



Quick Thai Favorites

with
Chef Freyka Nunez del Prado

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Thai Zucchini Zoodle Salad

Recipe by Chef Freyka

Serves 4

Ingredients:

4 cups zucchini zoodles
2 teaspoons minced fresh garlic
Thai Birds Eye chilis, to taste (substitute Thai Kitchen Roasted Red Chili Paste, Mild)
1 ½ tablespoons sugar
2 tablespoons fish sauce
1 tablespoon tamarind paste
Juice of 1 lime
1 cup frozen, French-style green beans, defrosted in cool water
3 tablespoons roasted salted peanuts, coarsely chopped (plus extra for garnish)
4 tablespoons chopped cilantro
1 large Roma tomato, seeded and ½-inch julienned

Directions:

1. Place zoodles in a large bowl, set aside.
2. With a mortar and pestle, grind together garlic and Thai chilies. Add the sugar. (sugar will help you combine things better with the pestle) Grind until it looks a little pasty.
3. Add fish sauce, tamarind paste, and lime juice. Stir to combine. Set dressing aside.
4. Add the green beans, peanuts, tomatoes, and cilantro to the zucchini zoodles. Add the dressing and toss with hands. Adjust seasoning, if more salt is needed, add a bit more fish sauce.
5. Sprinkle with some extra cilantro and extra roasted peanuts to garnish. This salad when dressed will last 1 day.



Spicy Shrimp Soup

Recipe Adapted from “Thailand the Cookbook, by Phaidon”

Serves 4

Ingredients:

1/2 medium shallot, thinly sliced

2 cups chicken broth

2 cups water

1/2 teaspoon salt

1 inch galangal, sliced thin (ginger may be substituted)

4 Kaffir lime leaves, torn (lime peel may be substituted)

2 inches lemongrass, crushed

1 medium Roma tomato, seeded and sliced

5 ounces straw mushrooms, halved

Substitute: Miracle Noodles, Shiritaki pasta or Angel Hair pasta

4 ounces jumbo shrimp, peeled and deveined

1/2 cup coconut cream

5 green Birds Eye chilis, minced (add more or less to taste, or substitute red chili paste)

1/4 teaspoon palm sugar (granulated sugar may be substituted)

2 tablespoon fish sauce, or to taste

Cilantro, lime wedges and green onion to garnish

Coconut oil

Directions:

1. In a medium size saucepan, sauté the onions in a little bit of coconut oil.
2. Wrap the galangal, kaffir leaves, and lemongrass in a piece of cheese cloth and secure with kitchen twine.
3. Add the broth, water, salt, galangal, kaffir leaves, and lemongrass to the pan. Boil for 2 to 3 minutes.
4. Add the tomatoes, mushrooms, and shrimp.
5. Bring to a boil. The shrimp will quickly change to a coral color; this will take about 2 minutes, depending on the size of the shrimp.
6. Add the coconut cream, bring the soup back to a boil, and turn off the heat.
7. With the heat off, add the rest of the chiles, sugar, and fish sauce.
8. Garnish with the cilantro, lime juice, and green onions.

