

Food of The World - Korea & Laos

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The best food recipes from Korea & Laos.

Korea



Kuljon (Oysters Fried in Egg Batter)

Ingredients

- 2/3 lb. oysters
- 1/2 cup flour
- 2 eggs
- 10 ginkgo nuts
- ginger juice
- salt
- black pepper
- parsley
- MSG (optional)

Directions

1. Buy fresh, large oysters. Wash them in salt water, remove the shells and drain.
 2. Sprinkle the clean oysters with the black pepper and ginger juice.
 3. Dip the oysters into flour and then into the beaten egg. Fry them in a hot oiled pan.
 4. Stir-fry the shelled ginkgo nuts with salt and peel off the skin.
 5. Arrange the fried oysters in a dish and garnish with the ginkgo nuts and parsley.
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Khal Bi

(Korean Barbecue Meat)

Yield: 1 servings

Ingredients

- **4 lb Short Ribs**
- **1/2 c Shoyu**
- **1 tb Sugar**
- **1 ds Black pepper**
- **2 Cloves Garlic;finely chopped**
- **1 tb Honey**
- **1 1" cube ginger;finely sliced**
- **2 Stalks green onion;fine chop**
- **1 ts Sesame oil**



Directions

Slice meat 1/8 inch away from bone, leaving bone attached. Crisscross meat to break fibers and allow marinade to penetrate. Combine sauce ingredients and marinate meat for a minimum of 1 hour. Broil or barbecue to desired doneness.

Bulgogi

(Yield: 6 servings)

Ingredients

- **2 lb Beef sirloin, lean**
- **4 T Light soy sauce**
- **2 T ;water**
- **2 T Scallion; minced**
- **1 Garlic clove; minced**
- **3 T Soy sauce, dark**
- **1 T Sesame oil**

- 1 ts Black bean paste
- 1 T Sugar
- 1/4 ts Cayenne pepper
- 1/2 ts Ginger; freshly grated
- 1 1/2 ts Sugar
- 1 T Sesame seed, toasted*
- 1 T Oil

-----BULGOGI SAUCE-----

- Tabasco; to taste
- Salt; to taste
- 1 Garlic clove; crushed
- 1 ts Sesame seed, toasted*
- 1 ts Scallion; minced
- 1 T Oil

* TOASTED SESAME SEED: Place 1 cup sesame seed and 1 teaspoon salt in a skillet, brown seeds slowly until they are toast-colored and puffed. Stir constantly while toasting. Remove from heat and allow to cool. Pulverize seeds in a mortar or a blender. Store in a tightly capped bottle.



Directions

Cut beef into very thin strips and pound to flatten; then cut into medium size squares. Combine all the other ingredients. The marinade, as the name of the dish implies, should be quite fiery. Mix meat and marinade and set aside for 4 to 5 hours, or longer if refrigerated. Broil very quickly over hot charcoal, dip in Bulgogi sauce (next recipe) and serve immediately with white rice.

NOTE:

The marinated beef can also be fried in hot peanut oil for just a few minutes. Crush garlic with sugar and salt to make a smooth paste. Combine with remaining ingredients. Dip broiled or fried beef slices in the sauce.



Chap Jae

Ingredients

- 1/2 lb. finely ground beef or pork
- 1/2 lb. cellophane noodles
- 1/2 bunch spinach (about 1 1/2 cup when cooked)
- 10 mushrooms, fresh or dried
- 1/2-1 onion chopped
- 1-2 carrots, shredded or finely slivered
- 1 tablespoon sesame seed
- 2 tablespoons sesame oil
- 1/4 cup soy sauce
- 2-4 tablespoons sugar
- 1/2 teaspoon MSG (optional)
- 2 cloves garlic, crushed & finely chopped
- Salt and pepper to taste
- Cooking oil



Directions

1. Fry meat in small amount of cooking oil until done and set aside.
2. Cook noodles in boiling water, test for tenderness. They should be soft but firm. Rinse noodles in cold water when done.
3. Cut noodles to 3 or 4 inch lengths.
4. Cook spinach in boiling water, drain, rinse in cold water and drain again. Cut into bite size pieces and set aside.
5. If dried mushrooms are used, wash well and soak in warm water for 15 minutes. If fresh, wash well.
6. Chop mushrooms into small pieces.
7. Over medium heat in wok or frypan, heat some cooking oil and stir-fry mushrooms, onion and carrots until barely tender.
8. Add meat, noodles, spinach and more oil if needed to prevent sticking.
9. Stir and cook, adding sesame seeds, sesame oil, soy sauce, sugar, MSG, garlic, pepper and salt. Taste as you cook and mix in seasonings, adjusting them to taste.
10. Heat just long enough to heat ingredients and blend flavors.

Makes about 6 servings.

Korean BBQ Chicken

(Yield: 1 servings)

Ingredients

- 1/4 c Sesame seeds
- 1/4 c Corn oil
- 1/4 c Soy Sauce
- 1/4 c Dark Corn Syrup (Karo)
- 1 ea Small onion, sliced
- 1 ea Clove garlic, crushed
- 1/4 ts Pepper
- 1/4 ts Ginger, ground
- 1 ea Broiler-Fryer Chicken (cut -into pieces)



Directions

In a shallow baking dish stri together the first eight ingredients. Add chicken, turning to coat. Cover and refrigerate, turning once, at least three hours.

Grill over low coals, turning and basting frequently, about 50 minutes.

Chapche Mixed Vegies with Beef

Mixed vegetables with beef ("*chapche*") is usually made when there are some celebration or party. But it is easy to make and now is served in any time people want.

The dishes contains seasoned beef, vegetables, and noodles. Its taste is sweet and very special.

Ingredients

- 5 oz lean beef
- A: 2 T soy sauce, 1 T sesame oil, 1 t sugar, 1/2 cooking wine.
- Crushed garlic, roasted sesame seeds, finely chopped green onion
- 1 3/4 oz bean threads, 1 green onion, 4 dried mushrooms, soaked in water, 1 oz carrot, 1/3 oz dried cloud ear mushrooms, soaked in water.
- 1 green pepper, 2/3 t salad oil, salt and pepper.
- B: 1 t roasted sesame seeds, 2/3 t soy sauce, 1/2 t sugar
- 1/3 t sesame oil, crushed garlic, pepper, MSG



Directions

1. In salted boiling water, cooked bean threads 3- 4 minutes until transparent.
2. Drain and cut into 2 1/2 inch length.
3. Cut beef and make it into strips.
4. Combine A and add beef to marinate.
5. Slice green onion diagonally.
6. Cut mushrooms into strips.
7. Cut ear mushrooms into bite size pieces. Cut carrot and green pepper into the strips.
8. Heat salad oil and add green onion. Cook briefly and seas on with salt and pepper. In the same manner cook all vegetables.
9. Heat salad oil and cook beef strips.
10. Combine B. Add bean threads and mix well.
11. Add vegetables and beef. Mix and serve it.

Bibimbap

Vegies and Beef on Rice

("bibimbap") is made from cooked rice mixed with bits of meat, seasoned vegetables, and egg. If desired, it can be eaten with "kochujang".

Ingredients

- 1 cup cooked rice
- 1 oz beef
- 1 oz each radish and carrot, spinach, soybean sprouts and fiddlehead, seasoned
- salad oil
- For marinate: 1/2 T soy sauce, 2/3 T sesame oil, 1/4 t sugar, 1/4 cooking wine.

Directions

1. Cut beef into strips and marinate 5 minutes. In hot oil cook briefly; set aside. Place hot cooked rice in a bowl.
2. Arrange 4 kinds of seasoned vegetables on rice. Place beef too.
3. Heat oil and drop egg and cook.
4. Place fried egg on top of beef. Serve with "kochujang" and sesame oil.



Chaeyuk Kui Pork Roast

Yield: 4 servings

Ingredients

- 1/2 lb Pork shoulder or other lean- -pork
- 2 ea Scallions
- 1 ea Cloves garlic
- 1 tb Sesame oil
- 1 tb Sesame seeds
- 1 tb Sugar

- Dash black pepper
- 4 tb Kochu chang

Directions

This dish is fairly spicy: it gets its highly seasoned flavor from kochee chang (Red Bean Paste, found in many Oriental food stores. If it is not available, Japanese miso sauce may be substituted). Although the amount indicated is recommended, it is possible to use a little less.

1. Cut the pork into 4 or 5 slices about 1/4 inch thick.
2. Mince the scallions. Mince or crush the garlic. Combine both ingredients with the remaining seasonings in a bowl. Add the pork slices and mix well until all sides of the pork are coated.
3. Grill immediately or marinate until ready to serve. It is important that the pork be well done; the outside should be dark, almost charred. A charcoal, an electric or an oven grill may be used.

Korean Beef Sticks

Serving Size : 6

Ingredients

- 1 lb Boneless beef sirloin steak, -1/2" thick
- 1/4 c Soy sauce
- 1 tb Toasted sesame seeds
- 1 tb Water
- 2 ts Sugar
- 1/2 ts Tabasco sauce
- 1 Clove garlic, pressed
- Bamboo skewers

Directions

Slice beef into 1/4" thick strips, each about 4-5" long. Thread onto bamboo skewers, keeping meat as flat as possible. Arrange skewers in large shallow pan. Blend soy sauce, sesame seed, water, sugar, pepper sauce and garlic, stirring until sugar dissolves. Pour mixture evenly over skewers; turn over to coat all sides. Let stand 30 minutes, turning skewers over occasionally. Remove skewers from marinade; place

half on flat microwave-safe plate. Microwave on High 30 seconds. Turn skewers over and bring skewers from outside of plate to center. Microwave on High 30 seconds (for rare), or to desired degree of doneness. Repeat procedure with remaining skewers.

Serves: 6

Chen Ya Korean Meat Fritters

Serving Size : 4

Ingredients

- 2 lb Sirloin tip steak
- 3 Sprigs green onion, minced
- 2 tb Sesame seed oil
- 2 ts Sesame seeds
- 1/2 c Soy sauce
- 1 Clove garlic, minced
- 1 Dash of black pepper
- 5 Eggs

Directions

Slice meat 3"x4"x1/4" thick. Combine all other ingredients except eggs and soak meat in sauce for one hour. Flour meat, dip in slightly beaten egg, and fry over medium heat until brown. Serve hot with sauce. Sauce: 2 tbsp. soy sauce 1 tsp. chopped green onion 1 tsp. sesame seeds 1 tsp. vinegar 1 tsp. sugar Mix all ingredients together.

Jeot Khal Spiced Whitebait

Serving Size : 4

Ingredients

- 8 oz Whitebait Or Other Very Tiny - Whole Fish

- 3 Egg Whites
- 3/4 ts Salt
- 1 tb White Sesame Seeds, Finely - Ground
- 1 1/2 ts Chili Powder
- Oil For Deep-Frying
- 2 tb Sesame Oil

Directions

Wash the fish and dry thoroughly. Beat the egg whites, then blend in the salt, ground sesame seeds and chili powder.

Heat the oil to moderately hot. Dip the fish into the egg white mixture, then drop into the hot oil and deep-fry until golden brown and crisp. Lift out with a spoon and drain well on paper towels. (The fish can be stored, when cool, in an airtight container.)

Just before serving, heat the sesame oil in a wide skillet to very hot. Add the fish and fry, stirring frequently, until heated through and crisp. Serve at once.

Stir-Fried Cucumbers And Beef

Serving Size : 4

Ingredients

- 4 sm Cucumbers
- 5 1/4 oz Lean beef
- 1 t Salt
- 1 tb Salad oil
- -----MIXTURE A-----
- 1/4 ts Crushed garlic
- Salt and pepper
- -----MIXTURE B-----
- 1 tb Finely chopped green onion
- 1 t Roasted sesame seeds
- 1 t Sesame oil
- 1/2 ts Soy sauce
- 1/2 ts Ground chili pepper
- 1/4 ts Salt
- -----GARNISH-----
- Chili pepper -- shredded

Directions

Cut off both ends of cucumbers and slice thinly.

In a bowl place the cucumbers and sprinkle with 1 teaspoon salt; let stand 5-10 minutes.

When cucumbers are flexible, wrap in a cloth or paper towel and squeeze out water.

Cut beef into julienne strips.

Heat salad oil. Quickly stir-fry beef over high heat and season with Mixture A.

Add cucumber slices and stir-fry briefly. Season with Mixture B. Transfer to serving plate and garnish with shredded chili pepper.

Cheon Seafood And Vegetable Omelet

Serving Size : 4



Ingredients

- 8 lg Shrimp
- 8 lg Oysters
- 5 oz White meat fish fillets - (such as cod swordfish)
- 6 oz Firm tofu
- 4 oz Pumpkin
- Salt and pepper
- 1/2 c Flour, for dusting
- -----BATTER-----
- 2 Eggs
- 1 Egg yolk
- 1 t Salt
- 1 t Crushed garlic

- MSG (optional, of course)
- Pepper
- -----FOR FRYING-----
- Salad oil

Directions

Shell shrimp. Cut open along the back, and devein. Wash oysters in salted water and pat dry. Cut fish fillets into 1/4 inch slices.

Wrap tofu in a cloth and top with a chopping board; let stand to drain, 30 minutes. Cut into 1/2 inch thickness. Cut pumpkin into thin slices.

In a bowl, mix batter ingredients. Lightly dust seafood and vegetables with flour. Shake off excess flour. Heat oil in a skillet. Dip ingredients into batter and place in skillet. Cook both sides.

When cooking, press out water using fork. Arrange on serving plate and serve with vinegared soy sauce.

Shin Sul Ro Korean Hot Pot

Yield: 6 servings

Ingredients

- 8 oz Beef Or Calves Liver
- 8 oz Prepared Tripe
- 4 oz Lean Beef Rump Or Fillet
- 4 oz Lean Ground Beef Or Pork
- Salt And Black Pepper
- 1 Egg Light Soy Sauce
- 1 sm Carrot
- 6 Dried Chinese Black - Mushrooms, Soaked
- 8 c Rich Beef Broth
- 3 oz Can Bamboo Shoots, Drained
- 18 Canned Ginkgo Nuts, Drained
- 2 tb Pine Nuts, Optional
- 1 Fresh Red Chili, Shredded
- 3 Green Onions, Shredded

-----VINEGAR SOY DIPPING SAUCE-----

- 3/4 c Light Soy Sauce
- 1/4 c White Vinegar
- 1/4 c White Sesame Seeds, Toasted - And Ground
- 2 ts Finely Chopped Green Onions

Directions

This cook-at-the-table one-pot dish is served with a biting vinegar soy sauce dip. The meat and vegetables are eaten first; then the stock, well flavored by the ingredients and pepped up with chili, is served as a soup with a sprinkling of diced onions.

Very thinly slice the liver, sprinkle with salt and pepper and fry lightly in a little vegetable oil with a few drops of sesame oil until colored and sealed on the surface. Set aside.

Boil the tripe for 8 minutes in lightly salted water; drain and cut into narrow strips.

Cut the beef into thin slices. Pound with a meat mallet or the side of a cleaver and cut into small squares.

Mix the ground meat with the egg, adding salt, pepper and a few drops each of sesame oil and soy sauce. Form small meatballs with wet hands. Fry in a half-and-half mixture of sesame and vegetable oils until lightly browned.

Peel and slice the carrot. Drain the mushrooms and remove the stems. Bring the stock to the boil in a suitable vessel in the center of the table. Add the meat, vegetables and nuts and simmer gently for about 15 minutes. Spoon straight from the pot into small bowls with the vinegar soy dip.

When the meat and vegetables have been eaten, add the finely shredded chili and green onions to the remaining stock and serve in soup bowls.

Vinegar Soy Dipping Sauce: Mix all ingredients. The sauce keeps for several days in the refrigerator without the green onions, one day with the green onions added.

Korean Vegetable Dishes

Korean BBQ Tofu

Yield: 1 servings

Ingredients

- 1-1 1/2 lbs firm tofu
- 1/2 c Soy sauce
- 5 6 T sugar or sweetener
- 2 t Dry mustard
- 4 Cloves garlic or 1/2 tsp Garlic powder
- 2 t Onion powder
- a little water

Directions

Cut tofu in strips 1/2 inch thick and marinate for at least 2 hours, then fry and garnish with vegetables of your choice. I like to cut tofu in squares and throw in a vegetable stir-fry. Enjoy! -

Korean Bean Sprouts

Yield: 5 servings

Ingredients

- 1/2 lb Bean sprouts
- 1 ts Salt; or to taste
- 2 tb Sesame seeds, toasted
- 1/2 ts Garlic powder -Karen says: use REAL garlic
- 1 pn Cayenne pepper, optional
- 1/4 c Finely chopped green onions

Directions

Clean the bean sprouts. Drop into boiling water and boil 5 minutes. Drain well. Return to the pan. Stir in the salt, sesame seeds, sesame oil, garlic powder, cayenne, and green onions. Simmer 2 minute. Serve hot or cold.

Spinach Soup (Korean Malgun Sigumchi Kuk)

Serving Size : 4

Ingredients

- 1/2 lb Fresh spinach
- 1 Scallion
- 1 Clove garlic
- 4 c Water
- 1/2 lb Ground beef
- 1 t Soy sauce
- 1 tb Salt
- Dash pepper

Directions

1. Wash the spinach thoroughly and trim off the thick stems. Chop the scallion. Mince the garlic.
2. Bring the water to a boil. Add the meat and bring to a second boil. Skim off the froth. Add the spinach, scallion, garlic, soy sauce, salt and pepper. Lower the flame and simmer for 10 minutes. Serve immediately.

Korean-Style Cucumber Salad

Yield: 6 servings

Ingredients

- 3 lb Pickling cucumbers; peeled
- 1 md Onion; peeled
- 1 tb Kosher salt; plus...
- 1 ts Kosher salt
- 3 1/2 tb Lemon juice
- 1/4 ts Cayenne pepper (or more)
- 2 tb Crushed roasted sesame seeds
- 1 1/2 tb Sesame oil

Directions

Cut the cucumbers and onion into very fine slices (a food processor may be used for this). Sprinkle with salt, mix well, and set aside in a bowl for an hour.

Drain all the accumulated liquid and discard. Add the lemon juice, cayenne pepper (Koreans like this dish very hot), sesame seeds, and sesame oil. Mix well, cover, and refrigerate. Serve cold or at room temperature.

Hot Cucumbers Phreelee

Serving Size : 1

Ingredients

- **3 Cucumbers**
- **5 Chopped green onions**
- **4 large Cloves of garlic**
- **Sesame oil**
- **1/4 cup Soy sauce**
- **1/4 cup White vinegar**
- **1 teaspoon Korean chile powder -- (Mexican won't do, get from Asian food shop)**

Directions

Slice ends off the cucumbers and rub against the ends to get the bitterness out. (A white frothy paste will form). Peel cucumbers and slice in about 1/8th inch slices. Add finely chopped garlic and green onions.

Add approximately 1/4 cup soy sauce and 1/4 cup white vinegar with 1 tablespoon sesame oil. Add 1/4 teaspoons chile powder at a time and add more for taste. Marinate, chill and serve. Recipe can be doubled easily.

Bindaetuk Scallion Pancakes

(Yield: 8 pancakes)

Ingredients

- **2 tb Glutinous rice**
- **1 c Whole mung beans**
- **1 c Mung-bean sprouts**
- **2 Scallions; thinly sliced**

- 1/3 c Green pepper, chopped
- 1/3 c Finely chopped onion
- 1/4 ts Baking soda
- 2 ts Sesame oil
- 1 tb Sesame seeds -- toasted & lightly crushed
- 2 ts Japanese soy sauce
- 1 ts Salt
- 3/4 c Vegetable oil (about) -----DIPPING SAUCE-----
- 4 tb Japanese soy sauce
- 2 1/2 tb Rice vinegar
- 1 ts Sugar
- 1 tb Minced scallion
- 1 Garlic clove -- peeled and mashed

Directions

Wash and drain rice. Pick over mung beans; wash and drain. Place rice and beans in a bowl and cover with 5 cups of water. Let soak for 10 hours. Remove skins from beans by rubbing between your hands. Drain off floating skins now and then, replacing water with fresh water, until most all of the skins are removed and drained away. Drain off remaining water and blend rice and beans in a food processor until it becomes a thick paste. With machine running, gradually add 3/4 cup water to mixture; blend in thoroughly.

Blanch bean sprouts in boiling water for 2 minutes; drain. Squeeze out as much moisture as possible, then stir sprouts into the batter along with the scallions, green pepper, onion, baking soda, sesame oil, sesame seeds, soy sauce and salt. Mix well.

Have all cooking paraphernalia ready and at hand. You will need to have near your skillet: 1/4 to 1/2 cup of vegetable oil in a cup or bowl with a small spoon, a larger spoon to spread the batter, the bowl of batter with a 1/3-cup measuring scoop/cup, a metal spatula for turning the pancakes, and a plate on which to place the finished dosas after they are cooked.

Pour 1 teaspoon of oil into the skillet and tilt to distribute evenly. Heat the skillet over medium-low until oil is hot. Pour 1/3 cup of the mixture onto the center of the hot skillet. Use the large spoon to spread the batter in a spiral motion, until the pancake is about 6-7 inches in diameter. Turn pancake after 2-3 minutes and cook another 2-3 minutes on the other side. Remove pancake to plate and repeat with remaining batter, adding only enough additional oil to the skillet as needed to keep surface evenly greased. I found that about 1/2 to 3/4 teaspoon for each pancake was plenty, but your mileage may vary. **DIPPING SAUCE:** Mix together all ingredients and serve with hot Bindaetuk.

Seasoned Potatoes

Yield: 4 servings

Ingredients

- 2 md Potatoes
- 2 tb Soy sauce
- 2 ts Sugar
- 1 ts Minced garlic
- 2 ts Sesame seeds
- 1 To 2 ts sesame oil
- 4 tb Minced scallion

Directions

Peel potatoes and slice into match stick pieces, placing in cold water to prevent browning. Drain and place in saucepan with just enough water to barely cover potatoes. Bring to boil and cook just until tender, 3 to 4 minutes.

Meanwhile, in bowl, combine soy sauce, sugar, garlic, sesame seeds, sesame oil and scallion. Drain cooked potatoes well and add to soy sauce mixture, tossing well.

Serves 4.

Seasoned Spinach

Yield: 2 servings

Ingredients

- 10 Oz fresh small flat-leaf -spinach
- 2 tb Soy sauce
- 1 ts Sugar
- 1 1/2 ts Crushed sesame seeds
- 1 tb Sesame oil
- 1 tb Minced scallion
- 1 ts Vinegar (optional)
- Salt
- Red pepper threads -(optional)

Directions

Remove roots from spinach, if desired.

In bowl, combine soy sauce, sugar, sesame seeds, sesame oil, scallion and vinegar.

Bring large pot lightly salted water to boil. Add spinach, root ends first, and immerse only until leaves turn bright green. Drain and rinse immediately in cold water. Drain and squeeze out as much water as possible. Place spinach in bowl with soy sauce mixture and toss well.

Serve at once, topped with few red pepper threads, if desired. Serves 2.

Spinach (Korean Sigumchi Namul)

Yield: 4 servings

Ingredients

- 1 lb Fresh spinach
- 3 tb Soy sauce
- 2 tb Sesame oil
- 1 tb Sesame seeds
- 1 ea Clove garlic, crushed
- 1 tb Sugar
- 1 tb White vinegar
- Dash pepper

Directions

1. Wash the spinach. Steam until just tender and still green. Strain and squeeze out as much water as possible. Cut spinach very coarsely.

2. Combine the soy sauce, sesame oil, sesame seeds, garlic, sugar, vinegar and pepper. Mix into the spinach.

Variation: Season the spinach with Chang (meat sauce for vegetables).

Cucumber Salad (Korean Ol Namul)

Yield: 4 servings

Ingredients

- 3 ea Cucumbers
- 1 tb Salt
- 1 ea Clove garlic
- 1/4 ts Salt
- 1 ts Sesame seeds
- 1 ts Sesame oil
- 1/4 ts Cayenne pepper
- 1 ts Sugar

Directions

This simple cucumber salad is a pleasant accompaniment to a hot summer night. Small cucumbers are suggested; they are not quite as watery as the large ones nor do they require peeling.

1. Slice the cucumbers in circles. Sprinkle salt over the cucumber slices, mix well and let them stand for 30 minutes. Place the cucumbers in a damp cloth and gently but firmly squeeze out as much water as possible. The less watery the cucumbers, the better tasting the dish.

2. Crush the garlic, then combine it with the cucumbers, salt, sesame seeds, sesame oil, pepper and sugar in a bowl. Mix well.

Korean Bean Thread Sesame Noodles With Vegetables

Serving Size : 4

Ingredients

- 1 oz Chinese dried mushrooms
- 1/2 oz Chinese dried cloud ears

- 1/4 lb Bean thread noodles
- 2 oz Carrot
- 1 Green pepper
- 1 sm Onion
- 2 tb Peanut oil
- 1/2 c Water -----SAUCE-----
- 2 tb Light soy sauce
- 2 tb Dark soy sauce
- 3 tb Sesame oil
- 1 1/2 tb Sesame seeds
- 1 tb Finely chopped garlic
- 1 tb Sugar
- 1 t Freshly ground black pepper

Directions

Soak the dried mushrooms in warm water for 20 minutes until soft. Squeeze the excess liquid from the mushrooms and remove and discard the stalks. Cut the caps into shreds. Soak the cloud ears in warm water for about 20 minutes or until soft. Rinse them well in cold water and drain them thoroughly in a colander.

Soak the noodles in a large bowl of very hot water for 15 minutes. When soft, drain well. Cut the noodles into 3-inch lengths, using scissors or a knife.

Peel and finely shred the carrot. Finely shred the pepper and onion.

Heat a wok or large frying pan and add the oil. When moderately hot, add the mushrooms, cloud ears, carrot, onion, green pepper, and water and stir-fry for 5 minutes or until the carrots are cooked.

Combine the sauce ingredients and add them to the vegetables. Give the mixture a good stir, then add the noodles. Stir-fry the mixture for 2 minutes until well heated through. Serve at once or at room temperature.

Mom's Kim Chee (Made With Nappa Cabbage)

Kim Chee is a pickled salad/condiment type food served at virtually every Korean meal. It is often compared to sauerkraut. It can be made not only with nappa cabbage, but with types of radishes, greens, or cucumbers. It is salty, (spicy) hot, temperately cold, garlicky and tangy.

Here is a short cut version. My mom usually makes a bushel at a time. If you are new to kim chee, I doubt you would want to deal with that much on the first try. It is

a short cut version for a second reason which has to do with how the pepper paste/sauce is added to the cabbage. In the long version, not given, the pepper mixture is layered between whole leaves of quartered cabbage pieces. In this version the mixture is tossed like a salad instead. The seasonings are the same. **THERE ARE THREE MAJOR STEPS TO MAKING KIM CHEE: 1. Salting the cabbage 2. Making the pepper paste/sauce. 3. Combining the pepper with the cabbage and putting it into jars. YOU WILL NEED:**

- 1/2-1 c pickling salt
- 1 ea Head Nappa Cabbage
- 1 ea daikon raddish (one third to one half the size of the cabbage)
- 1 ea head of garlic, minced
- 1-2 Tb ginger, minced
- 2-8 Tb Korean red pepper flakes, or fresh hot red pepper to taste, or a combination.
- 2 ea green onions, julienned
- 1 tb sugar
- X A new pair of latex gloves are handy for handling hot pepper mixture.
- X A large bowl for soaking the cabbage in brine solution.
- X Large glass containers to put the finished kim chee into.
- X Especially handy for large batches is a food processor and/or a contraption for shredding vegetables into julienne strips.

Directions

First, the cabbage must be salted in brine solution. Cut the cabbage in half lengthwise. Then cut a second time lengthwise to form quarter cabbage chunks.

Mix the salt with enough water to cover all the cabbage in a large bowl.

Soak the cabbage in the brine solution, making sure that all parts are submerged. If they are not, you can restack the cabbage half way through the soaking process, moving bottom chunks to the top, and vice versa.

Leave the cabbage for 2-4 hours. At the end of this time, the cabbage should be wilted, supple, limp and salty in taste. (optional: A trick from my grandmother is to lightly salt each stalk of each leaf which is much thicker than the leafy part in order that the leafy part and stalk are evenly seasoned. So to do this you must rub pickling salt sparsely on each of the stalks. This is done midway through the soaking when the leaves are manageable wilted.)

Reserve some of the brine solution. Rinse the cabbage and then cut into bite size pieces about an inch and a half long and drain the cabbage. Discard the centre core.

In the mean time, prepare the daikon raddish and the pepper sauce/paste.

The daikon must either be shredded into julienne strips. Add to the daikon: red pepper flakes, red pepper, minced garlic, minced ginger, julienned green onion, salt to taste (1 Tbsp) and sugar, then toss. If you are using your hands, beware of the the hot pepper. This is where gloves come in handy.

Finally, thoroughly mix the pepper mixture with the cabbage by tossing. Then check for salt and red pepper and seasoning in general and adjust if necessary. Then pack into glass jars. The mixture should have a liquid sauce in the jar and more will form as it sits. It is important that the mixture is in a sauce. Should you need to add more liquid, take some reserved brine and rinse the final mixing bowl and add to bottles so that all the cabbage pieces are just submerged in liquid. You can keep a bottle outside for a day to help it ripen more quickly, otherwise store in the refrigerator, tightly capped.

The taste changes as it ripens. It is initially like a salad and then ferments to taste more sour. Kim chee compliments meals served with rice. It is a Korean staple. It is also good fried with butter or sesame oil, or stir fried with pork and tofu.

Korean Desserts

Samsaekchuak(삼색쪼약) (3-Color Sweet Cumplings)

Ingredients

- 5 cups glutinous rice
- 1 tbsp. salt
- 20 jujubes
- 2 tsp. cinnamon
- 1 tsp. honey
- food coloring(pink, green)
- 3 cups frying oil
- 1/2 cuphoney or syrup

Directions

1. Wash the glutinous rice and soak it in water. Drain, grind finely and sift. Divide the sifted rice into three equal parts.
2. Dissolve each food coloring separately in water.
3. Leave one-third of the rice flour white, add the food coloring separately to the other two parts of the rice flour. Add boiling water and knead each of them into

dough.

4. Pit the jujubes. Chop finely and mix them with the honey and cinnamon to make the filling.

5. Shape the dough into dumpling filling them with the jujube mixture.

6. Heat the frying oil to 340°F and deep-fry the dumplings.

7. When the dumplings are done, take them out of the oil, soak them in honey-water and serve.

Ttok'wach'ae(떡국) **(Rice-Cake Fruit Cup)**

Ingredients

- 1/2 cup glutinous rice flour
- 1/2 tsp. salt
- 2 1/2 cup water
- 1/2 cup sugar
- 1 knob ginger
- raisins, pine nuts
- 1 apple
- 1 plum
- 1 peach

Directions

1. Knead the rice flour, salt and hot water into a soft dough Shape the dough into ginkgo nut-sized pieces. Place some raisins and pine nuts on each piece and re-shape into round balls.

2. Boil the balls in boiling water and rinse them in cold water.

3. Boil the water with the sugar and ginger to make a syrup and let it cool. Then remove the ginger from the syrup. Slice the fruits into bite-sized pieces. Place the rice cake balls, fruit pieces in a bowl and pour on the syrup to serve.

Songpyon **(Half-Moon-Shaped Rice Cake)**

Ingredients

- 5 cups rice
- 1 tbsp. salt
- food colors

- 2 oz. mugwort
- 10 chestnuts
- 1/2 cup sesame seeds
- 10 jujubes
- 1 cup sweet bean flour
- 1 tsp. salt
- 2 tbsp. honey
- 2 tbsp. sesame oil
- 1/2 cup sugar

Directions

1. Wash the rice, soak it for a while and drain. Grind the soaked rice very finely adding salt and strain.
2. Peel the chestnuts, boil them and put through a sieve. Pit and chop the jujubes finely. Fry the sesame seeds and simmer the sweet bean flour with 1/2 cup sugar. Then mix each ingredient with salt and honey.
3. Divide the ground rice into three equal parts. Add the food color to one-third along with boiling water and knead it into dough. Add boiled chopped mugwort to the second part and knead. Add boiling water to the rest as it is and knead it into dough.
4. Fill the dough pieces with the #2 filling and shape them into half-moon-shape rice cakes.
5. Steam the half-moon rice cakes and brush them with the sesame oil.

Korean Sauces

Korean BBQ Sauce

Serving Size : 4

Ingredients

- 1 green onion -- finely chopped
- 1/2 cup soy sauce -- regular strength
- 2 tablespoons brown sugar, packed
- 2 tablespoons dark sesame oil -- or less
- 1 1/2 tsp sesame seeds -- ground
- 1 clove minced garlic -- or crushed
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon black pepper

- 1/4 teaspoon fresh ginger root -- minced
- 1/8 teaspoon msg -- optional

Directions

-Use mortar and pestle to grind seeds and peppers together to release oils. Grind minced (dry) garlic; or use (wet) crushed. Place all ingredients in a container with the meat you are going to use. Mix well. Makes about 3/4 cup. Marinate, covered, in refrigerator from 24 to 48 hours.

-Grill on gas grill, basting with sauce. About 20 minutes maximum. Expect to char the meat. Use grill's cover but check for fire often.

Serve with a fragrant rice (Jasmine or basmati); steamed shredded vegetables (zucchini and carrots); Thai cucumbers (1 Tbsp sweet vinegar and 2 ice cubes, pinch of mint, chilled).

Summer tradition! DOUBLE the sauce for standard package of ribs and baste and turn often. The longer the marinating time, the better.

Yangnyum Kanjang Sauce for Bulgogi

Yield: 6 servings

Ingredients

- 1/4 c Light Soy Sauce
- 2 tb Water
- 1 tb Rice Wine Or Chinese Brown - Vinegar
- 1 tb Finely Chopped Green Onions
- 1/2 ts Crushed Garlic
- 1 1/2 ts Chili Sauce
- 1 1/2 ts White Sesame seeds, Toasted - And Ground

Directions

Mix all ingredients and divide the sauce among several small dishes. It can be prepared up to a day in advance and stored in a covered container in the refrigerator.

Korean Sesame And Ginger Marinade

(Yield: 1 servings)

Ingredients

- 4 lg Cloves garlic, crushed
- 2 ts Grated fresh ginger root
- 2 tb Sugar
- 2 tb Peanut oil
- 2 Scallions, chopped
- 1/2 ts Crushed, dried hot red peppers
- 2 tb Toasted white sesame seeds
- 6 tb Soy sauce

Directions

Combine all ingredients in a bowl. Makes about 1-1/2 cups.

Sook Choo Na Mool

(Yield: 6 servings)

Ingredients

- 1/4 c Salad oil
- 2 tb Each vinegar and soy sauce
- 1/2 ts Each salt and pepper
- 1/4 c Scallions; finely chopped
- 1/4 c Pimiento; thinly sliced
- 2 tb Sesame seeds; ground
- 1 Garlic clove; minced
- 2 c Bean sprouts

Directions

In a small bowl, thoroughly blend together the oil, vinegar, soy sauce, salt, pepper, scallions, pimiento, sesame seeds and garlic.

Place bean sprouts in a large wooden salad bowl. Pour the dressing over the bean sprouts; toss gently. Chill thoroughly for approximately one hour. Serve on

individual chilled salad plates.

Kochujang Sauce

Kochujang is a thick, miso-like paste made of soybean paste, red pepper powder, and glutinous rice flour. It keeps forever in the refrigerator. Some brands are hotter than others.

The following can be used as a dip for vegetables, a flavoring for soups and stirfrys, or a marinade for barbequed or grilled tofu or tempeh.

It's a bit sweet, so decrease the sugar if desired. The recipe multiplies well.

Ingredients

- **2 T. kochujang**
- **2 small garlic cloves, peeled and pressed or grated finely**
- **1 T. rice or cider vinegar**
- **1 T. soy sauce**
- **1 t. sesame oil**
- **2 t. toasted sesame seeds**
- **2 scallions (green onions), shredded finely on the diagonal**
- **2 t. sugar or other sweetener**

Directions

Mix all ingredients well. Keeps a long time in the refrigerator.

Meat Sauce For Vegetables (Korean Chang)

(Yield: 1 Recipe)

Ingredients

- **6 ea Cloves garlic**
- **1 tb Sesame oil**
- **1 lb Ground round steak**

- 1 c Soy sauce
- 1 c Soup stock

Directions

This meat sauce can be made in advance and stored in large quantities in the refrigerator. It will keep indefinitely. Use about 2 tablespoons per pound of vegetables or 1 tablespoon per cup of cooked vegetables.

1. Crush the garlic. Heat the sesame oil in a large frying pan. Brown the meat and garlic in the sesame oil, stirring constantly for 10 minutes. Add the soy sauce and soup stock. Simmer, uncovered, for 10 minutes.
2. When the sauce has cooled, skim off the fat and store for use as desired.

Korean Marinade

Yield: 6 servings

Ingredients

- 3 tb Sugar
- 2 tb Sesame oil
- 6 tb Soy sauce
- 1 Green onion, chopped
- 1 Clove garlic, minced
- 1 ds Pepper
- 2 tb Toasted sesame seeds*
- 1 tb Flour

Directions

Mix all ingredients together. Marinade for at least 1/2 hour or overnight at maximum. Baste meat with marinade while cooking.

This is enough marinade for approximately 2 lbs. meat. It can be used on beef, ribs, chicken etc. My preference is on beef short ribs or a good porterhouse steak.

* = can usually be found in the ethnic section of any supermarket or in a Chinese market etc.

Kochu Jang (Hot Sauce)

Serving Size : 4

Ingredients

- 7 1/2 c Glutinous rice powder
- 5 1/2 c Chili powder
- 5 1/2 c Salt
- 4 c Yeodkireum powder - (dried barley sprout malt)
- 2 c Meju powder (soy bean malt)*
- 8 1/3 c Water

Directions

In a bowl, combine YEODKIREUM powder and water. Mix well, then strain off liquid into a large pot. Add glutinous rice powder to liquid and mix well. Cook over low heat (113F, 45C). Remove from heat and allow to stand until rice powder is dissolved.

Heat to boiling, then reduce heat and let cook for 30 minutes. Transfer to a large bowl to cool. When completely cool, stir in MEJU and chili powder and blend well. Leave overnight.

The next day, mix in 4 cups of the salt and transfer mixture to a large container. Sprinkle remaining salt over, then cover with loosely woven cloth such as cheesecloth or gauze. Leave in a sunny place to ferment, stirring occasionally, for one month.

* NOTE: Available in Korean markets. Consists of soy beans which are made into dumplings, fermented, dried, and then powdered.

ADDITIONAL NOTES: Use a large container, as mixture rises as it ferments. During fermentation, cover container at night.

Red Bean Paste (Korean Kochu Chang) 2

Yield: 1 servings

Ingredients

- 2 tb Red bean paste
- 2 tb Powdered red cayenne pepper

- 2 tb Soy sauce
- 1 ts Sugar

Red bean paste is particularly tasty served with fresh scallions and radishes or added to some soups.

Directions

1. Mix all the ingredients well. Serve in a small dish for dipping.

Korean Dipping Sauce

Ingredients

- 3 tablespoons soy sauce
- 1 teaspoon sesame oil
- 1 1/2 tablespoons rice vinegar
- 1 teaspoon toasted sesame seeds
- 1/8 teaspoon sugar
- 1 scallion, finely chopped

Directions

Combine the soy sauce, sesame oil and rice vinegar in a small bowl. In a small, heavy, dry skillet over medium heat. Add the sesame seeds and stir until they darken a bit. Remove and crush seeds. Add to soy mixture with sugar and scallions. You can increase recipe amounts to make as much as you need. Usually make at least 6 times amount and store in fridge.

Korean Marinade with Sesame Seeds

One of my favourite marinades, this is sufficient for about 500 g (1 lb) beef.

Ingredients

- 1 teaspoon finely grated fresh ginger
- 2 teaspoons finely chopped or crushed garlic
- 2 teaspoons finely chopped spring onions (scallions)
- 2 teaspoons sesame oil

- 1 tablespoon toasted, crushed sesame seeds
- 2 tablespoons light soy sauce
- 2 teaspoons honey or sugar
- 1/4 teaspoon ground black pepper

Directions

Combine all the ingredients. Pour over finely sliced beef, ribs or steaks, and leave for about 30 minutes or longer before stir-frying, grilling or barbecuing. Mustard Cabbage Relish

Mustard Cabbage Relish

Ingredients

- 250 g/8 oz/1 cup white sugar
- 750 ml/1 1/2 pints/3 cups water
- 1 tablespoon salt
- 125 ml/4 fl oz/1/2 cup cider vinegar
- 1 bunch gai choy
- iced water
- few slices fresh ginger

Directions

In a stainless steel saucepan bring sugar, water, salt and vinegar to the boil, stirring until sugar dissolves. Simmer for 5 minutes then leave to cool completely.

Wash the gai choy and trim off the leaves, saving them to use in soup. Only the thick leaf ribs and tender stems are used for this relish. Cut into chunks and weigh 250 g (8 oz). Blanch in boiling water for 1 minute, drain and plunge into iced water to stop the cooking and set the colour. Put cabbage and ginger in a glass jar which has been rinsed in very hot water. Pour in the cold vinegar mixture, cover and refrigerate for about 4 days before using. Serve as a relish with meals, sprinkling a few drops of sesame oil over if liked.

Lao Meat Dishes

Aioan Chua Noeung Phset Kretni Stir Fried Chicken With Mushrooms

Serves. 4-6

Ingredients

- 6 dried Chinese mushrooms
- 1 small roasting chicken
- 4 cloves garlic, crushed
- 1/2 teaspoon finely grated fresh ginger
- 2 tablespoons oil
- 1 cup water
- 2 teaspoons sugar
- 2 tablespoons chopped fresh coriander leaves

Directions

Soak mushrooms in hot water for 30 minutes. Squeeze dry, cut off and discard stems, cut caps into quarters if they are large. Cut chicken into small pieces with cleaver, chopping through bones as well. Fry garlic and ginger in the hot lard or oil for a few seconds, then add chicken and stir fry until colour changes. Add mushrooms, water and sugar, cover and simmer until chicken is cooked. Sprinkle with chopped coriander and serve with rice.

Kai Lao Laotian Chicken

Serves. 6

Ingredients

- 1 x 1.5 kg (3 lb) roasting chicken

- 1 1/2 teaspoons salt
- 2 cloves garlic, crushed
- 1 tablespoon oil
- 2 medium onions, finely chopped
- 250 g (8 oz) mince meat
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 fresh red chilli, finely chopped
- 1 tablespoon chopped fresh coriander leaf
- 1/2 cup uncooked rice
- 1 cup thick coconut milk
- 2 cups thin coconut milk

Directions

Wash and dry chicken well, then rub it inside and out with salt and half the crushed garlic. Heat oil in frying pan, fry remaining garlic and onions with the mince meat. Season with salt, pepper and chilli. When meat has been fried well. add coriander powder, rice and thick coconut milk. Bring to simmering point, then reduce heat, cool mushrooms.

Chop the onion finely. Put the oil in saucepan large enough to hold the amount of liquid. Add onion and fry gently for 5 minutes, stirring frequently. Add mushrooms, coriander and cummin and continue to stir for a few minutes. Add salt and pepper, then cover saucepan, turn heat very low and allow to cook for 10 minutes, lifting lid and stirring two or three times.

Add hot water and stock cubes and bring to the boil. Simmer 10 minutes. Add milk and allow to come to the boil once more, stirring occasionally. Mix cornflour with cold water and add to the soup off the heat, then return to heat and stir constantly until it boils and thickens. Serve immediately, sprinkled with coriander leaves.

Sousi Pa

Fish With Coconut Cream

Serves. 4

Ingredients

- 500 g (1 lb) fish fillets
- 2 large dried chillies 1
- 5 cloves garlic
- 3 tender lemon leaves
- 1 slice fresh laos or 1 teaspoon laos powder ***

- 2 stalks lemon grass, finely sliced,
- or 2 strips lemon rind
- 1 cup thick coconut milk
- 3 cups thin coconut milk
- 1 tablespoon fish sauce
- 2 tablespoons chopped roasted peanuts
- springs of fresh basil
- 5 or 6 small dried chillies
- oil for frying

Directions

Wash fillets and cut into serving pieces. Remove stalks and seeds from large dried chillies and soak in hot water for 10 minutes. With mortar and pestle pound the chillies, garlic, lemon leaves, laos, lemon grass or lemon rind to a paste. (An electric blender can be used, but it may be necessary to add a tablespoon or so of thick coconut milk to facilitate blending to a paste.) Heat the thick coconut milk in a saucepan until you see the oil floating on top. This takes about 10-15 minutes on low heat. Add pounded or blended mixture and fry until cooked, stirring constantly. Add pieces of fish and turn them in the mixture, then add thin coconut milk and fish sauce and simmer for 10 minutes. Add peanuts just before end of cooking. Serve garnished with basil and small whole dried chillies that have been fried for a few seconds in hot oil.

***Laos is a form of ginger. Other names for it are galangal, Java root, galingale, or lengkuas. If you can't find it, use 5 ml of powdered ginger mixed with 1 ml of powdered cin- namon.

Steamed Fish With Young Ginger

Serves. 3-4

Ingredients

- 750 g (1 1/2 lb) fresh fish fillets or steaks
- about 125 g (4 oz.) fresh young ginger root
- juice of 1 lemon
- 2 tablespoons peanut oil
- 1 tablespoon sesame oil
- 6 cloves garlic, finely sliced
- 3 tablespoons sesame seeds
- 2 tablespoons soy sauce
- banana leaves or aluminium foil

Directions

Wash and scale fish. Scrape skin off ginger and slice very thinly, then cut slices into very fine slivers (almost threads). Marinate ginger in strained lemon juice while preparing remaining Ingredients.

Heat oils in a small pan and fry sliced garlic slowly, taking care not to let it burn. Slices should be pale golden. Pour oil and garlic over the ginger. In same pan dry fry the sesame seeds until golden brown. Add to ginger/garlic mixture. Add soy and mix well then sprinkle over fish fillets and steam in individual leaf or foil packages for 15 minutes.

Stuffed Chicken with Nutty Cinnamon Rice

Serving Size : 4

Ingredients

- 2 tsp oil
- 2 cloves garlic -- crushed
- 1 onion -- finely chopped
- 1 tsp fennel seed
- 1/2 tsp chili pepper -- crushed
- 1/2 tsp ground cinnamon
- 8 ozs ground pork
- 2 tbl peanuts, oil-roasted -- finely chopped
- 2 tbl long-grain rice -- uncooked
- 3/4 c coconut cream
- 1 tbl fresh mint -- chopped
- 2 chickens
- 1 2/3 cu coconut cream
- 2 c water
- 2 tsps fish sauce
- 1 tsp curry powder
- 2 red chiles -- chopped
- peanuts -- chopped (extra)

Directions

Heat the oil in a wok or a frying pan, add the garlic, onion, fennel seeds, chilli and cinnamon stir fry until aromatic. Add the ground pork, stir fry until the pork has changed colour. Stir in the peanuts and rice, stir until combined. Add the coconut

cream, bring to the boil, cover, reduce heat to low, cook for 10 minutes, remove the lid and stir in the mint; cool.

Spoon this stuffing mixture into the cavities of the chickens, forcing any remaining stuffing under the skin around the necks. Sew the cavity openings or secure with toothpicks. Secure the legs with kitchen string and tuck the wings behind the backs. Combine the extra coconut cream, water, fish sauce and curry powder in saucepan large enough to just fit both chickens, Bring to the boil, add chickens, simmer covered for about 45 minutes or until the chickens are cooked through. Turn the chickens once during cooking.

Remove the chickens from the pan, keep warm. Return the pan to the heat, simmer the pan juices uncovered over medium heat for about 15 minutes or until thickened slightly and reduced to about 1 1/2 cups liquid- the mixture will form a light sauce. Using sharp kitchen scissors and a sharp knife, cut down the centers of the chickens. Serve with the sauce, sprinkle with the sliced chillies and extra chopped peanuts if preferred. Per serving: 3305 Calories; 277g Fat (74% calories from fat); 126g Protein; 91g Carbohydrate; 475mg Cholesterol; 838mg Sodium

NOTES : Serve with a soup and a salad to complete the meal.

Channam Touk Beef Salad

The name of Lao recipe is Chanam Touk. In English it is Beef Salad.

Ingredients

- 1/6 cup fai
- 1 1/3 cup mint
- 1/4 cup Mien cilantro
- 1/2 cup chives chopped
- 1/6 cup lemon basil
- 2 cups chopped cilantro
- 1/3 cup lime leaves
- 1/2 white onion
- 3 stalks lemon grass sliced
- 10 chiles arbol minced
- 1 head garlic
- 8 pounds boneless beef chuck, cooked and chopped
- 2 limes cut in half
- Salt to taste
- 1 1/2 teaspoon red pepper powder
- 1 1/2 teaspoon MSG (optional)
- 2 teaspoons black pepper

- **3 1/2 teaspoons fish sauce**
- **1/4 cup rice powder**
- **6 cups bean sprouts**

Directions

1. Fai, Mint, Chives, Lemon Basil, Chopped Cilantro, Lime leaves put in the same bowl.
2. In a separate bowl add sliced onion, lemongrass, chiles and garlic minced.
3. Put Chopped meat in large bowl.
4. Squeeze lime into meat add salt, Red pepper, MSG, Sprinkle Black Pepper.
5. Add onion garlic mixture.
6. Mx well
7. Add fish sauce.
8. Mix well.
9. Add rice powder.
10. Mix well .
11. Add Bean Sprouts
12. Mix well
13. Add Cilantro Mixture
14. Mix well
15. Eat with lettuce and rice

Chicken Soup with Coconut milk

Ingredients

- **2 inches of galanga root**
- **5 stalks (the bottom 6 inches) of lemon grass**
- **5 loation leaves (these smell like celantro and look like dandelions)**
- **5 kaffir (lime) leaves (lime zest as alternarive)**
- **some small green chilis**
- **2 cups of angle (look like oyster) mushrooms**
- **4 cups of coconut milk**
- **1lb chicken breasts (in mouth sized pieces)**

Directions

Boil the milk in a pan until the oil starts to separate, add the greens, then the chicken, some fish sauce, and the juice of one lime.

garnish with celantro leaves.

Nok Kho Hum Sai Kalampi (Braised Quail w/ Cabbage)

- 1 fresh quail, plucked, gutted, washed and sprinkled with salt and ground black pepper
- 5 straight-bulbed spring onions, crushed and stuffed into the bird (tie the bird's feet and wings to its body using wire) butter, the size of a hen's egg
- 1 cabbage, cut into quarters
- ground black pepper
- chopped coriander leaves
- pig's bone broth

Directions

Put the butter in a cast-iron pot and put the pot on the fire. When the butter is hot, put in the bird. Turn it from side to side until it is nicely golden all over. Then add enough pig's-bone broth or other clear soup to cover the bird. Put in the quarters of cabbage, cover the pot and leave it until the broth has largely evaporated and the bird and cabbage are well cooked. The liquid remaining should be just enough to keep the bird from drying out

Take the bird out of the pot and divide it into the breast and leg parts. Dress these on the centre of a platter and arrange the quarters of cabbage around them. Use the liquid left over in the pot as sauce, and garnish the dish with ground black pepper and chopped coriander. Serve it with Jaew Sam.

Or Lam Nok Kho (Quail Stew)

Ingredients

- 1 dried quail, matured until almost mouldy, divided into separate breast & leg parts, washed and put on a plate
- 7 round eggplants
- 5 lg fresh green chilli peppers
- 1 stalk lemon grass
- 3 straight-bulbed spring onions
- sa-kahn cut into pieces about 5 cm long and 5 cm thick-about 10 pieces-washed

- 3 young shoots rattan, cooked by being placed directly on a charcoal fire and peeled so as to leave only the soft part, which is to be cut into pieces 2 cm long and washed
- 1 bunch phak tam nin picked over, keeping only the leaves and tops, which are to be washed
- dill, washed and Cut into pieces about 2 cm long
- spring onion, the green parts, cut into pieces about 2 cm long and washed
- sweet basil leaves, washed
- 1 piece of crisp-fried pork skin, cut into squares of 5 cm and put on a plate
- padek
- salt
- 2 yards long beans, cut into pieces about 2 cm long

Directions

Put 2 metal jugfuls (2 pints) of water in a pot and place it on the fire. Add the prepared bird, the eggplants, the chilli peppers, the spring onions, the lemon grass, the so-kahn and salt. Cover and let it boil.

Add the padek in a padek basket suspended in the soup. When the eggplants and the chilli peppers are done, spoon them out and pound them. Put this mixture back in the pot. When it returns to the boil add the phak toni nin and the yard-long beans. When all is done, add the pieces of pork skin and the chopped coriander leaves, taste and check the saltiness.

Serve in a bowl, garnished with the chopped spring onion leaves. Accompany the dish with young cucumbers and older eggplants and other fresh vegetables (e.g. salad leaves, watercress, etc.).

***Note: In cooking this Or Lam, you can also add Duk Moo Sam La (pork bones which have been kept for some time in the broth) if you fear that it will not be 'nua' (flavoursome enough).

You may also add other kinds of vegetables (when you are cooking the stew), but be careful not to use too many because the Or Lam Nok Kho will then turn into Or Moo (Pork Stew) or Or Phak (Vegetable stew).

Pa Ling Sousi Haeng (Piquant Fried Catfish)

Ingredients

- 6 slices pa ling (a name applied to two members of the pangasid family of catfish, one of which, PANGASIUS NASUTUS)
- 5 dried red chilli peppers-pick off the stems, take out their cores and soak them in water
- 7 sm shallots, peeled
- 1 fully grown coconut, split open-grate the meat and squeeze two extractions of coconut milk from it
- chopped spring onion leaves
- chopped coriander leaves
- Kaffir lime leaves
- salt
- fish sauce
- ground black pepper
- pig's-bone broth or any other clear soup or meat stock

Directions

Fish preparation: scrape off the mucus from the skin of the fish and cut slices about 1 cm thick-wash and salt these, fry them in pork fat until they are a good golden colour, then set them aside on a plate.

Put the first extraction of coconut milk in a wok on the fire and leave it until the cream separates. Add the kheuang hom and leave simmering over a hot fire stirring occasionally, until the ingredients give off a good aroma. Then add the pig's-bone broth or other clear soup and leave the wok over a low fire until the liquid has reduced somewhat.

Next, add the fish sauce and a considerable quantity of the second extraction of coconut milk, followed by the fish slices back and forth so that they absorb the liquid. Add the Kaffir lime leaves and the chopped spring onion leaves. Transfer the contents of the pan to a platter, garnish them with ground black pepper and chopped coriander leaves, and serve.

NOTE: Sousi Haeng should not have much liquid or juice. There should only be enough to keep the Slices of fish moist. When dished up, the liquid should cover the bottom of the platter, just enough so that when the platter is tipped the liquid will flow from one side to the other. That is called haeng (dry).

Sousi Pa Gnon

(A 'Hot' Dish of Small Catfish)

Ingredients

- 6 pa gnon (catfish)
- 1 fully grown coconut
- 2 dried chilli peppers soaked in water
- 7 sm dried chilli peppers soaked in water
- Kaffir lime leaves
- spring onion leaves
- chopped coriander leaves
- ground black pepper
- salt
- fish sauce

Directions

Fish preparation: scrape off the mucus from the skin, gut the fish, cut off and discard the heads and tails, wash the fish and salt them.

Coconut preparation: split open-grate the meat and squeeze two extractions of coconut milk from it, keeping the first extraction Separate from the second one-quantity, one soupbowl of each

Put the first extraction of coconut milk in a wok on the fire until it becomes creamy. Then add the "kheuang hom" and fry it until it gives off a good aroma. Add the fish gently, stir thoroughly, then add fish sauce and the second extraction of coconut milk. When the fish are cooked, taste and check the saltiness. Add the Kaffir lime leaves. Transfer to a serving-dish, garnish with the chopped spring onion leaves and coriander and ground black pepper, and serve.

Yall Dip (Fresh Spring Rolls)

Ingredients

3 oz
1 lb
1 cup
1 cup
1 cup
1 cup
1 package

Somen noodles (optional)
Shrimp (peeled and cooked) (or 1 lb ground pork or turkey)
Mesclun
Fresh bean sprouts
Cilantro leaves
Mint leaves
Dried rice paper (25 pieces)

Method

1. Bring 3 cups water to a boil on high heat
2. Add noodles, stir well, and turn the heat to medium and cook for 3 minutes
3. Rinse with cold water and drain well in a strainer for 30 minutes

(If using ground pork or turkey, add the meat to a nonstick wok or pan. Cook on medium heat and stir constantly until dried, 8 minutes (do not brown) and let cool 5 minutes)

Transfer to a food processor and chop 20 seconds, set aside

Get ready to roll:

4. Line up bowls of cooked shrimp (or meat), noodles, sprouts, mesclun, cilantro, mint, and large bowl of hot water from faucet (change water as it gets cool)
5. Line up 3 large plates
6. Dip one sheet of rice paper in water for 5 seconds, hold up to let the excess water drip out, 5 seconds
7. Carefully place it flat on a large plate
8. Repeat for 2 more times
9. Wait for a minute to allow the paper to get soft (The first paper should be ready to roll) (as you finish rolling each one, dip another paper)
10. On the end near you, place 2 shrimp, 3 tablespoons of noodles, 4 leaves mesclun, 10 bean sprouts, 6 cilantro leaves, and 4 mint leaves
11. Fold over the end near you, roll over once, fold 2 sides toward each other, hold it tight, and roll over toward the other end
12. Serve with Peanut Sauce

Ua No Mai (Stuffed Bamboo Shoots)

Ingredients

5 small
7 small
2
2 tbsp
1 piece

Bamboo shoots (no mai lai or no mai bong)
Shallots (pounded)
Eggs
Flour
Pork (including some fat) (the size of the palm of a hand) (minced)
Salt
Fish sauce
Ground black pepper
Chopped spring onion leaves
Pork fat

Method

1. Boil the bamboo shoots until they lose their (bitter) taste, then cut off all the hard outer layer and cut the trimmed shoots into sections 8 cm long - after this use a needle to make slits in them lengthwise, but leaving the ends of each section intact
2. Mix together in a large bowl the minced pork, the pounded shallots, ground black

- pepper and 1 tbsp of the flour and mix all this thoroughly
3. Add salt, fish sauce and some of the chopped spring onions and mix again, taste to check the saltiness, and add more of the chopped spring onion
 4. Stuff the mixture into the slit-open bamboo shoots and wrap these in pieces of banana leaf
 5. Use a bamboo holder to grill the packages until they are cooked, then open up the banana leaf coverings and leave the contents to cool
 6. Heat some pork fat in a wok
 7. Beat the eggs in a bowl with salt and some flour mixed in
 8. Dip the cooked bamboo shoots in the egg mixture and fry them in the hot fat until they are nice and golden
 9. Place them on a platter to serve

Stuffed Chicken with Nutty Cinnamon Rice

Ingredients

2 tsp
3 cloves
1
1 tsp
1/2 tsp
1/2 tsp
8 oz
2 tbsp
2 tbsp
3/4 cup
1 tbsp
2
2 cups
2 tbsp
1 tsp
2
1 2/3 cup

Oil
Garlic (crushed)
Onion (finely chopped)
Fennel seed
Chili pepper (crushed)
Ground cinnamon
Ground pork
Peanuts (oil-roasted and finely chopped)
Long-grain rice (uncooked)
Coconut cream
Fresh mint (chopped)
Chickens
Water
Fish sauce
Curry powder
Red chiles (chopped)
Coconut cream (extra)
Peanuts (chopped) (extra)

Method

1. Heat the oil in a wok or a frying pan, add the garlic, onion, fennel seeds, chilli and cinnamon and stir fry until aromatic
2. Add the ground pork, and stir fry until the pork has changed colour
3. Stir in the peanuts and rice, stir until combined
4. Add the coconut cream, bring to the boil, cover, reduce heat to low, cook for 10 minutes, remove the lid and stir in the mint and cool
5. Spoon this stuffing mixture into the cavities of the chickens, forcing any remaining stuffing under the skin around the necks
6. Sew the cavity openings or secure with toothpicks

7. Secure the legs with kitchen string and tuck the wings behind the backs
8. Combine the extra coconut cream, water, fish sauce and curry powder in saucepan large enough to just fit both chickens
9. Bring to the boil, add chickens, simmer covered for about 45 minutes or until the chickens are cooked through
10. Turn the chickens once during cooking
11. Remove the chickens from the pan, and keep warm
12. Return the pan to the heat, simmer the pan juices uncovered over medium heat for about 15 minutes or until thickened slightly and reduced to about 1 1/2 cups liquid (the mixture will form a light sauce)
13. Using sharp kitchen scissors and a sharp knife, cut down the centers of the chickens
14. Serve with the sauce, sprinkle with the sliced chillies and extra chopped peanuts if preferred
15. Serve with a soup and a salad to complete the meal

Steamed Fish with Young Ginger

Ingredients

750 gm
125 gm
1
2 tbsp
1 tbsp
6 cloves
3 tbsp
2 tbsp

Fresh fish fillets or steaks
Fresh young ginger root
Lemon (juice)
Peanut oil
Sesame oil
Garlic (finely sliced)
Sesame seeds
Soy sauce
Banana leaves or aluminum foil

Method

1. Wash and scale fish
2. Scrape skin off ginger and slice very thinly, then cut slices into very fine slivers (almost threads)
3. Marinate ginger in strained lemon juice and set aside
4. Heat oils in a small pan and fry sliced garlic slowly, taking care not to let it burn (Slices should be pale golden)
5. Pour oil and garlic over the ginger and set aside
6. In same pan dry fry the sesame seeds until golden brown
7. Add to ginger/garlic mixture
8. Add soy and mix well then sprinkle over fish fillets and steam in individual leaf or foil packages for 15 minutes

Sien Savanh (Lao Beef Jerky)

Ingredients

1 lb	Beef flank steak (thinly sliced into long strips)
3 cloves	Garlic (grounded)
1 tbsp	Ginger (chopped and then grounded)
1 tbsp	Soy sauce
2 tbsp	Sesame seed
1 tbsp	Sugar
1 tsp	Salt
1 tsp	Black pepper
5 cups	Vegetable oil

Method

1. Put the beef strips in a large bowl
2. Add garlic, ginger, soy sauce, sesame seed, sugar, salt, and black pepper
3. Mix well and marinate for at least two hours
4. Then put the beef strips on a tray and dry in the sun for an entire day, turning the strips occasionally to make sure both sides are dried
5. When the beef strips are dried to your preference, then heat the oil over medium heat and deep fry the beef strips until lightly crispy to crispy (according to your preference)
6. Drain and serve with warm kao neel and jeo maak len

Lao Vegie Dishes

Five Vegetable Stir-fry

Ingredients

- vegetable cooking spray
- 2 teaspoons vegetable oil
- 4 medium carrots -- peeled cut diagonally into 1/4" slices
- 1 large onion -- cut into 1" pieces
- 1 large red bell pepper -- cut into 1" triangle
- 3 cups broccoli florets
- 3 cups red cabbage -- sliced
- 1/2 cup low-salt chicken broth
- 3 tablespoons chopped fresh mint

Directions

Pre-prepare -Make vegetable pieces attractive. Cut florets from stem to bloom into 1/3" slices. Cut onion into 8ths then separate slices. Carve and sliced carrot into clover leafs. Chiffonade of cabbage, 1/2" strands. Cut red pepper into squares, then diagonally halve the squares. Green onion flower. Spray large nonstick skillet with vegetable oil spray. Heat 1 teaspoon oil in skillet over medium-high heat. Add carrots, onion, and bell pepper. Saute 6 minutes. Add 1 teaspoon oil, broccoli and cabbage. Add broth; stir-fry until cabbage wilts and vegetables are crisp-tender, about 8 minutes. Stir in mint. Season with salt and pepper. Prep: 15 mins. Fry: 15 mins. Per serving: 79 cal (total fat 2 g)

Sweet and Sour Vegetables

Servings: 6

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Serve over rice or other whole grains.

Ingredients

- 1 20 oz. can pineapple chunks in jice
- 1 cup sliced carrots
- 4 cups chopped broccoli
- 1 onion, cut in wedges
- 1 cup water
- 1 bunch scallions, cut into 1 inch pieces
- 2 cloves garlic, crushed
- 1 teaspoon grated fresh ginger
- 1 large green pepper, cut into 1 inch pieces

Sauce

- 1 cup unsweetened pineapple juice
- 1/4 cup cider vinegar
- 2 1/2 tablespoons soy sauce
- 1/3 cup brown sugar
- 2 tablespoons cornstarch

Directions

Drain the pineapple, reserve the juice and set aside. Place the vegetables, except the broccoli, in a large pot or wok with 1/2 cup of the water and the garlic and ginger. Saute for 5 minutes. Add the broccoli and the remaining 1/2 cup water. Stir, then cover and cook over low heat for 5 minutes.

Combine the sauce ingredients in a separate bowl. Stir in the pineapple chunks and the sauce mixture. Cook, stirring until thickened. kwvegan vegan

Fragrant-Eggplant

Serves 4

Ingredients

- 1 large eggplant
- 4 tbl soy sauce
- 1 tbl cornstarch
- 3 tbl sugar
- 1/4 cup distilled white vinegar
- 1/4 cup water
- 1 tsp crushed dried red pepper
- 6 slices ginger, about the size and thickness of a quarter
- 4 scallions, chopped, separate white and green parts

Directions

1. Cut stem end off eggplant. Dice eggplant into small cubes. Sprinkle eggplant with salt and place in a colander to drain. Let sit for 15 minutes. Squeeze as much liquid out as possible.

2. In a small bowl, combine soy sauce, sugar, vinegar and water.

3. Heat 1 tbl dry sherry in a large skillet or wok. Add red peppers and stir. Add ginger, white part of scallion. Stir fry briefly until ginger becomes fragrant. Add the squeezed eggplant and saute approximately 8-10 minutes, stirring occasionally, until eggplant is thoroughly cooked. You shouldn't have any trouble with sticking because the eggplant still has a bit of moisture in it but if it does, add a little bit of water or sherry.

4. Add soy sauce mixture and cook over high heat until most of the liquid is evaporated and eggplant is thoroughly coated with reduced sauce - about 5 minutes.

5. Combine 2 tbl water with cornstarch.

6. Add chopped green part of scallions and sherry mixed with cornstarch. Stir and cook until thick. Serve hot over plain rice. kwvegan vegan

Cucumber Salad

Ingredients

- **4 cucumbers, peeled**
- **1 teaspoon salt**
- **1 teaspoon sugar**
- **1 tablespoon rice wine vinegar**
- **1 clove garlic, minced**
- **4 tablespoons soy sauce**
- **1 tablespoon sesame oil**
- **Few drops chile sauce**

Directions

Slice cucumbers lengthwise. Sprinkle salt on cut sides, then place cut-side down on paper towels to drain. After 30 minutes, pat dry.

Slice cucumbers into 1/2 inch pieces. Place in a large bowl. In a small bowl, combine the remaining ingredients. Sprinkle on cucumbers and toss to coat. Let sit for 1 hour before serving.

Hot & Sour Mushroom Soup

Yield: 3 servings

Ingredients

- **3 c Vegetable stock**
- **1 ts Pepper sauce**
- **1 Inch Lemon grass -- finely chopped into rings**
- **3 Kaffir lime leaves -- roughly torn into three**
- **1 ts Sugar**
- **2 tb Lemon juice**
- **2 oz Oyster mushrooms -- coarsely separated -OR- button mushrooms**
- **2 sm Fresh red or green chilis - (more if desired) -- crushed to split open**

Directions

In a large pan, bring the vegetable stock to the boil and stir in the Pepper sauce. Add the remaining ingredients and simmer, stirring well until the mushrooms are just cooked but still al dente. Pour into a serving bowl and garnish with coriander leaves.

Sweet & Sour Tofu Salad

Ingredients

- 2tbsp vegetable oil
- 1 garlic clove, crushed
- 500 g/1lb tofu (bean curd), cubed
- 1 onion, sliced
- 1 carrot, cut into julienne strips
- 1 stick celery, sliced
- 2 small red (bell) peppers, cored, seeded and sliced
- 250 g/8oz mangetout (snowpeas), trimmed and halved
- 125 g/4oz broccoli, trimmed and divided into florets
- 125g/4oz thin green beans, halved
- 2tbsp sweet soy sauce
- 1tbsp tamarind concentrate
- 1tbsp soy sauce
- 1tbsp tomato puree
- 1tbsp light soy sauce
- 1tbsp chilli sauce
- 2tbsp sugar
- 1tbsp white vinegar
- pinch of ground star anise
- 1tsp cornflour
- 300ml cups water

Directions

Heat the vegetable oil in a large, heavy-based frying pan or wok until hot. Add the crushed garlic and cook for a few seconds.

Add the tofu in batches and stir-fry over a gentle heat, until golden on all sides. Remove with a slotted spoon and keep warm.

Add the onion, carrot, celery, red pepper, mangetout, broccoli and green beans to the pan and stir-fry for about 2-3 minutes or until tender-crisp.

Add the oyster sauce, tamarind concentrate, fish sauce, tomato puree, soy sauce, chilli sauce, sugar, vinegar and star anise, mixing well to blend. Stir-fry for a further 2 minutes.

Mix the cornflour with the water and add to the pan with the fried tofu. Stir-fry gently until the sauce boils and thickens slightly.

Serve the salad immediately, warm.

Lao Green Papaya Salad (Tam Som)

2-1/2 cups shredded green papaya
4 medium red and green serrano chilies (or to taste)
2 large cloves garlic, skinned
1 cup green or string beans, cut 1" pieces
6 cherry tomatoes, cut each in half
2 tsp ground peanuts (optional)
2 tbsp small dried shrimps
Cabbage and Iceberg lettuce leaves

Dressing

5 tbsp lime juice
3 tbsp fish sauce
3 tbsp sugar
4 tbsp finely ground dried shrimps

Combine the dressing ingredients in a small bowl and set aside.

Directions:

Using a mortar and pestle, pound chilies and garlic to coarse texture. Add papaya, green beans, tomatoes and pound 1-2 minutes longer, mixing with a spoon while pounding. Add dried shrimps, peanuts, dressing and mix well. Serve immediately with cabbage and lettuce leaves. Goes well with Thai style BBQ chicken and steamed sticky rice.

Makes about 4-1/2 cups of salad, about 4 servings.

Prawn Salad

(Pla Gung)

This recipe can also be made with squid or scallops, or any combination of prawns, squid and scallops. If using squid, use only the body tube. Slit the body and press flat, score diagonally, and cut into 2 inch squares.

Ingredients

**1 lb Prawn tails
3 cups Water 2 tbsp Lemon grass chop coarse
1 tbsp Lime leaves chop coarse
1 tbsp Coriander leaves chop coarse**

**2 tbsp Lime juice
2 tsp Palm sugar
1 tsp Garlic chop fine
1 tsp Ginger chop fine
1/2 tsp Black pepper ground**

**1/2 cup Green onions sliced
1/2 cup Mint leaves**

Directions

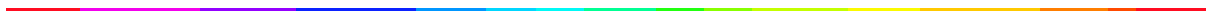
Bring water to a boil and add lemon grass, lime leaves and coriander. Boil for five minutes.

Drop in prawns and cook 1 minute. Remove and rinse under cold water.

Combine lime juice, palm sugar, garlic, ginger and black pepper in a bowl. Mix to dissolve sugar.

Pour dressing over prawns and toss to coat. Add green onions and mint leaves, toss to mix.

Yield - 3 cups



Yam Yai

Salad Ingredients

Chinese lettuce (or other broad leafed veggie) to form a base for the salad bowl.

? cup of onion, sliced

? cup of tomato wedges

? cup of cucumber, sliced

? cup prik chi fa (Thai jalapenos), julienned

? cup of broccoli florets, blanched

? cup of bean sprouts

Instructions

Line a serving bowl with the lettuce leaves, then toss the other ingredients and place on the lettuce, garnish with cilantro/coriander leaves, lime leaves, thinly sliced shallots, and julienned spring onions.

Dressing Ingredients

? cup of lime juice

? cup of peanuts

2 tablespoons light soy sauce

2 tablespoons [rice] vinegar or nam makham piag (tamarind juice)

2 tablespoons nam tan paep (palm sugar)

1 tablespoon prik ki nu daeng haeng (dried red chilis), ground

1 tablespoon khao koor (toasted rice)

Instructions

In a dry skillet or wok, toast the peanuts until light golden brown, allow to cool and crumble (a few sharp blows with the flat of a cleaver should suffice, and avoid turning them into peanut butter, as the use of a food processor is inclined to).

Toast 2 tablespoons of uncooked long grain rice (either white or brown, to taste), and then when cool, grind to a coarse powder (khao koor).

Combine the ingredients to form the dressing, and place in a small bowl.

Serving

Thai salads are not served 'dressed', this being left to the diners. If available you could also add a few of the different Thai dips (nam prik kiga, nam prik kapi are

suitable for vegetables, and can be adapted to vegetarian/vegan life styles without serious loss of authenticity).

Sweet & Sour Tofu

Ingredients

- 2 tbs vegetable oil
- 1 garlic clove, crushed
- 1 lb tofu (bean curd), cubed
- 1 onion, sliced
- 1 carrot, cut into julienne strips
- 1 stick celery, sliced
- 2 small red (bell) peppers, cored, seeded and sliced
- 8 oz mangetout (snowpeas), trimmed and halved
- 4 oz broccoli, trimmed and divided into florets
- 4 oz thin green beans, halved
- 2 tbs sweet soy sauce
- 1 tbs tamarind concentrate
- 1 tbs soy sauce
- 1 tbs tomato puree
- 1 tbs light soy sauce
- 1 tbs chilli sauce
- 2 tbs sugar
- 1 tbs white vinegar
- pinch of ground star anise
- 1 ts cornflour
- 1 c water

Directions

Heat the vegetable oil in a large, heavy-based frying pan or wok until hot. Add the crushed garlic and cook for a few seconds. Add the tofu in batches and stir-fry over a gentle heat, until golden on all sides. Remove with a slotted spoon and keep warm. Add the onion, carrot, celery, red pepper, mangetout, broccoli and green beans to the pan and stir-fry for about 2-3 minutes or until tender-crisp.

Add the oyster sauce, tamarind concentrate, fish sauce, tomato puree, soy sauce, chilli sauce, sugar, vinegar and star anise, mixing well to blend. Stir-fry for a further 2 minutes.

Mix the cornflour with the water and add to the pan with the fried tofu. Stir-fry gently until the sauce boils and thickens slightly. Serve the salad immediately, warm.

Lao Desserts

Kuay Namuan

Bananas Cooked In Coconut Milk

Serves. 6

Ingredients

- 8 large ripe bananas
- 2 cups thick coconut milk
- 2 tablespoons sugar

Directions

Peel and cut each banana into 3 or 4 pieces. Make coconut milk as on page 1 I or from the creamed coconut available in packets or tubs. Simmer coconut milk and sugar until thick and creamy. Add bananas and cook gently until bananas are soft but not mushy. Serve warm.

Sticky Rice and Mango

(Khao Nieow Ma Muang)

1 1/4 cups raw sticky rice (sweet or glutinous rice). Use Thai sticky rice if possible.
3/4 cup very thick coconut milk for mixing with rice (do not shake the coconut milk can before opening. Spoon out only the thick part that's usually on top)
1/4 cup sugar
3/4 cup very thick coconut milk for topping the rice (freeze the rest of the coconut milk for other use later)
1/8 tsp salt for the topping
1/2 tbsp salt for mixing with rice

1/4 tsp rice flour
6 medium mangoes -- peeled and sliced

Directions:

Wash and rinse the sticky rice well. Add enough water to the rice so until the water is about 1/4" above the rice surface. Cook rice in an automatic rice cooker or in a bowl in a steamer. Do not open the rice until fully cooked (about 20-25 mins).

Heat, on low, 3/4 cup of coconut milk in a small saucepan. Add sugar and 1/2 tbsp salt to the coconut milk and cook until dissolved. Remove from heat and pour into cooked rice. Stir to mix well and set aside to let stand for about 15 mins.

Heat the rest of coconut milk and add salt.

Stir until the salt is dissolved.

This makes the topping sauce.

To serve, place sliced mangoes on a side of a serving disk. Spoon some seasoned sticky rice on the other side. Top the rice with 1 or 2 tsp of coconut sauce and serve. Makes about 6 servings.

Bananas in Coconut Cream

6 bananas
12fl oz/375ml/ 2 cups coconut milk
2tbs/30 ml granulated sugar
0.5 tsp/2.5ml salt

Peel the bananas and chop into 2in/5cm segments. In a saucepan, heat the coconut milk with the sugar and salt, and cook gently until the sugar dissolved. Add the banana pieces and cook gently for 5 minutes. Divide the mixture into 6-8 small bowls and serve warm.

Baked Coconut Rice Pudding

90g/3oz scant 1 cup short or round-grain pudding rice
600ml/1 pint/2.5 cups coconut milk
300ml cups milk
1 large strip lime rind
60g/2oz cup caster sugar
stick of butter

pinch of ground star anise
fresh or stewed fruit, to serve

Mix the rice with the coconut milk, milk, lime rind and sugar.

Pour the rice mixture into a lightly-greased 1.4 litre shallow ovenproof dish and dot the surface with a little butter. Bake in the oven for about 30 minutes.

Remove and discard the strip of lime. Stir the pudding well, add the pinch of ground star anise, if using, return to the oven and cook for a further 1-2 hours or until almost all the milk has been absorbed and a golden brown skin has baked on the top of the pudding. Cover the top of the pudding with foil if it starts to brown too much towards the end of the cooking time.

Serve the pudding warm or chilled with fresh or stewed fruit.

Banana Rice Pudding

1 1/2 cups brown rice -- cooked
1 cup nonfat milk
1 medium banana -- cut in slices
1 can fruit (15-ounce can) -- cut in slices
1/4 cup water
2 tablespoons honey
1 teaspoon pure vanilla extract
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

Directions

In a medium-size saucepan, combine the banana and fruit slices, water, honey, vanilla, cinnamon and nutmeg. Bring to a boil, reduce the heat, and simmer for 10 minutes, or until quite tender but not mushy. Add the rice and milk and mix thoroughly. Bring to a boil and simmer 10 more minutes. Serve warm.

Another Lao Style Banana

3tbsp shredded fresh coconut 60g/2oz cup unsalted butter
1tbsp grated ginger root
grated zest of 1 orange
6 bananas
60g/2oz cup caster sugar
4tbsp fresh lime juice
6tbsp orange liqueur
3tsp toasted sesame seed

lime slices, to decorate
ice-cream, to serve

Heat a small non-stick frying pan until hot. Add the coconut and cook, stirring constantly, for about 1 minute until lightly coloured. Remove from the pan and allow to cool.

Heat the butter in a large fring pan until it melys. Add the ginger and orange zest and mix well.

Pell and slice the bananas lengthways. Place the bananas cut-side down in the butter mixture and cook for 1-2 minutes or until the sauce mixture starts to become sticky. Turn to coat in the sauce.

Remove the bananas from the pan and place on heated serving plates. Keep warm. Return the pan to the heat and add the orange liqueur, stirring well to blend. Ignite with a taper, allow the flames to die down, then pour over the bananas.

Sprinkle with the coconut and sesame seeds and serve at once, decorated with slices of lime.

Oranges in Syrup

Note: This is a hot weather dessert, and you can serve it over ice cubes to make it really cold.

4 oranges

8oz/225g sugar

12fl oz/375ml/1.5 cups water

1tsp/5ml rosewater

Peel and segment the oranges, ensuring that no pits, pith or skin remain. Put the segments in a glass dish and set aside. In a small saucepan, bring the sugar and water gently to the boil, stirring occsionally. Boil for 15 minutes, until it is the consistency of a thin syrup. Add the rosewater and stir to blend. Pour the syrup over the orange segments and chill until required.

Light Orange-blossom Oranges

Ingredients

- 2 cups water
- 1 cup sugar
- 3 whole star anise
- 2 teaspoons orange flower water -- optional
- 6 large oranges
- fresh mint

Star anise is used as a flavoring and as a garnish. It's a seed pod, brown and star-shaped. Do not eat it. Orange flower water is available in the liquor sections and in specialty foods sections.

Directions

Combine first 3 ingredients in medium saucepan. Stir over medium heat until sugar dissolved. Simmer until liquid is reduced to generous 1 cup, about 15 minutes. Remove from heat and stir in orange flower water. Cover; chill until cold. Discard anise.

The above syrup can be made 1 day ahead.

Cut peel and pith from oranges with knife. Slice oranges crosswise into 1/3-inch rounds. Set in bowls. Spoon syrup over. Top with mint.

Make day before or morning of.

183 cals Yield: 6 Preparation Time :0:30

Lao Sauces

Lao Salad Dressing

Ingredients

- 1/4 c Lemon juice
- 1/4 ts Chopped garlic
- 2 tb Fish sauce
- 3 tb Ground roasted peanuts
- 1/4 c Sugar
- 1/4 c Water-
- Dash cayenne pepper
- 1 t Chopped coriander leaves
- 1-2 ea fresh red chilis-sliced
- 2-3 T chopped white onion

Directions

In a small sauce pan, cook sugar in water over med heat until it turns into a light syrup. Add all remaining ingredients, stir well. Let cool. Serve over salad.