GROUP 1
STIR-FRIED CHICKEN WITH CASHEW NUT
(GAI PAD MED MAMUANG)

Ingredients
- 2 T oil
- 1 cup fresh cashew nuts
- ½ cup dried chilli, finely sliced
- 4 cloves chopped garlic
- 500g chicken thighs, sliced thinly, and marinated in corn flour
- 8 spring onions, cut in 2 cm lengths diagonally
- 1 tin baby corn, sliced thinly and diagonally
- 2 tins mushrooms, cut bite-size
- 1 T fish sauce
- ½ t white sugar
- 2 T oyster sauce
- ½ cup coriander leaves

Method
1. Roast cashews and chilli in oil over minimum heat until aromatic. Remove cashews and chilli to plate.
2. In the same oil and over low heat fry the garlic until yellow.
3. Add the chicken and stir-fry for 2-3 minutes or until almost cooked.
4. Add cashews, chillies, onions, mushrooms, baby corn and stir fry for 1-2 minutes.
5. Add fish sauce, sugar, oyster sauce and cook for further 2-3 minutes.
6. When cooked, transfer to serving plate or bowl and garnish with coriander leaves.
GROUP 2
VEGETARIAN MASSAMAN CURRY
(GAENG MASSAMAN JAE)

Ingredients
- 500g firm tofu, cut into 2 cm cubes
- 1 T cooking oil
- 1 small tin Massaman curry paste (use according to directions)
- 1 x 440ml tin coconut cream
- 1 x 440ml tin coconut milk
- 2 x 440ml tins potato
- 2 medium onions, halved and sliced
- 2 T roasted peanuts

Method
1. Warm oil and fry curry paste until a nice smell is apparent.
2. Add coconut cream and continue stirring until the oil comes out of the coconut cream.
3. Add coconut milk, onions and potatoes and simmer until tender.
4. Add roasted peanuts and cook over medium heat for 4-5 minutes.
5. When cooked, transfer to serving bowl.
GROUP 3
STIR-FRIED FISH WITH SWEET AND SOUR MIXED VEGETABLES
(PAD PRIEW WAN PLA)

Ingredients
- 500 g firm fish, cut in bite-size pieces and marinated in corn flour
- 2 T cooking oil
- 2 cloves garlic chopped
- 2 T soy sauce
- 4 T sugar
- 2 onion, sliced
- 1 cup carrot, sliced
- 1 cucumber cut into bite sized pieces
- 2 large tomato, sliced
- 2 cup of spring onions, chopped
- 1 large tin canned and diced pineapple, drained (save the juice)
- 2 T lemon or lime juice
- 2 T oyster sauce
- 2 T coriander leaves
(Keep pineapple juice or water handy to use to thin mixture if it becomes too thick)

Method
1. Heat oil in wok over medium heat, add garlic until yellow (and remove)
2. Add fish in small portions and stir until cooked, Drain on absorbent paper.
3. Add soy sauce and sugar and stir.
4. Add onion and carrot and stir fry for 1-2 minutes.
5. Add cucumber, pineapple, tomato and spring onions and stir fry.
6. Add garlic and fish and stir through.
7. Add oyster sauce and lemon juice.
8. Mix well and remove to several serving bowls.
9. Garnish with coriander leaves.
GROUP 4
GREEN FAUX-CHICKEN CURRY (VEGETARIAN)
(GAENG KIAW WAN GAI)

Ingredients
1 small tin green curry paste
1 T cooking oil
500 g faux-chicken, sliced thinly
1 tin coconut milk
¼ cup water
4 kaffir lime leaves
100 g green beans, chopped to about 2cm pieces
150 g eggplant cut into bite sized pieces
2 T fish sauce
2 T finely grated lime rind
1 ½ T palm sugar (or soft brown sugar)
¼ cup sweet basil leaves
3 red chillies
½ cup coriander leaves

Method
1. Fry curry paste in the oil until it fragments.
2. Add the chicken and stir-fry for about 5 minutes, until the chicken is almost cooked.
3. Add the coconut milk, water, kaffir lime leaves, beans and eggplant.
4. Bring to the boil, stirring occasionally.
5. Reduce the heat and simmer, uncovered for 10 minutes or until the chicken is tender.
6. Add fish sauce, lime juice rind and sugar and heat until boiling.
7. Add the sweet basil and chillies.
8. When cooked, transfer to serving bowl and garnish with coriander leaves.
GROUP 5
STIR-FRIED VEGETABLES WITH COCONUT MILK
(HAANG KA-THI)

Ingredients
- 5 cakes instant noodles
- 500 g green beans
- 2 onions
- 1 x 440g tin baby corn (halved with top half sliced lengthwise)
- 800g mushrooms
- 1 x 440 ml can coconut milk
- ½ c tomato sauce
- 4 T Hoi Sin sauce
- 4 T sweet chilli sauce
- ½ t 5 spice powder
- 2 T cooking oil

Method
1. Cook noodles in boiling water, drain and set aside
2. Cut beans into 5 cm lengths diagonally
3. Cut onions into eights
4. Cut corn into half lengthways
5. Cut mushrooms into medium chunks
6. Combine coconut milk, tomato sauce, Hoi Sin sauce, sweet chilli sauce and 5 spice powder in a bowl (for use in step 10)
7. Heat oil in wok over high heat and stir fry beans and onions for 1 minute
8. Add mushrooms and stir fry for one minute
9. Add corn and heat through
10. Add coconut milk mixture and stir until heated through
11. Drain noodles and stir until heated through
12. When ready, transfer to serving bowl and garnish with coriander leaves.