

**BANGKOK THAI COOKING ACADEMY**  
**4 WEEKS PROFESSIONAL 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)
- Fried sweet noodles with pork (Pad See Eew Moo)
- Stir fried black pepper beef (Nua Pad Pik Thai Dam)
- Stir-fried morning glories (Phad pak Bung Fai Daeng)
- Mango with coconut sticky rice (Khao Neaw Moon)
- Golden bag (Tung Thong)

**TUESDAY**

- Panang curry paste (prepare) (Nam Prik Gaeng Panang)
- Panang curry with pork (Gaeng Panang Moo)
- Pomelo salad (Yam Som-O)
- Pineapple fried rice (Khao Pad Sapparod)
- Egg tofu & seaweed clear soup (Tom Juid Tao Hu Khai)
- Sweet & sour vegetables with pork (Pad Preaw Wan Moo)
- Stir fried chicken with ginger (Gai Pad Khing)
- Thai grilled pork (Moo Ping)

**WEDNESDAY**

- 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)
- Steamed curried seafood (Hor Mok Talay)
- Glass noodle salad (Yam Wun Sen)
- Stir fried pork belly w/lemongrass & sweet basil (Moo Sam Chan Pad Takrai & Bai Ho La Pa)
- Stir fried eggplant with minced chicken (Pad Ma Kau Yaw)
- Mung bean crepes (Kanom Thua Paep)

**THURSDAY**

- Boat noodles with pork (Kuay Teow Rua Moo)
- Noodles in clear pork soup (Kuay Teow Moo)
- Chicken noodles with bitter melon (Kuay Teow Gai Ma-Ra)
- Thai tea drinks—Roselle, Thai Milk Tea, Lemongrass Tea
- Coconut milk custard (Kanom Tuay)

## FRIDAY

- Khao soy curry paste (prepare) (Nam Prik Gaeng Khao Soy)
- Khao soy with chicken (Khao Soy Gai)
- Chicken wrap with pandanus leaves (Gai Hor Bai Toey)
- Morning glories with peanut curry (prepare) (Phra Ram Long Song)
- Crispy rice salad with sour pork (Yam Naem Khao Thot)
- Crispy egg noodles in gravy (Ba Mee Krob Rad Na)
- Thai-style salted black olive fried rice (Khao Pad Nahm Liap)
- Stir fried rice vermicelli with tamarind sauce + soybean dip (prepare) (Mee Krati)

## WEEK 2

### MONDAY

- Green curry paste (prepare) (Nam Prik Gaeng Kheao Wan)
- Green curry with chicken (Gaeng Kheao Wan Gai)
- Thai style fried rice noodles (Pad Thai)
- Crispy fried mussel pancakes (Hoy Tord)
- Stir fried seafood with spicy basil (Talay Pad Kra Pao)
- Stir-fried clams with Thai chili paste (Hoi Laai Pad Nam Prik Phao)
- Stir-fried fish with black pepper (Pla Pad Prik Thai Dam)
- Steamed fish with ginger (Pla Neung Khing)

### TUESDAY

- Chu chi curry paste (prepare) (Nam Prik Gaeng Chu Chi)
- Shrimp in dried red curry (Chu Chi Goong)
- Crispy pork paste dip (Nam Prik Kak Moo)
- Winged bean salad (Yam Tua Plu)
- Fried spring rolls + sweet chili sauce (prepare) (Por Pie Tord)
- Salt-crusted grilled fish (Pla Pao)
- Stir-fried beef with oyster sauce (Nua Pad Nam Man Hoy)
- Thai sweet dumpling (Ka Nom Tom Bai Toey)

### WEDNESDAY

- Chicken satay + peanut sauce (prepare) (Gai Satay)
- Fried green papaya salad (Som Tam Tod)
- Tom yum fried rice (Khao Pa Tom Yum)
- Authentic Thai grilled chicken (Gai Yang)
- Fried stuffed squid with garlic (Pla Muek Thot Gratiam Phrik Thai)
- Stir-fried beef with spicy herbs (Pad Khee Mao Nua)
- Steamed rice with chicken & mushrooms (Khao Oob Peuk)
- Sweet corn in tapioca & coconut milk (Sa Khoo Piak Khao Pode)

## THURSDAY

- Hot & sour spareribs soup (Tom Sab Si-Krong Moo)
- Northern dip with vegetables (Nahm Prik Ong)
- Grilled long eggplant salad (Yam Ma-Kua Yao)
- Thai suki yaki seafood (Suki Talay)
- Stir fried shrimp with asparagus (Goong Pad Nor Mai Farang)
- Steamed sea bass with lime sauce (Pla Kaphong Neung Manow)
- Spareribs garlic (Si-Khrong Moo Thod Kra Tium)
- Fried prawn on toast (Kanom Pang Na Goong)

## FRIDAY

- Stewed pork leg + chili vinegar dip (Khao Kha Moo)
- Chicken & rice + soybean paste dip (Khao Man Gai)
- Crispy catfish green mango salad (Yum Pla Duke Foo)
- Thai-style chicken biryani with green sauce (Khao Mok Gai)

## WEEK 3

## MONDAY

- Massaman curry paste (prepare) (Nam Prik Gaeng Masaman)
- Massaman curry with chicken (Gaeng Masaman Gai)
- Chicken in coconut milk soup (Tom Kha Gai)
- Steamed pork with lime sauce (prepare) (Moo Nung Manow)
- Deep fried shrimp in tamarind sauce (prepare) (Goong Thord Lad Sood Makham)
- Stir fried chicken with cashews (Gai Pad Med Ma-Muang)
- Spicy seafood with herbs (Pad Cha Talay)
- Thai layer cake (Kanom Chan)

## TUESDAY

- Jungle curry paste (prepare) (Nam Phrik Gaeng Pah)
- Jungle curry chicken (Gaeng Pah Gai)
- Stuffed cucumber soup (Gaeng Jued Tang Gua Yud Sai)
- Mixed mushroom salad (Yum Hed)
- Thai fried rice (Khao Pad)
- Deep fried fish with green mango salad (Pla Grapong Tord Nam Pla)
- Yellow curry crab (Poo Pad Phong Ka Ree)
- Crispy lotus blossoms (Kanom Kok Jok)

## WEDNESDAY

- Tay pho curry paste (prepare) (Nam Phrik Gaeng Tay-Pho)
- Tay pho curry with pork belly & morning glories (Gaeng Tay-Pho)
- White turmeric spicy salad (Yam Ka Min Khao)
- Sliced grilled spicy pork salad (Nam Tok Moo)
- Chicken baked in soy sauce with Chinese kale (Gai Ob Tao Jiew)
- Smoked dry fish in hot and spicy soup (Tom Klong Pla Krob)
- Stir fried young green chilies with chicken (Gai Phad Prik Orn)
- Shrimp cakes with plum sauce (prepare) (Tord Mon Goong)

## THURSDAY

- Northern curry paste (prepare) (Prik Gaeng Hung Lay)
- Northern curry with pork (Gaeng Hung Lay Moo)
- Spicy egg salad with bacon (Yum Kai Dao Bacon)
- Deep fried prawn & herbs salad in taro basket (Goong Thod Katong Pheuak)
- Southern style fried chicken (Gai Thot Had Yai)
- Stir fried fish with Chinese celery (Pla Pad Kun Chai)
- Baked prawns & mung bean noodles (Goong Oob Wun Sen)
- Sweet potato balls (Kanom Kai Nok Ka Ta)

## FRIDAY—VEGETARIAN DAY

- Learn to make tofu + soymilk
- Green curry paste (vegetarian) (Nam Prik Gaeng Kheao Wan)
- Green curry with tofu (Gaeng Kheao Wan Tao Hu)
- Tofu salad (Laab Tofu)
- Fresh spring rolls + spicy chili dip (prepare) (Por Pia Sod)
- Stir fried mixed vegetables (Pad Pak Ruam Mit)
- Stir fried tofu with cashews (Tao Hu Pad Med Ma-Muang Him Mak Pan)
- Water chestnuts in coconut syrup (Tub Tim Grub)

## WEEK 4

## MONDAY

- Yellow curry paste (prepare) (Nam Prik Gaeng Ka Ri)
- Yellow curry with chicken (Gaeng Ka Ri Gai)
- Papaya salad (Som Tam)
- Hot & sour prawn soup (Tom Yum Goong)
- Grilled marinated pork with spicy dipping sauce (prepare) (Kor Moo Yang)
- Deep fried fish with turmeric (Pla Thod Khamin)
- Stir-fried squid with salted egg yolks (Pla Meuik Pad Kai Kem)
- Thai chili paste (prepare)

## TUESDAY

- Southern curry paste (prepare) (Prik Gaeng Kua Kling)
- Stir fried pork with southern curry (Kua Kling Moo)
- Spicy minced chicken salad (Laab Gai)
- Crispy roasted pork belly (Moo Krob)
- Barbecued pork served with rice (Khao Moo Dang)
- Deep fried chicken wings with sesame (Peek Gai Thot Nga)
- Steamed or deep fried tofu & prawn sauce (Tao Hu Song Khuang)
- Thai coconut cake (Kanom Ba Bin)

## WEDNESDAY

- Hot & sour tamarind curry paste (Nam Phrik Gaeng Som)
- Hot & sour tamarind curry with fish & vegetables (Gaeng Som Pla Pak Ruam)
- Fresh spring rolls + 5 spice sauce (Por Pia Sod)
- Deep fried boiled egg with tamarind sauce (Khai Look Khei)
- Shrimp with spicy lemongrass salad (Yam Ta Khai)
- Stir fried noodles Phuket style (Kuay Teow Phuket)
- Fried fish with chili sauce (prepare) (Pla Rad Pik)
- Mung bean Thai custard (Maw Kaeng Tua)

## THURSDAY

- Cucumber salad with boiled egg and prawn (Yum Tang Gwa Goong Sod)
- Stir fried chicken with yellow curry powder & pineapple (Kai Pad Sapparot)
- Crispy fried morning glories (Yam Pak Boong Grob)
- Hot and sour soup with turmeric (Kai Tom Kamin)
- Braised spareribs in pineapple sauce (Moo Oob Sapparod)
- Deep fried fish in 3 flavor sauce (Pla Thod Sam-Rod)
- Crispy golden cup (Krathong Thong)
- Sweet taro with coconut filling (Takoh Pheuak)

## FRIDAY

- Vegetable soup paste (prepare) (Nam Phrik Kaeng Leang)
- Vegetable soup (Kaeng Leang)
- Grilled chicken salad (Yam Gai Yang)
- Grilled pork sirloin with lemongrass (Moo Yang Takrai)
- Pork belly with spices (Moo Hong)
- Stuffed chicken wings (Bpeek Gai Yut Sai)
- Red curry with pork and long beans (Pad Prik Gaeng Moo Thua Fak Yao)
- Deep fried fish in red curry (Pad Ped Pla Thod Krob)