

**BANGKOK THAI COOKING ACADEMY**  
**4 WEEKS PROFESSIONAL THAI COOKING COURSE**  
**2 WEEKS ASIAN CULINARY COURSE**  
**6 WEEKS PAN-ASIAN COURSE (COMBINED)**  
**THAI: WEEK 1**

**MONDAY**

- Red curry paste (prepare) (Nam Prik Gaeng Phet)
- Red curry with roast duck (Gaeng Phet Ped Yang)
- Golden bag (Tung Thong)
- Grilled duck Thai style (Pad Yang)
- Fried sweet noodles with pork (Pad See Eew Moo)
- 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)
- Pineapple fried rice (Khao Pad Sapparot)
- Sweet & sour vegetables with pork (Pad Preaw Wan Moo)
- Stir-fried morning glories (Phad pak Bung Fai Daeng)

**WEDNESDAY**

- Thai fish cakes + sweet cucumber dip (prepare) (Tord Man Pla)
- Steamed curried seafood (Hor Mok Talay)
- Glass noodle salad (Yam Wun Sen)
- Stir fried eggplant with minced chicken (Pad Ma Kau Yaw)
- Thai grilled pork (Moo Ping)

**THURSDAY**

- Boat noodles with pork (Kuay Teow Rua Moo)
- Noodles in clear pork soup (Kuay Teow Moo)
- Roselle tea
- Thai milk tea
- Thai coffee tea
- Lemongrass Tea

**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)
- Crispy egg noodles in gravy (Ba Mee Krob Rad Na)
- Spicy egg salad (Yum Kai Dao)
- Stir-fried clams with Thai chili paste (Hoi Laai Pad Nam Prik Phao)

## THAI: 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 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)
- Winged bean salad (Yam Tua Plu)
- 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)

### WEDNESDAY

- Chicken satay + peanut sauce (prepare) (Gai Satay)
- Fried green papaya salad (Som Tam Tod)
- Tom yum fried rice (Khao Pad Tom Yum)
- Authentic Thai grilled chicken (Gai Yang)
- Steamed rice with chicken & mushrooms (Khao Oob Peuk)

### THURSDAY

- Hot & sour spareribs soup (Tom Sab Si-Krong Moo)
- Thai suki yaki seafood (Suki Talay)
- Stir fried shrimp with asparagus (Goong Pad Nor Mai Farang)
- Steamed sea bass with lime sauce (prepare) (Pla Kaphong Neung Manow)
- Spareribs garlic (Si-Khrong Moo Thod Kra Tium)

### FRIDAY

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

## **THAI: WEEK 3**

### **MONDAY**

- Massaman curry paste (prepare) (Nam Prik Gaeng Massaman)
- Massaman curry with chicken (Gaeng Massaman Gai)
- Chicken in coconut milk soup (Tom Kha Gai)
- Deep fried shrimp in tamarind sauce (prepare) (Goong Thord Lad Sood Makham)
- Stir fried chicken with cashews (Gai Pad Med Ma-Muang)
- Chicken baked in soy sauce with Chinese kale (Gai Ob Tao Jiew)

### **TUESDAY**

- Jungle curry paste (prepare) (Nam Phrik Gaeng Pah)
- Jungle curry chicken (Gaeng Pah Gai)
- 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)
- Stir-fried minced pork with spicy basil (Pad Kra Pao Moo)

### **WEDNESDAY**

- Tay pho curry paste (prepare) (Nam Phrik Gaeng Tay-Pho)
- Tay pho curry with pork belly & morning glories (Gaeng Tay-Pho)
- Sliced grilled spicy pork salad (Nam Tok Moo)
- Stir fried young green chilies with chicken (Gai Phad Prik Orn)
- Shrimp cakes with plum sauce (prepare) (Tord Mon Goong)
- Stir-fried chicken with ginger (Gai Pad Khing)

### **THURSDAY**

- Northern curry paste (prepare) (Prik Gaeng Hung Lay)
- Northern curry with pork (Gaeng Hung Lay Moo)
- Southern style fried chicken (Gai Thot Had Yai)
- Spicy seafood with herbs (Pad Cha Talay)
- Baked prawns & mung bean noodles (Goong Oob Wun Sen)
- Sweet corn in tapioca & coconut milk (Sa Koo Piak Khao Pode)

### **FRIDAY—VEGETARIAN DAY**

- Learn to make tofu + soymilk
- Fresh spring rolls + spicy chili dip (prepare) (Por Pia Sod)
- Mixed mushroom salad (Yum Hed)
- Stir fried mixed vegetables (Pad Pak Ruam Mit)
- Steamed tofu with mushroom sauce (Tao Hu Song Khuang)

## THAI: 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 dip (prepare) (Kor Moo Yang)
- Deep fried fish with turmeric (Pla Thod Khamin)

### 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 fish sauce (Peek Gai Thot Nam Pla)

### WEDNESDAY

- Hot & sour tamarind curry paste (prepare) (Nam Phrik Gaeng Som)
- Hot & sour tamarind curry with fish & vegetables (Gaeng Som Pla Pak Ruam)
- Deep fried boiled egg with tamarind sauce (prepare) (Khai Look Khei)
- Shrimp with spicy lemongrass salad (Yam Ta Khai)
- Fried fish with chili sauce (prepare) (Pla Rad Pik)
- Water chestnuts in coconut syrup (Tim Tub Grub)

### THURSDAY

- Stir fried chicken with yellow curry powder & pineapple (Kai Pad Sapparot)
- Crispy fried morning glories (Yam Pak Boong Grob)
- Grilled pork sirloin with lemongrass (Moo Yang Takrai)
- Braised spareribs in pineapple sauce (Moo Oob Sapparot)
- Deep fried fish in 3 flavor sauce (Pla Thod Sam-Rod)

### FRIDAY

- Vegetable soup paste (prepare) (Nam Phrik Kaeng Leang)
- Vegetable soup (Kaeng Leang)
- Grilled chicken salad (Yam Gai Yang)
- Stuffed chicken wings (Bpeek Gai Yut Sai)
- Deep fried fish in red curry (Pad Ped Pla Thod Krob)
- Stir-fried chicken with spicy herbs (Pad Khee Mao Gai)

**ASIAN: WEEK 1**  
**KOREAN & JAPANESE CUISINES**

**KOREAN--**

**MONDAY**

- Spicy & fermented napa cabbage (Kimchi)
- Spicy bibimbap sauce
- Mixed rice with beef and vegetables
- Spicy stir-fried squid
- Black bean noodles

**TUESDAY**

- Stir-fried chicken with spicy sauce
- Spicy silky tofu soup
- Seafood pancakes
- Stir-fried rice cake with spicy sauce
- Fried chicken

**JAPANESE—**

**WEDNESDAY**

- Soup stock
- Miso soup
- Tempura sauce
- Tempura
- Udon noodles
- Udon noodles soup

**THURSDAY**

- Chicken curry
- Savory pancakes
- Teriyaki sauce
- Chicken teriyaki
- Grilled chicken

**FRIDAY**

- Sushi vinegar & rice
- Japanese omelette
- Nigiri sushi
- Hosomaki sushi
- Futomaki sushi
- Uramaki sushi

## ASIAN: WEEK 2

### VIETNAMESE & CHINESE CUISINES

#### VIETNAMESE—

##### **MONDAY**

- Vietnamese noodles soup (Pho)
- Shrimp with sugar cane
- Vietnamese dip
- Pickled daikon & carrots
- Fresh spring rolls

##### **TUESDAY**

- Nam Neung dipping sauce
- Grilled pork sausages with rice paper
- Garnishing and assembly of Nam Neung
- Crispy pancakes
- Vietnamese-style steamed fish fillet

##### **WEDNESDAY**

- Grilled pork with noodles
- Dipping fish sauce
- Fried spring rolls
- Braised pork
- Vietnamese dumplings

#### CHINESE—

##### **THURSDAY**

- Sweet & sour vegetables with pork
- Stir-fried egg noodles with vegetables
- Steamed Chinese dumplings (Shumai)
- Stir-fried beef and kale
- Stir-fried fish with celery

##### **FRIDAY**

- Chinese dumplings (Jiaozi)
- Chinese fried rice
- Pineapple shrimp ball
- Mapo tofu
- General Tsao's chicken