofu to pan and stir fry until fragrant. Add pickled radish and stir fry into the tofu. Add Pad Thai sauce from Step 2 and bring mixture to a low boil.
5. Add noodles once soft and stir fry everything together gently.
6. Move noodles to the side of the pan or wok and break the egg into the open space. Scramble the egg gently. Once the egg is cooked, mix all ingredients in the pan together.
7. Add shrimp and stir fry one last time.
8. Remove from heat and plate the dish. Top with peanuts, bean sprouts, and chives. Serve with fresh veggies such as cucumbers, cabbage, lettuce, and tomatoes.