

A GIRL'S GOTTA
EAT GUIDE TO:
THAILAND



WHAT IT IS

AFTER PERUSING AISLES FOR ENDLESS HOURS, SAMPLING PIECES (OR HANDFULS) OF MANY FOREIGN PRODUCTS AND TRYING AUTHENTIC, TRADITIONAL DISHES IN THAILAND, I KNEW THAT EACH OF YOU NEED TO BE WITH ME ON THIS GLOBAL FOODIE JOURNEY.

IN AN EFFORT TO BRING YOU ALONG FOR THE RIDE, I CREATED THIS GUIDE SO YOU CAN UP YOUR ANTE IN THE KITCHEN, IMPRESS YOUR FRIENDS WITH A THEMED PARTY DINNER OR SIP AND SAMPLE SOLO FOR A FUN A SATURDAY NIGHT IN. IN THIS GUIDE, YOU WILL FIND RECIPES FOR MY FAVORITE MEALS FROM MY MONTH IN THAILAND.

Pairs WELL WITH ...

THAI RECIPES



THAI BEEF SATAY



**THAI PINEAPPLE
FRIED RICE**



PAD THAI



**THAI COCONUT
STICKY RICE &
MANGO**

THAI BEEF SATAY



Pairs Well With...Peanut dipping sauce

Item: Appetizer

Cuisine: Thai

IMAGE & RECIPE SOURCED FROM: THE SPRUCE

INGREDIENTS:

1 package wooden skewers

1 to 1 1/2 lbs beefsteak (sliced into very thin strips, as thin as you can make it)

FOR THE SATAY MARINADE:

1/4 cup minced or ready-prepared lemongrass, fresh, bottled or frozen

2 shallots or 1 small onion, sliced

4 cloves garlic

1 to 2 fresh red chilies, sliced, or 1/2 tsp. to 1 tsp. cayenne pepper, to taste

1 thumb-size piece ginger, thinly sliced

1/2 tsp. turmeric

2 tbsp. ground coriander

2 tsp. cumin

3 tbsp. dark soy sauce (available at Asian food stores)

1/4 cup fish sauce

5 to 6 tbsp. brown sugar

2 tbsp. coconut oil or vegetable oil

1/8 tsp. cardamom

THAI BEEF SATAY

DIRECTIONS:

1. If using wooden skewers, soak them in water (to prevent burning) while you prepare the meat. The kitchen sink works well for this.
2. Place all marinade ingredients in a food processor, large chopper or blender. Process well.
3. Taste-test the marinade - you will taste sweet, spicy and salty. The strongest tastes should be sweet and salty in order for the finished satay to taste its best. Add more sugar or more fish sauce (in place of salt) to adjust the taste. You can also add more chili if you want it spicier.
4. Place beef in a bowl, pour the marinade over and stir well to combine. Cover and marinate at least 1 hour, or longer (up to 24 hours).
5. When ready to cook, thread meat onto the skewers. Fill up to 3/4 of the skewer, leaving the lower half empty so the person grilling has a "handle" to easily turn the satay.
6. Grill the satay on an outdoor grill, basting the first time with a little of the leftover marinade. To cook satay indoors: Place satay on a broiling pan or baking sheet covered with aluminum foil. Set oven to broil and place satay close beneath the heating element (second-to-top rung works well). Turn the satay every 5 to 6 minutes until done to your liking (15 to 25 minutes).
7. Serve with rice and/or peanut sauce for dipping.

THAI PINEAPPLE FRIED RICE



Pairs Well With...Pinot Gris

Item: Main Dish

Cuisine: Thai

RECIPE SOURCED & ADAPTED FROM: SNAPGUIDE

INGREDIENTS: (Serves approx. 4)

- 2 eggs, lightly beaten
- 3 Cups cooked rice, cooled
- ½ Cups shallots, chopped
- 2 Tablespoons soy sauce
- 2 Teaspoons fish sauce
- 2 Teaspoons sugar
- 2 Teaspoons curry powder
- ¼ Teaspoons salt
- ½ Teaspoons white pepper
- 1 Cup carrot, diced, blanched
- 1 Cup fresh pineapple, diced (from whole pineapple)
- ⅓ Cups cashew nuts, toasted
- ¼ Cups green onions, chopped
- 1 cucumber, sliced
- ¼ Cups Garlic, minced
- 1/2 Cup fresh shrimp, cut into small cubes (optional)
- Oil for cooking (vegetable will work fine)

THAI PINEAPPLE FRIED RICE

DIRECTIONS:

1. Buy a whole fresh pineapple that is ALMOST ripe and cut it lengthwise.
2. Using one-half of the pineapple, carve out the flesh of the pineapple into cubes, leaving a firm border.
3. Cut the pineapple cubes into smaller pieces and set them aside.
4. Dry the carved pineapple boat in the oven at 160 degrees for 2 - 3 minutes.
5. Have cooked rice ready, preferably overnight rice. The rice should not be too soft.
6. In a small bowl, mix the DRY spices (curry powder, sugar, salt and pepper) together.
7. In a separate bowl, combine the WET ingredients together by mixing the fish and soy sauces.
8. Next, heat up oil in wok on medium high heat. Add and saute the cut shrimp. They should turn opaque and just cooked through. Set aside. (Substitute with chicken or other protein if desired.)
9. Using the same oil, add in minced garlic. Fry until lightly golden in color.
10. Add shallots. Continue to fry till fragrant.
11. Add a little more oil if need be and add in the lightly beaten eggs.
12. Break the eggs up a little bit and scramble quickly.

THAI PINEAPPLE FRIED RICE

DIRECTIONS (cont.):

13. Just before the egg has a chance to set completely, add in the prepared rice. This way, the egg will be mixed into the rice and not be chunky and separated.
14. Stir fry on high heat, tossing well till thoroughly mixed breaking up any lumps.
15. Once the rice has been mixed with the egg, add the cooked shrimp or other protein.
16. Stir fry to mix the shrimp/protein into the fried rice. This will ensure that almost every bite of the fried rice there will be shrimp/protein.
17. Add in the dry seasoning mix, followed by the wet seasoning mix, but one at a time.
18. Then, add in the blanched carrots for color. Continue to fry and really make sure the rice is well mixed and broken apart. Add in cashew nuts.
19. Lastly, add the fresh cut pineapple chunks. Don't cook this any longer than you need to. Fry till the pineapple starts to be a darker yellow and is a little translucent on the outside.
20. Stir-fry briefly to dry out the rice and sprinkle some more white pepper over it (if desired). At this point, season to taste.
21. Turn heat off. Add the chopped green onions for color and mix well.
22. Serve this tropical fried rice in the carved pineapple boats!

TRADITIONAL PAD THAI



Pairs Well With...Pinot Gris

Item: Main Course

Cuisine: Thai

RECIPE SOURCED FROM: SHE SIMMERS

INGREDIENTS: (Serves 2)

FOR THE PAD THAI SAUCE:

3/4 cup fish sauce

1 cup palm sugar, finely chopped

1/4 cup brown sugar

2/3 cup tamarind pulp ([click here to see how to prepare](#))

PAD THAI INGREDIENTS:

1/3 cup plain vegetable oil

4 ounces 2-3 millimeters wide dried rice noodles (following the instructions on how to prepare dried rice noodles for Pad Thai)

2/3 cup prepared Pad Thai sauce (see above)

1 tablespoon shrimp paste in oil

2 large cloves garlic, peeled and finely chopped

1 medium shallot, peeled and finely chopped

1/4 cup finely-chopped preserved radishes

1/4 cup shell-on small dried shrimp (the kind specified in my post on Pad Thai ingredients)

3/4 cup (100g) the firmest tofu you can find

1/2 lb large shrimp, peeled and deveined

TRADITIONAL PAD THAI

INGREDIENTS (cont.):

2 large eggs, cracked into a bowl

6-7 stalks of Chinese chives

2 cups bean sprouts

GARNISHES & EXTRAS:

Sugar, dried red pepper flakes, fish sauce, and fresh limes

Chopped *dry roasted* peanuts

Extra bean sprouts, soaked in water (to keep them fresh and crunchy) and Chinese chive stalks

PAD THAI SAUCE INSTRUCTIONS:

1. Put everything in a medium pot placed over medium heat. Stir constantly until the sugars have dissolved. This should take less than a minute. You don't want to reduce or thicken the sauce; it's already very concentrated and further reduction will result in a much lower yield than intended which leads to over-seasoned Pad Thai.
2. To keep the sauce from being overly reduced, chop your palm sugar very finely and do not use high heat.
3. Once the sugar is dissolved, remove the sauce from heat; allow to cool. Store in a glass jar and refrigerate or freeze.

TRADITIONAL PAD THAI

DIRECTIONS:

1. Cut the chive blades into 1-inch pieces; reserve the bottom parts of the stalks to eat with the finished dish.
2. Set over medium-high heat a flat pan (preferably well-seasoned cast iron pan or nonstick paella pan), no smaller than 14 inches wide. Add half of the vegetable oil to the pan when it's hot.
3. Immediately add the noodles to the hot oil, followed by the sauce (if you want to add the shrimp in oil to the dish, add it to the pan now along with the sauce); stir constantly (this is much easier done with two spatulas). Keep the noodles moving all the time.
4. After about 30-40 seconds, with the tips of your spatulas, you should be able to feel that the noodles have softened up considerably. At this point, push them to one side and add the remaining vegetable oil to the empty side of the pan.
5. Add the garlic, shallot, preserved radishes, dried shrimp, tofu, and shrimp.
6. We have now reached the critical point of the process. The task before you is to do whatever you can to: 1. keep the noodles moving almost constantly to keep them from burning or forming excessive crust at the bottom, 2. get the shrimp to cook about $\frac{1}{2}$ way through, and 3. keep all the small bits of stuff in the pan from burning (those around the perimeter tend to burn first).
7. Once the shrimp is turning a bit opaque on both sides and all the small bits are getting brown, make a well in the middle into which you add the eggs.

TRADITIONAL PAD THAI

DIRECTIONS (cont.):

8. Break and scramble the eggs with the tip of your spatulas; let them cook undisturbed on one side before flipping and breaking them into smaller pieces, keeping an eye on the other members of the pan the whole time, especially the noodles.

9. By the time the eggs are cooked: 1. the shrimp should be fully, but not overly, cooked, 2. the noodles are soft and chewy, 3. the sauce has been entirely absorbed into the noodles, and the little bits have crisped up and caramelized.

10. Turn off the heat immediately.

11. Add two handfuls of chive-bean sprout mixture to the pan and give it all a quick but gentle stir. We want to wilt the bean sprouts and chives while getting all the little bits thoroughly interspersed into the noodles. Your Pad Thai is now done. You can serve it immediately, or you can let it cool for 8-10 minutes in the pan (which, in my opinion, is when Pad Thai is at its best).

12. Top with 2-3 tablespoons of chopped peanuts per serving. Place a wedge of banana blossom and chive stalks on the side. Season to taste with extra fish sauce, lime juice, sugar, and dried red pepper flakes as necessary.

For additional pad thai expertise, check out She Simmers Pad Thai series and become an expert in no time. It's really interesting information. Click anywhere on this slide to explore more.

THAI COCONUT STICKY RICE & MANGO



Pairs Well With...Sauvignon Blanc

Item: Dessert

Cuisine: Thai

RECIPE & IMAGE SOURCED FROM: SHE SIMMERS

INGREDIENTS: (Serves 2 people)

1/2 cup raw Thai sticky rice (no substitute), soaked anywhere from one to 5 hours, drained, and rinsed to get rid of excess starch

1/2 cup good coconut milk

1/2 cup sugar

1/4 teaspoon salt

One perfectly ripe good mango (preferably Ataulfo), peeled and cut into thick slices

DIRECTIONS:

1. Put the rice in a heatproof bowl and steam in a steamer, over medium heat, for about 20 minutes (based on one-half cup of rice). The rice should be cooked through with no hard, raw bits in the middle of the grains. You can also cook the sticky rice without a steamer, using the splatter guard method.

2. Turn off the heat and let the rice stay in the steamer, with the lid on, while you prepare the coconut milk.

THAI COCONUT STICKY RICE & MANGO

DIRECTIONS (cont.):

3. In a heatproof bowl, heat the coconut milk, sugar, and salt in the microwave on high for 2 minutes. The sugar should completely dissolve and the mixture should be very hot.
4. Take the sticky rice out of the steamer. Pour the hot coconut mixture on top of the rice and gently stir. (It may look like your rice is drowned in coconut water, but the liquid will all be absorbed.) Cover the bowl tightly with plastic wrap and let the mixture stand at room temperature, undisturbed, for half an hour.
5. The coconut sticky rice is to be served at room temperature along with fresh mango. The sesame seeds are optional.
6. The rice can be refrigerated and reheated in the microwave, but the texture of reheated sticky rice isn't as good as it is when freshly made. Freezing sticky rice is not recommended.

This recipe is for two servings. If you make this for a larger crowd, adjust accordingly. Traditionally, coconut sticky rice is topped with a dollop of coconut cream that has been slightly thickened with rice flour. The topping is made to be a little bit on the salty side in order to bring out the sweetness of the rice. To eliminate one extra step of making the topping, this sticky rice as if it has the topping already mixed in. The texture of the end product is a little softer and wetter than what you would find on the streets of Bangkok.

SO...WHAT COMES NEXT?

- GET A DATE ON THE CALENDAR
- INVITE SOME FRIENDS
- MAKE IT A DINNER PARTY
- TAKE PRETTY FOOD PHOTOS & SHARE ON SOCIAL MEDIA.
LET ME KNOW WHICH RECIPES YOU LOVED BEST!!!

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#COUNTRY OF SAMPLING (THAILAND)

Pairs WELL WITH ...