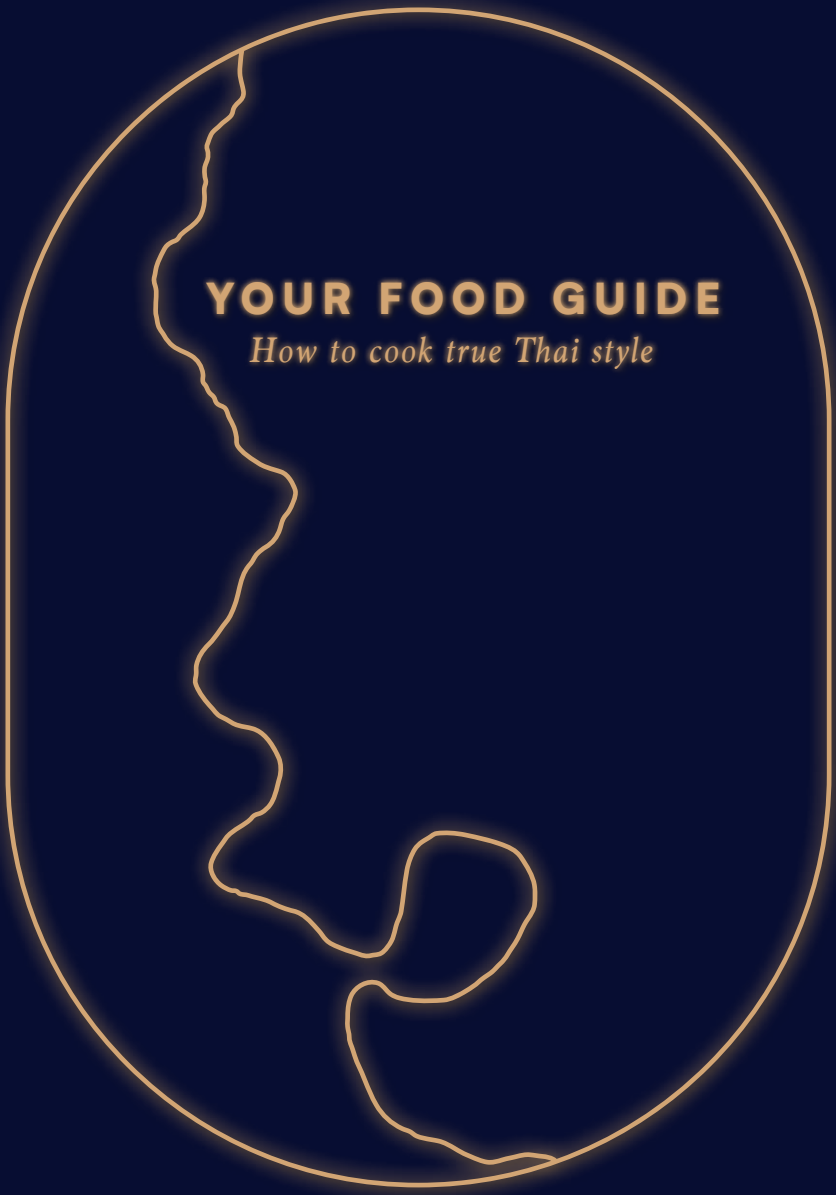
YOUR FOOD GUIDE

How to cook true Thai style



THAI DINING

CHAOPHRAYA

SAWASDEE KA!

HELLO!

Welcome to Chaophraya (chow-pry-ä)

Our goal for today is simple: to make you fall in love with Thai cooking and culture as much as we have. We do continuous research, across the whole of Thailand, to find only the best recipes and ingredient combinations that we can share with you, our guest.

Our traditional Thai cooking schools are here for you to learn more about not only the way our dishes are prepared but also about the culture behind them.

We firmly believe that if you don't put love and care into your recipes then the taste of the dish you cook will not be as it should.

Every Thai dish incorporates at least two of the four essential flavours of Thai cuisine – sometimes all four. One flavour may be dominant, but the others will be there too.

FOUR ESSENTIAL FLAVOURS



SWEET SALTY SPICY SOUR

We hope that you enjoy your class and if we can do anything at all to help, please do not hesitate to ask.

Happy cooking!

YOUR DAY

We are here to teach you all you need to know about the essentials of Thai cuisine. You will find an apron to use throughout the day as well as at home.

YOUR STATION

Your workstation is your haven! Please familiarise yourself with the cooking utensils provided and ensure you are aware of the cooks around you. Be careful when handling pans and use a dry cloth when necessary. If you have a spillage or breakage let us know, we're always here to help with any questions you may have.

HAND-WASHING

Please ensure you wash your hands, with the sanitising products provided, before and throughout the preparation and cooking process.

ALLERGENS

You should have already provided us with all allergen information, if you haven't done so, please inform your tutor before commencing cooking.

We follow best practice procedures in our kitchens and take steps to minimise the risks of foods coming into contact with other food products, including allergens. However, due to the presence of ingredients that contain allergens that are routinely used in our kitchens, and that normal operations may involve shared cooking and preparation areas, we can never guarantee that a dish is completely free from any allergens / specific ingredients.



DUMPLINGS
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INGREDIENTS

- 3-4 pieces of wonton pastry
- 100g prawns
- 50g chicken
- ½ egg
- 1 tsp potato starch
- 2 tsp soy sauce
- 10g spring onion
- 10g coriander
- ⅓ tsp ground white pepper

FOR THE SAUCE

- 30ml white vinegar
- 80ml caster sugar
- ½ tsp salt
- 30ml Healthy Boy soy sauce
  (this is a lighter Thai sauce)
- 50ml Kikkoman soy sauce
  (this is a concentrated Japanese sauce)
- 10g ginger
- 10g spring onion

TO GARNISH

- Banana leaf | • Crispy garlic | • 3 flowers

SERVES 2

DUMPLING FILLING

1. Add minced pork and prawns into a large mixing bowl then add potato starch and mix the ingredients well, slam the mixture repeatedly onto the side of a bowl until the texture becomes doughy.

2. Add the rest of the ingredients and continue with the same technique until well incorporated.

3. Refrigerate for 30 minutes.

4. Now the wrapping! Lay a sheet of wonton pastry on your palm, add 1 heaped tsp of the dumpling filling and press it down the middle of the wonton pastry.

5. Put the tip your thumb and index finger together like an OK shape, this will help your dumpling mould into shape.

6. Use your hand to gently squeeze the middle/bottom of the dumpling then use a spoon to flatten the top. Now leave to one side.

7. Now we're steaming! Brush or spray a little oil on the bamboo steamer. You can also use an electric steamer.

8. Bring water to boil, if you're using a bamboo steamer, fill water level at least 5 cm below the bottom of the bamboo.

9. Place fresh dumplings 1cm apart from each other.

10. Steam for 8-10 minutes.

11. Serve with fried garlic, chopped spring onion and sweet soy sauce. Enjoy!

SAUCE

1. Boil all the ingredients on a low heat excluding dark soy sauce until the ginger has infused and sugar has dissolved.

2. Add dark soy sauce and continue to simmer.

3. Wait until sauce thickens and it is perfect for dumpling dunking!



FUN FACT:
Our traditional recipe is made for and served to the Thai royal family.

MASSAMAN CURRY

แกงมัสมั่น

One of the top three best-sellers at Chaophraya! This delicious recipe brings all the flavour you need for a tasty Thai dinner. Most ingredients can be found in most supermarket's world food section or in your local Asian supermarket.

INGREDIENTS

- 100g Massaman curry paste*
- 3 tbsp oil
- 300g of diced chicken breast
- 300ml coconut milk
- 100g white potatoes
- 100g peeled whole shallots
- 4 cardamom pods
- 30g roasted cashews
- 50g palm sugar
- 1 cinnamon stick *(20g)*
- 2 star anise
- 2 bay leaves
- 2 tbsp fish sauce *(or to taste)*
- 1 tbsp tamarind paste *(or to taste)*
- 1 tbsp fried onion

CURRY PASTE INGREDIENTS

- 1 ½ tsp coriander seeds
- ½ tsp cumin seeds
- 4 cardamom seeds
- 4 cloves whole
- 1 mace whole
- 1 nutmeg whole without shell
- ½ cinnamon stick *(2" length)*
- 12 large dry seeded red spur chillies
- ½ tsp white pepper
- 1 tbsp diced galangal
- 2 lemongrass stalks, thinly sliced
- 1 tsp kaffir lime peel

(if not available, use kaffir lime leaves)

- 1 tbsp of coriander roots or stems
- 6–7 cloves of garlic peeled
- 5 tbsp of finely diced shallots or red onions
- 1 tsp shrimp paste

(if vegan, leave out)

SERVES 2

CURRY PASTE

1. Dry roast the dry spices without dry chillies, cumin and coriander seeds in a pan on medium heat until fragrant (2-4 minutes) then add cumin and coriander seeds continue for 30 seconds. Take off the heat and leave to one side.

2. Dry roast the fresh herbs in a pan on medium high heat until fragrant. Leave to one side and do the same with the dry red chillies.

3. Add all roasted dry spices to a stone pestle and mortar then grind to a powder. Leave to one side.

4. Put the chillies in the mortar and pound then add the rest of the ingredients, starting from hardest and driest and working up to softest at the end.

5. Then, add the dried spice powder back in and the shrimp paste and mix well.

BRING IT ALL TOGETHER...

1. Cut the potatoes and onions into bite-sized pieces.

2. Add the oil to the pan and turn on to medium-high. Fry the curry paste until fragrant, about 3-4 minutes. Keep stirring to avoid burning.

3. Add the onions and fry. Then add the chicken and fry for an additional 2-3 minutes.

4. Heat the coconut cream slowly and add the palm sugar until melted.

5. Simmer until the oil separates for around 2-3 minutes. You'll see red oil starting to float to the top.

6. Add the potatoes and simmer for a few minutes.

7. Add the cinnamon, cardamom seeds and bay leaves then mix well.

8. Simmer and stir for 15-20 minutes until the mixture browns and a good deal of oil comes to the top. If the curry starts to dry, add some water.

9. Add the fish sauce, palm sugar and tamarind paste to your taste at the end.

SERVE WITH JASMINE RICE AND ENJOY!

KHOP KHUN KHA

THANK YOU

We hope you take your kitchen skills away with you today
and try your hand at cooking our recipes once again, at home.

You can keep, share and use these recipes — just don't lose them!

We look forward to welcoming you back to Chaophraya very soon.

For now, happy cooking!

Team Chaophraya