

# **BASIC THAI COOKING COURSE**

## **4 WEEKS (20 Days)**

### **Week 1**

#### **MONDAY (1)**

- Red curry paste (prepare) (Nam Prik Gaeng Phet)
- Red curry with duck & pineapple (Gaeng Phed Pet Yang)
- Chinese kale with prawn salad (Yum Kana Goong Sod)
- Chicken in coconut milk soup (Tom Kha Gai)
- Stir fried black pepper beef (Nua Pad Pik Thai Dam)
- Mango with coconut sticky rice (Khao Neaw Moon)

#### **TUESDAY (2)**

- Panang curry paste (prepare) (Nam Prik Gaeng Panang)
- Panang curry with pork (Gaeng Panang Moo)
- Pomelo salad (Yam Som-O)
- Crispy fried mussel pancakes (Hoy Tord)
- Stir fried chicken with cashews (Gai Pad Med Ma-Muang)
- Bananas in sweet coconut milk (Kluay Bod Shee)

#### **WEDNESDAY (3)**

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

#### **THURSDAY (4)**

- Yellow curry paste (prepare) (Nam Prik Gaeng Ka Ri)
- Yellow curry with chicken (Gaeng Ka Ri Gai)
- Papaya salad with prawn (Som Tam Goong)
- 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 pork (Pad Preaw Wan Moo)
- 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-style grilled fish with spicy seafood sauce (Pla Pao)
- Thai sweet dumpling (Ka Nom Tom Bai Toey)

## **TUESDAY (7)**

- Chicken satay + peanut sauce (prepare) (Gai Satay)
- Dill soup with pork (Gaeng Om)
- Spicy crispy mixed salad (Yam Sam Krob)
- Thai fried rice (Khao Pad)
- Deep fried bananas (Kluay Tod)

## **WEDNESDAY (8)**

- Barbecued pork served with rice (Khao Moo Dang)
- Deep fried chicken wings with sesame (Peek Gai Thot Nga)
- Spicy minced chicken salad (Laab Gai )
- Crispy roasted pork belly (Moo Krob)
- Grilled pork wrapped in wild pepper leaf (Moo Yang Hor Bai Cha-Plu)

## **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)
- Stir-fried eggplant with minced chicken (Pad Ma Kua Yao)
- Pumpkin custard (Sang Ka Ya Fuk Thong)
- 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)**

- Northern curry with pork (Gaeng Hung Lay)
- Shrimp corn fritters (Tod Mun Khao Pod Goong)
- Chicken baked in soy sauce with Chinese kale (Gai Ob Tow Jiew)
- White turmeric spicy salad (Yam Ka Min Khao)
- Stir-fried young green chilies with chicken (Gai Phad Prik Orn)

## **TUESDAY (12)**

- Hot & sour tamarind curry paste (prepare) (Nam Phrik Gaeng Som)
- Hot & sour tamarind curry with fish & vegetables (Gaeng Som Pla Pak Ruam)
- Tom yum flavored spring rolls + dipping sauce (prepare) (Por Pia Tom Yum)
- Stir-fried noodles Phuket style (Kway Teow Phuket)
- Shrimp with spicy lemongrass salad (Yam Takrai)
- Thai tea drinks—Roselle, Siam Granita, Thai milk tea

## **WEDNESDAY (13)—NOODLES DAY**

- Boat noodles with pork (Kway Teow Rua Moo)—1/2 day
- Pork clear noodles (Kway Teow Moo)—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 Phad Goong)
- Baked seafood & rice in clay pot (Khao Ob Talay)
- Hot & sour spareribs soup (Tom Sab Si-Krong Moo)

## **FRIDAY(15)-FUSION DAY**

- Southern style fried chicken (Gai Thot Had Yai)
- Spaghetti with chicken in coconut cream sauce (Spaghetti Tom Kha Gai)
- Sweet potato with spicy beef soup (Tom Jew)
- Deep fried prawns & herbs salad in taro basket (Goong Thod Katong Pheuak)
- Steamed salmon with herbs in banana leaf (Hor Mok E-Saan Salmon)

## **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))
- Pork belly with spices (Moo Hong)
- Stir fried chicken with yellow curry powder & pineapple (Goong Phad Pong Karee Saparod)
- Hot & sour soup with turmeric (Gai Tom Kamin)
- Coconut rice pancakes (Kanom Krok)

## **WEDNESDAY (18)**

- Morning glories with peanut curry (Phra Ram Long Song)
- Crispy rice salad with soured pork (Yam Naem Khao Thot)
- Grilled pork sirloin with flossy lemongrass (Moo Yang Takrai)
- Stir fried oyster mushroom with egg & minced chicken (Hed Phad Gai)
- Stir fried rice vermicelli with tamarind sauce + soybean dip (prepare) (Mee Krati)

## **THURSDAY(19)-VEGETARIAN DAY**

- Stir fried rice noodles (Pad Mee Sua)
- Stir fried mixed vegetables (Pad Pak Ruam Mit)
- Fried mixed mushroom dumpling (Hoi Jow Je)
- Sweet potato ball (Kanom Kai Nok Ka Ta)
- Fresh spring rolls + spicy chili dip (prepare) (Por Pia Sod)

## **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 with taro chicken & mushroom (Khao Ob Phueak)
- Steamed rice skin dumpling (Khao Giab Pak Mor)