

PROFESSIONAL CHEF COURSE

Week 1

MONDAY (1)

- Red curry paste (prepare) (Nam Prik Gaeng Phet)
- Red curry with chicken (Gaeng Phet Gai)
- Chinese kale with prawn salad (Yum Kankanha)
- Chicken in coconut milk soup (Tom Kha Gai)
- Stir fried black pepper beef (Nua Pad Pik Thai)
- Mango with coconut sticky rice (Khao Neaw Moon)

TUESDAY (2)

- Panang curry paste (prepare) (Nam Prik Gaeng Panang)
- Panang curry with chicken (Gaeng Panang Gai)
- Pomelo salad (Yam Som-O)
- Crispy fried mussel pancakes (Hoy Tord)
- Stir fried chicken with cashews (Gai Pad Med Ma-Muang)
- Pumpkin in sweet coconut (Buad Fak Thong)

WEDNESDAY (3)

- Massaman curry paste (prepare) (Nam Prik Gaeng Masaman)
- Massaman curry with chicken (Gaeng Masaman Gai)
- Steamed pork with lime sauce (Moo Noung Ma-Now)
- Stir fried chicken with basil (Gai Pad Kra Pao)
- Deep fried shrimp in tamarind sauce (Goong Thord Lad Sood Makham)
- Fried sweet noodles with pork (Pad See Eeaw)

THURSDAY (4)

- Yellow curry paste (prepare) (Nam Prik Gaeng Ka Ri)
- Yellow curry with chicken (Gaeng Ka Ri Gai)
- Papaya salad (Som Tam)
- Grilled marinated beef with spicy dipping sauce (Seur-Rong-Hai)
- Spicy salad with fried egg (Yam Khai Dow)
- Hot & sour prawn soup (Tom Yum Goong)

FRIDAY (5)

- Green curry paste (prepare) (Nam Prik Gaeng Kheao Wan)
- Green curry with chicken (Gaeng Kheao Wan Gai)
- Egg tofu & seaweed clear soup (Tom Juid Tao Hu Khai)
- Thai style fried rice noodles (Pad Thai)
- Sweet & sour vegetables with chicken (Pad Preaw Wan Gai)
- Stir fried chicken with ginger (Gai Pad Khing)

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Week 2

MONDAY (6)

- Chu chi curry paste (prepare) (Nam Prik Gaeng Chu Chi)
- Shrimp in dried red curry (Chu Chi Goong)
- Fried spring rolls + sweet chili sauce (prepare) (Por Pie Tord)
- Glass noodle salad (Yam Wun Sen)
- Thai grilled fish (Pla Pao)
- Thai sweet dumpling (Kha Noom Tom Bai Toey)

TUESDAY (7)

- Chicken satay + peanut sauce (prepare) (Gai Satay)
- Stewed pork leg + chili vinegar dip (Khao Kha Moo)
- Fried fish with mixed herbs (Pla Thod Sa-Munprai)
- Thai fried rice (Khao Pad)
- Green mango salad (Yam Ma Muang)

WEDNESDAY (8)

- Barbecued pork served with rice (Khao Moo Dang)
- Deep fried chicken wings with sesame (Peed Gai Thot Nga)
- Spicy grilled chicken salad (Nam Tok Gai)
- Crispy roasted pork belly (Moo Krob)
- Jelly dessert (Wun Ka Ti Bai Toey)

THURSDAY (9)

- Fish curry paste (prepare) (Nam Prik Khanom Jeen Namya)
- Noodles with fish curry (Khanom Jeen Namya)
- Thai fish cakes + sweet cucumber dip (prepare) (Tord Man Pla)
- Grilled duck Thai style (Phad Yang)
- Stir fried eggplants with minced chicken (Pad Ma Keau Yaw)
- Stir-fried beef with spicy herbs (Pad Khee Mao Nua)

FRIDAY (10)

- Thai grilled pork on skewers (Moo Ping)
- Crispy shrimp with green mango salad (Yam Goong Foo)
- Stir-fried beef with oyster sauce (Nua Pad Nam Man Hoy)
- Fried stuffed squid with garlic (Pla Muek Thot Gratiam Phrik Thai)
- Sweet corn in tapioca & coconut milk (Sa Khoo Piak Khao Pode)