



Janejira's Kitchen

Serving: 2-3

Preparation time:

Varies according to meat choice; 25-45 mins.

Estimate cooking time:

Meat: 8-10 mins.

Shrimp: 3-4 mins.

Thai Basil Chicken (Pudd Ga-proaw Gai)

1 lb Ground Chicken (pork, beef, shrimp substitute)

3 T Cooking oil

3-4 cloves Garlic

4-6 +/- Thai chilies (jalapeño or other hot pepper substitutes)

2-4 Roasted red chilies (optional)

1/2 tsp Sugar

2 tsp Oyster sauce

1/2 tsp Fish sauce

1/2 c or 10 gr Thai basil (other basil as a substitute)

Cilantro for garnish

1 Egg (per person, optional)

3/4 +/- c Jasmine Rice (per person)

Direction:

Pre-cook Thai Jasmine rice.

Prepare the hot sauce in a small sauce dish/bowl, mix fish sauce, lime juice, and sugar until well incorporated, then add finely chopped garlic and chilies. Set aside.

For an optional fried egg, cook the egg in the wok before preparing the basil dish. Heat wok on medium-high heat, with a generous amount of cooking oil. Once the oil is hot and ready, add egg and cook to desired crunchiness. Set aside the egg. Remove excess oil in the wok.

In a mortar and pestle, crush garlic, chilies, and roasted chilies together. If you do not own a mortar and pestle, you may chop the ingredient finely.

Heat wok on medium heat, add cooking oil to coat the bottom of the wok. Then add the crushed ingredient to the wok, toss until garlic turns slightly brown, and add the meat. Cook until done. Add fresh basil, then immediately turn off the heat and mix well. Top with a fried egg and garnish with cilantro. Serve immediately with the accompanying hot sauce.

Note:

Ground meat is always hand chopped in Thailand. This method offers a varying texture and consistency more desirable than machine ground meats.

All meats except shrimps should be pre-ground before class begins. Your preferred choice of meat should include some fat. For this demonstration, I will be using chicken which includes fat and skin to yield the most delicious result!

Hot Sauce

2-3 cloves Garlic
5 +/- Thai chilies
2 T Fish sauce
2 T Lemon/Lime
Pinch of Sugar

Drink

Thai coffee
Sugar & cream
Condensed milk (optional)

Kitchen tools:

Cutting board
Cleaver
Wok or large cooking pan
Spatula
Mortar and pestle (optional)
Thai coffee filter
Large jug