

Thai Mango Salad with Mint and Lime Dressing

2 tablespoons rice vinegar
2 cloves garlic, chopped
1 small piece ginger, minced
Juice and zest of 1 lime
½ tablespoon honey
2 teaspoons fish sauce
1 teaspoon each onion and garlic powder
½ cup blended oil
2 tablespoons minced fresh mint
Sea salt and freshly ground black pepper

1 large Thai green mango or unripe mango, thinly sliced
1 large red pepper, thinly sliced
2 cups chopped butter lettuce
1 piece cucumber, diced
2 green onions, thinly sliced
1 red chili, minced
¼ cup roasted peanuts, chopped

- Add vinegar, garlic, ginger, juice and zest of lime, honey, fish sauce and spices to a bowl.
- Season with mint, salt and pepper. While whisking, slowly add oil. Adjust seasoning.
- Add salad ingredients to bowl.
- Toss with dressing to taste (reserve remaining).

Chicken Red Curry with Jasmine Rice

2 tablespoons vegetable oil
½ pound chicken breast, cubed
1 shallot, minced
½ red pepper, finely diced
2 garlic cloves, minced
1 cup heavy cream
1 cup vegetable stock
2 tablespoons red curry paste, or to taste
1 tablespoon fish sauce
Fresh cilantro
Steamed Jasmine rice
Sea salt and freshly ground black pepper

- Bring a wok to medium heat and add 1 tablespoon oil.
- Season shrimp or chicken with salt and pepper. Stir-fry until cooked through to center; remove from pan.
- Add the remaining oil; cook the shallots, peppers and garlic until softened and lightly browned.
- Add the cream, vegetable stock, curry paste and fish sauce. Bring to a simmer; cook until reduced by a third.
- Add reserved shrimp or chicken; cook until heated through.
- Stir in lime juice; season with cilantro, salt and pepper. Serve over rice.



Traditional Shrimp Pad Thai

1 tablespoon oil
½ pound shrimp, peeled and deveined
1 to 2 scallions, sliced (keep green and white part of scallions separate)
½ cup julienned carrot
2 cloves garlic, minced
1 teaspoon minced ginger
1 large egg, lightly beaten
8 ounces rice noodles, soaked
¾ to 1 cup Pad Thai sauce, recipe follows
½ cup cilantro, coarsely chopped
½ lime wedges

- Bring a wok to medium-high heat; add the oil.
- Add shrimp; stir-fry until center is just cooked through. Remove from pan.
- Add white portion of scallion, carrot, garlic and ginger; stir-fry 1 to 2 minutes.
- Push vegetables to side. Add egg; cook until just scrambled.
- Add noodles and ½ of pad Thai sauce, stir fry until noodles are softer.
- Add remaining sauce and reserved shrimp; simmer just until thickened and sauce coats noodles.
- Top with green portion of scallions and cilantro. Garnish with lime wedges.

Pad Thai Sauce

3 tablespoons fish sauce
3 tablespoons oyster sauce
2 tablespoons soy sauce
2 tablespoons tamarind paste
2 tablespoons sambal
2 tablespoons brown sugar
2 tablespoons water
1 tablespoon rice vinegar

- Add ingredients to a mixing bowl; whisk to combine.