

6 WEEKS THAI COOKING COURSE

WEEK 1

MONDAY

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

TUESDAY

- 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 (Kauy Buad Shee)

WEDNESDAY

- 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 spicy basil (Talay Pad Kra Pao)
- Deep fried shrimp in tamarind sauce (prepare) (Goong Thord Lad Sood Makham)
- Fried sweet noodles with pork (Pad See Eew Moo)

THURSDAY

- Yellow curry paste (prepare) (Nam Prik Gaeng Ka Ri)
- Yellow curry with chicken (Gaeng Ka Ri Gai)
- Papaya salad (Som Tam)
- Grilled marinated pork with spicy dipping sauce (prepare) (Kor Moo Yang)
- Hot & sour prawn soup (Tom Yum Goong)
- Tapioca balls in coconut milk (Bua Loy Kaew)

FRIDAY

- 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 Prew Wan Moo)
- Stir fried chicken with ginger (Gai Pad Khing)

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WEEK 2

MONDAY

- Chu chi curry paste (prepare) (Nam Prik Gaeng Chu Chi)
- Shrimp in dried red curry (Chu Chi Goong)
- Spicy herbal salad with snake head fish (Pla Chon Lui Seun)
- Fried spring rolls + sweet chili sauce (prepare) (Por Pie Tord)
- Stir-fried beef with oyster sauce (Nua Pad Nam Man Hoy)
- Thai sweet dumpling (Ka Nom Tom Bai Toey)

TUESDAY

- Stuffed cucumber soup (Gaeng Jued Tang Gua Yud Sai)
- Deep fried fish with green mango salad (Pla Grapong Tord Nam Pla)
- Thai fried rice (Khao Pad)
- Spicy crispy mixed salad (Yam Sam Krob)
- Deep fried bananas (Klauy Tod)

WEDNESDAY

- Southern curry paste (prepare) (Prik Gaeng Kua Kling)
- Stir fried pork with southern curry (Kua Kling Moo)
- Crispy roasted pork belly (Moo Krob)
- Barbecued pork served with rice (Khao Moo Dang)
- Deep fried chicken wings with sesame (Peek Gai Thot Nga)
- Spicy minced chicken salad (Laab Gai)

THURSDAY

- 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)
- Glass noodle salad (Yam Wun Sen)
- Stir fried eggplant with minced chicken (Pad Ma Kau Yaw)
- Pumpkin custard (Sang Ka Ya Fuk Thong)

FRIDAY

- Chicken satay + peanut sauce (prepare) (Gai Satay)
- Fried stuffed squid with garlic (Pla Muek Thot Gratiam Phrik Thai)
- Stir-fried beef with spicy herbs (Pad Khee Mao Nua)
- Rice mixed with shrimp paste (Khoa Kluk Ka Pi)
- Sweet corn in tapioca & coconut milk (Sa Khoo Piak Khao Pode)

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WEEK 3

MONDAY

- Chicken baked in soy sauce with Chinese kale (Gai Ob Tao Jiew)
- Smoked dry fish in hot and spicy soup (Tom Klong Pla Krob)
- White turmeric spicy salad (Yam Ka Min Khao)
- Stir fried young green chilies with chicken (Gai Phad Prik Orn)
- Shrimp cakes with plum sauce (prepare) (Tord Mon Goong)

TUESDAY

- Hot & sour tamarind curry paste (Nam Phrik Gaeng Som)
- Hot & sour tamarind curry with fish & vegetables (Gaeng Som Pla Pak Ruam)
- Deep fried boiled egg with tamarind sauce (Khai Look Khei)
- Shrimp with spicy lemongrass salad (Yam Ta Khai)
- Sir fried noodles Phuket style (Kuay Teow Phuket)
- Fried fish with chili sauce (prepare) (Pla Rad Pik)

WEDNESDAY —NOODLES DAY

- Boat noodles with pork (Kuay Teow Rua Moo)
- Pork clear noodles soup (Kuay Teow Moo)
- Thai tea drinks—Roselle, Siam Granita, Thai Milk Tea, Lemongrass Tea

THURSDAY

- Hot & sour spare ribs soup (Tom Sab Si-Krong Moo)
- Northern dip with vegetables (Nahm Prik Ong)
- Shrimp paste dip (Nam Prik Kapi)
- Stir fried shrimp with asparagus (Goong Pad Nor Mai Farang)
- Fried prawn on toast (Kanom Pang Na Goong)

FRIDAY

- Southern style fried chicken (Gai Thot Had Yai)
- Northern curry with pork (Kaeng Hung Lay)
- Stir fried fish with Chinese celery (Pla Pad Kun Chai)
- Spicy egg salad with bacon (Yum Kai Dao Bacon)
- Deep fried prawn & herbs salad in taro basket (Goong Thod Katong Pheuak)

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WEEK 4

MONDAY

- Cucumber salad with boiled egg and prawn (Yum Tang Gwa Goong Sod)
- Stir fried chicken with yellow curry powder & pineapple (Kai Pad Sapparot)
- Pork belly with spices (Moo Hong)
- Hot and sour soup with turmeric (Kai Tom Kamin)
- Braised spareribs in pineapple sauce (Moo Oob Sapparod)

TUESDAY

- Morning glory with peanut curry (prepare) (Phra Ram Long Song)
- Crispy rice salad with sour pork (Yam Naem Khao Thot)
- Grilled pork sirloin with lemongrass (Moo Yang Takrai)
- Stir fried fish with black pepper (Pla Pad Prik Thai Dam)
- Stir fried rice vermicelli with tamarind sauce + soybean dip (prepare) (Mee Krati)

WEDNESDAY—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

THURSDAY-VEGETARIAN DAY

- Learn to make tofu + soymilk
- Stir fried mixed vegetables (Pad Pak Ruam Mit)
- Fresh spring roll + spicy chilli dip (prepare) (Por Pia Sod)
- Stir fried tofu with cashews (Tao Hu Pad Med Ma-Muang Him Mak Pan)
- Sweet potato ball (Kanom Kai Nok Ka Ta)

FRIDAY

- Crispy fried morning glories (Yam Pak Boong Grob)
- Grilled chicken salad (Yam Gai Yang)
- Crispy egg noodles in gravy (Ba Mee Krob Rad Na)
- Steamed rice with taro chicken & mushroom (Khao Ob Peuk)
- Red curry with pork and long beans (Pad Prik Gaeng Moo Thua Fak Yao)

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WEEK 5

MONDAY

- Chicken wrap with pandanus leaves (Gai Hor Toey)
- Grilled long eggplant salad (Yam Ma-Kua Yao)
- Steamed fish with ginger (Pla Neung Khing)
- Stir fried clams with Thai chili paste (Hoi Laai Pad Nam Prik Phao)
- Thai layer cake (Kanom Chan)

TUESDAY

- Jungle curry paste (prepare) (Nam Phrik Gaeng Pah)
- Jungle curry chicken (Gaeng Pah Gai)
- Crispy catfish green mango salad (Yam Pla Duke Foo)
- Spicy seafood with herbs (Pad Cha Talay)
- Thai-style chicken biryani with green sauce (prepare) (Khao Mok Gai)
- Coconut milk custard (Kanom Tuay)

WEDNESDAY

- Steamed curried seafood (Hor Mok Talay)
- Authentic Thai grilled chicken (Gai Yang)
- Fried green papaya salad (Som Tam Tod)
- Pineapple fried rice (Khao Pad Sapparod)
- Black sesame dumpling in ginger tea (Bua Loy Nam Khing)

THURSDAY

- Vegetable soup paste (prepare) (Nam Phrik Kaeng Leang)
- Vegetable soup (Kaeng Leang)
- Golden bag (Tung Thong)
- Steamed sea bass with lime sauce (prepare) (Pla Kaphong Neung Manow)
- Spareribs garlic (Si-Khrong Moo Thod Kra Tium)
- Tiny dumplings in sweet coconut milk (Kanom Bua Loy)

FRIDAY

- Gaeng khua curry paste (prepare) (Nam Phrik Gaeng Khua)
- Mussel curry with pineapple (Gaeng Khua Sapparod)
- Deep fried chicken wings (Bpeek Gai Thod Nam Pla)
- Winged bean salad (Yam Tua Plu)
- Stir fried squid with salted egg yolks (Pla Meuik Pad Kai Kem)
- Steamed banana pastry (Kanom Kluay)

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WEEK 6

MONDAY

- Tay pho curry paste (prepare) (Nam Phrik Gaeng Tay-Pho)
- Tay pho curry with pork belly & morning glories (Gaeng Tay-Pho)
- Yellow curry crab (Poo Pad Phong Ka Ree)
- Sliced grilled spicy pork salad (Nam Tok Moo)
- Baked prawns and mung bean noodles (Goong Oob Wun Sen)
- Water chestnuts in coconut syrup (Tub Tim Grub)

TUESDAY

- Khao soy curry paste (prepare) (Nam Prik Gaeng Khao Soy)
- Khao soy with chicken (Khao Soy Gai)
- Deep fried fish in red curry (Pad Ped Pla Thod Krob)
- Stuffed chicken wings (Bpeek Gai Yut Sai)
- Stir fried seafood with shrimp paste (Talay Pad Ka-Pi)
- Mung bean Thai custard dessert (Maw Kaeng Tua)

WEDNESDAY

- Fresh spring rolls + 5 spice sauce (prepare) (Por Pia Sod)
- Fried vermicelli with pork (Wun Sen Phat Khai)
- Deep fried fish in 3 flavor sauce (prepare) (Pla Thod Sam-Rod)
- Pork dumpling (Kanom Jeeb)
- Sweet taro with coconut filling (Takoh Pheuak)

THURSDAY—THAI BREAKFAST

- Rice congee (Joke)
- Thai grilled pork + sticky rice (Khao Neaw Moo Ping)
- Stir fried morning glories (Phad Pak Bung Fai Daeng)
- Rice porridge with pork (Khao Tom Moo)
- Rice porridge with fish (Khao Tom Pla)
- Boiled rice served with condiments (Khao Tom Gui)

FRIDAY

- Steamed or deep-fried tofu & prawn sauce (Tao Hu Song Khuang)
- Deep fried spicy chicken salad (Laab Tord)
- Deep fried fish with turmeric (Pla Thod Khamin)
- Thai style salted black olive fried rice (Khao Pad Nahm Liap)
- Thai coconut cake (Kanom Ba Bin)