



PAD THAI

SHOPPING FOR YOUR CLASS

Our Pad Thai recipe includes some specialty ingredients, including pressed tofu and preserved radish. These and many other ingredients included in our recipe are available at Asian supermarkets.

MISE EN PLACE

- Soak your rice noodles, for several hours (at least 4) before the class, overnight works well.
 - Grate your palm sugar.
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PAD THAI *(serves 2 as a light main course, 4-6 as part of a Thai meal)*

Recipe by KATHRYN JOEL

8 oz dried rice stick noodles (medium width), soaked in cold water for at least 4 hours, or overnight

8 oz or more shrimp★, peeled and deveined (we like to use wild Argentinian shrimp)

4 tbsp peanut or unscented oil

3 shallots, finely sliced

2 eggs, lightly beaten

1-2 squares pressed tofu, cut into small squares

1 small handful preserved radish, rinsed, dried and chopped (optional)

1 large handful coarsely crushed dry-roasted peanuts

1 large handful of bean sprouts

1 bunch green onions, sliced

1/2 bunch cilantro, leaves picked

extra bean sprouts, crushed peanuts and lime wedges, to serve

sriracha sauce, to serve

Wok Sauce

4 tbsp grated palm sugar, or to taste (use Thai palm sugar)

2 tbsp tamarind water, or to taste (recipe below)

*1 to 2 tbsp fish sauce, or to taste (we use squid brand)**

1 tbsp lime juice, or to taste

3 tbsp hot water

- Soak the noodles for at least 4 hours then drain.
- Wok Sauce: Mix together the palm sugar, tamarind water, lime juice, fish sauce and water, stirring until the sugar has dissolved.
- Wok: Heat a wok over a high heat then add the oil. Season the shrimp with salt and wok fry until seared, they don't need to be fully cooked. Remove from the wok and set aside.
- Add the shallots and cook for about 30 seconds until fragrant and lightly coloured. Have your eggs ready to add in case the shallots start to burn.
- Add the eggs and cook like an omelette, allowing them to brown and set before stirring, then turn gently until most of the egg is set.
- Now add the noodles, stir frying them for about a minute while breaking up the eggs, and until the noodles are nicely coated in oil – add more oil around the sides of the wok as necessary.
- Now add the wok sauce, pouring it in around the sides of the wok so it heats as you add it, then stir it into the noodles.
- Add the tofu, preserved radish, and peanuts then simmer, stirring, until the noodles are almost dry – your noodles should absorb the sauce, and the finished dish shouldn't be saucy.
- Return the wok fried shrimp to the wok, together with the green onions.
- Season to taste, if necessary, with additional fish sauce, palm sugar and lime juice.
- Stir in the bean sprouts then serve hot garnished with cilantro with extra bean sprouts, chopped peanuts, lime wedges and sriracha sauce.

** Vegetarians and Vegans should substitute a Vegetarian Fish Sauce, available for purchase online at <https://www.qualifirst.com/>*

Vegetarian Pad Thai will substitute additional tofu and shiitake mushrooms for the shrimp. You can also make some extra wok sauce to marinade the tofu.

Vegan Pad Thai could include shredded some shredded carrot and additional shiitake mushrooms, in place of the egg.

★ You can substitute a handful of dried shrimp (rehydrated in hot water for 20 mins) or chicken, pork or beef for the shrimp in this dish – dried shrimp is the most

traditional. Before you make your Pad Thai, season your protein with salt or fish sauce, and wok fry at a high temperature until just cooked. Continue as below, adding the protein in place of the dried shrimp.

Tamarind Water

Tamarind pulp

Hot water

- Place some tamarind pulp in a small bowl and cover with hot water.
- Leave it to soften for about 20 minutes, then stir well, breaking up the tamarind pulp, and push it through a sieve into another bowl.
- Through away the remaining pulp, and dilute the tamarind water with more water, if necessary, so that it is the consistency of whipping cream.

EQUIPMENT

Cutting boards and knives

Bowls

Measuring spoons

Wok