

Exercise

1. How to make “River Prawn Spicy Soup”

First, bring water to boil, add shallot, lemongrass, kaffir lime leaves.

Second, use the back of the ladle smash the tamarind against the sauce pan to dissolve.

Next, add fish sauce and tamarind paste, leave it to boil again.

Then, add river prawns and pounded chili and taste.

After that, turn off the heat, add Thai chili paste and stir to dissolve.

Finally, ready to serve.

2. How to make “Omelet Soup”

First, heat the oil in a wok, mix the eggs with the fish sauce then fry as an omelet.

Second, when the omelet is cooked, remove from the wok and roughly chop into 2cm squares.

Next, add one cup of water to the wok and bring to the boil.

Then, add the stock, cabbage, glass noodles, spring onion, garlic, pork, sugar, soy sauce and tofu.

After that, let everything simmer for around five minutes.

Finally, serve with a plate of hot steamed rice.

3. How to make “Thai Holy Basil Beef Stir-Fry”

First, in a wok (or pan), heat the oil (2 tbsp) over high heat. Once it's heated, add the ground beef.

Second, spread it out and leave it in the pan for 2 minutes or until the beef is nicely browned on the bottom.

Next, flip and stir-fry it for 3 minutes or until most of the liquid has evaporated.

Then, add your chili garlic paste and stir-fry it for 1 to 2 minutes over medium-high heat and add little water.

After that, add the fish sauce, oyster sauce and sugar, give it a good stir for 1 minute and taste.

Finally, turn the heat off, add the basil leaves, mild chilies, and black pepper to taste. Give a final mix.

4. How to make “Chinese Steamed Eggs”

First, crack 3 eggs into a bowl, add the salt, and lightly beat, slowly pour in the warm water while stirring gently to minimize bubbles.

Second, pour the mixture through a fine-mesh sieve into a shallow heat-proof dish or ramekin, and use a spoon to skim off any remaining surface bubbles.

Next, cover the dish tightly with a lid or plastic wrap (poked with a few small vent holes).

Then, bring a pot/wok of water to a boil, place the dish on a steaming rack, turn the heat down to medium-low, and cover the pot, steam for about 10–12 minutes until the eggs set.

After that, turn off the heat and let it sit with the lid on for 3-5 minutes.

Finally, drizzle with soy sauce and sesame oil, top with scallions, and serve warm.

5. How to make “Sandwich with Canned Tuna”

First, open the can and press down the lid to drain all the excess water or oil.

Second, in a mixing bowl, flake the tuna apart with a fork.

Next, add the mayonnaise, mustard, and your choice of mix-ins (onion, celery, or relish).

Then, add salt and pepper, and stir until the mixture reaches a creamy consistency.

After that, spread the tuna mixture evenly over one slice of bread, top with lettuce, tomatoes, and the second slice.

Finally, cut in half and enjoy!