

BASIC THAI COOKING COURSE

4 WEEKS (20 Days)

Week 1

MONDAY (1)

- Red curry paste (prepare) (Nam Prik Gaeng Phet)
- Red curry with chicken (Gaeng Phet Gai)
- Chinese kale with prawn salad (Yum Kankanha)
- Chicken in coconut milk soup (Tom Kha Gai)
- Stir fried black pepper beef (Nua Pad Pik Thai)
- Mango with coconut sticky rice (Khao Neaw Moon)

TUESDAY (2)

- Panang curry paste (prepare) (Nam Prik Gaeng Panang)
- Panang curry with chicken (Gaeng Panang Gai)
- Pomelo salad (Yam Som-O)
- Crispy fried mussel pancakes (Hoy Tord)
- Stir fried chicken with cashews (Gai Pad Med Ma-Muang)
- Pumpkin in sweet coconut (Buad Fak Thong)

WEDNESDAY (3)

- Massaman curry paste (prepare) (Nam Prik Gaeng Masaman)
- Massaman curry with chicken (Gaeng Masaman Gai)
- Steamed pork with lime sauce (Prepare) (Moo Noung Ma-Now)
- Stir fried chicken with basil (Gai Pad Kra Pao)
- Deep fried shrimp in tamarind sauce (Prepare) (Goong Thord Lad Sood Makham)
- Fried sweet noodles with pork (Pad See Eeaw)

THURSDAY (4)

- Yellow curry paste (prepare) (Nam Prik Gaeng Ka Ri)
- Yellow curry with chicken (Gaeng Ka Ri Gai)
- Papaya salad (Som Tam)
- Grilled marinated beef with spicy dipping sauce (Prepare) (Seur-Rong-Hai)
- Spicy salad with fried egg (Yam Khai Dao)
- Hot & sour prawn soup (Tom Yum Goong)

FRIDAY (5)

- Green curry paste (prepare) (Nam Prik Gaeng Kheao Wan)
- Green curry with chicken (Gaeng Kheao Wan Gai)
- Egg tofu & seaweed clear soup (Tom Juid Tao Hu Khai)
- Thai style fried rice noodles (Pad Thai)
- Sweet & sour vegetables with chicken (Pad Preaw Wan Gai)
- Stir fried chicken with ginger (Gai Pad Khing)

Week 2

MONDAY (6)

- Chu chi curry paste (prepare) (Nam Prik Gaeng Chu Chi)
- Shrimp in dried red curry (Chu Chi Goong)
- Fried spring rolls + sweet chili sauce (prepare) (Por Pie Tord)
- Glass noodle salad (Yam Wun Sen)
- Thai grilled fish (Pla Pao)
- Thai sweet dumpling (Ka Nom Tom Bai Toey)

TUESDAY (7)

- Chicken satay + peanut sauce (prepare) (Gai Satay)
- Green mango salad (Yam Ma Muang)
- Fried fish with mixed herbs (Pla Thod Sa-Munprai)
- Thai fried rice (Khao Pad)
- Steamed sweet pumpkin pudding (Ka Nom Fuk Tong)

WEDNESDAY (8)

- Barbecued pork served with rice (Khao Moo Dang)
- Deep fried chicken wings with sesame (Peed Gai Thot Nga)
- Spicy grilled chicken salad (Nam Tok Gai)
- Crispy roasted pork belly (Moo Krob)
- Jelly dessert (Wun Ka Ti Bai Toey)

THURSDAY (9)

- Fish curry paste (prepare) (Nam Prik Khanom Jeen Namya)
- Noodles with fish curry (Khanom Jeen Namya)
- Thai fish cakes + sweet cucumber dip (prepare) (Tord Man Pla)
- Grilled duck Thai style (Phad Yang)
- Stir fried eggplants with minced chicken (Pad Ma Keau Yaw)
- Stir-fried beef with spicy herbs (Pad Khee Mao Nua)

FRIDAY (10)

- Thai grilled pork on skewers (Moo Ping)
- Crispy shrimp with green mango salad (Yam Goong Foo)
- Stir-fried beef with oyster sauce (Nua Pad Nam Man Hoy)
- Fried stuffed squid with garlic (Pla Muek Thot Gratiam Phrik Thai)
- Sweet corn in tapioca & coconut milk (Sa Khoo Piak Khao Pode)

Week 3

MONDAY (11)

- Chicken corn fritter + dipping sauce (prepare) (Tod Mun Khao Pod Gai)
- Hot & sour tamarind curry with fish & vegetables (Gaeng Som Pla Pak Ruam)
- Spicy shrimp salad with lemongrass (Pla Goong)
- Stir fried young green chilies with chicken (Gai Phad Prik Orn)
- Bananas in sweet coconut milk (Kluay Bod Chi)

TUESDAY (12)

- Tom yum flavored spring rolls + dipping sauce (prepare) (Por Pia Tom Yum)
- Seafood satay + spicy seafood dip (prepare) (Satay Talay)
- Mackerel in chili fish sauce (Pla In-C Tord Nahm Pla)
- Vegetables in hot curry soup (Gaeng Leang Pak Ruam)
- Thai tea drinks—Lemongrass, Ginger, Roselle, Siam Granita

WEDNESDAY (13)—NOODLES DAY

- Boat noodles with pork (Kway Teow Rua Moo)—1/2 day
- Egg noodles, wonton & BBQ pork (Baah Mi Kieaw Moo Dang)—1/2 day

THURSDAY (14)

- Fried prawn on toast (Kanom Pang Na Goong)
- Northern dip with vegetables (Nahm Prik Ong)
- Stir fried Chinese cabbage with shrimp (Pak Kard Khao Look Chin Goong)
- Baked seafood & rice in clay pot (Khao Ob Talay)
- Three colored dough with caramel rice krispies (Kanom Niew)

FRIDAY(15)-CONTEMPORARY DAY

- Crispy pancake roll with crab meat (Kanom Beaug Na Poo)
- Spaghetti with chicken in coconut cream sauce (Spaghetti Tom Kha Gai)
- Massaman curry with beef and mashed potatoes (Goong Massaman Nua Man Bod)
- Deep fried prawn & herbs salad in taro basket (Goong Thod Katong Pheuak)
- Coconut cream on purple sweet potato (Mun Cheaum)

Week 4

MONDAY (16)-STREET FOODS

- Stewed pork leg + chili vinegar dip (Khao Kha Moo)—1/2 day
- Chicken & rice + soybean paste dip (Khao Man Gai)—1/2 day

TUESDAY (17)

- Cucumber salad with boiled egg and prawn (Yum Tang Gwa Goong Sod))
- Hot & sour tamarind chicken soup (Tom Yum Kai Nahm Sai)
- Stir fried blue crab with curry powder (Poo Phad Pong Karee)
- Grilled seafood souffle wrapped with banana leaf (Hormok Talay Ping)
- Thai sweet sticky rice (Khao Niew Gael)

WEDNESDAY (18)

- Southern style yellow curry paste (prepare) (Naam Prik Gaeng Kua)
- Southern style yellow curry with crab meat & wild betel leaf (Gaeng Kua Poo)
- Grilled pork sirloin with lemongrass (Moo Yang Takrai)
- Stir fried tofu with minced pork & shitake mushroom (Tofu Phad Moo Sab Hedhom)
- Stir fried rice vermicelli with tamarind sauce + soybean dip (prepare) (Mee Krati)

THURSDAY(19)-VEGETARIAN DAY

- Panang vegetarian curry paste (prepare) (Nam Prik Gaeng Panang)
- Panang curry with tofu & vegetables (Panang Tofu Pak Ruam)
- Hot & sour mushroom soup (Tom Yum Hed)
- Spicy tofu salad (Laab Tofu)
- Fresh spring rolls + spicy chili dip (prepare) (Por Pia Sod)
- Stir fried tofu with cashew nuts (Tofu Pad Med Ma-Muang)

FRIDAY (20)

- Egg sheet roll with minced shrimp & pork (Kalawek Sod Sai)
- Stir fried dried curry with crispy fish (Phad Prik Khing Pla Foo))
- Prawn crispy wonton in mushroom gravy (Rad Na Kieaw Krob)
- Steamed rice flour flowers scented with custard pudding (Kanom Nam Dokmai Sangkaya)