

PROFESSIONAL VEGETARIAN THAI COOKING COURSE

LEARN 32 DISHES, 3 CURRY PASTES, 8 DIPS & SAUCES, TOFU, SOY PROTEIN, SOY MILK

- Monday MAKE SOY MILK
MAKE TOFU (Firm & Soft)
MAKE SOY PROTEIN
SPICY SOY PROTEIN SALAD (LAAB PROTEIN KASET)
SWEET CORN FRITTERS W/SWEET CUCUMBER DIP (Prepare) (TORD MAN KHAO PODE)
TOFU WITH MIXED VEGETABLES IN 3 FLAVOR SAUCE (Prepare) (TAO HU PAK RUAM SAM ROD)
DEEP FRIED MUSHROOMS IN TAMARIND SAUCE (Prepare) (HED TORD SOT MAKHAM)
- Tuesday FRESH SPRING ROLLS W/ SPICY CHILI DIPPING SAUCE (Prepare) (POR PIA SOT)
HOT & SOUR MUSHROOM SOUP (TOM YUM HED)
PINEAPPLE FRIED RICE (KHAO PAD SAPPAROT)
POMELO SALAD (YAM SOM-O)
PAPAYA SALAD (SOM TAM THAI)
STIR FRIED TOFU WITH CASHEW NUTS (TAO HU PAD MED MA-MUANG)
TOFU WITH CHILI PASTE (Prepare) (TAO HU PAD PRIK PAO)
- Wednesday GREEN CURRY W/YOUNG COCONUT&VEGGIES(Prepare paste)(GANG KHEAO WAN YOD MA PAO)
FRIED SPRING ROLLS W/PLUM SAUCE (Prepare) (POR PIA TORD)
SPICY SALAD WITH FRIED EGG (YUM KAI DAO)
GLASS NOODLE SALAD (YAM WUN SEN)
GLASS NOODLES STIR FRIED WITH EGGS & VEGETABLES (PAD WUN SEN)
BLACK PEPPER MUSHROOMS (HED PAD PRIK THAI DUM)
STIR FRIED MUSHROOMS WITH SPICY BASIL (HED PAD KRA PAO)
- Thursday RED CURRY W/PINEAPPLE & TOFU (Prepare paste) (GAENG PED TAO HU SAPPAROD)
MUSHROOMS IN COCONUT MILK (TOM KHA HED)
LEMONGRASS SALAD (YAM TA KRI)
SATAY TOFU W/PEANUT SAUCE (Prepare) (SATAY TOFU)
FRIED SWEET NOODLES (PAD SEE EW KAI)
YELLOW CURRY TOFU WITH VEGETABLES (TAO HU PAD PONG KARI)
TOFU W/GINGER (TAO HU PAD KHING)
- Friday PANANG CURRY WITH MIXED VEGETABLES (Prepare paste) (PANANG PAK RUAM)
HOT & SOUR CLEAR SOUP (TOM SAP)
MUSHROOM SALAD (YAM HED)
DEEP FRIED BATTERED MORNING GLORIES W/SWEET&SOUR DIP(Prepare)(PAK BUNG TOD GROB)
THAI STYLE FRIED RICE NOODLES (PAD THAI)
SWEET & SOUR MUSHROOMS & VEGETABLES (PAD PREAW WAN PAK RUAM)
STIR FRIED EGGPLANT WITH SOY PROTEIN AND BASIL (PAD MA KUA YAO)

NOTE: All dishes can be prepared either vegetarian or vegan.

LEARN TO MAKE:	PREPARE 8 SAUCES & DIPS:		MAKE 3 CURRY PASTES:	
SOY MILK	CHILI PASTE	3 FLAVOR SAUCE	SWEET CUCUMBER DIP	GREEN CURRY
TOFU	PLUM SAUCE	TAMARIND SAUCE	SPICY CHILI DIPPING SAUCE	RED CURRY
SOY PROTEIN	PEANUT SAUCE	SWEET & SOUR SAUCE		PANANG CURRY