

# WORLD CULINARY ARTS: *Thailand*



Unilever Food Solutions  
Recipes from

## Savoring the Best of World Flavors: Thailand

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# CAULIFLOWER KHAO SOI

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Cauliflower, cut into florets, roasted dry	1.4 kg
<i>Curry Paste</i>	
Shallot, peeled and chopped	15 g
Garlic cloves, peeled and chopped	12 g
Lime zest	0.4 g
Galangal/ ginger, peeled and chopped	11 g
Thai chili, stemmed chopped	2 ea.
Lemongrass, bottom of stalk, chopped	9 g
Kefir lime leaves, chiffonade	1 g
Coriander seed	0.5 g
Coconut milk, 2 Tbsp. separated	500 mL
Knorr® Vegetable Liquid Concentrated Base, diluted	1 cup
Curry powder	1 Tbsp. (heaping)
Palm sugar	16 g
Fermented soybean paste	23 g
Wonton skins, cut into ¼ inch strips, deep fried	100 g
Salt	as needed
Cilantro	as needed

## **Method**

1. Heat oven to 375°F. Roast dry cauliflower florets for 40 minutes until golden.
2. Mince together all curry ingredients with a mortar and pestle.
3. In a wok, heat coconut cream until fat separated. Add curry paste and cook for 1 minute.
4. Add remaining coconut milk, cauliflower, stock and curry powder and cook for few minutes until slightly thickened.
5. Add palm sugar and soybean paste. Cook for 1 more minute.
6. Serve in a bowl garnished with fried noodles and cilantro.

**Note:** Any fried noodle can be substituted.

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# KABOCHA & BEEF STIR FRIED WITH THAI BASIL

*Yield: 8 to 10 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Kabocha	1 kg
Flank steak	1 kg
Salt	2 tsp.
Vegetable oil	3 Tbsp.
Garlic, fine diced	30 g
Shallots, fine diced	40 g
Ginger, fine diced	15 g
Lemongrass, fine diced	14 g
Palm Sugar	40 g
Oyster Sauce/Mushroom Soy Sauce	50 g
Knorr® Beef Liquid Concentrated Base	61 g
Bird's eye chili	1 ea.
Thai Basil	30 g
Lime juice	1 Tbsp.

## **Method**

1. Remove green skin of kabocha with a knife. Scoop seed out and cut into quarters and then cut into ¼ inch strips.
2. Cut flank steak diagonally across the grain into 2 to 2 ½-inch strips, no more than ¼-inch wide.
3. Lightly season beef with salt.
4. In a wok on high heat, put in 2 tablespoons vegetable oil. Once hot, stir fry beef in the wok until seared. Remove from wok and set to the side.
5. Add in 1 tablespoon of oil and add in garlic, shallots, ginger and lemongrass. Stir fry for 30 seconds until fragrant.
6. Add in kabocha and stir together. Adjust heat to low.
7. Add in the palm sugar, mushroom soy sauce and Knorr® Beef Base.
8. Partially cover and simmer for 15 minutes until kabocha softens.
9. Put beef back into wok with kabocha.
10. Add in Bird's Eye Chili and Thai Basil Leaves.
11. Stir to combine and heat the beef.
12. Finish with a squeeze of lime juice from a ¼ of a lime. Serve.

**Note:** If using a pan on a stovetop rather than wok, sauté in batches.

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# SHRIMP CURRY WITH COCONUT STEAMED RICE

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Rice</i>	
Jasmine rice	2 cups
Water	2 cups
Coconut milk	2 cans
Salt	as needed
Ginger, fine diced	16 g
Lemongrass, fine diced	16 g
Bird's Eye Chili	2.6 g (one medium chili)
Garlic, fine diced	12 g
Shallot, fine diced	10 g
Kefir Lime Leaves, roughly ripped	3 ea.
Shrimp, cleaned	1 lb.
Coconut Milk	1 can
Knorr® Liquid Concentrated Vegetable Base	16 g (1 Tbsp.)
Lime juice	1 Tbsp.
Cilantro	as needed

## **Method**

1. Soak rice in cold water for 20 minutes and strain, leave in strainer to dry for about an hour.
2. Cook rice in water and coconut milk, season with salt.
3. While rice is cooking, use a mortar and pestle to crush the ginger, lemongrass, chili, garlic shallot and Kefir leaves until a rough paste. If using a premade paste instead of the fresh made, use 33 grams of paste.
4. Skim cream off coconut milk and heat in a nonstick skillet until fat separates.
5. Add in curry paste and sauté over medium low heat until very fragrant.
6. Add in shrimp and sauté for 1 to 2 minutes.
7. Add in coconut milk (about 1 cup) and Knorr® Vegetable Base.
8. Cook until shrimp is just done.
9. Squeeze 1 tablespoon lime juice over shrimp.
10. Serve over coconut rice, garnish with a handful of cilantro leaves and serve.

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# CHICKEN LARB IN LETTUCE CUPS

*Yield: 16 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil	as needed
Garlic cloves, minced	35 g
Red or green bird's eye chili, chopped	4.8 g
Galangal/ginger, finely minced	8 g
Chicken, ground	2 lb.
Green beans, cut into ¼ inch disks	6 oz.
Shallots, diced	55 g
Thai basil	50 g
Fish sauce	15 g
Knorr® Caldo de Pollo	1 Tbsp.
Kefir lime leaves, chiffonade	4 ea.
Boston lettuce, large	1 hd.
Limes, cut into wedges	2 ea.

## **Method**

1. Heat oil in wok. Stir in garlic and bird's eye chili until fragrant.
2. Add galangal and stir until fragrant.
3. Stir in ground chicken and green beans and mix well in wok.
4. Stir in shallots, basil leaves, fish sauce, Knorr® Caldo de Pollo, and Kefir Lime leaves.
5. Stir fry until chicken is cooked through.
6. Serve in Boston lettuce cups and with lime wedges.

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# JACKFRUIT LARB IN LETTUCE CUPS

*Yield: 16 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil	as needed
Garlic cloves, minced	35 g
Lemongrass, chopped	25 g
Galangal/ginger, finely minced	8 g
Shallots, diced	55 g
Red or green bird's eye chili, chopped	6.5 g
The Jackfruit Company Naked Jackfruit	1 pk. (30.5oz)
Green beans, cut into ¼" disks	6 oz.
Kefir lime Leaves, chiffonade	4 ea.
Mushroom sauce	25 g
Palm sugar	41 g
Knorr® Vegetable Liquid Concentrated Base	2 Tbsp.
Cilantro, coarsely chopped	50 g
Boston lettuce, leaves	2 hd.
Limes, cut into wedges	2 ea.

## **Method**

1. Heat oil in wok. Stir in aromatics (garlic, lemongrass, galangal, shallots, and chilies).
2. Stir in jackfruit, green beans, and kefir lime leaves and stir-fry until jackfruit is golden brown. Mix constantly so aromatics do not burn.
3. Add in mushroom sauce, palm sugar and Knorr® Vegetable Base.
4. Stir in cilantro. Stir fry until fragrant and mixed well.
5. Serve in lettuce cups with wedge of lime.

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# STEAMED MUSSELS IN A THAI BROTH

*Yield: 2 Large Bowl Portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter	60 g
Galangal/ginger, fine dice	10 g
Shallots, sliced	45 g
Red or green bird's eye chili, fine dice	2 g
Tamarind	75 g
Fish sauce	6 g
Knorr® Vegetable Liquid Concentrated Base	2 Tbsp.
Water	½ cup
Mussels	2 lb.
Kefir lime leaves	3 ea.
Thai Basil, roughly chopped	¼ cup

## **Method**

1. Heat 30 grams of butter in pan over high heat.
2. Add in shallots, ginger, and bird's eye chili and sauté until transparent for 30 seconds.
3. Add in tamarind, fish sauce, Knorr® Vegetable Base, water and mix until combined.
4. Add in mussels and kefir lime leaves and cover. Cook until mussels open.
5. Swirl in the remaining 30 grams of butter. Serve in large bowl with Thai Basil as garnish.

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