



## **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 at Asian Supermarkets*

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

*Vegan Pad Thai could include shredded some shredded carrot and 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