

Prapatchon Schmidt

Thai Recipes

Ready in 25 minutes

Prapatchon Schmidt

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Foreword

As we all know that food is one of the basic needs for human beings; Good health is also the ultimate desire for all of us which means that in order to have good health for physical, mental, social, and intellectual; FOOD is only one of the factors that will enhance the good health besides doing an appropriate exercise and having adequate rest. Unfortunately, today's lifestyle has change a lot because people in the society has to rush and compete with the limited time available, which makes many behavior change too and that also include the dietary habits as well.

Consumption values of majority now are eating more fast food, which actually causing a higher risk of diseases, such as vascular disease, high blood pressure, obesity, and etc. However, on the other hands, nowadays many consumer around the globe, their attitudes and behavior towards food also leaning to the healthy food, because majority of consumer have change their point of view that to take care of your health means to reduce or prevent you from sickness and taking care of your health doesn't only mean that you are far away from sickness but it also means that to make your physical and mental health healthy by exercising, no cigarettes, no alcohol, have

enough rest, and also include choosing to eat good & healthy food; therefore when consumer pay attention more on what they eat, it makes the healthy food market to become popular as well.

Of course, one of the healthy food and is quite popular around the globe, I'm pretty sure that Thai food is among one of them, because many Thai recipes have herbs as the main ingredients. Thai food is the cuisine of Thailand. It became one of the most popular foods globally because of the unique taste which consist of the combination of a mellow, sweet, sour, salty taste, and besides that the spicy taste of chili that makes Thai food became popular among Thais and foreigners around the globe. Special characteristics of Thai food besides providing the necessary nutrients for your body, it also provides medicinal and herbal properties and also reflecting the intellectual and cultural dimensions of local communities. There are many Thai recipes that I love and of course very popular among foreigners around the globe too, such as Tom Yum Koong, Chicken with cashew nuts, Kang Keaw Wan Kai, Beef Panaeng, Tom Kha Kai, Pad Thai, and etc.

However, not all Thai food that you can cook within a short time, some of them require longer time than other and also there are many secret tips on each recipe, it depends on how you like the taste. I'm sure that you can find hundred of recipes for cooking Thai food in a big cooking book that contains more than 200 pages for you to choose from and also there are many writers who wrote about the same Thai recipes for example cooking Tom Yum Koong, or Tom Kha Kai. But that is not my goal of writing those type of book, I know that nowadays we are so in a hurry in doing everything because we are obligated to our daily lives that have so many things to do and we want to do it all the best we can, which one of them also including prepare meal for your family. Instead of trying to find through the 200 pages and try to choose which recipes you would like to cook for your meal today, I had chosen for you the easy and yummy Thai recipes for both main course and Thai desserts that I had cooked them and love them very much and I would like to share all these Thai recipes with you along with some tips on each recipe that you will find it very helpful on this e-book. I just want to help those who love to cook and eat healthy food but have limited time in cooking to enjoy and have the healthy Thai food therefore I decided to share the recipes with you. This is the starting point of why I think my topic about **“Thai Recipes Ready**

in 25 minutes” is interesting and needs to send the messages across this whole world. Because cooking Thai food is not that difficult thing for everyone to do so, if only you are familiar with the raw materials, ingredients, and all the mixing, I’m sure that you will be astonished with your ability of cooking Thai food.

First of all I have to let you know that I am not an experienced executive Thai chef who works with the restaurant and cooks more than two hundred different dishes before or have an experience more than thirty years of cooking. It is purely because of my own passion that I love eating and I love cooking and that is the bottom line. So the food that I cook is the food that I love to eat and others also love it too, when I cooked for them. I have successfully completed “Intensive Thai Cookery Course” on February 23, 2008; which is a 90 hours course; curriculum includes 64 hours practical and 26 hours theoretical training from Suan Dusit International Culinary School, Bangkok, Thailand. After that I had applied to work for part time with Suan Dusit Place Hotel just for my own training, which was helping the chefs in the kitchen in which I had gained a lot of experiences for working in the real kitchen at the hotel and once when I had enough confidence about cooking Thai food, then I had attended for

the national skills standards test for Thai Cuisine Chef Level 1 which had been tested by Institute for Skills Development, Region 1, Samut Prakan, Thailand, and I had passed the test on May 15, 2008. In which the certificate that granted by Institute for Skills Development is important for me that in the future if I want to apply for a job as a cook or a chef with the Thai restaurants oversea, this is the only document that will make me find a job easier.

I believe that we all LOVE food, I LOVE IT. I love all kind of food that is homemade and healthy. On top of that the reason that I love cooking is because I know exactly, what are the ingredients in it, so it is always fresh, clean, and I don't have to worry that I will get food poison. Every day, I will cook meal for my husband and myself with variety of dishes such as Greek salad, pasta with tomato cream sauce, Cajun chicken, Korean pancake, Vietnamese noodle in soup, Thai food, and etc. And sometime when we have friends over, I will always cook Thai food for them too, because I'm from Thailand, so to cook Thai food for our friends who are foreigners make sense to me because I know the taste of Thai food. As you aware that many Thai recipes also require long time to make, however, for the Thai recipes that I had shared with

you in this e-book, **“Thai Recipes Ready in 25 minutes”** will be all the recipes that I usually cook which is easy to cook and very tasty too, which is suitable for people that love healthy and yummy food with less time to cook. I hope that you will LOVE them all like I do.

Thanks to you as my reader, thanks so much for supporting my e-book. I am sure that the money you had spent on buying this e-book will be worthwhile for you and you will learn a lot of valuable knowledge. Enjoy Thai cooking and have a fantastic meal with your family everyday in every occasion!!! May God bless you and good luck in everything you do!!!

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Chapter 1: Overview of Thai Cuisine

In this chapter, I would like to talk about the overview of Thai Cuisine in brief, because my main goal of writing this e-book is about Thai recipes with tips in cooking ***NOT*** to tell you about the whole history and legendary of Thai food. However, I think that it is necessary just to give you some general idea about Thai food's history and other important details; therefore I decided to share some of my knowledge that I've learned in the classroom and from the other sources with you.

The history of Thai food has been carried on for long time. From the past, the spices that used in cooking have been influenced from Persia through India or stir-frying cooking method has been influenced from China. Thai food is accumulated and transmitted continuously from the past until now it became as one of national identity. Thai cuisine is considered to be critical of the Thai national culture. The most famous dish for Thai food is ***“Nam Prik Pla Two”*** (fried mackerel dip with chili paste) serve with side dishes that arrange as a set. Thai people consume rice as their main meal along with other 3-5 side dishes; therefore everyone in the family will eat and share them together. Almost in every Thai family kitchen will

always have food components that are affixed to every household, such as dried chilies, fish sauce, garlic, onions, shallots, and also including vegetables and meats, because all these ingredients people can use them to cook Thai food in variety methods, such as stewing, stir-frying, grilling, or salad.

In order to cook tasty Thai food, you must begin with purism in purchasing the fresh ingredients, store them, and wait to be cooking with the preferred method. Thai food contains a concentrated flavor with many ingredients and each dish has a unique taste, the condiments are not the same. To be able to cook tasty Thai food, it requires skill and experience along with the cooking methods that apply for cooking Thai food. You need to *practice your cooking* in order to improve it to be more effectively and then you will have your skill.

Thailand has so many differences in regional area which make the living conditions of people in each community has different lifestyles which including food as well. Food in each regional area has its own unique identity. *Thai food divides into four main regions as follow:*

1. Northern Food: consists of sticky rice, different types of chili pastes; such as Nam Prik Noom, different types of