

Hungry for Thailand

อิ่มอร่อยกับเมืองไทย

*THE DEFINITIVE THAI CULINARY
RECIPE COLLECTION*

Recipes and photos by Khun Praew

Hungry for Thailand

อึ้มอร่อยกับเมืองไทย

*Street stalls, night markets
and my grandmother's kitchen*

PRAEW

How to use this book

THE SPICE SCALE

Every recipe carries a chilli rating, and it describes the recipe exactly as written. I have written most of these a little milder than I eat them, because not everyone can handle the heat. Where that's true I say so, and tell you how to take it up.

—	None	No chilli heat at all
🌶️	Mild	Warmth in the background. Fine for children
🌶️🌶️	Medium	Clearly there and building, still balanced
🌶️🌶️🌶️	Hot	This is how it is eaten in Thailand
🌶️🌶️🌶️🌶️	Fieri	Deliberately punishing. The heat is the point

If you did not grow up eating this food, a three will taste hotter to you than it does to me. Start one level below where you think you belong. You can always add chillies — you cannot take them out.

ALLERGENS

Marked beside the ingredient, not just at the top of the recipe. Shrimp paste is in most curry pastes and you cannot see it in the finished dish.

SF shellfish **FS** fish sauce **PN** peanuts **TN** tree nuts **GL** gluten **EG** egg **DA** dairy
Read the whole recipe before you turn on the heat. Thai stir-frying happens in about ninety seconds.

The Thai pantry

เครื่องปรุงไทย

Buy these once and you can cook most of this book. Everything else is fresh, and everything else is optional.

Fish sauce น้ำปลา

The salt of Thai cooking. Buy a brand with two ingredients: anchovy and salt.

Oyster sauce น้ำมันหอย

Thick, savoury, faintly sweet. Contains wheat — use tamari-based if avoiding gluten.

Galangal ข่า

Looks like ginger, tastes nothing like it. Pine and citrus. Ginger is not a substitute.

Kaffir lime leaves ใบมะกรูด

Freeze them. They keep for months and lose almost nothing.

Tamarind paste น้ำมะขาม

Sour with depth, where lime is sour and bright. They do different jobs.

Holy basil กะเพรา

Peppery, clove-like. Not sweet basil — in Thailand they make two different dishes.

Toasted rice powder ข้าวคั่ว

Makes larb what it is. Toast raw sticky rice until deep gold, then grind.

Palm sugar น้ำตาลปีบ

Softer and rounder than cane sugar. Comes in discs — shave it, don't fight it.

Coconut milk กะทิ

Full fat, never light. The cream separating in the pan is a feature, not a fault.

Lemongrass ตะไคร้

Use the pale lower third. Bruise it for soups, slice it very fine for pastes.

Shrimp paste กะปิ

Pungent raw, magnificent cooked. Contains shellfish — check every curry paste.

Dried chillies พริกแห้ง

Large spur chillies for colour and fragrance, bird's eye for heat.

Coriander root รากผักชี

The roots, not the leaves. Ask your grocer to leave them on.

Light & dark soy ซีอิ๊ว

Light for salt, dark for colour. They are not interchangeable.

Where a substitute genuinely works, I say so. Where it changes the dish into something else, I say that too.

Recommended brands

These are the bottles and jars I actually use, from my pantry guide. Where a substitute works I say so — but start here and you can taste what the recipes intend.



Fish sauce น้ำปลา (nam pla)

Fish sauce is a staple condiment in Thai cuisine, known for its rich umami. It's a pungent, savory liquid made from fermented fish and salt, used to season and enhance a variety of Southeast Asian dishes like stir-fries, curries, and salads.

- Megachef (my grandmother's preferred brand, she says it's not as salty as most brands)
- Squid Brand
- Red Boat
- Tiparos

TIP — The best brands of fish sauce typically contain only fish — usually anchovy, shrimp, or mackerel — and salt. Look for simplicity, no weird stuff please! Check the label for a high protein content and minimal additives.

AVAILABLE ON AMAZON.COM ↗



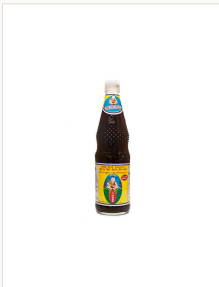
Oyster sauce น้ำมันหอย (nam man hoi)

Oyster sauce is a thick, dark brown condiment, made from oyster extracts, sugar, and salt. It's commonly used in Asian dishes like stir-fries and marinades for its complex savory and slightly sweet flavor profile.

- Maekrua (my go-to)
- Lee Kum Kee
- Panda Brand

TIP — The better oyster sauces use real oyster extracts (an oyster cooking liquid). Look for brands where oysters are listed at the top of the ingredient list with few additives, as this usually means a richer flavor. Usually, the expensive brands will contain more oyster extract, thus will be higher in quality.

AVAILABLE ON AMAZON.COM ↗



Light soy sauce ซีอิ๊วขาว (see ew kao / si iw kao)

Thai light soy sauce, often called thin or white soy sauce, is the go-to seasoning for many Thai dishes. It has a unique salty flavor, distinct from Japanese and Chinese soy sauces, with a thin consistency that adds depth without altering the color of the food.

- Healthy boy brand

AVAILABLE ON AMAZON.COM ↗



Thai seasoning sauce ซอสปรุงรส (sot prong roht)

In Thai cuisine, seasoning sauces like golden mountain sauce are often used for their enhancing flavors. These sauces are similar to soy sauce but have just that little bit of extra and their own unique taste. They're often used to add a savory flavor and a hint of umami to stir-fries.

- Golden Mountain (the green-cap bottle)

AVAILABLE ON AMAZON.COM ↗



Shrimp paste กะปิ (gapi / kapi)

Shrimp paste is a pungent, purple-brown condiment, made from fermented ground shrimp or krill, salt, and sometimes sugar. It has an intense, pungent aroma that can be quite strong for some, but that's part of its charm.

- Kung Thai

AVAILABLE ON AMAZON.COM ↗



Coconut milk กะทิ (gati)

Traditionally, we do not use dairy milk in Thai cuisine – instead, we use coconut milk. This is our staple for adding a creamy texture and subtle sweetness. It's extracted from the flesh of ripe coconuts and a must-have for curries, soups, or desserts.

- Aroy-D is a great brand widely used in Thailand.

TIP — When shopping for coconut milk, pick cans with minimal preservatives or added sweeteners. You'll know you've got a good can if there's a thick cream that separates from the liquid after sitting. My grandmother always insists on making coconut milk fresh, but I prefer the convenience of store-bought.

AVAILABLE ON AMAZON.COM ↗



Curry pastes พริกแกง (prik gaeng)

Curry pastes are the key ingredient in our creamy coconut curries, water-based curries, and curry stir-fries. You can make them yourself at home using a Thai mortar and pestle, or simply use store-bought.

- Mae Ploy
- Maesri

TIP — It's totally OK to use store-bought pastes. If you have the time and want to give that authentic touch to your curries or stir-fries, try one of my homemade curry paste recipes:

AVAILABLE ON AMAZON.COM ↗



Fermented soybean paste (tao jiew) เต้าเจี้ยว (tao jiew)

Fermented soybean paste is a savory, salty ingredient with a one-of-a-kind taste. Made from fermented soybeans, it brings a rich, deep flavor that really makes a difference in your cooking. It's not an everyday item, but when you do use it, it's a game changer. I recommend the Healthy Boy brand.

- I recommend the Healthy Boy brand.

AVAILABLE ON [AMAZON.COM](#) ↗



Thai flavor seasoning powder ผงปรุงรส (pong pung roht)

Rosdee, a well-known brand in Thailand, offers a range of flavor seasonings in powder form. They're a blend of salt, sugar, soy sauce powder, and spices, used to enhance the taste of our dishes. They're popular in stir-fries, soups, and marinades.

- Rosdee — available in cube or powder form; pork, beef, or chicken flavor

AVAILABLE ON [AMAZON.COM](#) ↗



The stone in every Thai kitchen

ครก

Every Thai kitchen has one, and it is almost always the heaviest object in the room. The granite mortar — the krok — does something a food processor cannot. A blade cuts. A pestle crushes, and crushing is what forces the oils out of a chilli, a lemongrass stalk, a knot of galangal.

You can taste the difference in a curry paste immediately. Blended paste is bright and thin. Pounded paste is round and deep, and it holds together in the pan instead of splitting.

My grandmother's krok sat on the floor. You knelt to use it, one hand steadying the rim, and the sound carried down the street — every house pounding something, slightly out of time with each other, from about five in the morning.

The Menu

Nam Phrik น้ำพริก 2



Jeow Bee 🌶️
แจ่ว

10



Jeow Bong 🌶️
แจ่วบอง

12

Soups ต้ม 2



Ba Mee Moo Dang 🌶️
บะหมี่หมูแดง

18



Dry Tom Yum Noodles 🌶️🌶️
ต้มยำ

20

Stir-Fries ผัด 2



Bok Choy Stir Fry —

25



Cauliflower Beef Stir-Fry —

26

Noodles เส้น 2



Kua Mee —
pad lao

36



Lad Na —
ราดหน้า

38

Snacks ของว่าง 2



Bitter Melon With Egg —

44



Coke Chicken Wings —

45

Drinks เครื่องดื่ม 2



Anchan Lemonade —
อัญชัน

51



Asian Pennywort Drink —

52

Yam & Larb ยำและลาบ 2



Lao Cucumber Salad —
ตำหมากแดง

14



Lao Papaya Salad 🌶️
ตำหมากหุ่ง

15

Curries แกง 2



Chicken Pad Ped 🌶️🌶️
ผัดเผ็ด

22



Gaeng Daeng 🌶️🌶️
แกงแดง

23

Grilled & Fried ย่างและทอด 2



Baked Thai Honey Chicken 🌶️

30



Char Siu Pork Belly —

32

Rice ข้าว 2



Tom Yum Fried Rice Shrimp 🌶️🌶️🌶️
ข้าวผัด

42



Thai Green Curry Fried Rice 🌶️🌶️🌶️

40

Sweets ของหวาน 2



Agar Agar Jelly with Fruits —

48



Asian Mango Ice Cream —
3 ingredients

49

Pastes พริกแกงและเครื่องปรุง 2



5-Minute Thai Chili Oil 🌶️🌶️🌶️
nam mun prik

54



Crispy Pork Belly Dipping Sauce 🌶️

55

CHAPTER ONE

Nam Phrik

น้ำพริก



Jeow Bee 🌶️🌶️
แจ่ว

10



Jeow Bong 🌶️
แจ่วบอง

12



nam phrik

Jeow Bee

แจ่ว

lao bitter dipping sauce

SERVES

1

PREP

5 min

COOK

5 min

SPICE



LEVEL

Easy

Try this jeow bee recipe, a quick and easy Lao bitter dipping sauce that pairs perfectly with grilled meat and sticky rice, ready in minutes!

INGREDIENTS

CONTAINS FISH SAUCE

1 tablespoon fermented fish sauce **FS**

1/2 tablespoon fish sauce **FS**

1/2 tablespoon toasted rice powder

1 teaspoon chili flakes

1/2 teaspoon MSG

1 tablespoon water

1 teaspoon beef bile

1/2 tbsp cilantro (chopped)

1 stalk of green onions (chopped)

METHOD

- 1 In a mixing bowl, stir together beef bile, fish sauce, fermented fish sauce, toasted rice powder, chili flakes, and water.
- 2 Mix in freshly chopped green onions and coriander. Serve immediately with your favorite dishes.



Jeow Bong

แจ่วบอง

lao chili paste

SERVES

4

PREP

20 min

COOK

20 min

SPICE



LEVEL

Moderate

This jeow bong recipe is a traditional Lao chili paste with a delicious mix of spicy, sweet, and umami flavors. It's great with sticky rice and fresh vegetables!

INGREDIENTS

CONTAINS FISH SAUCE

- 1 ounce garlic
- 3.5 ounces shallots
- 5 kaffir lime leaves
- 0.7 ounces galangal
- 0.7 ounces dried chilies
- 2 tablespoons fish sauce **FS**
- 1 teaspoon MSG
- 1 tablespoon white sugar
- 1.5 tablespoon tamarind paste
- 2 tablespoons oil
- 4 tablespoons water

METHOD

- 1** Start by roasting shallots and garlic in a dry pan until golden and fragrant. Then roast the kaffir lime leaves and chunks of galangal until they release their citrusy and earthy scents. Finally, roast the dry red chilies until they darken slightly for a smoky heat.
- 2** Pound the dried chilies in your mortar. Pound them into a fine powder.
- 3** Add galangal and kaffir lime leaves. Pound until all the pieces are broken down, and the mixture is well blended.
- 4** Pound in the shallots and garlic until you get a fragrant paste.
- 5** Heat oil in your pan over medium-low heat, then fry the paste, stirring gently. Pour in all sauces and water, continue frying until the paste has absorbed all liquid, and transform into a sticky chili paste ready for use.

CHAPTER TWO

Yam & Larb

ยำและลาบ



Lao Cucumber Salad —

14

ตำหมากแตง



Lao Papaya Salad 🌶️

15

ตำหมากหุ่ง



yam & larb

Lao Cucumber Salad

ตำหมากแดง

thum mak thang

SERVES
2

PREP
10 min

COOK
5 min

SPICE
—

LEVEL
Easy

Spicy Lao cucumber salad recipe made with crisp vegetables and a tangy chili lime dressing. Fresh, nutritious, and ready in under 20 minutes.

INGREDIENTS

CONTAINS FISH SAUCE

- 1 clove garlic (peeled)
- 3 chilies (to taste)
- 1/2 tablespoon palm sugar
- 1 tablespoon fish sauce **FS**
- 1 1/2 tablespoon fermented fish sauce **FS**
- 3 cherry tomatoes (halved)
- 1 tablespoon fresh lime juice
- 10 oz or 2 cups cucumber (sliced)

METHOD

- 1 Crush chilies and mortar with a mortar and pestle.
- 2 Mix in the dressing made of lime juice, fish sauce, fermented fish sauce, and palm sugar. Add ripe tomatoes plus lime skin to the mix, roughly crushing them.
- 3 Toss in the cucumber and any optional vegetables of your choice.
- 4 Gently mix all the ingredients one last time, ensuring the flavors are well combined and balanced. Serve immediately.



yam & larb

Lao Papaya Salad

ตำหมากหุ่ง

thum mak hoong

SERVES
2

PREP
10 min

COOK
10 min

SPICE


LEVEL
Easy

Thum mak hoong, an easy Lao papaya salad recipe, offers an authentic taste with a flavorful dressing made from fermented fish sauce.

INGREDIENTS

CONTAINS SHELLFISH · FISH SAUCE

- 1 clove garlic
- 2 dried chilies (add to taste)
- 2 chilies (add to taste)
- 1 tsp shrimp paste **SF**
- 1/2 tbsp palm sugar
- 1/2 tsp MSG
- 1/2 lime
- 1 1/2 tbsp tamarind paste
- 1 tbsp fish sauce **FS**
- 2 1/2 tbsp fermented fish sauce **FS**
- 1 1/2 cups or 7 oz green papaya (shredded)
- 1/4 cup yard long beans (sliced)
- 4 small tomatoes (halved or quartered)

METHOD

- 1 Pound garlic and chilies with a mortar and pestle.
- 2 Pound in the shrimp paste, palm sugar, and MSG.
- 3 Mix in the dressing sauces: fish sauce, fermented fish sauce, lime juice, and tamarind paste.
- 4 Toss in sliced yard-long beans and shredded green papaya. Pound to mix and lightly bruise the beans.
- 5 Lastly, add sliced tomatoes and mix everything one last time. Serve immediately with sticky rice.

Soups

ต้ม



Ba Mee Moo Dang 🌶️

บะหมี่หมูแดง

18



Dry Tom Yum Noodles 🌶️🌶️🌶️

ต้มยำ

20



Ba Mee Moo Dang

บะหมี่หมูแดง

bbq pork noodle soup

SERVES

3

PREP

10 min

COOK

40 min

SPICE



LEVEL

Involved

Thai BBQ pork noodle soup (ba mee moo dang recipe) with egg noodles, red pork, and a rich, savory broth—served two ways for extra variety.

INGREDIENTS

CONTAINS GLUTEN · EGG

1 lb pork (see notes)
 2 coriander root
 3 cloves garlic
 1 1/2 tablespoon Chinese five spice powder
 1 teaspoon white pepper
 1/4 teaspoon red food coloring
 4 tablespoons palm sugar
 1/2 tablespoon sesame oil
 2 tablespoons oyster sauce **GL**
 2 tablespoons light soy sauce **GL**
 1/2 tablespoon tapioca starch
 6 1/4 cups water
 1/2 cup winter melon (sliced into chunks)
 3 coriander root (bruised)
 1/2 teaspoon black peppercorns
 2 cloves garlic (bruised)
 1 chicken-flavored bouillon cube
 1 teaspoon salt
 just under 1/2 cup marinade sauce (see notes)
 1/2 tablespoon sesame seeds
 10 oz egg noodles (add noodles to your liking) **EG**
 4 tablespoons garlic oil (add garlic oil to your liking)
 coriander
 green onions
 crispy fried garlic (see notes)
 Thai chili flakes (see notes)
 choy sum
 white pepper
 white sugar

METHOD

- 1 Crush garlic and coriander root with a mortar and pestle.
- 2 In a big bowl, mix all the moo dang marinade ingredients like smashed garlic and coriander, palm sugar, white pepper, 5-spice, soy sauce, oyster sauce, sesame oil, tapioca starch, and red food coloring. Stir it until the palm sugar melts away. Toss in your pork and get it all covered in the red sauce. Wrap the bowl with cling film and keep it in the fridge to marinate for at least 24 hours. Don't toss the marinade after, you'll need it!
- 3 After marinating, add water to a pot along with bruised garlic and coriander root. Heat over medium heat and add black peppercorns, bouillon cube, and salt. Bring to a boil and allow it to cook for approx 10 minutes. Then, add sliced winter melon and cook for another 10 minutes. Remove from heat.
- 4 **FOR AIR FRYING:** Put the pork in one layer and air fry at 320°F for 10 minutes. Flip it and cook 10 more minutes. Let the pork rest a bit after cooking so it's nice and juicy when you slice it. While it's resting, make your sauce.
- 5 **FOR GRILLING:** Cook the pork on a charcoal grill or grilling pan, flipping now and then to keep it from burning. Cook it until it's done all the way through.
- 6 Strain the marinade sauce through a fine sieve to ensure a smooth, uniform red sauce for drizzling over the pork later.
- 7 Toast sesame seeds. Heat red sauce from marinating over low-medium heat. When the sauce comes to a boil, remove from heat and stir in sesame seeds.
- 8 Toss your egg noodles to remove excess starch, then cook your egg noodles according to package instructions and then drain.
- 9 Toss your egg noodles with garlic oil to prevent them from sticking.
- 10 Bring a good amount of water to a boil in a pot, and then add mustard greens or your choice of vegetables. Cook until soft to your liking.
- 11 **FOR NOODLE SOUP:** Grab a big bowl for the noodles and soup. Put some cooked noodles in the middle and add your thinly sliced pork on top. Pour the hot soup over them. Put the red sauce in another small bowl to the side.
- 12 **DRY NOODLES WITH SOUP ON THE SIDE:** Use a plate for the noodles and pork, and have a little bowl for the soup next to it. Lay the noodles on the plate, put the thinly sliced BBQ pork on top, and spoon some red sauce over it.



Dry Tom Yum Noodles

ต้มยำ

SERVES
2

PREP
10 min

COOK
15 min

SPICE


LEVEL
Moderate

Enjoy dry tom yum noodles with a tangy hot and sour sauce, rice noodles, and your favorite protein in this quick recipe, ready in under 30 minutes.

INGREDIENTS

- CONTAINS SHELLFISH · FISH SAUCE · PEANUTS**
- 1 tbsp Thai chili paste (see notes)
 - 2.5 lime
 - 2 tbsp fish sauce **FS**
 - 1 1/2 tbsp white sugar
 - 2 tbsp water
 - 1 tbsp crushed roasted peanuts (add to taste) **PN**
 - 1/2 tsp red pepper flakes (add to taste)
 - 3 oz any meat or seafood (as preferred) **SF**
 - 4 oz dry rice noodles
 - Chinese broccoli (add to taste, chopped)
 - bean sprouts (add to taste)
 - green onions (chopped, garnish to taste)
 - coriander (chopped, garnish to taste)

METHOD

- 1 Fill your wok or pot with water and set it over medium heat. Cook your choice of protein until it's thoroughly cooked. Set aside.
- 2 Follow the instructions on the noodle package for cooking them. Once done, drain and set aside.
- 3 Quickly blanch the morning glory and Chinese broccoli in boiling water for about 10 seconds. Drain and set aside.
- 4 To make the sauce, combine water, fish sauce, white sugar, lime juice, dried chili flakes, crushed peanuts, and chili paste in a saucepan over medium heat. Stir and cook for 2 minutes, or until everything is blended.
- 5 In a large bowl, bring the cooked meat, noodles, and vegetables together. Pour the sauce over the top.
- 6 Give everything a good mix and make sure the noodles are coated in sauce. Serve immediately and garnish with green onions and coriander. Enjoy!

CHAPTER FOUR

Curries

แกง

Twelve pastes, pounded and simmered



Chicken Pad Ped 🌶️🌶️
ผัดเผ็ด

22



Gaeng Daeng 🌶️🌶️
แกงแดง

23



curries

Chicken Pad Ped

ผัดเผ็ด

red curry stir-fry with chicken

SERVES
2

PREP
10 min

COOK
5 min

SPICE


LEVEL
Easy

This chicken pad ped recipe is a Thai red curry stir fry with spicy flavors, fresh basil, and a healthy twist—ready in under 20 minutes for dinner.

INGREDIENTS

CONTAINS FISH SAUCE · GLUTEN

- 3 tbsp oil
- 1 1/2 tbsp red curry paste
- 1 1/4 cups or 10 oz chicken (thinly sliced)
- 1/2 tbsp fish sauce **FS**
- 1 tsp white sugar
- 1 tsp rosdee seasoning powder (see notes) **GL**
- 1 1/2 tbsp fresh peppercorns
- 3 kaffir lime leaves (stems removed)
- 2 chilies (adjust to taste, see notes)
- a handful holy basil

METHOD

- 1 Heat oil in your pan over medium heat. Sizzle the red curry paste, stirring until it fries up and releases its oils and spices.
- 2 Add your chicken. Cook until done and coat each piece with the curry paste.
- 3 Stir in the sauces and seasonings: fish sauce, flavor seasoning, and sugar. Also add in the black peppercorns, chilies, and kaffir lime leaves. Continue to stir until sugar is dissolved and flavors have mingled.
- 4 Turn off the heat, add holy basil, and give your pad ped a final stir. Serve immediately with rice.



curries

Gaeng Daeng

แกงแดง

thai red curry with chicken

SERVES
2

PREP
15 min

COOK
15 min

SPICE


LEVEL
Easy

Enjoy this gaeng daeng recipe, a spicy Thai red curry with chicken and coconut milk. A healthy dinner that's easy to make in 30 minutes!

INGREDIENTS

CONTAINS GLUTEN

8 oz or 1 cup chicken (cut into bite-sized pieces)
1 cup bell peppers (cut into bite-sized pieces)
3/4 cup bamboo shoots
1 handful of Thai sweet basil
2 tbsp red curry paste
1 3/4 cups coconut milk
1 tbsp sugar
1/2 tbsp rosdee seasoning powder **GL**
1 tsp salt

METHOD

- 1 Heat a pot or large wok over medium heat. Pour in a third of the coconut milk and cook until you see the oil starting to separate with the milk. Now it's time to stir in the red curry paste. Follow it up with the rest of the coconut milk.
- 2 Toss in chicken pieces and add sugar, flavor seasoning, and salt. Cook and stir until chicken is cooked.
- 3 Add bell peppers and bamboo shoots. Cook until they're just as tender as you like them.
- 4 Turn off the heat and toss in Thai basil. Serve immediately.

Stir-Fries

ผัด



Bok Choy Stir Fry — 25



Cauliflower Beef Stir-Fry — 26



stir-fries

Bok Choy Stir Fry

SERVES
1

PREP
5 min

COOK
5 min

SPICE
—

LEVEL
Easy

An easy and delicious garlic bok choy stir-fry you can make with just a handful of ingredients. Great as a quick side or light lunch.

INGREDIENTS

CONTAINS GLUTEN

- 1 tbsp oil
- 1 clove garlic (minced)
- 200 g baby bok choy (trim the base, rinse well, and slice in half or quarters if large)
- 2 tbsp oyster sauce **GL**
- 1½ tbsp light soy sauce **GL**
- ½ Thai Jinda chili (thinly sliced)

METHOD

- 1 Heat the oil. Place a wok or large skillet over medium-high heat and add oil.
- 2 Sauté the aromatics. Once the oil is hot, add the minced garlic and Thai chili. Stir-fry for about 20 seconds until golden and fragrant.
- 3 Add bok choy and sauces. Add the bok choy to the wok, followed by the oyster sauce and light soy sauce. Stir-fry for 2–3 minutes, until the stems are tender-crisp and the leaves are just wilted.
- 4 Serve. Remove from the heat and serve right away as a side dish or light main.



stir-fries

Cauliflower Beef Stir-Fry

SERVES
2

PREP
10 min

COOK
10 min

SPICE
—

LEVEL
Easy

Quick Thai beef cauliflower stir-fry with a savory, slightly sweet sauce, done in 20 minutes for a healthy, delicious dinner with rice.

INGREDIENTS

CONTAINS GLUTEN

2 tbsp oil
3 cloves garlic (minced)
150 g beef (sliced thinly against the grain)
250 g cauliflower (cut into bite-sized, even pieces)
1.5 tbsp oyster sauce **GL**
1 tbsp light soy sauce **GL**
1.5 tsp sugar
2 tbsp water
2 chilies (sliced thinly, adjust to taste)

METHOD

- 1 In a small bowl, mix oyster sauce, light soy sauce, sugar, and water until combined. Set aside.
- 2 Heat oil in a wok over medium-high heat. Add chopped garlic and stir-fry until fragrant.
- 3 Add the sliced beef and cook for 1–2 minutes until just starting to brown.
- 4 Add the cauliflower florets and continue stir-frying for another 2–3 minutes.
- 5 Pour in the sauce mixture and toss well. Add the sliced chilies and stir to coat everything evenly.
- 6 Cook for another 1–2 minutes until the cauliflower is crisp-tender and the sauce thickens slightly. Serve hot with rice.

Grilled & Fried

ย่างและทอด



Baked Thai Honey Chicken 🌶️

30



Char Siu Pork Belly —

32



Baked Thai Honey Chicken

SERVES
3

PREP
10 min

COOK
40 min

SPICE


LEVEL
Involved

Enjoy this baked Thai honey chicken recipe with a simple marinade for juicy, healthy chicken. Cook in the air fryer or oven and serve with rice for a tasty meal!

INGREDIENTS

CONTAINS GLUTEN

35 oz or 2.2 lb chicken
5 cloves of garlic (peeled)
3 coriander root
1/2 teaspoon black peppercorns
4 tablespoons honey
3 tablespoons oyster sauce **GL**
2 tablespoons golden mountain sauce **GL**
1 tablespoon sesame oil
1 teaspoon salt
1 teaspoon yellow curry paste

METHOD

- 1** Use a mortar and pestle to finely crush the garlic, black peppercorns, and coriander root.
- 2** Combine the crushed herbs and spices with the rest of the ingredients (salt, golden mountain sauce, oyster sauce, sesame oil, honey, and yellow curry paste) and stir well. Add the chicken and thoroughly coat it with the marinade.
- 3** Cover the bowl and marinate for a minimum of 2 hours or overnight.
- 4** Preheat your air fryer to 350°F (180°C).
- 5** Place in the chicken thighs in a single layer, skin-side up.
- 6** Cook the chicken for approx 25 minutes. Halfway through, flip them. Near the end, flip once more to slightly crisp up the skin.
- 7** To ensure the chicken is cooked, ensure the chicken's internal temp hits 165°F (74°C) before serving.
- 8** Set your oven to 425°F (220°C).
- 9** Place the marinated chicken thighs skin-side up on a baking tray and spread them out, so they're not touching.
- 10** Slide the tray into the oven and bake for about 25–30 minutes, or until golden-brown with crispy edges.
- 11** Before serving, make sure the internal temperature of the chicken reaches 165°F (74°C) using a meat thermometer.



Char Siu Pork Belly

SERVES
3

PREP
10 min

COOK
40 min

SPICE
—

LEVEL
Moderate

Grilled char siu pork belly with a sticky-sweet glaze, smoky edges, and juicy layers. Perfect over rice or in noodle soups.

INGREDIENTS

CONTAINS GLUTEN

600 g pork belly
2 tbsp oyster sauce **GL**
4 tbsp light soy sauce **GL**
4 tbsp hoisin sauce **GL**
4 tbsp shaoxing wine
2 tbsp brown sugar
3 cloves garlic (minced)
1 tsp Chinese five-spice powder
a few drops of red food coloring (add as needed)

METHOD

- 1** Make the marinade. Whisk all marinade ingredients in a bowl until the sugar is dissolved and the mixture is smooth.
- 2** Marinate the pork belly. Place pork in a zip-top bag or container. Pour in the marinade and rub to coat evenly. Cover and refrigerate overnight (or at least 4 hours).
- 3** Bring to room temp. Remove the pork from the fridge and let it sit out for 20 minutes before grilling.
- 4** Preheat the grill. Set your grill to medium-high (180–200°C / 350–400°F) using indirect heat. For charcoal, bank coals to one side.
- 5** Grill skin-side up. Place pork belly skin-side up on the cooler side. Close the lid and grill for 10 minutes.
- 6** Flip and baste. Flip the pork, brush with extra marinade, and grill another 10 minutes. Keep flipping and basting every 10 minutes until it's glossy, sticky, and charred at the edges.
- 7** Rest. Let the pork rest on a cutting board for 5–10 minutes before slicing.
- 8** Slice and serve. Cut into thin pieces and serve with rice, steamed greens, or add to noodle soups or stir-fries.

Noodles

เส้น



Kua Mee —
pad lao

36



Lad Na —
ราดหน้า

38



Kua Mee

pad lao

SERVES
2

PREP
10 min

COOK
20 min

SPICE
—

LEVEL
Moderate

Kua mee (pad Lao) is a sweet and savory Lao noodle stir-fry with egg, veggies, and a light caramelized sauce. Ready in just 20 minutes!

INGREDIENTS

CONTAINS GLUTEN · EGG

7 oz dry rice noodles

2 tablespoons oil

2 cloves garlic (minced)

4 tablespoons brown sugar

2 cups water

1/2 teaspoon dark soy sauce **GL**

1 tablespoon golden mountain sauce **GL**

2 tablespoons oyster sauce **GL**

2 tablespoons cilantro (chopped)

3 oz or 2 cups bean sprouts

2 stalks green onions (chopped)

1 tablespoon oil

2 large eggs **EG**

1/2 teaspoon salt

METHOD

- 1** Soak the rice noodles in water until softened, following package directions.
- 2** Whisk eggs with salt. Cook into a thin omelet over medium heat, flip once, and slice into strips.
- 3** Heat oil in a wok over medium-low. Add sugar and cook until it begins to caramelize and turn golden.
- 4** Add minced garlic and sauté until fragrant.
- 5** Pour in water to stop the caramel, then add oyster sauce, Golden Mountain sauce, and optional dark soy sauce. Stir well.
- 6** Add the soaked noodles and toss until coated and cooked al dente.
- 7** Transfer noodles to a large bowl to cool slightly.
- 8** Add bean sprouts, green onions, cilantro, and omelet strips. Toss everything together and serve.



Lad Na

ราดหน้า

thai noodles with gravy

SERVES

4

PREP

15 min

COOK

15 min

SPICE

—

LEVEL

Involved

Wondering why lad na tastes better in Thailand? This recipe shows you how to get that silky gravy and texture right.

INGREDIENTS

CONTAINS GLUTEN · EGG

300 g pork (thinly sliced)

1 large egg **EG**

½ tbsp palm sugar

1 tbsp oyster sauce **GL**

1 tbsp tapioca starch

600 g fresh wide rice noodles (if using dry noodles, use a little less than half the weight of fresh noodles)

1 tsp dark soy sauce **GL**

1 tbsp oil

3 cloves garlic (minced)

1 l water (for the gravy)

200 g Chinese broccoli (stems peeled, leaves chopped)

1 tbsp soybean paste

1½ tbsp light soy sauce **GL**

1 tbsp rosdee seasoning powder **GL**

1 tsp white pepper

3 tbsp tapioca starch

100 ml water (for mixing with tapioca starch)

METHOD

- 1 In a bowl, mix the egg with palm sugar, oyster sauce, and tapioca starch. Add the sliced pork and stir to coat evenly. Cover and refrigerate for at least 2 hours or overnight.
- 2 In a bowl, mix soybean paste, light soy sauce, white pepper, and seasoning powder until combined.
- 3 In a separate small bowl, mix tapioca starch with 100 ml water until smooth. Set aside.
- 4 Toss the fresh rice noodles with dark soy sauce. Stir-fry in a hot wok for 1–2 minutes until warmed through with a bit of char. Set aside. (If using dry noodles, soak them first.)
- 5 Heat oil in the wok over medium heat and sauté the garlic until fragrant.
- 6 Add water and bring to a boil, then add the marinated pork and spread it out to cook evenly.
- 7 Pour in the gravy mixture and stir gently. The egg will form soft strands, giving the sauce a silky texture.
- 8 Add the Chinese broccoli and cook briefly until just tender.
- 9 Stir the starch mixture, then pour it in while stirring. Cook until the sauce thickens into a smooth, glossy gravy.
- 10 Place the noodles on a plate and pour the hot gravy over the top. Serve immediately.

Rice

ข้าว



Tom Yum Fried Rice Shrimp 🌶️🌶️🌶️

42

ข้าวผัด



Thai Green Curry Fried Rice 🌶️🌶️🌶️🌶️

40



rice

Thai Green Curry Fried Rice

SERVES
2

PREP
10 min

COOK
10 min

SPICE


LEVEL
Easy

Enjoy a quick weeknight dinner with this easy Thai green curry fried rice, packed with vegetables and adjustable spice for the perfect flavor.

INGREDIENTS

CONTAINS FISH SAUCE · GLUTEN

30 ml oil

22 g green curry paste

350 g steamed jasmine rice (preferably chilled day-old rice)

15 ml fish sauce **FS**

15 ml oyster sauce **GL**

8 g white sugar

100 g Thai eggplants (quartered)

20 g pea eggplants

10 g sweet basil

1 chilies (I used prik chi fa, adjust to taste)

METHOD

- 1 Heat oil in your wok and add green curry paste. Fry until fragrant, about 20 seconds.
- 2 Add steamed rice and mix it well with the curry paste. Then, add sugar, oyster sauce, and fish sauce and toss to mix.
- 3 Add all vegetables – Thai eggplants and pea eggplants – and stir-fry until the vegetables are soft to your liking. Finish by adding sweet basil and sliced chilies, giving it one more gentle mix. Serve your green fried rice hot and enjoy!



Tom Yum Fried Rice Shrimp

ข้าวผัด

khao pad tom yum

SERVES

2

PREP

20 min

COOK

10 min

SPICE



LEVEL

Moderate

Try this tom yum fried rice shrimp recipe (khao pad tom yum)—a Thai stir-fry loaded with bold flavors and fresh herbs and spices for a delicious meal!

INGREDIENTS

CONTAINS SHELLFISH · FISH SAUCE · EGG

- 2 tablespoons oil
- 2 tablespoons chili paste
- 1 1/2 tablespoon fish sauce **FS**
- 2 1/2 tablespoons lime juice
- 1/2 tablespoon white sugar
- 2 kaffir lime leaves (stems removed)
- 2 chillies (Thai chillies, sliced, to taste)
- 2 tsp galangal (crushed)
- 2 tsp lemongrass (crushed)
- 2 cloves garlic (crushed)
- 8 shrimp **SF**
- 1 egg **EG**
- 3 cups cooked jasmine rice (preferably day-old chilled rice)

METHOD

- 1** In a mixing bowl, combine the chili paste, fish sauce, fresh lime juice, and sugar. Stir until well mixed.
- 2** Crush galangal, lemongrass, and garlic using a mortar and pestle.
- 3** Heat a wok over high heat and add oil. Toss in the freshly pounded mixture, sliced chillies, and kaffir lime leaves. Stir-fry until aromatic or 10–20 seconds.
- 4** Add the shrimp into the wok. Cook for approx 2 minutes, or until each side is cooked.
- 5** Push everything to one side of the wok. Crack open the eggs in the empty area and scramble them. Mix the scrambled eggs with the other ingredients.
- 6** Toss in the rice, thoroughly stir-frying to combine all ingredients.
- 7** Add the prepared stir-fry sauce and continue to stir-fry until each grain of rice is coated with the sauce. Serve immediately.

Snacks

ของว่าง



Bitter Melon With Egg — 44



Coke Chicken Wings — 45



snacks

Bitter Melon With Egg

SERVES
1

PREP
10 min

COOK
10 min

SPICE
—

LEVEL
Easy

This bitter melon with egg and shrimp recipe is quick and easy, ready in under 20 minutes, and perfect as a side dish or light Thai dinner.

INGREDIENTS

CONTAINS SHELLFISH · GLUTEN · EGG

- 2 tbsp oil
- 2 cloves garlic (minced)
- 1 egg **EG**
- 4 large shrimp (deveined and optionally peeled) **SF**
- 1 1/2 cups bitter melon (sliced into thin, crescent-shaped pieces)
- 1 1/2 tbsp oyster sauce **GL**
- 1 tbsp light soy sauce **GL**
- 1 1/2 tsp white sugar
- 1/2 tsp white pepper
- 3 tbsps water

METHOD

- 1 Heat oil in a wok or large pan over medium heat. Add the crushed garlic and sauté until fragrant and golden.
- 2 Crack the egg into the wok, let it cook undisturbed for a few seconds, and then gently scramble the egg until it is just set.
- 3 Add the shrimp to the wok and stir-fry until the shrimp turns pink and is cooked through.
- 4 Add the sliced bitter melon, light soy sauce, oyster sauce, water, white sugar, and white pepper. Stir-fry everything together until the bitter melon is tender but still slightly crisp. Serve hot with steamed rice. Enjoy!



snacks

Coke Chicken Wings

SERVES
4

PREP
5 min

COOK
40 min

SPICE
—

LEVEL
Easy

Braised in Coca Cola, these coke chicken wings are sticky, sweet, and savory with a perfectly caramelized coating.

INGREDIENTS

CONTAINS GLUTEN

- 1.3 lb chicken wings
- 3 1/4 cups Coca-Cola
- 2 coriander root
- 4 cloves garlic
- 1 tsp white pepper
- 1 tsp salt
- 2 tbsp golden mountain sauce **GL**
- 2 tbsp light soy sauce **GL**
- 1 tsp red pepper flakes

METHOD

- 1 Place chicken wings, coriander root, garlic, and Coca-Cola in a pot or deep pan in a single layer.
- 2 Set the stove to medium heat and bring the mixture to a boil.
- 3 Once boiling, add salt, white pepper, golden mountain sauce, light soy sauce, and, for a spicy kick, some dried chili flakes.
- 4 Cover the pot or pan, reduce the heat to medium-low, and let everything simmer for 30 minutes. The braising liquid will thicken and become sticky. After cooking, your sticky chicken wings with Coke are ready to enjoy hot and fresh right out of the pot!

Sweets

ของหวาน



Agar Agar Jelly with Fruits — 48



Asian Mango Ice Cream — 49
3 ingredients



Agar Agar Jelly with Fruits

SERVES

6

PREP

20 min

COOK

30 min

SPICE

—

LEVEL

Moderate

This agar agar jelly recipe with fruits is a kid-friendly, vegan Thai dessert made with fruits of your choice. Includes image instructions!

INGREDIENTS

1 1/2 tablespoon agar agar powder
 3 cups cold water
 1/3 cup white sugar
 about 4 cups mixed fruits (sliced into small pieces)
 1 tablespoon agar agar powder
 1 cup cold water
 1 1/2 cup coconut milk (full-fat)
 1/4 cup white sugar
 1/2 teaspoon salt
 1 pandan leaf (optional)

METHOD

- 1 Combine agar agar powder with water (fruit layer ingredients), stirring continuously. Allow this mixture to rest for 15 minutes.
- 2 As your agar mixture rests, take this time to evenly slice your fruits into small pieces.
- 3 In a small pot over low heat, add the rested agar-water mixture. Keep stirring until the agar fully dissolves. Then, add sugar, whisking or stirring until completely melted. Then, pour a thin layer into your mold.
- 4 Place some fruit slices in the mold, distributed evenly. Pour in half of the agar mixture. Layer in more fruit, followed by the remaining agar mixture. Top off with the last fruit. Leave to set at room temperature. Make sure you do this at a quick pace.
- 5 Mix the agar agar powder with water (coconut layer ingredients) while stirring continuously. Let it rest for 15 minutes. During this time, the fruit layer will set.
- 6 After 15 minutes, add coconut milk to a saucepan over low heat. Stir in the rested agar-water mixture, and ensure the agar dissolves fully. Add sugar, pandan, and salt, whisking or stirring until sugar is completely dissolved.
- 7 Check if the fruit layer has set and become firm by gently touching it, then gently pour the hot coconut layer on top. Let the dessert set at room temperature for 20 minutes or until firm, and then place it in the refrigerator for several hours. Serve chilled and unmold right before serving.



sweets

Asian Mango Ice Cream

3 ingredients

SERVES
4

PREP
10 min

COOK
5 min

SPICE
—

LEVEL
Easy

This easy Asian mango ice cream needs only 3 ingredients and no ice cream machine. It's a healthy dessert you'll want to make on repeat!

INGREDIENTS

CONTAINS DAIRY

13 oz fresh mangoes ((peeled and sliced))

3/4 cup + 2 tbsp fresh milk **DA**

1/4 cup sweetened condensed milk **DA**

METHOD

- 1** Add sliced mango pieces, fresh milk, and sweetened condensed milk to a food processor or blender. Blend until smooth and creamy.
- 2** Pour the mango mixture into a freezer-safe container. Smooth the top with a spatula, close the lid tightly, and freeze for at least 4–6 hours, or until firm.
- 3** Serve your homemade mango ice cream with a drizzle of sweetened condensed milk or toppings like frozen mango cubes, whipped cream, or crushed nuts. If the texture is not smooth, you can blend the frozen ice cream again and refreeze. Either way, it's delicious!

Drinks

เครื่องดื่ม



Anchan Lemonade — 51
อัญชัน



Asian Pennywort Drink — 52



drinks

Anchan Lemonade

อัญชัน

butterfly pea lemonade

SERVES
2

PREP
5 min

COOK
10 min

SPICE
—

LEVEL
Easy

Butterfly pea flower lemonade is a quick and refreshing drink with vibrant colors, made with lemon or lime. A fun drink perfect for kids!

INGREDIENTS

- 1 1/2 cups loosely packed butterfly pea flowers ((see notes))
- 1/2 cup hot water
- 4 tbsps sugar syrup ((to taste))
- 4 tbsps fresh lemon juice
- just under 1 cup sparkling water

METHOD

- 1 Add fresh or dried butterfly pea flowers to a cup or small pot. Pour hot water over the flowers and let them steep for 5-7 minutes until the water turns a vibrant blue. Strain and set aside to cool.
- 2 Add sugar to your serving glass along with fresh lemon juice. Stir well, add ice cubes, and sparkling water, and then carefully pour on some of the strained butterfly pea tea.



drinks

Asian Pennywort Drink

SERVES
8

PREP
10 min

COOK
10 min

SPICE
—

LEVEL
Easy

Make this Asian pennywort drink recipe for a quick and easy beverage with health benefits. Customizable sweetness and ready in just 20 minutes!

INGREDIENTS

5.3 oz pennywort leaves
1/2 cup white sugar
6 1/4 cups water (divide 4 1/4 cups (1l) and 2 cups (500ml))
pandan leaves (optional, see notes)
ice cubes (as needed for a chilled drink)

METHOD

- 1** Heat a pot on medium and mix 4 1/4 cup water with sugar and pandan leaves (if using) until the sugar dissolves to make sugar syrup. Take it off the heat.
- 2** Chop the pennywort leaves for easy blending, then mix them up with the remaining water in a blender.
- 3** Strain the blended pennywort mixture into a bowl.
- 4** Pour the strained juice into the sugar water, stir well, and let it cool. Enjoy it over ice or chilled from the fridge.

Pastes

พริกแกงและเครื่องปรุง



5-Minute Thai Chili Oil 🌶️🌶️🌶️
nam mun prik

54



Crispy Pork Belly Dipping Sauce 🌶️

55



pastes

5-Minute Thai Chili Oil

nam mun prik

SERVES
30

PREP
—

COOK
5 min

SPICE


LEVEL
Easy

This Thai chili oil comes together in minutes with garlic, shallots, and chili flakes, and adds instant flavor to everything.

INGREDIENTS

CONTAINS GLUTEN

- 1¼ cup oil (see notes)
- 1 shallot (quartered)
- 3 cloves garlic (finely sliced)
- 3 tbsp red chili flakes
- 1½ tbsp golden mountain sauce **GL**

METHOD

- 1 Heat the oil in a pan over medium heat.
- 2 Add the sliced garlic and shallots, and cook slowly until golden and fragrant.
- 3 Turn off the heat.
- 4 Stir in the chili flakes and golden mountain sauce.
- 5 Let the oil cool completely.
- 6 Transfer to a jar and store.



pastes

Crispy Pork Belly Dipping Sauce

SERVES
4

PREP
5 min

COOK
5 min

SPICE


LEVEL
Easy

Easy Thai dipping sauce for crispy pork belly, made with soy, vinegar, and sugar. Ready in 10 minutes and adjustable from mild to spicy!

INGREDIENTS

CONTAINS GLUTEN

2 tbsp dark soy sauce **GL**

2 tbsp light soy sauce **GL**

2 tbsp apple cider vinegar

3½ tbsp sugar

½ tsp salt

fresh or dried chilies (chopped, add to taste)

METHOD

- 1 Simmer the sauce. Combine dark soy sauce, light soy sauce, vinegar, salt, and sugar in a small saucepan. Bring to a gentle simmer over medium heat, stirring until the sugar dissolves.
- 2 Add chili and finish. Mix in fresh or dried chili (if using) and cook briefly until the sauce thickens slightly. Remove from heat and adjust seasoning to taste.

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Sawasdee ka. My name is Praew.

สวัสดีค่ะ

I was born in Isaan, in the northeast, and I started helping my grandmother cook before I was tall enough to see into the pot. When I was six we moved to Belgium, and Thailand became something I missed rather than somewhere I lived.

I found my way back through the food. Years in Thai takeaways, learning the shortcuts and then learning why the shortcuts were wrong. Then my own restaurant, where I cooked for people who had been to Thailand once and wanted that taste again.

Now I'm home, in rural Thailand, cooking the food I grew up with and writing it down properly for the first time.

The food I grew up on,
written down properly
for the first time.

One hundred recipes from Thai home kitchens, street stalls and night markets — every one photographed, every one tested, every one tagged with the region it comes from and how hot it really is.



There is no Thai cookbook written by someone who grew up in Isaan, trained in professional kitchens, and ran her own restaurant.

Praew was born in Isaan and learned to cook from her grandmother. She worked in Thai kitchens in Belgium for over a decade and ran her own restaurant there before returning home to Thailand, where she writes at Hungry in Thailand.

HUNGRY IN THAILAND

