



CHAWENG REGENT
BEACH RESORT



CHOMTALAY
RESTAURANT

THAI COOKING CLASS

Have it your way!

1900⁺⁺ PER PERSON

Master the secrets of authentic Thai cuisine with our team of Thai chefs. Leading you through the preparation and cooking of three dishes.

This rewarding experience is to learn and to taste your own freshly prepared delicacies.

All prices are subject to 10% service charge and 7% VAT



THAI COOKING CLASS

Introduction

Thai food is internationally famous. Whether chili-hot or comparatively mild, harmony is the guiding principle behind each dish. Thai cuisine is essentially a marriage of centuries-old Eastern and Western influences harmoniously combined into something uniquely Thai. The characteristics of Thai food depend on who cooks it, for whom it is cooked, for what occasion, and where it is cooked to suit all palates. Originally, Thai cooking reflected the characteristics of a waterborne lifestyle. Aquatic animals, plants and herbs were major ingredients, while large chunks of meat were less favored. Subsequent influences introduced the use of sizeable chunks to Thai cooking.

If you by nature enjoy Thai food and are interested in learning the art of Thai cuisine from highly experienced teachers who are expert in teaching on Thai-style cooking, the Chaweng Regent Beach Resort & Spa Thai Cooking class offers a comprehensive Thai cooking course, which starts right from the introduction to Thai ingredients to actual cooking, with a wide selection of Thai main popular dishes.

2 Hours per lesson, with complete set of 4 courses available. All of our courses are completely hands on.

Spice up your life!

Chatchai Kongngoen

Executive Sous Chef





TOM KAH GAI

Coconut Soup with Chicken

INGREDIENTS (Serves 2)

150 g Chicken breast fillet
50 g Straw mushrooms
10 g Cherry tomatoes
10 g Galangal
5 g Lemongrass
1 pc Lemon
2 g Kaffir lime leaf
300 g Coconut milk

PREPARATIONS

Boiling water and put galangal, lemon grass, garlic, red onion, lime leaves in the coconut milk to bring out the flavors cut the Chicken into approx. 2 Inches pieces. Add chicken to the coconut milk and boil for another 8 minutes until cooked through. Add the fish sauce, cherry tomatoes & straw mushrooms. Finish off with the lime juice, coriander & dried chili. Drizzle with chili oil and serve.



SOM TUM

Green Papaya Salad

INGREDIENTS (Serves 2)

- 150 g Shredded green papaya
- 20 g Shredded carrots
- 10 g Red Thai chili
- 10 g Green beans
- 30 g Cherry tomatoes
- 5 g Garlic
- 4 g Dried shrimp

PREPARATIONS

Put the chili, garlic, palm sugar, fish sauce and lime juice into the mortar and pestle and start to pound softly. Add the beans, dried shrimp, green papaya, cherry tomatoes and carrot and pound slightly harder for about a minute to infuse all the flavors. Finish with the peanuts and serve with cabbage and green beans.



GAENG KEAOW WARN GAI

Green Curry with Chicken

INGREDIENTS (Serves 2)

- 100 g Green curry paste
- 160 g Chicken breast
- 80 g Round eggplant
- 30 g Pea eggplant
- 15 g Palm sugar
- 10 g Fish sauce
- 300 g Coconut milk
- 5 g Thai basil leaves
- 2 g Kaffir lime leaves

PREPARATIONS

Heat the oil in a wok or large frying pan. Add the green curry paste and sugar and cook over a fairly high heat for about a minute, stirring with the lemongrass. Reduce the heat slightly and stir in the chicken pieces and lime leaves until coated in the paste. Add the coconut milk, fish sauce, eggplant, chicken chili and bring to a simmer, cooking for 25- 30 minutes until thickened slightly. Stir in the basil leaves. Check for seasoning, adding more fish sauce if needed. The curry is now best left to sit for a few minutes so the sauce becomes creamier. You will also taste the true flavors of the curry paste ingredients when it's slightly cooler. Serve with lots of fragrant Thai jasmine rice.



PINEAPPLE FRIED RICE

INGREDIENTS (Serves 2)

- 100g Chopped fresh pineapple
- 40g Onion
- 10g Spring onions
- 30g Curry powder
- 30g Turmeric
- 4 pcs Eggs
- 300g Cooked long grain rice
- 10g Carrots
- 20g Sugar

PREPARATIONS

Heat a pan with oil over medium heat, then add the eggs. When the eggs are medium-cooked, add the pineapple, onion, carrot, followed by the rice. Add the aromatic herbs such as turmeric powder, curry powder, and season with salt. You will get yellow fried rice with a delicious aroma of spices.



TOM YAM GOONG

Spicy & Sour Soup with Prawn

INGREDIENTS (Serves 2)

- 240 g River prawns
- 50 g Nam prik pao (chili paste)
- 15 g Galangal
- 15 g Lemongrass
- 5 g Kaffir lime leaf
- 80 g Shallots
- 10 g Red Thai chili

PREPARATIONS

Start by placing all the fragrant ingredients such as the chili paste, Galangal, lemongrass, Chaffier lime leaves, Shallots and chili together with the chicken stock in a pan and bring to a simmer for about 3 minutes to release all these flavors. Next you can add the straw mushrooms, Cherry tomatoes and the prawn. Simmer for a further 2 minutes or until the prawn is fully cooked. Lastly add the evaporated milk and then the fish sauce and lime juice to your preferred taste and serve. Top the soup generously with a coriander.



GOONG MAKHAM

Prawn with Tamarind Sauce

INGREDIENTS (Serves 2)

240 g White Prawns
150 g Tamarind
120 g Palm Sugar
120 g Fish sauce
15 g Fried shallots
10 g Coriander

PREPARATIONS

Place tamarind in a bowl with water and rub with your fingers to dissolve pulp. Pour through a sieve into a bowl, Pressing hard on solids, and discard solids. Heat oil in a small heavy saucepan over moderate heat until hot but not smoking, then cook cilantro paste and garlic, Stirring, until fragrant. Stir in hot sauce, 3 tablespoons tamarind juice, palm sugar, and fish sauce. Simmer until thickened to consistency of light syrup, about 3 minutes. spoon tamarind sauce over deep fried prawns in a serving dish.



GAI SATAY

Marinated Chicken Satay

INGREDIENTS

(Serves 4 Skewers)

200g	Sliced Chicken or Pork
10g	Turmeric
10g	Kaffir lime skin
30g	Yellow curry powder
20g	Turmeric powder
100ml	Coconut milk
30g	Palm sugar
10g	Lemongrass
10g	Galangal
200g	Peanut dipping sauce

PREPARATIONS

SKEWER: Combine all the ingredients (except the peanut sauce) together and mix thoroughly. Leave to marinate for about 15 minutes and then slide the slices onto the bamboo skewers. Grill over a hot charcoal grill and serve with the peanut dipping sauce.

PEANUT SAUCE: boil the coconut milk in the low heat for 5 minutes then put all remain sauce ingredients into the coconut milk, cook until peanut getting soft around 20 minutes, the taste of sauce is sweet with little salt and spicy.



PHAD PRIEW WARN

Stir-Fried Sweet & Sour

INGREDIENTS (Serves 2)

- 220g Chicken/Pork/Beef
- 60g Red capsicum
- 60g Yellow capsicum
- 60g Green capsicum
- 80g Onions
- 60g Pineapple
- 60g Ketchup
- 10g Spring onion

PREPARATIONS

To prepare the sauce place all the ingredients into a sauce pan and simmer for about 5 minutes until incorporated. Heat the vegetable oil in a wok then put the meat and fry till golden brown. Add the capsicums and onions and stir-fry over medium-high heat until fragrant (about ½ minute). Add the sauce and stir-fry for a minute. Finish off with the spring onions and pineapple. Check for seasoning and serve.





PHAD THAI

Stir-Fried Rice Noodle

INGREDIENTS (Serves 2)

- 240g Prawns, peeled, tail only
- 10g Dried Shrimp
- 40g Tofu
- 150g bean sprout
- 80g Chives

PHAD THAI SAUCE INGREDIENTS

- 100g tamarind sauce
- 80g Plum Sugar
- 20g peanuts
- 20g Dried Chili
- 40g Fish Sauce

PREPARATIONS

Heat a large pan over high heat until very hot, to the point of smoky. Add a splash of oil, about 3-4 tablespoons. Add the prawns first, cook, stirring vigorously, until it's half way done, about 1-2 minutes, then add the tofu, a tablespoon or two of the sauce to flavors. Cook for another minute until the tofu is crisp and slightly brown at the edges. Add the noodle, about 2 loosely packed cups for one portion is my standard, and then a ladle of warm sauce. Stir rigorously, keep everything moving in the wok, and cook the noodle until soft. Sprinkle a bit of water and keep stirring. When the noodle is ready, push it up to one side of the wok and crack an egg into the middle. Add the shrimp meat, pickled turnips, ground peanuts, dried shrimp, beansprouts. Add more sauce if it looks a little pale. When the shrimps are done, add a garlic chives. Serve with egg net, dried chili, peanuts & lime.

SAUCE PREPARATION

Place all ingredients in a cup and stir to dissolve both tamarind paste and sugar (note you will need lots of sugar to balance out the sourness of the tamarind). When taste-testing, keep in mind the following tips: In order to achieve the best results, your pad Thai sauce should taste sweet first, followed by spicy-salty and sour last. Add more sugar if it tastes too sour to you, or add more chili for more intense spiciness. Also note that the sauce will taste almost too strong at this point, but once distributed throughout the noodles, the flavor will be perfect.



MASSAMAN NEAU

Beef Massaman

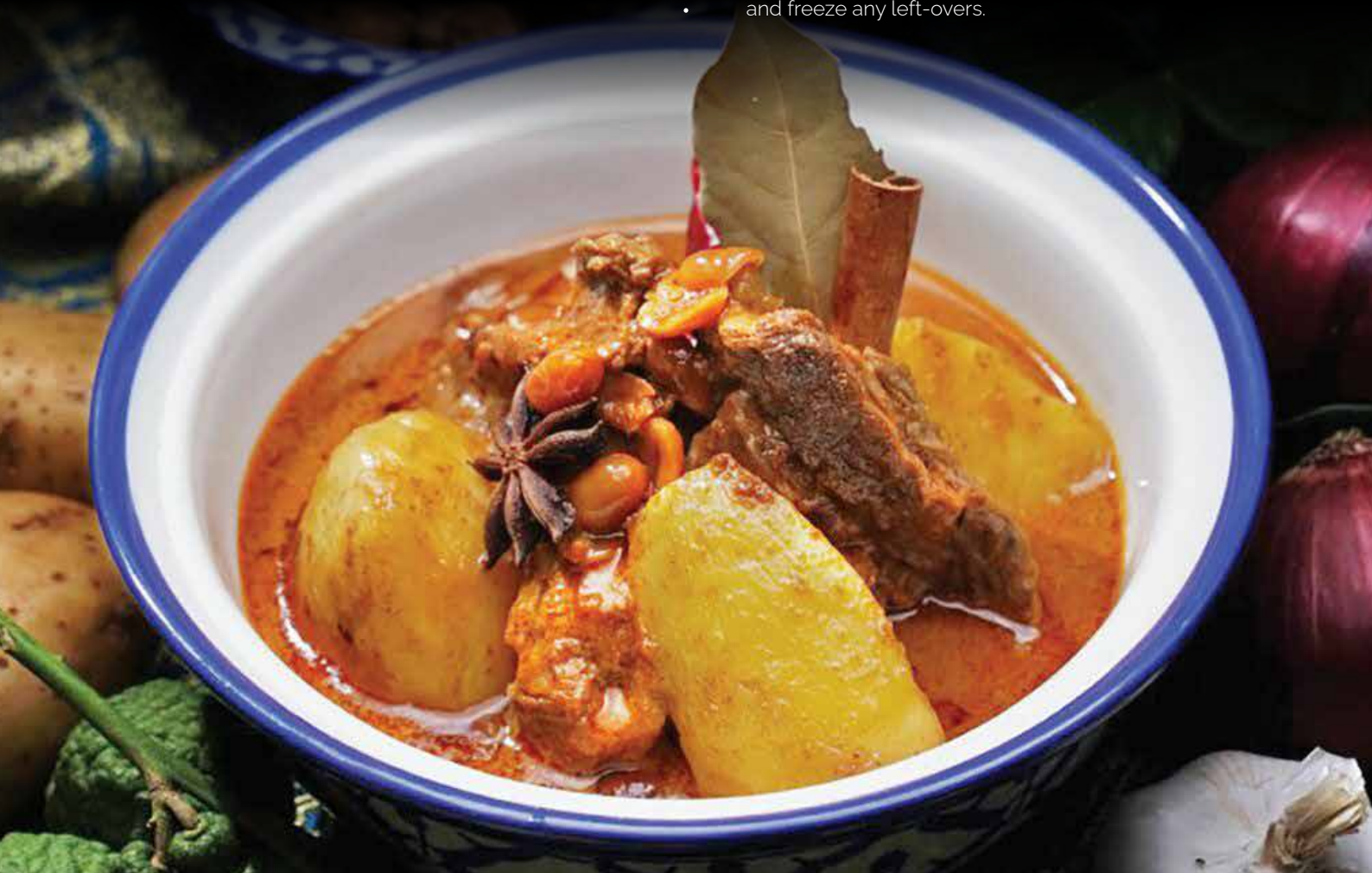
INGREDIENTS (Serves 2)

- 180 g Beef shoulder (chuck roast)
or stew beef, sliced
- 50 g Whole raw peanuts
- 300 ml Water
- 200 g Medium-sized potato,
cut into 1-inch cubes
- 30 g Cooking oil (soybean, peanut)
- 150 g Onion
- 80 g Massaman curry paste,
Homemade or ready-made

PREPARATIONS

Open the coconut milk and scoop the thick coconut cream from the top and set aside. Bring the 300ml of water, beef and peanuts to boil, skimming the scum from the surface for about 5 minutes. Lower heat to medium and continue to cook at a low boil uncovered, for approximately one hour. Remove from the heat and set aside. Separately, bring the potatoes to boil in enough water to cover for approximately 20 minutes until just slightly under-cooked. Drain and discard the potato water. Set the potatoes aside. While the beef is cooking you may make the homemade Massaman Curry Paste.

Heat oil in a large wok over medium heat, add the curry paste and cook briefly until fragrant. Add the reserved coconut cream and fry until it begins to separate, stirring constantly. Add the boiled beef and peanuts in its broth and remainder of coconut milk, fish sauce, palm sugar, tamarind, cinnamon stick, potatoes and onion. Bring to a boil. Reduce heat to low and cook 10 minutes. Adjust seasoning with fish sauce, palm sugar and tamarind water to taste. Massamun curry should be slightly sweet with a very subtle sour note from the tamarind. Serve with pickled ginger or cucumber relish as condiments. This curry is even better the next day, reheated, so make double portion and freeze any left-overs.



NUEA PHAD PRIK THAI DUM

Stir-Fried Beef with Black Pepper

INGREDIENTS (Serves 2)

200 g Beef tenderloin
120 g Onion
100 g Mushrooms eringii
50 g Green capsicums
50 g Red capsicums
50 g Yellow capsicums
20 g Spring onions

PREPARATIONS

Heat the vegetable oil in a wok then put the beef and fry till golden brown. Heat the vegetable oil and put the garlic. Stir-fry over medium high heat until fragrant (about ½ minute). Put the fried beef, onion and capsicums. Stir fry for a minute. Add remaining ingredients except the spring onion in the wok and season with Chinese wine, soy sauce, oyster sauce & sugar. Continue stir fry around 2 - 3 minutes. Add the spring onions and serve.



BUA LOY KHAI WARN

Flour Rice Balls & Egg in Coconut Milk

INGREDIENTS (Serves 2)

- 150 g Thick coconut cream
(Obtained by grating coconut
meat and pressing it for
the first time)
- 100 g Glutinous rice flour
(Obtained by grating
coconut meat and pressing it
for the first time)
- 80 g Sugar
- 5 g Salt
- 2 pcs Eggs
- Other food colorant (Yellow, Green)

PREPARATIONS

Mix the flour with water and knead it into dough. Shape the dough into a number of small balls. Put the balls of dough into boiling water. When the balls float on the surface of the water, spoon them up and put them in cold water before taking them out. Mix 1 cups of thin coconut cream with sugar and salt, and filter it. Place the pot of the mixed coconut cream on a moderate heat. When it is boiling, put the balls in it. When the mixture is boiling again, pour the thick coconut cream into it and remove it from heat immediately and top with eggs without stirring it. It is now ready for serving.





KLUAY BAUD CHEE

Bananas in Coconut Milk

This Thai banana dessert is made with bananas cooked in coconut milk and topped with coconut cream. The bananas are the Klui Nam Wa variety and the word Klui means banana.

INGREDIENTS (Serves 2)

- 200 g Banana
- 80 g White sugar
- 80 g Palm sugar
- 5 g Salt
- 200 g Coconut milk

PREPARATIONS

1. Peel and cut the bananas into 4 pieces.
2. Put coconut milk in a pot. Bring to a boil and then add banana pieces. Cook for 7 minutes.
3. Add the sugar and salt. Stir until the sugar is dissolved.



CRISPY FRIED BANANA

INGREDIENTS (Serves 2)

100g Red Lotus Special Wheat Flour
50g Shredded Coconut
10g Black Sesame Seeds
30g White Sugar
5g Salt
1 Egg (Size 2)
8g Baking Powder
1 Ripe Banana

PREPARATIONS

1. Prepare a mixing bowl. Combine all the dry ingredients and the egg.
2. Gradually add cold water while stirring until the batter is smooth.
3. Peel the banana and cut it into bite-sized pieces.
4. Heat oil in a pan over medium heat. Dip each banana piece into the batter, then fry for 3-5 minutes or until golden brown and crispy.

