

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)
- Grilled duck Thai-style (Pet Yang)
- 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)
- 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 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 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-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)
- Green mango salad (Yam Ma Muang)
- Fried fish with mixed herbs (Pla Thod Sa-Munprai)
- Thai fried rice with pork (Khao Pad Moo)
- Steamed sweet pumpkin pudding (Ka Nom Fuk Tong)

WEDNESDAY (8)

- Barbecued pork served with rice (Khao Moo Dang)
- Deep fried chicken wings with sesame (Peek Gai Thot Nga)
- Spicy grilled chicken salad (Nam Tok Gai)
- Crispy roasted pork belly (Moo Krob)
- Mixed fresh fruits salad (Som Tum Pon La Mai)

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)
- Chicken in coconut milk soup (Tom Kha Gai)
- Stir-fried shrimp with asparagus (Goong Pad Nor Mai Farang)
- 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 mixed curry paste (prepare) (Prik Gaeng Hoe)
- Northern mixed curry with chicken (Gaeng Hoe Gai)
- Chicken baked in soy sauce with Chinese kale (Gai Ob Tow Jiew)
- Spicy shrimp lemongrass salad (Yum Takrai Goong Sod)
- Shrimp sweet corn cake (Tord Mun Goong Khao Pode)
- Bananas in sweet coconut milk (Kluay Bod Chi)

TUESDAY (12)

- Tamarind curry paste (prepare) (Gaeng Som)
- Hot & sour tamarind curry with fish & vegetables (Gaeng Som Pla Pak Ruam)
- Tom yum flavored spring rolls (Por Pia Tom Yum)
- Seafood satay + spicy seafood dip (prepare) (Satay Talay)
- Stir-fried young green chilies with chicken (Gai Phad Prik Orn)
- Thai tea drinks—Lemongrass, Ginger, Roselle, Siam Granita, Thai herbal tea

WEDNESDAY (13)—NOODLES DAY

- Boat noodles with pork (Kway Teow Rua Moo)—1/2 day
- Phuket style noodles (Kway Teow Phuket)—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)
- Northeast style soup with pork spare rib (Tom Saap E-Saan)

FRIDAY(15)-FUSION DAY

- Crispy pancake roll with crab meat (Kanom Beaug Na Poo)
- Spaghetti with chicken in coconut cream sauce (Spaghetti Tom Kha Gai)
- Beef massaman with mashed potatoes (Goong Massaman Nua Man Bod)
- Stir fried hot & spicy herbs with tuna (Toona Phad Char)
- Steamed salmon with herbs in banana leaf (Hor Mok E-Saan)

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 seafood soup (Pok Tak)
- Stir fried chicken with yellow curry powder & pineapple (Goong Phad Pong Karee Saporod)
- Grilled seafood souffle wrapped with banana leaf (Hor Mok 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 flossy lemongrass (Moo Yang Takrai)
- Stir fried oyster mushroom with egg & minced chicken (Hed Nangfah Phad Kai)
- 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 with taro chicken & mushroom (Khao Ob Phueak)
- Chicken steamed rice dumpling (Khao Griep Pag Mor)