



**CurrySimple**  
We Make Thai Food Easy

# **Cooking With CurrySimple**

**Easy Thai food recipes and cooking basics**

**2007**

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# Introduction to Thai Food

## Give it a try!

Think of the worst food you've ever tasted. Soggy, boiled vegetables springs to mind-the kind with all the taste and nutrition leached out of them. No spice or texture, no freshness or goodness. Now think of the opposite and you have heavenly Thai food. Fresh, spicy, salty, sweet and sour, with a variety of textures and temperatures (crispy and soft, hot and cold), Thai food is a taste explosion in every bite. Once you've tried it, you'll never go back to plain old meat-and-potatoes cooking again.

How about another way to describe Thai food? Imagine Chinese food, but with more intensity. With more flavors, more aroma, spices, and textures. If you like Chinese food, you're going to fall head-over-heels-in-love with Thai food!

## Thai Curry

The roots of Thai cuisine can be found both in regional tastes and flavors as well as in the influence of cooking styles from nearby cultures. Despite the fact that Thailand is at least partially separated from its neighbors by water, it has never isolated itself from other nations. Indian and Malaysian spices and dishes (such as curries) were brought with travel and trade, and the Thais were quick to add these wonderful flavors to their own unique version of curry. Today there are four main curries in Thai cuisine: Green, Red, Yellow, and Massaman.

Thai curry dishes start with a very intense and fragrant curry paste or sauce, usually made by hand with pestle & mortar. Once the paste/sauce is made, Thai curry is extremely easy to create, simply by adding any variety of meat, seafood, vegetables, or tofu and cooking it in the oven (like a casserole). To easily create your own Thai curry at home, try our freshly made curry sauces. Made authentically by Thai chefs in Thailand, these delicious curry sauces take all the work but none of the joy out of cooking Thai.

## Thai Noodles

Thailand is also famous for its fragrant stir-fried noodle dishes. Most Thai noodle recipes call for rice noodles rather than those made with wheat or egg, although these can also be found in Thai cooking. Noodles were first brought to Thailand by the Chinese, many of whom remained in Thailand and integrated with the local society. For this reason, Chinese cooking has been a major influence in Thai cuisine, including cooking styles (the Chinese introduced the wok) and key cooking ingredients, such as soy sauce.

The most famous Thai noodle dish in Thailand is called "Pad Thai", which literally means "Thai Noodles". But you don't have to go to a Thai restaurant the next time you have a craving for Pad Thai. Instead, cook some up yourself with our freshly-made [Pad Thai Sauce](#).

## **Thai Stir-Fries**

From stir-fried local vegetables to dishes that combine meat, vegetables, tofu, or noodles, stir-fries are a common part of everyday Thai cooking. When creating stir-fry sauces, Thai chefs seek a balance of flavors-spicy, salty, sour, and sweet-by using ingredients like fish sauce, soy sauce, lime juice, lemongrass, fresh chilli (or chilli sauce), and a little sugar. Achieving this balance is not difficult, but it does take practice.

To try creating your own stir-fried dishes at home, we recommend starting with some of our ready-made [Thai Stir-Fry sauce](#), which makes cooking up a quick Thai meal a breeze. Just fry up your favorite combination of vegetables and meats, seafood, or tofu, add a little of our delicious Thai stir-fry sauce, and serve either with noodles or Thai jasmine-scented rice.

With a little help from CurrySimple, cooking Thai food at home can be easy and just as delicious as the restaurant version. So forget those old boiled vegetables. Create some heavenly Thai food in your kitchen today, and add a little freshness and spice to your life!

# **Thai Cuisine - Here's to Your Health!**

## **CurrySimple your Health**

The entire world seems to be falling in love with Thai food. But did you know this marvelous-tasting world cuisine is also incredibly good for you? With its ancient blend of both fresh and dried herbs and spices, Thai food offers us a delicious way to get the nutrients, antioxidants, and disease-fighting potential we need to achieve lifelong health and fitness. Want to learn more? Here are just a few of the health benefits you'll receive while enjoying a fabulous Thai meal:

### **You'll have More Immune-boosting Power!**

Common Thai ingredients such as turmeric, coriander, galangal, and basil have powerful antioxidants that help fight inflammation and protect the body from damage by toxins and free radicals.

## **Your Heart Will Be Happy!**

Chilli pepper and coconut milk, two everyday ingredients in the Thai kitchen, both work to keep the heart running smoothly. Previously, coconut had earned a bad reputation for its fat content. But now coconut milk and oil are emerging as healthy substitutes for more traditional fats, such as butter and vegetable oils. Unlike most "bad fats", the fatty acids in coconut helps to lower bad cholesterol, while promoting good cholesterol.

## **You'll fight Off Cold and Flu Viruses!**

A key ingredient in Thailand's favorite soup (Tom Yum Soup), lemongrass has long been used in Chinese medicine as a tonic for fighting off the flu and colds. Lemongrass also relieves headaches and stomach cramps commonly associated with such viruses. Enjoy lemongrass in your Thai food, or use it to make soup or tea.

## **You'll Look (and Feel) Ten Years Younger!**

Thai holy basil, coconut milk, plus the numerous vegetables used in Thai cooking (such as broccoli, sprouts, and other "greens") offer anti-aging benefits. From calming elements (as in Thai holy basil), to the skin-enhancing fatty acids in coconut milk/oil, and the anti-inflammatory protection of turmeric (which also fights arthritis), Thai food has much to offer those who wish to look as young as they feel.

## **You'll Sleep Better!**

Yes, recent studies prove that consuming just a little chilli pepper (fresh or dried) each day helps us fall asleep, and stay asleep longer. In other words, enjoying just one Thai dish per day is enough to keep you sleeping soundly.

The verdict is in: Thai food not only tastes good, but it also benefits your health. So go ahead and indulge in some tasty Thai dishes today. Your body will thank you for it!

# Red Shrimp Panang Curry Recipe

*Ready in 10 minutes – Serves 2*

A perfect shrimp panang can now be made in just 10 minutes. The smooth peanut butter is a wonderful touch to this recipe and the coconut milk in the curry makes a tasteful experience. The CurrySimple red curry sauce is made in Thailand with fresh, natural ingredients (coconut milk, red chilli, galangal, lemongrass, shallot, garlic, etc). This recipe is very easy to make and can be prepared by anyone that knows how to cook shrimp and stir fry vegetables.

## Ingredients

*16 oz peeled shrimp  
1/2 chopped red pepper  
1/2 chopped green pepper  
1 teaspoon smooth peanut butter  
10-15 fresh basil leaves  
1 cup CurrySimple Gourmet Red Curry sauce*

## Preparation

1. Heat pan to medium-high heat
2. When the pan is hot, begin to cook the shrimp for about 3 minutes or almost cooked
3. Add chopped red peppers, green peppers and fresh basil leaves and stir-fry for about 2 minutes \*
4. Add 1 cup of CurrySimple Gourmet Red Curry sauce in the chicken and veggie stir-fry pan.
5. Add 1 teaspoon of smooth peanut butter and stir (will infuse into the sauce when heated)
6. Turn heat down to medium temperature and let the sauce heat up to serving temperature. This should take only 2 minutes
7. Serve with white, brown or jasmine rice on the side.

\* If you like your veggies a little more crisp, stir fry for only about 1 minute  
Tip: To increase the level of spice, just add crushed red pepper.

# Red Chicken Panang Curry Recipe

*Ready in 10 minutes – Serves 2*

A perfect chicken panang can now be made in just 10 minutes. The smooth peanut butter is a wonderful touch to this recipe. The coconut milk in the curry is a tasteful experience. CurrySimple red curry sauce is made in Thailand with fresh, natural ingredients (coconut milk, red chilli, galangal, lemongrass, shallot, garlic, etc).

## Ingredients

*16 oz boneless chicken breast chopped into bite size pieces*  
*1 chopped red pepper*  
*1 chopped green pepper*  
*1 teaspoon smooth peanut butter*  
*10-15 fresh basil leaves*  
*1 cup CurrySimple Gourmet Red Curry sauce*

## Preparation

1. Heat pan to medium-high heat
2. When pan is hot - begin to cook chicken breast for about 3 minutes or when the chicken is almost cooked
3. Add chopped red peppers, green peppers, and fresh basil leaves and stir-fry for about 2 minutes
4. Add 1 cup of CurrySimple Gourmet Red Curry sauce in the veggie stir-fry pan.
5. Add 1 teaspoon of smooth peanut butter and stir (will infuse into the sauce when heated)
6. Turn heat down to medium temperature and let the sauce heat up to serving temperature - 2-3 minutes
7. Serve with white, brown or jasmine rice on the side.

Tip: To increase the level of spice, just add crushed red pepper.

# Super Seafood Red Curry Recipe

*Ready in 15 minutes – Serves 2*

An obvious favorite for seafood lovers, the red curry with a seafood medley is a spicy delight. CurrySimple red curry sauce is made in Thailand with fresh, natural ingredients (coconut milk, red chilli, galangal, lemongrass, shallot, garlic, etc). For best results, use Jumbo Prawn Shrimp, Jumbo Sea Scallops and Lobster with this red curry recipe.

## Ingredients

*Shrimp, Jumbo Sea Scallops, Squid, Mussels - Lobster if available (4oz each)*  
*1 chopped red pepper*  
*1 chopped green pepper*  
*10-15 fresh basil leaves*  
*1 cup CurrySimple Gourmet Red Curry sauce*

## Preparation

1. Heat a pan to medium-high heat
2. Remove shells from the shrimp and lobster and stir-fry the seafood for 3 to 5 minutes or until it is almost cooked
3. Add chopped green/red peppers and basil leaves and stir-fry for about 2 minutes
4. Add 1 cup of CurrySimple Gourmet Red Curry sauce in the stir-fry pan.
5. Turn the heat down to medium temperature and let the sauce heat up to serving temperature. This should only take about 2 minutes
6. Serve with white, brown or jasmine rice on the side.

Tip: To increase the level of spice, just add crushed red pepper.

# Red Salmon Mango Curry Recipe

*Ready in 15 minutes – Serves 2*

A little spicy, a little sweet, the red curry with salmon and mango will satisfy your need for an exotic taste. CurrySimple red curry sauce is made in Thailand with fresh, natural ingredients (coconut milk, red chilli, galangal, lemongrass, shallot, garlic, etc). If the mango is out of season or hard to find, substitute with pineapple and you will still love this wonderful red curry recipe.

## Ingredients

*2 filets of Salmon (8oz each)  
1 chopped red pepper  
1 chopped green pepper  
1/2 cup chopped fresh mango (pineapple may be substituted for mango)  
1/4 cup diced tomatoes  
1 cup CurrySimple Gourmet Red Curry sauce*

## Preparation

1. Heat 2 pans to medium-high heat
2. When 1st pan is hot, begin to cook the salmon filets (proceed to step 3 while salmon is cooking). Flip the salmon filets after about 3 minutes to start cooking the opposite side.
3. In the second pan, stir-fry chopped red peppers and green peppers for 2 minutes.
4. Add 1 cup of CurrySimple Gourmet Red Curry sauce in the veggie stir-fry pan.
5. Add diced tomatoes and mango to the sauce.
6. Turn the heat down to medium temperature and let the sauce heat up to serving temperature for about 2 minutes.
7. The salmon should be ready to serve - place each filet on a separate plate.
8. Pour the red curry with vegetables on top of the salmon.
9. Serve with white, brown or jasmine rice on the side.

# Thai Rice - For Life!

Shopping for rice these days can be as complicated as shopping for clothes: there are so many different types and colors available; it's hard to know what to choose. But if you've ever sampled the various types of rice on the market-from Chinese short grain to Indian Basmati, Italian Arborio (used for "Risotto"), or even the Native North American Wild Rice-you would have to agree that Thai Jasmine Rice is one of the best-tasting, not to mention one of the most nutritional of all types of rice.

Thai rice is often sold in our local grocery stores or Asian stores as "Fragrant Rice", "Jasmine Rice", or "Scented Rice". In Thailand, Thai rice is known as "Kao Hom Mali" (Jasmine-scented Rice), because of its naturally fragrant properties. With jasmine rice's good-taste and high-quality, it's no wonder that Thailand is the number one rice exporter in the world. In fact, if you were to venture via river boat out of Bangkok toward the Central Plains, you would see nothing but rice paddies for miles and miles, and the vibrant bright green of rice shoots growing.

In Thailand there is a well-known saying: "A meal without rice leaves the stomach empty". It's hard for those of us in the West to understand how important rice is to Thai people-even more important than bread or potatoes are to us. For the average Thai cook, rice comes first before any other dish or food type, and every Thai household will have a pot of warm steamed rice available to eat for breakfast, lunch, dinner, and even in between.

One advantageous property of Thai rice over other types is its ability to retain its moisture content, nutrition, and taste long after it has been cooked. Even after several days in the refrigerator, Thai rice is still moist and flavorful, making it an excellent choice for dishes that call for "day-old" rice (or rice that is several days old), such as fried rice or rice soup. It also makes for good-tasting, everyday leftovers.

For those who prefer an even healthier variety of rice, another option is "Thai Brown Rice" or "Thai Whole-grain Rice". This is the same jasmine-scented rice, except that the bran covering has been left on the rice kernel, giving it extra fiber plus valuable vitamins that are normally lost in the milling process. Sometimes this type of rice is also sold under the name, "Cargo Rice".

Another popular type of Thai rice is "Thai Glutinous Rice", also known as "Thai Sweet Rice". Mostly used for desserts, this type of rice is sticky and as elastic as wheat gluten (hence the name "glutinous"). Before cooking this type of rice, be sure to soak it for several hours or overnight, otherwise the hard outer shell of the rice kernel may not soften and you'll be left with crunchy bits of rice instead of that lovely soft and sticky texture that has made Thai desserts famous around the world.

## Thai Rice: Cooking Tips

- By far the easiest way to cook Thai rice is with a rice cooker. Just follow the instructions that come with the cooker to make perfect rice every time. Or go by the ratio of 2 cups water to every 1 cup of rice. Then simply turn the rice cooker on and wait until the rice is done.
- If cooking rice in a pot on the stove: You will need a deep pot with a tight-fitting lid. First, measure 2 cups of rice into the pot (this will feed 2-4 people). Add 3 + ½ cups water. Adding a pinch of salt is optional. Bring rice-water to a boil (stirring occasionally to loosen grains from the bottom of the pot). Once rice-water has started to bubble, partially-cover with the lid (leaving just enough room for steam to escape) and reduce heat to medium-low. There is no more need for stirring. Allow the rice to cook for about 20 minutes, or until all the water is gone. Turn off the heat, but leave the pot on the burner and cover completely with the lid. Allow to sit for at least 5 minutes or more (until the rest of your Thai dishes are ready). Then fluff with a fork, and serve.
- To cook brown rice, double the amount of water you would normally use for white rice (also double the cooking time). Then follow the same instructions (as written above) for white rice.
- To reheat day-old rice (or rice that is several days old), place in a covered glass container and heat in the oven for 10-20 minutes (at 350-375 degrees). You can also reheat using a microwave; however, reheating in the oven preserves the rice's valuable nutrients. If the rice is more than 2 days old, add 2 Tbsp. water and stir before reheating in order to sufficiently soften it.
- As mentioned above, to cook Thai Glutinous Rice, soak the rice for several hours first, then cook in a rice cooker, or boil the same way you same way would for regular white rice at the ratio of 2:1 (2 cups water for 1 cup rice). Be sure to leave the lid on tight for at least 10 minutes after all the water has disappeared (this will make it soft and sticky). If you want to "mold" the rice for special desserts or snacks, place the pot (covered) in the refrigerator for an hour or two, or until cold-this will make the rice even stickier and more pliable.
- No matter what type of rice you prefer to eat, enjoy it with a delicious Thai Red, Green, Masaman or Yellow Curry. All three dishes are easily cooked up with our CurrySimple Sauces found at [CurrySimple.com](http://CurrySimple.com)

# Green Curry Chicken

*Ready in 10 minutes – Serves 2*

A favorite recipe among spicy chicken lovers! This recipe is loaded with fresh vegetables, spices and protein that will satisfy your appetite. The CurrySimple green curry sauce is made in Thailand with fresh, natural ingredients (Coconut Milk, Green chilli, Galingale, Lemongrass, Shallot, Garlic, etc). This recipe is very easy and can be prepared by anyone that knows how to cook chicken and stir fry vegetables.

## Ingredients

*16 oz boneless chicken breast chopped into bite size pieces 1/4 crisp green beans 1/2 chopped red pepper 1/2 chopped green pepper 1/4 cup chopped zucchini 10-15 fresh basil leaves 1 cup CurrySimple Gourmet Green Curry sauce*

## Preparation

1. Heat your pan to medium-high heat.
2. When the pan is hot, begin to cook the chicken breast for about 3 minutes or until almost cooked.
3. Add the chopped red peppers, green peppers, green beans, zucchini and fresh basil leaves to the pan and stir-fry for 2 minutes
4. Add 1 cup of CurrySimple Gourmet Green Curry sauce in the stir-fry pan.
5. Turn the heat down to medium temperature and let the sauce heat up to serving temperature. This should take 2-3 minutes.
6. Serve with white, brown or jasmine rice on the side.

Tip: To increase the level of spice, just add crushed red pepper.

# Green Green Mahi Mahi Curry Recipe

*Ready in 15 minutes – Serves 2*

Mahi Mahi, the fish that tastes so good they named it twice. Well this recipe is called Green Green Mahi Mahi curry because the CurrySimple green curry sauce is so good that we had to name it twice just like the Mahi Mahi. The spicy curry compliments the Mahi Mahi very well for a delicious, flavorful meal.

## Ingredients

*2 filets of Mahi Mahi (8oz each)  
1/2 cup eggplant  
1/2 chopped red pepper  
1/2 chopped green pepper  
1/4 cup sweet peas  
10-15 fresh basil leaves  
1 cup CurrySimple Gourmet Green Curry sauce*

## Preparation

1. Heat 2 pans to medium-high heat.
2. When pan is hot - cook the 2 filets of Mahi Mahi. Continue with step 2 as Mahi Mahi is cooking. When the fish is cooked to your desired temperature (probably med/well) place each filet in the center of a plate.
3. In the second heated pan, add chopped red peppers, green peppers, eggplant, sweet peas and fresh basil leaves - stir-fry for 2 minutes
4. Add 1 cup of CurrySimple Gourmet Green Curry sauce in the veggie stir-fry pan.
5. Turn heat down to medium temperature and let the sauce heat up to serving temperature - 2-3 minutes
6. When sauce is ready to serve, pour on top of the Mahi Mahi.
7. Serve with white, brown or jasmine rice on the side.

# Bamboo Green Curry Salmon Recipe

*Ready in 15 minutes – Serves 2*

This recipe adds so many flavors to a filet of salmon. You will experience spicy flavors from the green chilli and fresh tastes from the basil that go very well together. The key ingredient is the CurrySimple green curry sauce that is made in Thailand with fresh, natural ingredients (Coconut Milk, Green chilli, Galangal, Lemongrass, Shallot, Garlic, etc). The green curry sauce is great with salmon as well as any other type of fresh fish. Give it a try!

## Ingredients

*2 filets of salmon (8oz each)  
1/4 cup bamboo shoots  
1/2 chopped red pepper  
1/4 cup diced white onions  
10-15 fresh basil leaves  
1 cup CurrySimple Gourmet Green Curry sauce*

## Preparation

1. Heat 2 pans to medium-high heat
2. When pan is hot - cook the 2 filets of salmon. Continue with step 2 as Salmon is cooking. When the salmon is cooked to your desired temperature (probably med/well) place each filet in the center of a plate.
3. In the second heated pan, add chopped red peppers, diced onions, bamboo shoots and fresh basil leaves - stir-fry for 2 minutes
4. Add 1 cup of CurrySimple Gourmet Green Curry sauce in the veggie stir-fry pan.
5. Turn heat down to medium temperature and let the sauce heat up to serving temperature - 2-3 minutes
6. When sauce is ready to serve, pour on top of the salmon.
7. Serve with white, brown or jasmine rice on the side.

# Green Shrimp Curry Recipe

*Ready in 10 minutes – Serves 2*

A spicy shrimp curry that goes great with a Pinot Grigio or Thai iced tea . The key ingredient is the CurrySimple green curry sauce that is made in Thailand with fresh, natural ingredients (Coconut Milk, Green chilli, Galingale, Lemongrass, Shallot, Garlic, etc). Having the sauce already prepared saves about 30 minutes of prep time and you do not have to use multiple canned ingredients or a complicated recipe.

## Ingredients

*14 oz peeled shrimp  
1/2 chopped green pepper  
1/2 chopped red pepper  
1/2 cup of chopped zucchini  
10-15 fresh basil leaves  
1 cup CurrySimple Gourmet Green Curry sauce*

## Preparation

1. Heat pan to medium-high heat
2. When pan is hot - stir-fry 12oz of peeled raw shrimp for 3 minutes
3. Add chopped red/green peppers, zucchini and fresh basil leaves - stir-fry for 2 minutes
4. Shrimp should be cooked at this point and vegetables should still be a little crisp
5. Add 1 cup of CurrySimple Gourmet Green Curry sauce in the pan
6. Turn heat down to medium temperature and let the sauce heat up to serving temperature - 2-3 minutes
7. Serve with white, brown or jasmine rice

# Green Curry with Beef and Peppers Recipe

*Ready in 15 minutes – Serves 2*

This is a very simple recipe that will only take 20 minutes to prepare. As with all curries, it's excellent both fresh and as a leftover the next day. The recipe calls for both red and green peppers, the red for their beautiful looks and sweetness, and the green for their rich flavor when sautéed. If you like your veggies extra crisp cut down the initial sauté time to 2-3 minutes.

## Ingredients

*14 oz sirloin steak*  
*2 small (or 1 medium) onion*  
*1 green pepper*  
*1 red pepper*  
*1/2 tbsp oil*  
*1 cup CurrySimple Gourmet Green Curry sauce*

## Preparation

1. Rinse rice well several times over in cold water, place in small pot.
2. Heat covered over medium flame until boiling. Immediately after rice reaches boiling point, reduce to low flame and cook covered for 10 minutes or until water is absorbed.
3. When the rice is ready, set aside and keep covered.
4. *While the rice is cooking do the following:* Chop onions into 1/4 inch half-rings, and set aside. Cut peppers lengthwise, about 1/2 inches thick.
5. With a sharp knife, carefully slice sirloin against the grain into thin strips, about 2-3 inches long and 1 inch wide.
6. Heat oil in a large, nonstick pan over high heat.
7. When hot, add peppers and onions. Sauté and stir for 4-5 minutes.
8. Add sirloin, sauté for 2-3 minutes.
9. Then add CurrySimple Gourmet Green Curry Sauce and heat for another 2-3 minutes or until curry is hot.
10. Serve over hot rice.

# CurrySimple: Wine Pairing Tips

## The Basics of Pairing Wine with Thai Cuisine

- Think about the sauce: The old adage “white wine with white meat and red wine with red meat” doesn’t carry much weight anymore, especially with a cuisine as flavorful as Thai. Consider the main ingredients in sauces—coconut milk, spicy red or green chilies, lemongrass, garlic and tamarind—when choosing a wine.
- Residual sugar in wine will offset a dish’s spiciness: If you are serving a spicy dish like red or green curry, consider pouring a white wine with a hint of sweetness, such as an off-dry Riesling or Gewurztraminer, or a demi-sec Champagne or sparkling wine. The sugar will tame the heat and quench the fire of the dish, allowing you to return for bite after delicious bite.
- Tannic wines can fuel the fire of spicy Thai dishes: As delicious as they are, highly tannic red wines such as Cabernet Sauvignon, Shiraz, Bordeaux and Barolo can be difficult to enjoy with spicy Thai cuisine. The wine’s warm temperature, alcohol content and mouth-puckering quality can exacerbate the heat of already spicy dishes. If you are a red wine lover, try sipping something lower in tannins, such as Pinot Noir, Beaujolais or Rioja. You can even chill these reds in the fridge for fifteen or twenty minutes to make the alcohol content less apparent and the wine more refreshing.
- Don’t underestimate the food-friendliness of sparkling wine: Often selected only for special occasions, bubbly is a fantastic choice with a variety of foods, including Thai cuisine. Sparkling wines such as Champagne, Prosecco and Cava can cut the richness of coconut milk-based Thai curries, and they also refresh the palate after a highly seasoned dish.
- Try aromatic wines with fragrant dishes: The aromas of some wines just jump out of the glass; the mango and orange blossom fragrance in Viognier; Riesling’s peach and apricot notes; Sauvignon Blanc’s distinctive gooseberry, lime and herbaceousness; and the hint of violet in Cabernet Franc. Thai curries and stir fries are often equally aromatic, with the inclusion of ingredients like Thai basil, cilantro, ginger, limes and lemongrass. For a memorable meal, pair a bottle of aromatic wine with a fragrant Thai curry or stir fry.
- When in doubt, think pink: Dry rosés from Spain, France, Australia and the United States are a smart choice when can’t decide on a bottle of white or red with your Thai dinner. Full of the vibrant acidity of a crisp white, rosés also have bright strawberry flavor and some of the weight of a red, and they are versatile enough to pair with chicken, shrimp, pork and seafood curries and stir fries.

## Wines for Specific Curry Sauces

### *Yellow Curry Sauce*

Savory, mild and full of zesty lemongrass flavor, dishes made with our yellow curry sauce can be enjoyed with a variety of wines. The citrus flavors in a **New Zealand Sauvignon Blanc** pair with the sauce's lemon notes; while the wine's bright acidity will counter the rich creaminess of the coconut milk. Red wine and red meat lovers will want to try a fruity **Spanish Rioja** with yellow beef curry. And the aromatic quality, soft tannins and berry and plum flavors of **Cabernet Franc** are a perfect match for shrimp or chicken yellow curry.

### *Masaman Curry Sauce*

Mild and sweet, with the distinct flavor of tamarind, our Masaman sauce is the perfect introduction to Thai curries, and its versatility and not-spicy-but-full-of-flavor quality lets you experiment with different wines. Floral and fragrant **Viognier** from France or the United States is an exotic choice with chicken Masaman curry. A dry or off-dry **Vouvray** from France's Loire Valley is a terrific partner with richly sauced seafood dishes, so open up a bottle to drink with shrimp Masaman curry. And the tropical mango and pineapple flavors of an **Australian or Chilean lightly-oaked Chardonnay** are a match made in heaven for our Masaman Pineapple recipe.

### *Green Curry Sauce*

Spicy, yet with a slight touch of sweetness, our green curry sauce calls for a wine to tame the heat. If you like sparkling wines, try a **Demi-Sec Champagne**—the bit of residual sugar will quench the fire of the chilies, while the bubbles will cleanse and refresh the palate. **Gewürztraminer** means "spicy grape" in German, and an off-dry style from Germany or the United States will offset the heat, and match the spices, in the curry sauce. Not sure whether to go white or red? Think pink and select a **dry rosé from Spain or France**, which offers bright berry flavors, crisp acidity and some of the weight and complexity of a red.

### *Red Curry Sauce*

Spicy and delicious on its own, the addition of peanut butter to our red curry sauce makes a nutty and savory Penang curry sauce. Either way, try a **German Kabinett Riesling**—while considered a "dry wine," the hint of residual sugar in the wine, along with its vibrant acidity, will cut the richness of the peanut butter as well as the fire of the dried chilies. It pairs especially well with seafood or chicken red curries. **Portugal's Vinho Verde**, a light, crisp, refreshing white with a bit of fizz from the addition of CO<sub>2</sub>, is another

great partner for red curry dishes; and French Beaujolais from Brouilly is aromatic, jammy and soft—the perfect accompaniment to beef or pork red curry.

### Pad Thai Sauce

Pad Thai is a dish full of flavors and textures—the crunchiness of the peanuts and bean sprouts; the softness and mild flavor of the scrambled egg and rice noodles; the tenderness and briny taste of the sautéed shrimp; and the savory, sweet tang of the Pad Thai sauce. **Italian Prosecco** is a sparkling wine that is full of inviting lemon and crisp apple flavors, great acidity and loads of bubbles—It will refresh the palate and call you back for another bite. If you prefer red wine with Pad Thai, sip a soft and fruity **Oregon or California Pinot Noir**, which will not overshadow any of the dish’s signature ingredients.

*Special thanks to Kelly Magyarics for contributing the “Wine Pairing with Thai Food” article for us! Kelly is a wine writer and educator in the Metropolitan Washington, D.C., area. Her company, Kelly Magyarics Wine consulting, provides interactive, educational wine tastings for private and corporate events. Kelly is a frequent contributor to Wine Enthusiast as well as other publications and websites. Kelly can be reached through her website, [www.trywine.net](http://www.trywine.net), phone 703.203.9463 and email [kmagyarics@gmail.com](mailto:kmagyarics@gmail.com)*

# Yellow Chicken Curry Recipe

*Ready in 15 minutes – Serves 2*

This is an easy recipe to prepare a chicken yellow curry dinner at home using CurrySimple's Gourmet Yellow Curry Sauce . The most difficult part of preparing curry at home is preparing the curry sauce. CurrySimple makes preparing curry easy - the sauce is already prepared in Thailand with fresh, natural ingredients including fresh coconut milk and fresh curry peppers. With the hard work done, you can now cook a Thai curry at home that is even better than what your order at your local Thai restaurant by following the steps below.

## Ingredients

*16 ounces of **CurrySimple Gourmet Yellow Curry Sauce**  
1 package boneless chicken breasts, chopped into bite-size pieces (allow approximately 6-8 oz. meat per serving)  
2-3 medium potatoes, cubed or cut into small wedges  
2 red or green bell peppers de-seeded and chopped into bite-size pieces  
(Note: other vegetables may also be used, such as carrots, cauliflower, broccoli, onions, etc.)  
2 Tbsp. vegetable or nut oil for stir-frying (e.g. peanut, canola, sunflower, etc.)*

## Preparation

1. Place oil in a wok or large frying pan over medium-high heat. When hot, add the chicken pieces and potato. Stir-fry 1 minute.
2. Add approximately 1/3 cup of the curry sauce to the wok/pan. Continue stir-frying for another minute.
3. Turn down the heat to medium and cover wok/pan with a lid. Allow to simmer for 10 minutes. **Cooking Tip:** If wok/pan becomes too dry, add a little water.
4. Add the vegetables, stirring to combine. Replace lid and simmer for another 5 minutes, or until everything is well done.
5. Now add the remaining curry sauce, stirring to combine.
6. When sauce is heated through, your curry is ready to eat.
7. Serve with plenty of white or brown rice, or with noodles as desired.

# Yellow Curry Chicken Noodle Bowl Recipe

*Ready in 10 minutes – Serves 2*

A noodle bowl favorite! This noodle bowl recipe is great for everyone (even kids). The noodle bowl is not spicy and will quickly become your favorite Thai comfort food dish. When cooking the chicken inside the sauce, please make sure it has cooked through before eating. The noodles may also be soaked overnight in the refrigerator to soften (must be a good planner). You may substitute coconut milk for the half & half cream but it may become too coconut flavored. The half & half allow the meal to become more "soupy" while softening the flavors. Noodle bowls are now easy with CurrySimple Yellow Curry sauces.

## Ingredients

*14 oz boneless chicken breast chopped into bite size pieces  
1 and 1/2 cup half & half cream  
10 oz Rice Noodles  
1/2 cup Romaine lettuce  
1 teaspoon chopped scallion  
1 teaspoon thinly sliced ginger  
1/2 cup fresh bean sprouts  
1/2 lime  
1 cup CurrySimple Gourmet Yellow Curry sauce*

## Preparation

1. Soak noodles in warm water for 1 hour prior to cooking to soften the noodles
2. Drain water then place noodles in boiling water - 1 min
3. After 1 min, make sure noodles are soft and place in large bowl
4. Soak bean sprouts in boiling water for 15 seconds then place in bowl with noodles
5. Heat a sauce pan to medium-high heat.
6. Add 1 cup of CurrySimple Gourmet Yellow Curry sauce, 1 1/2 cups half & half, bite-sized pieces of chicken, and ginger in heated pan.
7. While chicken is cooking in sauce, squeeze 1/2 lime on top of noodles and sprouts in bowl
8. When chicken has thoroughly cooked (about 5 minutes), pour yellow curry sauce and chicken on top of noodles
9. Garnish with chopped scallions and romaine lettuce.

# What Makes Thai Food So Hot?

*It's all in the chilli pepper*

What is it about Thai food that makes it so universally appealing? For many, it's the combination of sweet, sour, and salty flavors. For others, it's the coconut milk or the lemongrass. But perhaps the common denominator in Thai cuisine - perhaps its most essential and appealing ingredient - is the red hot chilli pepper.

## A Brief History of the Chilli Pepper

The Thais were not the first people to use chillies in their cuisine. Wild chilli peppers were first used-and later cultivated-by the indigenous peoples of Mexico and Central America. They were then carried to Europe by Columbus, and eventually brought to Southeast-Asia by the Spanish and Portuguese explorers who came from South America in the 1500's. The Thais welcomed the chilli pepper to their cuisine with much enthusiasm, probably because they were already accustomed to eating spicy foods with ingredients like garlic, galangal (a type of ginger), and especially black pepper. In fact, it is because of a similarity to black pepper that Columbus named them "chilli peppers". In actual fact, chillies are classified as a fruit, and, more specifically, as a berry.

## No Pain No Gain?

When we bite into a hot chilli pepper (whether on its own, or drowned in coconut milk or hidden in rice), we feel a sensation of heat but also of pain. The human mouth, in fact, has an abundance of nerve endings, while the esophagus has very few. This is why, if you eat a "too-hot" chilli, the pain will subside as the pepper makes its way down your esophagus. Your mouth, however, may hold onto the sensation of pain long after you took that fatal bite. And contrary to our first instinct, drinking a glass of water will do nothing to soften the pain, simply because the heat in chillies comes in the form of pungent oil in its skin, seeds, and that inner white rind-and oil, as we know, does not mix with water. Interestingly, chillies are propagated in nature by birds, which enjoy eating the chilli seeds without experiencing any pain.

So what's the best solution for having bitten off too much chilli for you to chew? Try taking some yogurt, milk, or coconut milk, or eating raw cucumber, all of which should cool your mouth down enough to continue enjoying your meal.

If eating chillies is sometimes painful, why should we risk it? The answer is simple: because chillies add zest to what may be considered bland foods and perhaps more importantly, because chillies are good for you. Yes, chilli peppers are loaded with nutrients. While eating green chillies can give you

your minimum daily requirement of vitamin C, a single red chilli provides more vitamin A than a carrot! In addition, Australian researchers at the University of Tasmania have recently found that chilli peppers are good for your heart, and also help you sleep better.

Why not make chillies a regular part of your diet by ordering some CurrySimple sauces today? CurrySimple takes the guesswork out of how many chillies to use in Thai recipes-it's all done for you. All you have to do is add your favorite vegetables, meats, or meat substitutes. So you can enjoy the taste and health benefits of chilli peppers, and have all the gain...without the pain.

# Masaman Curry with Jumbo Prawns Recipe

*Ready in 10 minutes – Serves 4*

A very popular (and expensive at restaurants) dinner plate is a Masaman curry with Jumbo Prawns. This recipe enables you to prepare a masaman dinner at home in ten minutes. The CurrySimple masaman curry sauce is made in Thailand with fresh, natural ingredients (Coconut Milk, Tamarind, Garlic, Shallot, Galangal, etc). Goes great with a dry Chardonnay!

## Ingredients

*24 Jumbo Prawns (6 per serving)  
2 sliced avocados  
1/2 cup diced white onions  
1 cup roasted cashew nuts  
2 cups CurrySimple Gourmet Masaman Curry sauce*

## Preparation

1. Heat pan to medium-high heat
2. When pan is hot - begin to cook the jumbo prawns - 4 minutes
3. Add chopped diced white onions - stir-fry for 2 minutes
4. Add 2 cups of CurrySimple Gourmet Masaman Curry sauce in the veggie stir-fry pan.
5. Turn heat down to medium temperature and let the sauce heat up to serving temperature - 2 to 3 minutes
6. On plate, arrange avocado slices near the edge and top with heated masaman curry sauce, prawns and onions
7. Top with cashew nuts.
8. Serve with white, brown or jasmine rice on the side.

# Masaman Chicken Curry Recipe

*Ready in 10 minutes – Serves 2*

Do you often order a masaman chicken curry when you eat out at your favorite Thai restaurant? This recipe is the most common Masaman recipe that is served in Thai restaurants. This recipe is very easy to prepare and can be made by anyone that knows how to cook chicken and stir fry vegetables.

## Ingredients

*16 oz boneless chicken breast chopped into bite size pieces*  
*1 sliced avocado*  
*1/4 cup diced white onions*  
*1/2 cup roasted cashew nuts*  
*1 cup CurrySimple Gourmet Masaman Curry sauce*

## Preparation

1. Heat pan to medium-high heat
2. When pan is hot - begin to cook chicken breast - 3 minutes
3. Add chopped diced white onions - stir-fry for 2 minutes
4. Add 1 cup of CurrySimple Gourmet Masaman Curry sauce in the veggie stir-fry pan.
5. Turn heat down to medium temperature and let the sauce heat up to serving temperature - 2 to 3 minutes
6. On plate, arrange avocado slices near the edge and top with heated masaman curry sauce, chicken and white onions
7. Top with cashew nuts
8. Serve with white, brown or jasmine rice on the side.

# Masaman Curry Chicken with Pineapple Recipe

*Ready in 30 minutes with potatoes or 20 min without- Serves 2*

This is a sweet, delicate recipe with flavors that complement each other wonderfully. The texture of the pineapple juxtaposed with cashews and potatoes surprises and pleases the palate. You can skip the potatoes and serve with rice if you prefer.

## Ingredients

*1 cup of CurrySimple Gourmet Masaman Curry Sauce  
1 lb chicken breast  
1 fresh pineapple  
2 medium potatoes  
10-12 small onions  
1/2 cup cashews  
10-15 Thai basil leaves  
1 tbsp oil*

## Preparation

1. Peel potatoes, cover in water and boil for 25 minutes, or until soft.
2. *While the potatoes are cooking do the following:* chop chicken breast into thin slices, about 1 inch long and 1/2 inch thick.
3. Chop top, bottom, and sides off of pineapple. Slice lengthwise, avoiding the core, so that you're left with 5-6 long strips of the pineapple. Chop those into bite-size pieces.
4. Peel onions, but leave whole.
5. When potatoes are soft, plunge into cold water and let sit for 2 minutes before removing and chopping into 1-inch cubes.
6. Heat oil in nonstick pan over high flame, drop in onions and sauté for 2-3 minutes.
7. Add potatoes, pineapple, and CurrySimple Gourmet Masaman Curry and cover
8. After 10 minutes add chicken, mix, and simmer for 5 minutes.
9. Right before serving, add cashews and basil leaves.

# Masaman Pineapple Curry Recipe

*Ready in 10 minutes – Serves 2*

A CurrySimple favorite, this basic recipe can be prepared with either chicken or shrimp. Pineapple is not a normal ingredient in a masaman curry, but it tastes so good! The CurrySimple masaman curry sauce is made in Thailand with fresh, natural ingredients (Coconut Milk, Tamarind, Garlic, Shallot, Galangal, etc). You only need a couple ingredients and this can be made really quickly. To save time, you can even buy the pineapple and onions pre-cut at most local grocery stores.

## Ingredients

*16 oz boneless chicken breast chopped into bite size pieces  
or 16 oz of medium sized shrimp  
or 12 jumbo prawns  
1 sliced avocado  
1/4 cup diced white onions  
1/2 cup fresh pineapple cut into bite-sized cubes  
1 cup CurrySimple Gourmet Masaman Curry sauce*

## Preparation

1. Heat pan to medium-high heat
2. When pan is hot - begin to cook chicken breast or shrimp - 3 minutes
3. Add chopped diced white onions and cubed pineapple - stir-fry for 2 minutes
4. Add 1 cup of CurrySimple Gourmet Masaman Curry sauce in the veggie stir-fry pan.
5. Turn heat down to medium temperature and let the sauce heat up to serving temperature - 2 to 3 minutes
6. Serve with white, brown or jasmine rice on the side.

# Pad Thai: World-famous Noodles

Give it a try!

With such an ancient and varied history, Thailand has experienced a myriad of culinary influences over the centuries, all of which converged to create the unique flavors we recognize today as Thai. One of the most important influences came from the north. When Chinese immigrants first started coming to Thailand, they brought with them three important culinary items: chopsticks, the steel wok, and noodles. Of these three, two remained indispensable to Thai cuisine: noodles, and a wok in which to fry them. (Eventually most Thais dispensed with chopsticks in favor of a fork and spoon.)

But there are several differences between Chinese noodles and "Pad Thai" (literally "Thai noodles"). The main difference is that while most Chinese noodles are made of wheat and/or egg-similar to their Italian cousin-Thai noodles are made with rice flour, which makes them lighter in calories, lower in fat, plus gluten-free, making them an excellent choice for gluten-free diets.

Thai noodles are usually thin, similar to Italian linguini. But because they are made of rice, Thai noodles are cooked differently than Italian or Chinese wheat noodles. Instead of boiling them, Thai cooks soak their rice noodles in large containers of cool water for up to 2 hours. The soaking process softens the noodles and makes them slippery (while boiling them makes them sticky and hard to work with). The noodles are then stir-fried a number of ways, depending on the recipe. For "Pad Thai", the most famous of all Thai noodle dishes, the rice noodles are stir-fried in a special spicy sauce together with fresh prawns, pieces of chicken or tofu, egg, and bean sprouts. Finally, Pad Thai can be recognized by its signature toppings: a sprinkling of ground peanuts, a squeeze of lime juice, and a scattering of fresh basil and/or coriander. Hot chilli sauce is usually served on the side, for those who like it extra spicy.

## To Make Restaurant-style Pad Thai: Cooking Tips

- Always soak rice noodles, never boil them. However, this takes time (up to 2 hours). If you're in a hurry, warm some water in a large pot on the stove. Before the water reaches a full boil, slide the pot off the burner, then add the noodles. Using a wooden spoon, press the noodles down into the hot water and cover with a lid. Allow the noodles to soak while you prepare the other ingredients (10-20 minutes).
- Don't over-soften or overcook rice noodles. Think like the Italians do: pasta "al dente", meaning "to the tooth". In other words, you want your noodles to turn out chewy, not soggy.

- How do you know when it's time to drain the noodles? Fish a noodle out of the pot. If it's soft enough to eat but still firm, slippery, and a little chewy, your noodles are ready to be stir-fried. Drain the noodles and rinse with cold water to keep them from sticking together.
- Use oil when stir-frying rice noodles. Adding water or broth at this point will only make the noodles soft and cause them to stick to the bottom of the pan.
- Stir-fry the noodles with two large wooden spoons or Asian-style "shovels". Use a gentle "tossing" motion, as though you were tossing salad. This will prevent the noodles from breaking.
- To make perfect Pad Thai every time, order our special Pad Thai Sauce!

# Easy Pad Thai Recipe

*Ready in 10 minutes – Serves 2*

Are you ready to make a Pad Thai noodle at home? It is really easy when using CurrySimple's Pad Thai sauce. You no longer have to mix multiple bottles of ingredients together with a complicated recipe. Our sauce is like six bottles in one! The Pad Thai sauce is made in Thailand with ingredients that include Oyster sauce, Palm sugar, Soy sauce, Fish sauce, Tamarind, Shallots and Citric acid. The Pad Thai sauce is restaurant quality (we actually use it in Thai restaurants) and with the easy Pad Thai recipe below you will be able to make Pad Thai at home that tastes just like your favorite Thai restaurant.

## Ingredients

*1/2 cup of CurrySimple Pad Thai Sauce 1 package  
(14 oz.) dried rice noodles (wide and flat, or thin and flat)  
10-12 oz. sliced chicken breast, shrimp, or tofu  
1 egg  
1 cup bean sprouts  
3 spring onions (scallions), sliced  
2 Tbsp. of vegetable oil for stir-frying  
1/4 cup crushed or chopped peanuts (optional)  
1/2 cup fresh coriander (optional)*

## Preparation

1. Place noodles in a pot of boiling water. Turn off the heat and allow the noodles to soften while continuing through steps 2 and 3. **The noodles should be soft in about 2 minutes.**
2. Place oil in a wok or large frying pan set over medium to high heat. Add the chicken, shrimp, or tofu, stir-frying until cooked (1-3 minutes).  
**Cooking Tip:** When wok/pan becomes too dry, add a few Tbsp. of water.
3. Crack the egg into the centre of the wok/pan, and then stir to quickly "scramble" the egg until cooked (1/2 minute).
4. Drain softened noodles and add them to the wok/pan. Add the CurrySimple Pad Thai sauce and continue to stir-fry, lifting and turning the noodles to combine (2-5 minutes).
5. Add the bean sprouts and spring onions (scallions), continuing to stir-fry another minute.
6. Taste-test the noodles. If you prefer a stronger tasting Pad Thai, add a little more sauce (1 Tbsp. at a time) until desired taste is achieved and noodles are completely cooked.
7. Finish with a sprinkling of coriander and peanuts (if using), and serve hot.

# The Food of Thailand

## An Ancient Cuisine with a World of Influences

Spicy, salty, sweet and sour, Thai cuisine is unique in the way that it touches upon each one of our taste capabilities at the same time, creating an explosive sensory response with each mouthful of a Thai curry or stir-fry. Perhaps this type of taste sensation explains, at least in part, the growing popularity of Thai cuisine throughout North America and the rest of the world. But exactly how did such a unique taste sensibility develop? What was it about the Thai people that inspired such wondrous combinations of flavors and tastes, allowing Thai cuisine, as we know it today, to come into existence?

Like many of the world's foremost cuisines, Thailand's culinary culture boasts an ancient history. By the thirteenth-century, the Thais were already enjoying what might be considered the heart of Siamese cuisine: various types of meat and seafood dishes combined with local vegetables, herbs and spices such as garlic and pepper, and served with rice. But unlike most other ancient cultures, the Thai people did not close themselves off from the world beyond their borders—quite the opposite. Increasing trade with other nations, especially those countries near or surrounding Thailand, such as Malaysia, Burma, Indonesia, India, and China, brought an influx of foreign ideas as well as cooking styles and even spices, cooking utensils, and ingredients.

For example, from India Thai cooks learned to make curries with turmeric, chillies, coriander, cumin, and other Indian spices. At the same time, they added their own pinch of originality in the form of local ingredients such as Thai holy basil, lemongrass, and galangal (Thai ginger).

From faraway China, Thai cooks received what is today their most essential cooking tool: the steel wok. Thanks to the Chinese, they were also introduced to noodles, and learned how to make their own. But because Thailand is one of the great rice-producing nations of the world, the Thais began making rice noodles (such as those used in Pad Thai) instead of wheat or egg noodles, though these are also occasionally used in today's Thai cuisine. The influence of other nations can also be detected, for example, in the fiery flavors of Burma, the sambals (chilli sauces) and unique rice dishes of Indonesia, and the curry-inspired flavors of Malaysia. It's interesting to note that one famous Thai red curry dish is even nicknamed "Penang" after a state in northwestern Malaysia.

As in life, so it is in cooking: we develop and prosper more fully when open to the things and people around us. It is because of such openness and sharing of tools, knowledge, information, and ingredients that the Thai cuisine developed and matured to the extent it did. And as you taste for yourself its fragrant aroma and unique combination of flavors, you'll sense that wonderful richness in every bite.

# Ginger Chicken Stir-Fry Recipe

*Ready in 10 minutes – Serves 2*

Healthy, full of vegetables, protein and ginger are the characteristics of this easy to make stir-fry. The CurrySimple stir-fry sauce has the perfect balance of Oyster Sauce, Soy Sauce, Vinegar, and Citric Acid. You should use chicken stock (chicken broth) or for a vegetarian version you may substitute it with water and use Tofu instead of chicken. Health benefits of ginger include ease of depression; helps cure colds and nausea, good for internal organs and arthritis. An important first step when cooking this stir-fry is to start with a hot pan. Make sure you use fresh ginger and slice into very small pieces. If you want a stronger taste, just add another ounce of the stir-fry sauce.

## Ingredients

*14 oz boneless chicken breast chopped into bite size pieces*  
*2 tablespoons of thinly sliced ginger*  
*1/2 cup zucchini*  
*1/4 cup celery*  
*1/4 cup sliced carrots*  
*1/4 cup diced white onions*  
*1 stem of scallions (green onion) cut into 1 inch pieces*  
*1 cup of chicken stock (or) water*  
*Dash of pepper*  
*1 oz of oil*  
*2 oz CurrySimple Thai Stir-Fry Sauce*

## Preparation

1. Heat pan to medium-high heat
2. Add oil and chopped chicken pieces
3. When chicken is 50% cooked add chicken stock (or) water and ginger
4. Add zucchini, celery, carrots, onions and scallions when chicken is about 90% cooked
5. Stir ingredients together and add 2 oz of CurrySimple Thai Stir-Fry Sauce
6. Mix ingredients in pan for 1 minute at medium heat and serve with white, brown or jasmine rice.

# Cashew Nut Chicken Stir-Fry

*Ready in 10 minutes – Serves 2*

A Thai stir-fry classic! This cashew nut chicken recipe is lightly spicy with a lot of flavor. Not too sweet and not too spicy. Of course a dash of crushed red pepper flakes can add a quick pepper rating to the dish. The stir-fry sauce already has the right balance of *oyster sauce*, *Soy sauce* (*soy contains wheat*), *vinegar*, *citric acid* and of course is made in Thailand just like all other CurrySimple products. You will see a cashew nut stir-fry on almost every Thai menu when dining out. Now you can prepare the same dish at home with equal or greater quality. Start heating your pan and get cooking!

## Ingredients

*16 oz boneless chicken breast chopped into bite size pieces*  
*2 tablespoons CurrySimple stir-fry sauce*  
*1 red pepper - sliced*  
*1 green pepper - sliced*  
*1/2 cup white onions - sliced/diced*  
*1/2 cup un-salted cashew nuts*  
*1/4 cup cooking oil*  
*1 tablespoon Pantainorasingh chili paste with soya bean oil*

## Preparation

1. Heat pan to medium/high heat
2. While you are chopping your vegetables, start cooking the cashew nuts - 3 min
3. Take the cashew nuts out of the pan to add later
4. Add cooking oil to your pan and begin cooking your chicken
5. When the chicken is about 75% cooked - add your green peppers, red peppers and onions - cook 2 min
6. Add the stir-fry sauce and chilli paste with soya bean oil
7. Mix ingredients together until the chicken is thoroughly cooked
8. Serve the stir-fry on a plate and pour the excess sauce on top
9. Top with cashew nuts and serve with jasmine or brown rice

*Tip: To increase the level of spice, just add crushed red pepper.*

# Spicy Basil Chicken Fried Rice

*Ready in 10 minutes – 2 servings*

Everyone loves Chicken fried rice! This is a spicy basil version that is truly wonderful. It has a light spice and can easily be spiced up by using the optional ingredients (ground hot chillis). You may make it as spicy as you can handle. The red and green peppers compliment the spicy flavor while the basil and cucumber give it a refreshing taste. Squeezing a lime on top is a great tip as well.

## Ingredients

*14 oz boneless chicken breast chopped into bite size pieces  
1/2 sliced red pepper  
1/2 sliced green pepper  
15 fresh basil leaves  
1/4 cup sliced onions  
4 sliced pieces of cucumber  
2 eggs (may use eggbeater substitute)  
1 tablespoon of Chili Paste with Soya Bean Oil 2 lime wedges  
2 cups of cooked jasmine rice  
2 oz of oil  
2 oz CurrySimple Thai Stir-Fry Sauce*

## Preparation

1. Heat pan to medium-high heat
2. Add oil and start cooking the eggs in the pan
3. Add chicken and stir-fry until about 70% cooked
4. Add red peppers, green peppers, basil leaves, onions and continue to stir-fry for about 1 minute
5. Stir ingredients together then add the cooked rice and top with the CurrySimple Thai Stir-Fry Sauce. Mix together in the pan with a spoon and add the chilli paste with soya bean oil.  
*(Optional) spice it up with a few dehydrated chillis or a dash of the ground hot chillis*
6. Serve on a plate with a lime and the cucumber slices as a garnish.

# Spicy-Sweet Blast Chicken Curry

*Ready in 15 minutes – Serves 2*

The Spicy Sweet Blast recipe is an idea we got from Warren Rojas of Northern Virginia Magazine in the article "**CurrySimple = Flashy Thai in a Snap**". It is a combination of the spicy Green Curry sauce and sweeter Massaman Curry sauce. This is not a common recipe found in restaurants so the only place to try it is in your kitchen. The recipe calls for a bunch of fresh veggies such as mushrooms, asparagus, red peppers, zucchini and fresh basil leaves. The combination of flavors will keep your taste buds guessing and your stomach wanting more and more.

## Ingredients

16 oz boneless chicken breast chopped into bite size pieces  
1/2 cup CurrySimple **Green Curry** Sauce  
1/2 cup CurrySimple **Massaman Curry** Sauce  
1/2 cup sliced zucchini  
1/2 cup sliced mushrooms  
10 stalks of asparagus tips  
1/2 cup sliced red peppers  
15 basil leaves

## Preparation

1. Heat pan to medium/high heat
2. Add sliced chicken breast and begin to cook - 2 min
3. When the chicken is about 70% cooked, add the veggies
4. Let the veggies cook for 1 min to be crisp or 2 to be a little soft
5. Add the **Green Curry** Sauce and **Massaman Curry** Sauce to the veggies and chicken
6. Turn down the heat and let the sauce cook with the chicken and veggies for about 2 minutes
7. Serve with jasmine or brown rice

# Seafood Wheat Linguine with a Thai Red Curry Sauce

*Ready in 12 minutes – Serves 1*

You probably won't find this dish at your local restaurant (unfortunately!) but our recipe makes it easy to prepare at home. This *Seafood Wheat Linguine* recipe is a Thai fusion concept that will impress your friends and family when prepared. Using jumbo scallops and shrimp (prawns) take the quality level to a new high. A meal like this would cost over thirty bucks if found in a restaurant and you can make it for less than half. Not to mention you will be using a superior red curry sauce (opposed to Thai restaurants that use all canned ingredients) that is made in Thailand with fresh ingredients and uses the latest packaging technology. Bon Appetite!

## Ingredients

*3 jumbo prawn shrimp*  
*4 jumbo scallops*  
*2 squid tubes*  
*1/2 red pepper - sliced*  
*1/2 orange pepper - sliced*  
*10 fresh basil leaves*  
*4 oz wheat linguine*  
*1/8 cup cooking oil*  
*4 oz of CurrySimple **Red Curry Sauce***

## Preparation

1. While preparing your veggies and seafood, bring a pot to boiling water
2. Add wheat linguine to boiling water and cook for about 10 minutes
3. Add cooking oil to a stir-fry pan and heat to medium/high
4. When the pan is hot, add your seafood (shrimp, scallops and squid)
5. Let the seafood cook for about two minutes and then add the veggies (red peppers, orange peppers and basil leaves)
6. Add the red curry sauce and bring to serving temperature
7. Strain the water out of the wheat linguine and place in a bowl
8. Top the wheat linguine with the seafood and red curry sauce
9. (Optional) you may top with crushed red pepper flakes to increase the spice level

# Chicken Coconut Noodle Bowl

*Ready in 12 minutes – 2 servings*

Craving a soupy Thai chicken coconut noodle bowl? Ready in fifteen minutes or less using CurrySimple's coconut soup concentrate along with some fresh mushrooms, green onions and tomatoes. The coconut soup is made in Thailand and loaded with healthy herbs such as lemongrass, kaffir lime leaves, galangal and coriander. You may add the optional 1/2 and 1/2 to make creamy and tone down the flavor of the herbs. Cooking tip - Don't overcook the Thai rice noodles. They are different than pasta and do not need to be in boiling water for 10 minutes. Bring water to boil, turn off the heat and let them soak for just a few minutes.

## Ingredients

*14 oz boneless chicken breast chopped into bite size pieces*  
*2 stalks of green onions (scallions)*  
*1/2 tomato sliced into six pieces*  
*1/2 cup fresh mushrooms*  
*8 oz Thai rice noodles*  
*1 pack of CurrySimple Coconut Soup Concentrate*  
*12 oz water*  
*(Optional) 2 oz 1/2 and 1/2 cream to make creamy*

## Preparation

1. Fill a pot with water and heat until almost boiling (continue to step 2 while water is heating)
2. In a second pot, empty the package of CurrySimple's coconut soup concentrate and add the 12 oz of water
3. Heat the soup at high heat (add optional 1/2 and 1/2 at this point)
4. When the soup is hot, add the sliced chicken breast and cook inside the soup
5. Turn the heat off the first pot of heating water. Add the Thai Rice Noodles and let soak for 3 minutes
6. After about 3 minutes the chicken should be cooked in the soup. Turn the head down and add the green onions, tomatoes and mushrooms.
7. Strain the water from the Thai rice noodles and separate into (2) bowls
8. Serve the chicken coconut soup over the noodles in the (2) bowls.

# Chicken Coconut Soup (Tom Kha)

*Ready in 10 minutes – makes 2 bowls or 4 appetizer size cups*

This easy to prepare chicken coconut soup recipe is a great appetizer to any meal, even if you are not cooking Thai. The CurrySimple coconut soup is made in Thailand with fresh coconut milk, lemongrass and galangal to ensure an irresistible Thai coconut soup. You no longer have to search for these hard to find ingredients! In this recipe, you will cook the chicken inside the soup which will add a little extra "chicken stock" type flavor to your soup. We recommend using a measuring cup to add the water and not attempt to re-fill the coconut soup package. In most cases, you will add too much water if using the coconut soup pouch.

## Ingredients

*12 oz chicken breast (sliced into bite size pieces)*  
*1 stalk scallions (chopped)*  
*1 cup sliced mushrooms*  
*1 pack 12 oz CurrySimple Coconut Soup*  
*12 oz water*

## Preparation

1. In a pot, add 12 oz of water and 12 oz. of CurrySimple **Coconut Soup** and bring to boil with high heat  
*Optional:* Add a splash of ½ and ½ cream if you would like to cut the herb taste and make creamier.
2. Add sliced chicken breast and cook inside the soup for about 3 minutes
3. Make sure the chicken is thoroughly cooked
4. Turn off the heat and top with chopped scallions and sliced mushrooms

\* The CurrySimple coconut soup concentrate is a wonderful base for a great tasting soup. You will want to "tweak" the ingredients to your particular tastes. Instead of water, you may want to add a "soup stock" or coconut milk.

# What is Thai Iced Tea?

I am often asked, "What does a Thai taste like?" It's funny because now after being one of the larger (ok there are only a few of us) Thai tea brands I still can't give a better answer than, "You need to just try it." It is tough to exactly describe the taste of a Thai iced tea. It is defiantly sweet & creamy with a unique taste that you will not find in any other drink. It should always be served in a clear glass to show off its orange color with the cream floating on top. A Thai tea is usually made with a dry tea leaf that requires brewing, straining and adding the right amount of sugar. After spending years working in a Thai restaurant I found that making the large batches of Thai tea were always on the servers "hate to do" list. If you were out and needed some in a hurry you would be in trouble because it is difficult to whip up a batch in just a few minutes. Not to mention a freshly brewed batch is a piping hot liquid that is served iced cold. Making a Thai tea without allowing it time to cool would result in a not so tasty watered down drink.

Thankfully CurrySimple has an easier solution with its Thai Tea Syrup Concentrate. Did I mention it was the first Thai Tea solution available in a concentrated syrup form in America (well I believe so as I searched everywhere and could not find another one) and one of the first throughout the world? An iced cold serving can be easily made in less than one minute. People were continually skeptical of its ease of preparation so I decided to make a blandly narrated thirty second video demonstrating "The Making of a Thai Iced Tea". This instantly made it a huge success! I thought of the idea one night around midnight and was determined to shoot the video, edit and embed it in my website before going to sleep. The sun just started to light the skyline as I was emailing all my friends to check out my latest idea.

Did you know the Thai tea syrup excellent for more than just a Thai iced tea? It also makes a wonderful cooler/frac/smoothie (depends on the coffee shop you frequent for the correct terminology), cupcakes and ice cream. The ice cream recipe has not been perfected so it is not in this cookbook version but you have to check out the Thai tea cupcakes (recipe submitted by Cheryl Porro – the creator of the greatest cupcakes site on the internet). I thought of the cooler/frac/smoothie idea during a period of 100 degree weather in Atlanta aka "Hotlanta". The traditional Thai tea just was not cold enough.

# Thai Iced Tea

*Ready in just 1 minute - Serves 1*

Make a traditional style Thai iced tea in just about 1 minute. This recipe uses ½ and ½ cream. To make a low fat (or fat free) version try using milk.

## Ingredients

16 oz glass  
2 oz CurrySimple Thai Tea Concentrate  
6 oz water  
1 cup of ice  
2 oz ½ and ½ cream

## Make it Snappy

Pour 2 oz of CurrySimple Thai Tea concentrate in the 16 oz glass. Add 6 oz of water. Fill with ice while leaving a little room at the top for cream. Top with ½ and ½.

# Thai Tea Smoothie

I would like to introduce you to the Thai iced teas colder cousin; the Thai Tea smoothie. It tastes just like a Thai tea but is much colder. Highly recommended on hot summer days! Just watch out for the occasional “brain freeze”.

## Ingredients

16 oz glass filled with ice  
2 oz CurrySimple Thai Tea Concentrate  
2 oz ½ and ½ cream  
Bottle of whip cream

## How to prepare

Fill a 16 oz glass with ice and pour into a blender. Add 2 oz of CurrySimple Thai tea concentrate and 2 oz of ½ and ½ cream. Blend at high speed for one minute or until there are no remaining chunks of ice. Pour the Thai tea blend back into the glass. Top with whip cream.

# Thai Tea Cupcakes Recipe

15 Regular Cupcakes / 350 degree oven

You love the drink now enjoy the cupcake!

## Cupcake Ingredients

*1/2 cup (1 stick) unsalted butter, room temperature*  
*1-1/2 cups sugar*  
*2 cups all-purpose flour*  
*1/2 teaspoon baking powder*  
*1/2 teaspoon baking soda*  
*1/8 teaspoon salt*  
*1 cup evaporated milk*  
*1 teaspoon vanilla*  
*4 large egg whites*

## Cupcake Instructions

1. Beat butter on high until soft, about 30 seconds.
2. Add sugar. Beat on medium-high until light and fluffy, about 3 minutes.
3. Whisk together flour, baking powder, baking soda, and salt in a bowl.
4. Measure out vanilla and milk together.
5. Add about a third of the flour to the butter/sugar mixture and beat to combine.
6. Add about one half the milk mixture and beat until combined.
7. Repeat above, alternating flour and milk and ending with the flour mixture. Transfer to a bowl. Clean mixer bowl well and dry thoroughly.
8. Whip egg whites until soft peaks form.
9. Mix in about a half cup of egg whites in to the batter, then fold the batter into the egg whites, gently until all egg whites streaks are gone.
10. Scoop into cupcake papers about two thirds full.
11. Bake for 20-25 minutes until a cake tester comes out clean.

## **Thai Creamy Filling Ingredients**

*3/4 cup sugar  
6 tablespoons all-purpose flour  
1/8 teaspoon salt  
1-3/4 cups milk  
1/4 cup CurrySimple Thai Tea syrup  
4 large egg yolks*

## **Thai Creamy Filling Instructions**

1. In a small bowl, whisk egg yolks and set aside.
2. In a medium bowl, mix sugar, flour, and salt together and set aside.
3. In a small saucepan, bring milk and Thai Tea syrup to simmer over medium-low heat.
4. Pour about a half cup of the milk over the dry mixture and mix to combine.
5. Transfer back into the pan and continue cooking over medium-low heat, stirring constantly, until mixture thickens. About 5 minutes.
6. Slowly add a small amount of the hot mixture to the eggs and mix to combine. Transfer back into the pan and continue cooking over medium-low heat, stirring constantly for 3 minutes.
7. Transfer to a bowl, let cool for 10 minutes. Then cover with plastic wrap and refrigerate until cool.

Note: You will have extra filling. I decided against splitting the recipe in half as it uses the 4 egg yolks for the 4 whites in the cake recipe. If you don't want extra, try cutting the recipe in half.

## **Thai Tea Cream Cheese Frosting Ingredients**

*1/4 cup (1/2 stick) unsalted butter, room temperature  
1 8-ounce package Phili cream cheese  
1/4 cup + 2 tablespoons CurrySimple Thai Tea syrup  
4 cups powdered sugar, sifted*

## **Thai Tea Cream Cheese Instructions**

1. Bring cheese and butter to room temperature by letting it sit out for 1 or 2 hours.
2. Sift powdered sugar into a bowl or onto parchment.
3. Beat butter and cheese at medium speed until creamy.
4. Add half of the sugar and 1/4 cup of Thai tea syrup. Beat until combined.
5. Gradually add remaining sugar (more if you have to) until you get to the consistency and sweetness you like. Add more syrup to get to the flavor you want. I added 2 more tablespoons.

### **Assemble**

1. Using a small pairing knife, cut off the top of the cupcake in the shape of a cone. Flip the top over and cut off the cone.
2. Fill the cavity with a teaspoon of cream filling.
3. Replace the top of the cone.
4. Frost then sprinkle with crushed Thai tea leaves.

# ***Thai Ingredients:***

## **Health Benefits of Lemongrass**

### **Eating CurrySimple is a great way to get your lemongrass intake!**

There are many meals of traditional Thai cuisine that include lemongrass for its unique flavor. CurrySimple offers a number of easy to prepare Thai food products with lemongrass among their ingredients: Coconut Soup (Tom Kha) and a number of Curry Sauces (Red, Green, Yellow, Masaman). Also, it is used as one of the primary ingredients for beverages made in Asia - lemongrass juice mixed with special sorts of unrefined sugar. But far more important are unsurpassed health benefits of this component. Many of them were keenly studied and scientifically confirmed by the Food and Nutrition Research Institute of the department of Science and technology (DOST).

Official scientific name of lemongrass is *Cymbopogon Citrus*; sometimes it is also referred as *Citronella*. The name "lemongrass" evolved from its special flavor which is very similar to citrus with a bit of ginger. Native tribes of Malaysia praised lemongrass as their sacred herb. There was a belief that a lemongrass balm applied on the skin (along with priest's incantations and spells) could protect a man from getting harmed during the hunt or battle. But, apart from tribal beliefs, there are a number of *Citronella* qualities, which are much more useful in modern times. First of all, lemongrass is widely known for its calming and stress-removing properties. *Citronella* flavor is one of the major components for aroma therapy candles. By reducing the harmful influence of our modern day's stressful lifestyle, lemongrass also prevents early heart attacks. It is also very helpful as a safe natural tranquilizer for people with bad sleeping problems. This harmless herb prevents headaches and fever; it is a good antiseptic, antibacterial and has positive anti-fungal properties. Boiling its leaves and drinking the liquid is believed to help reduce high blood pressure. We can't be sure if it could help protect tribal men from an enemy blade, but it could definitely prevent them from being bitten by tropical bugs due to lemongrass's insect repelling properties. Consuming lemongrass helps removing toxins from your pancreas, bladder, kidney and liver. It helps stimulate digestion, lactation, circulation of blood while reducing the level of cholesterol and uric acid in your body. Lemongrass contains high amounts of beta-carotene and antioxidants, thus protecting you from cancer. Its oil is said to be a good medicine in case several eye illnesses.

Thai food is not the only type of products where lemongrass is on the list of ingredients. Lemongrass is widely used for aromatic candles and baths; oil, made from this herb, is used for making perfumes. Also, lemongrass oil has a very good cleansing effect when applied to the skin, which is a reason of its extensive use in body care products (for example, soap). There are also simple everyday utilizations of lemongrass like adding it to the tea or home-cooked meals (poultry, fish).

# The Magic of Turmeric

Turmeric is a spice commonly used in India, Thailand, Indonesia, Malaysia, and many other Southeast-Asian countries. Its magic comes in myriad forms. First, as a spice it adds both aromatic and warm, earthy tones to curries and other dishes. Secondly, turmeric is often used as a natural tint or dye to color everything from food to clothing to hair tints, skin creams, and other cosmetics. Third, turmeric has been found to have various medical applications and is currently under study for its role in treating a variety of physical ailments including wounds and infections, digestive disorders, and even cancer.

Like ginger, turmeric is a rhizome—a gnarly type of root that appears brownish on the outside, but is bright orange on the inside. When dried and made into a powder, turmeric is bright yellow in color. While fresh turmeric is available at some specialty cooking shops and Asian stores, normally it is the dried form that is used in Thai and other Asian cuisines. For example, turmeric is what gives Thai Yellow Curry its distinctive golden hue. At the same time, the spice lends this dish a distinctive flavor we instinctively recognize as "curry"—warm and fragrant, with slightly bitter overtones that are balanced out in Thai cooking with the saltiness of fish sauce, plus the richness and subtle sweetness of coconut milk. Turmeric is also used to "spice up" other Thai dishes, such as Thai Massaman Curry.

In ancient Southeast-Asian cultures, as well as in modern times, turmeric has been in demand as a dye or coloring agent. In Indian as well as certain Thai and other South-east Asian religious traditions, turmeric has been used for centuries to imbue holy robes and other clothing with color. In India and various parts of the East, women have been known to rub turmeric on their skin, both to enhance their appearance with a natural glowing color as well as to inhibit unwanted hair growth(!). In modern-day Thailand, one company is currently developing a skin cream offering the anti-inflammatory and skin enhancing properties of turmeric.

In Thailand, turmeric is also one of the main ingredients in a common spa treatment. A steam bath is created using a "tea" made of herbs and spices such as turmeric, lemongrass, tamarind, and bergamot. It is said to be an effective treatment for sore muscles, skin rashes, inflammation, respiratory ailments, and other ailments.

In fact, it is perhaps in medical applications more than in any other area that turmeric is now being touted as a rising star. Today turmeric is under study in the scientific community as well as in common use throughout various alternative and traditional medical disciplines. Turmeric is an antioxidant with strong anti-inflammatory capability. It can be used as a digestive agent, as well as a balm for wounds, burns, and deeper skin infections. More recently, curcumin, the active ingredient in turmeric, has been found to be effective in

inhibiting cancer cells, including breast and prostate tumors. Curcumin is also currently under investigation as a possible treatment for Alzheimer's disease as well as liver disorders. These days, curcumin is often ingested by healthy individuals as a daily supplement to ward off disease (taken in capsule form), available at health food stores around the world.

However, there is perhaps a better, more enjoyable way to add the health benefits of turmeric to your diet. Instead of popping pills, many health care professionals advise eating one to three servings per week of an appetizing dish containing turmeric, such as Thai Yellow Curry.

But if this sounds to you like too many hours in the kitchen, try ordering our own CurrySimple Thai Yellow Curry Sauce or Massaman Curry Sauce. These sauces (prepared and packaged in Thailand!) make delicious Thai curries a cinch to prepare. And while you'll be sure to enjoy the fragrance and flavor of our authentic Thai curries, it's also nice to know you'll be gleaning the health benefits of one of the world's oldest and most magical of spices.

## **What is Galangal?**

If you were to visit a Thai kitchen, you would most likely meet up with this gnarly-looking root and wonder what it could be. Though it looks a little like ginger, the skin is a different color-more red than brown. And if you were to slice it open, you would find the inside perfectly white (unlike ginger's yellow-tinted flesh). The cook of the house would tell you that the dense, but smooth-feeling root you hold in your hands is nothing other than "Galangal". Also known as Siamese Ginger, this root is an important ingredient in Thai cuisine, and also a spice with an interesting history that includes numerous medicinal properties and applications.

But first, what does galangal taste like? If you were to bite into this tuberous rhizome, you would be very surprised at the slightly sweet, "perfumy" taste and scent of it, not to mention the spiciness factor. While not exactly "hot" like a chili, galangal has a sharp pungency to it that will make you gasp and perhaps cough a little. Galangal can also be dried and powdered. When purchased in this form, it is often referred to as "Laos Powder"; however, as with most herbs, fresh is usually preferable to dried. In Thai cooking, fresh galangal adds flavor and depth to many dishes such as soups and curries (like our own CurrySimple curries and soups - Combo Package) as well as many other dishes. Interestingly, galangal is sometimes referred to by Thai cooks as a "de-fisher", since it is known to help eliminate any unwanted "fishy" smells from shellfish and other seafood dishes.

## **History of Galangal**

Galangal is now grown in most Southeast-Asian countries, but was first harvested for use in cooking and medicine in China and Java. But by the Middle Ages, galangal had traveled extensively, and was already in common use throughout Europe. Referred to as "the spice of life" by St. Hildegard of Bingen (1098-1179), galangal was, in fact, one of her favorite remedies. This famous herbalist used galangal to treat everything from deafness and heart disease to indigestion.

During the 13th-14th centuries, galangal was used by the Turkic peoples (who occupied much of present-day Russia) as a tea and by the Arabs as a stimulant for their horses. It was used extensively throughout the East as a snuff for nasal infections, and in both Europe and Asia as an appetite stimulant and aphrodisiac.

Today, galangal is still in use in Russia, where it is used to make vinegars as well as liqueurs. It also has a thriving market in India, where it is not only valued as a spice but also as a perfume to make deodorants. Presently galangal remains, however, most commonly used in Southeast-Asian countries like Thailand, where the spice is not only a medicine, but has become part of the daily diet-which tells you how healthy Thai cuisine really is!

## **Health Benefits of Galangal**

Galangal is commonly prescribed today by homeopaths, veterinarians, and other health care professionals and natural healers. It has been found effective as a remedy for the following ailments and conditions:

- indigestion and stomach complaints
- seasickness and motion sickness, including nausea
- ulcers and inflammation of the stomach
- rheumatism
- colds, flu, and fevers
- dementia
- bad breath
- diarrhea
- poor blood circulation, especially in hands and feet
- tumors (anti-tumor effect has been observed in mice)

## **Cooking with Galangal**

Galangal can be purchased at most Asian/Chinese food stores and markets; however, it is rarely sold fresh. More often than not, galangal can only be found frozen or already processed into powdered form. If galangal cannot be found, or if you'd rather use fresh than frozen, galangal can be substituted with fresh ginger for a similar -but probably not as satisfying-taste.

Easier still, why not make use of authentic, ready-made Thai curry preparations that already contain fresh galangal? Like our own CurrySimple curries and soups (Combo Package). You'll love the taste, not to mention the health benefits of our fresh combination of Thai herbs and spices, including galangal-the true "spice of life"!

## **Kaffir Lime Leaves: Aromatic & Flavor-Rich**

One never seems to forget encountering a Kaffir Lime Leaf for the first time. Its scent and taste is incredible-there's nothing quite like it. In fact, this leaf is so aromatic that when you're served a Thai dish containing it (such as **Tom Kha Soup**), you may not be able to tell what is stronger-the scent or the taste. Both combine in a powerful sensory experience that is one of the unique joys of Thai food.

Kaffir Lime Leaf has been known to clear the mind and cleanse the body. In fact, this Thai herb has recently been touted for use in spa treatments by celebrities such as Martha Stewart, plus many Hollywood stars. But what exactly is Kaffir Lime Leaf, and what is its role in Thai cooking?

### **What is Kaffir Lime Leaf?**

If you were to look up "Kaffir Lime Leaf" in the Oxford Companion to Food, you would find a warning of sorts concerning the name of this leaf. This is because "Kaffir" is considered to be a bad word in certain cultures, while in others it is simply a word with negative connotations, meaning anything from "backward" to "infidel" and other terms used in "name-calling" (much of it racial). For this reason, this world-renown dictionary recommends referring to the leaf by its Thai name: "Makrut" (pronounced more like "Ma-groot"). But for now, at least, the leaf is still popularly known as Kaffir.

At first glance, it would be easy to confuse Kaffir limes with our own Western limes; however, there are some marked differences. Kaffir lime fruit isn't quite round, but has a small peek at its top. But the most noticeable difference is its skin-unlike Western limes, Kaffir Lime is severely wrinkled and coarse, not smooth. Zest from this "old-looking skin" is often used by cooks in Thailand, as it is very pungent and lemony tasting. But it is the leaf accompanying this fruit that is most highly prized in the Thai kitchen.

Kaffir lime leaf actually looks like 2 leaves joined together: the lower leaf is oval, while the upper leaf attached to it is more heart-shaped. Together, the leaves are several inches long (though they can come in various sizes). When fresh, these leaves are shiny and bright green, rich with natural oils. Today, Kaffir Lime Leaf is harvested in Thailand by hardy pickers (the branches of the tree are very thorny), and shipped around the world. While sometimes

you can find Kaffir Lime Leaves being sold fresh in the produce section of Asian/Chinese stores and markets, it is more likely to be found in the freezer section. Frozen Kaffir Lime Leaves keep anywhere from several months to a year, and do not require thawing before use (so this is a great way to keep them handy and available in your kitchen!).

### **More Interesting Tidbits about Kaffir Lime**

If you were to visit rural Thailand, you would find that nearly every family has a Kaffir Lime tree growing in their backyard. And if you were to approach and ask about the tree, they would tell you it helps keep the whole family clean-both inside and out! Kaffir Lime Leaf is thought to be very healthy, and excellent as a **digestive aid**. This also believe it **cleanses the blood, maintains healthy teeth and gums** (when rubbed or brushed on), **cleans hair and scalp**, and even **prevents hair loss**. It is used as a **personal deodorant and cleanser for the body**, but also as a **cleanser for the mind**, clearing away negative thoughts as well as helping to **ward off evil spirits!**

A little of the natural Kaffir Lime oil makes an excellent household cleaner, and is often used to get stubborn stains out of clothing. The scent of Kaffir Lime also cleans the air, and can be used in an atomizer as a natural scent-spray in and around the home.

### **How is Kaffir Lime Leaf Used in Thai Cooking?**

Together with lemongrass, Kaffir Lime Leaves help create that quintessential Thai aroma and taste that is so special in dishes such as Thai Soups (like our own CurrySimple **Coconut Soup**) and **Thai Curries**. Sometimes the leaf is left whole and simply added for extra flavor, like a bay leaf would be added to Western soups and stews, while other times it is chopped or ground up as part of the curry or soup paste. Either way, you won't be able to escape the unique taste, scent, and flavor of this most marvelous of leaves!

### **Tips for Using Kaffir Lime Leaf:**

When cooking Thai curries, try adding 1-2 Kaffir Lime Leaves to the pot for extra flavor. Add them at the same time as the meat, fish or seafood, tofu or wheat gluten and just mix in.

Note that whole lime leaves are not meant to be eaten, but merely added for extra flavor-be sure to warn your guests about this, or there will be a lot of chewing going on!

To chop up Kaffir Lime Leaf: separate the "twin leaves" into single leaflets and place on top of each other. Then roll them up tightly and slice thinly with a **sharp serrated knife**.

Another easy way to cut Kaffir Lime Leaf is with **scissors**. In Asia, **scissors** are a common kitchen utensil, and they do work extremely well for cutting this leaf. Simply snip the leaves into small pieces and add to your paste or curry pot.

Kaffir Lime Leaf can also be pounded with pestle & mortar to create a

pulpy kind of paste that is then easily added to curries (it's also easier to digest when prepared in this way).

Larger Kaffir Lime Leaves contain a hard, central stem-be sure to discard this (cutting or slicing the leaf around it), and it will be easier to eat.

For soups, simply add the leaf whole and then enjoy the additional aroma and flavor as you slurp your way to a "clean" mind and body!

## **About CurrySimple**

Thank you for your interest in CurrySimple Thai food products. Our mission is to provide the best quality Thai food products in America that you can actually prepare at home.

Have you ever experienced the difficulty of making Thai Food at home? Just trying to find all the ingredients is enough to make you want to give up. Then, after the cans of curry paste, fish sauce, coconut milk you still do not have the right taste. We are the solution to your problem! Our products allow average cooks to prepare a Thai meal at home that tastes better than their favorite Thai Restaurant.

CurrySimple products are made in Thailand from scratch with fresh ingredients. The gourmet curry sauces utilizes the latest packaging technology which allows the curry to taste just like the day it was made in Thailand and ensures the highest quality available without the use of preservatives. The advanced curry packaging in "Space Shuttle Ready!"

### Message from CurrySimple Founder Michael Moran:

"First, special thanks to my good friend and product developer, Lim, for making CurrySimple possible with your extensive Thai food background and connections in Thailand. When people look at me and see that I am obviously not Thai, they have to ask "how in the world did you come up with this". Well, I have attempted to start numerous businesses in the past ten years. In the last five, I have worked for "Surin of Thailand" in Atlanta. Surin is one of Atlanta's most well known and established Thai restaurants. For years I have listened to my customers complain about the difficulty of making Thai food at home. I would ask, "Have you ever tried to make this at home" and the reply is usually one of two things - "I tried but it just doesn't taste like what I would get at a Thai restaurant" or "I wouldn't even know where to start". Thai food is one of the fastest growing markets in America but usually is only enjoyed by eating out at Thai restaurants. This is when Lim and I came up with the idea of making Thai food products with the best available ingredients and quality that the average cook can actually prepare at home. With a year of product development in 2005, a test market in Atlanta with a frozen version of our curry, CurrySimple products became available in January of 2006. How would you know CurrySimple products are excellent? Come watch me handing out samples at our local farmers market or national food shows. People are truly amazed by the taste as I prepare it in front of them in minutes. They are now used by Airlines, Private Chefs, and Universities, sold in popular food stores such as Whole Foods and used by 1000's of consumers nationwide."

CurrySimple products have been featured in The Washington Post, The Atlanta Journal Constitution, Live on ABC News Money Matters, Atlanta Intown Paper, Northern Virginia Magazine, Atlanta Magazine, Atlanta Life Magazine, Next Door News and among many internet, TV and Radio media resources.