



THIA SHRIMP FRIED RICE

Read Instructions and Notes FIRST

COOKING TIME: 10 MIN

PREPPING TIME: 20 MIN

SERVINGS: 3-4 MAIN COURSE

4-6 AS A SIDE DISH

INGREDIENTS

Ingredients

- 3tbsp vegetable oil (or canola or peanut oil)
- 3 tbsp sesame oil
- 4 large garlic cloves , very finely chopped
- 1 whole small onion , diced
- 5 oz / 150 g small prawns/shrimp (cooked or raw) , or chicken breast thinly sliced (Note 1)
- 3 green onion (shallots) , cut into 1.5 ³/₄ cm pieces
- 2 eggs , lightly beaten
- 3 cups cooked jasmine rice , cold (preferably refrigerated overnight)

Sauce

- 2 tbsp fish sauce
- 1Tbsp ginger paste or minced ginger
- 1 1/2 tbsp oyster sauce
- 1/2 tbsp light soya sauce (or amino)
- 1 tsp sugar (any type)
- 1 tbsp thia red curry paste (optional)
- 1 1/2 tbsp Thai Seasoning (optional)

To Serve (optional)

- Tomato wedges
- Cucumber slices
- Fresh coriander (cilantro)

DIRECTIONS

- Heat oil in a large wok or a large skillet over medium high heat. (Add 1 tbsp extra oil if using a skillet)
- Add garlic and onion, stir fry for 30 seconds.
- Add prawns/shrimp and white part of green onion, stir fry for 1 minute.
- Push everything to the side and pour the egg onto the other side. Scramble it quickly - about 20 seconds.
- Add the rice and Sauce of choice. Stir fry for 2 minutes, adding green part of green onions halfway through, until all the rice is coated with the Sauce.
- Serve immediately, garnished with fresh cilantro/coriander with tomato and cucumbers on the side. (See in post for more serving ideas)



FRIED RICE NOTES

always prepare ingredients and utensils first

LARGE SKILLET -KNIVES -SPATULA - CUTTING BOARD-

SMALL MIXING BOIWLs - WHISK

1. Protein - use any of choice or firm tofu. I've gone with small prawns/shrimp in class. Prawns and chicken are the most popular. Chicken: Make sure you cut the chicken against the grain. To do this, look at the chicken and you will notice that the fibres mostly go in one direction. Cut through the fibres i.e. 90 degrees to the direction of the fibres. This yields the most tender pieces of chicken.
2. Rice - 1 cup uncooked rice = 3 cups cooked rice. Rice must be cooked and cold. Best if refrigerated overnight to dry out grains. If it's a fried rice emergency (and we all have those!), cook rice, spread on tray then freeze or refrigerate until cold.
3. Jasmine rice is authentic for Thai Fried Rice, but can substitute with long grain or medium grain rice.
4. Healthy substitutes: RICE-you may also sub for Quinoa, Farro or Brown rice. SOYA SAUCE- Substitute for coconut amino.
5. Optional extras: Add leafy Asian greens or other vegetables of choice, add finely chopped red chili when cooking the garlic or add chili paste when you add the Sauce into the rice.



THIA CHILI CRUNCH/CRISP

Read Instructions and Notes FIRST

COOKING TIME: 2-MIN

PREPPING TIME: 10MIN

SERVINGS: 20-24

EQUIPMENT: JAR, SMALL-MED

SAUCE POT, MEASURE

SPOONS, OR SPATULA

INGREDIENTS

Ingredients

- 1/2 cup oil (any preferred neutral oil is good, I prefer avocado oil, grape seed or olive oil)
- 6-8 cloves fresh garlic , minced
- 5 Tablespoons red chili flakes , or to personal taste. For medium spicy, you can start with 1 Tablespoon first, then add more.
- 2-3 Tablespoons finely diced chopped onion
- 2 finely chopped green onion (scallion or spring onion)
- 1-2 teaspoons (10 ml) sugar , or to taste
- 1-2 teaspoon (toasted sesame seeds (to taste)
- 1 teaspoon (kosher salt , if using table salt, use a little less
- 1 teaspoon smoked paprika
- 1 teaspoon cayenne(optional to taste)
- 2 teaspoons (10 ml) soy sauce , or to personal taste. We like it very savory so will add an extra teaspoon or two.

DIRECTIONS

- Mince or slice the garlic to your preferred size (it doesn't really matter how big or small it is, just how much of a garlic bite you want).
- Heat oil in a pan over medium heat. Add garlic and cook about 1 minute or until lightly golden.
- Immediately remove from heat (the garlic will continue to cook a little in the pan. You want it to be just a light golden brown. Don't let the garlic burn or else it will become bitter).
- Stir in rest of the ingredients (red chili flakes, dried minced garlic, dried chopped onion, sugar, sesame seeds, salt, smoked paprika, cayenne, and soy sauce).
- Taste for flavor and adjust to your liking. Cool completely.
- After cooled, store in a mason jar or similar. Stir well before using.

NOTES

1. Adjust spice or sweetness to your own desired level.
2. Get creative when possible add star anise, bay leaf, lemon grass, cardamom etc for an optional flavor enhancement. Keep in mind dry herbs burn fast and leave a bitter taste. Also the garlic will also leave a bitter taste if you burn it.
3. You can also substitute onion with shallot.
4. The recipe above was used in class