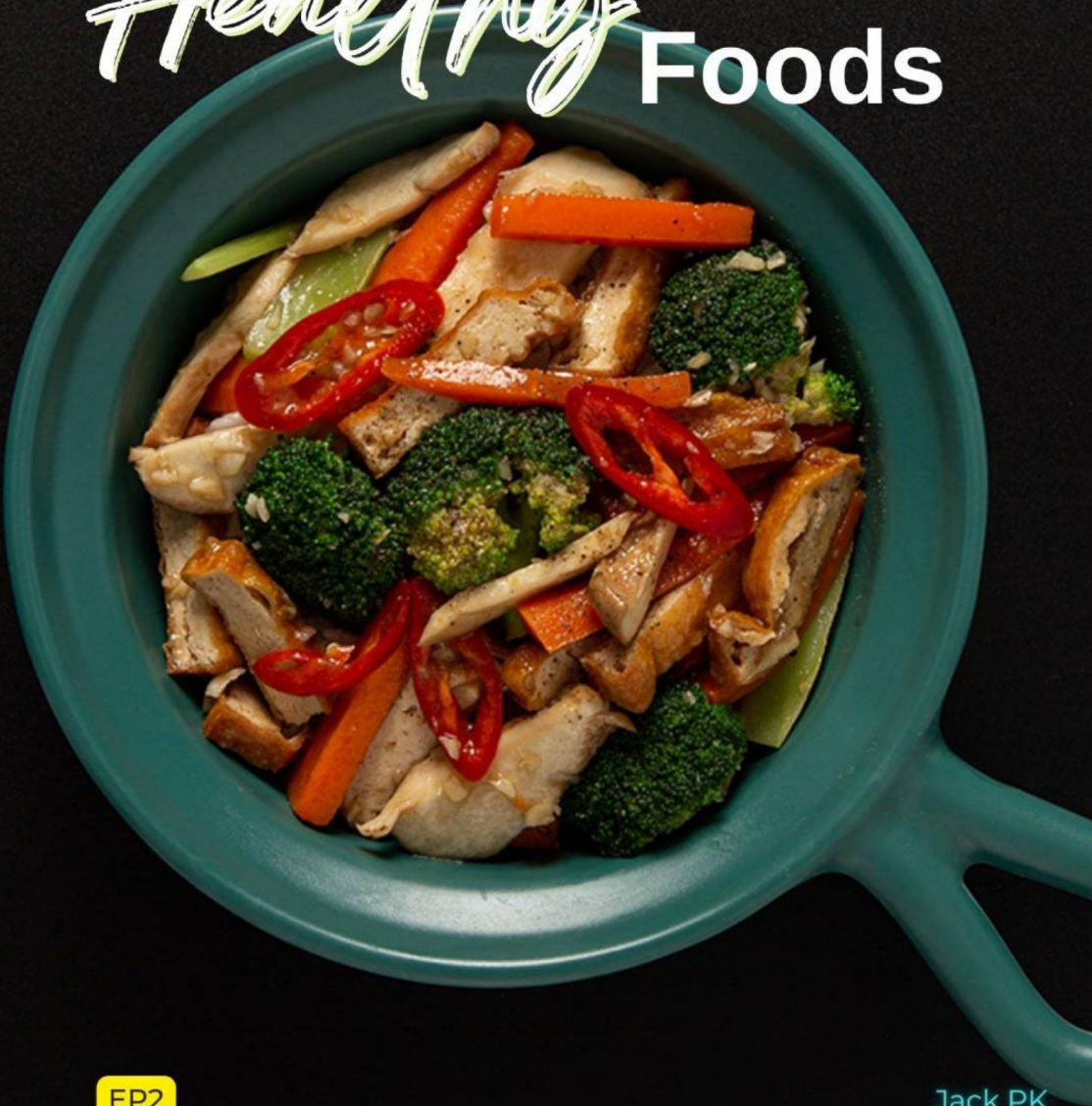


The Recipes

# THAI CUISINES

*Healthy* Foods



EP2

Jack PK

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# Introductions

Thai cuisines have a lot of kinds of healthy parts. We started from Thai herbs such as lemongrass, galangal, chili and kaffir lime leaves.

They are so unique to use and special with wonderful aroma, specially from lemongrass and kaffir lime leaves. We also use it for cooking or making a good hot tea as well. This episode is just a little bit different because I have a special dried aged beef menu added in this book too.

And for this book, we started from a healthy vegetarian dish. Thai cuisine is mostly used tofu and vegetables cooked together. Also, we have a spicy lover dish at Vegetarian Pad Ka-Phrao Mushrooms as well.

Regards to Thai soups always add on this stuff even lemongrass some of them eat at raw such as Yum menu or Thai salad with tuna beef or chicken, but you have to pick up a younger one easy to bite tasty and refreshing.

# Introductions

This cookbook has noodle dishes such as Pad Thai with prawns and Pad Si-Eiw with chicken

(stir- fry wide noodles with chicken bean sprouts, vegetables and soy sauce)

Pad Si-Eiw is the one popular top 10 of food trends in USA.

If you are looking for any Thai meal easy to cook by yourself and easy to prepare for the food of the day this book can help you to set up easier and find out the ingredients around you to apply for a healthy meal.

All the people have known about Thai food for a long time. This cooking book just picks up and creates the same ingredients and the way to cook for everyday meals.

# Introductions

This episode 2 additional in a tip and notice for healthy and benefits of all the ingredients such as mushrooms chilies, Thai herbs to let you know that food so meaning power full and make your body go to good health.

Hope you are happy with this Thai food and looking forward to writing on episode 3 as THAI SALAD Hot and spicy YUM ZAB! Dishes.

Thank you

Jack PK

# Introductions

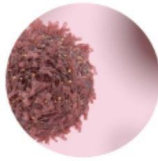
## What are the benefits of tofu?



1. Reduce the risk of cardiovascular disease
2. Reduce the risk of breast cancer
3. Have better skin
4. Bone nourishment
5. Lose weight
6. Enhance kidney function
7. Lowers Cholesterol Levels
8. Prevent anemia
9. Prevent hair loss
10. Nourish the brain

# Introductions

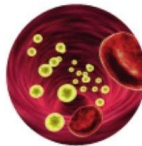
## What are the benefits of mushrooms?



**1.It has anti-cancer properties.**



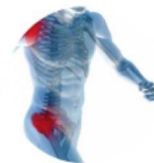
**2. Boost up the immune system.**



**3. Reduce fat in blood**



**4. Mushrooms are a food source that is high in B vitamins and vitamin D**



**5. Mushrooms help Anti Inflammatory**



# Introductions

## What are the benefits of lemongrass?

1. Relieving anxiety
2. Lowering cholesterol
3. Preventing infection
4. Boosting oral health
5. Relieving pain
6. Boosting red blood cell levels
7. Relieving bloating



## Health Benefits Of Thai Kaffir Lime



1. Oral Health
2. Detoxify the Blood
3. Digestive Issues
4. Insect Repellent
5. Skin Care
6. Lower Inflammation
7. Stress Reduction
8. Immune System
9. Hair Health

# Introductions

## What are the benefits of Galangal?

### What is Galangal?

Galangal is also known as Thai ginger or Siamese ginger (because it resembles fresh ginger so much) but it really is its own ingredient. It's commonly found in Thai, Indonesian, and Malaysian cooking. The skin of galangal is smoother and paler than ginger and its flesh is much harder. It can't be grated like ginger can, but instead must be sliced. The flavor of galangal is much stronger too; it's earthy, sharp, and extra citrusy.

Galangal

### Introducing Galangal, Ginger's Super-Spice Cousin That Helps Lower Inflammation

- Galangal is high in antioxidants
- Contains anti-inflammatory and antifungal properties
- Helps improve male fertility
- Contains active, cancer-fighting compounds



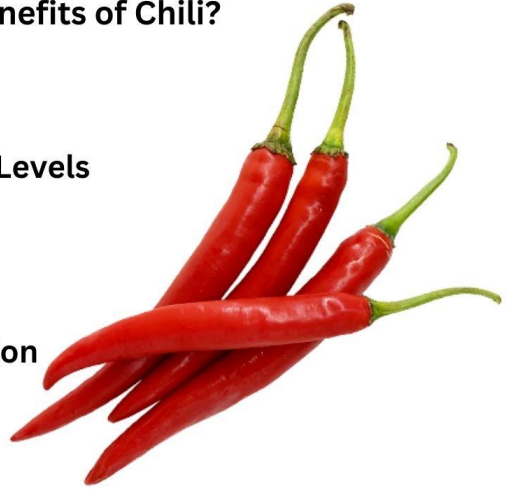
Ginger



# Introductions

What are the benefits of Chili?

1. Helps In Digestion
2. Maintains Blood Pressure Levels
3. Anti-inflammatory
4. Helps in Weight Loss
5. Improves Cognitive Function
6. Improves Heart Health
7. Helps in Nasal Congestion
8. Builds Immunity And Fights Diseases
9. Improves Eye Health
10. Improves Skin and Hair





**Refer : Information for Basil**

**Bai Ka-Phrao**

**Scientific name: *Ocimum sanctum* Linn.**

**Common name: Holy basil, Sacred Basil, Tulsi, Tulasi**

**Family Lamiaceae**



**Holy basil is efficacy in herb**



Keeps the body warm and prevents colds.



Relieve nausea and vomiting



Able use of treatment for colic



Reduces blood sugar levels



Helps to inhibit the growth of microorganisms



*Delicious*



***Healthy Food  
Vegetarian  
Thai style***



# Broccoli Pad Toa-hu Nam-mand-huey



**STIR FRY BROCCOLI WITH TOFU  
GARLIC AND OYSTER SAUCE**



# Broccoli Pad Toa-hu Nam-mand-huey

Stir fry broccoli with Tofu, garlic and oyster sauce

## Ingredients for 1 Person



Yellow tofu 100g



Yellow tofu



Broccoli 80g



Broccoli



Carrot 15g



Carrot cut into strips



Fresh red chili 10g



Oyster sauce 1 tablespoon



Soy sauce 1 teaspoon



Soy sauce 1 teaspoon



Fish sauce 1 teaspoon



Vegetable oil 1&1/2 tablespoons



Garlic minced 15g



Garlic minced



Fresh chili, sliced in obliquely



Sugar 3g



Water 2 tablespoons



Mix the sauces together

## How to cook Broccoli Pad Toa-hu Nam-mand-huey



1. Fried tofu first to make nice and firm shape, then rest tofu for a while, after tofu cool down temperature then cut in to strip shape, keep in plate a while ready to continue for next cooking.

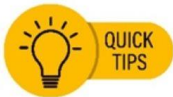
2. Turn on stove, and then add vegetable oil into the pan after that heat it up. You have to wait and bring them until medium heat.

3. Add garlic, and bring it to golden brown (keep the eyes on it, before garlic get to burn) and then add tofu in to the hot pan mix with garlic.

4. Add broccoli and carrot (have been cut into strip) then keep going a good stir and seasoning with oyster sauce, soy sauce, dark soy sauce and sugar then give them a quick stir. (Carefully adding all the sauce not over recipes because easy to get salty) add water.

5. Keep stir gently until mix everything together then make sure all vegetable is cooked then ready to serve. Remove all the food from the hot pan to nice and clean plate, enjoy your meal and yummy!





## Tips of the dish



- 1.Add garlic, please keep the eyes on it, before garlic always easy to get burn. Tip is when you add on the hot pan just count about 4 second 1 2 3 4 then add all stuff directly.**
- 2.All sauce you can mix together before cooking, that very easy to controller heat and quick to handle.**
- 3.You can blanch the vegetables such as broccoli and carrot first. will help vegetables easy to cook and bring strong color of vegetables come out.**
- 4.Fried tofu first to make nice and firm shape.**
- 5.Rice recommends to Thai Jasmine rice is the best and go very well with Thai food.**

# Delicious



Thai Foods always  
good for health