



Tasty Burmese and Thai recipes for your Dinner by Candlelight

We've chosen a selection of our favourite Burmese and Thai recipes for you, which you may wish to make for your Dinner by Candlelight. Remember, you don't have to use these recipes - we all have our favourite dishes that we love to serve our friends.

The recipes we've chosen are:

Curries

- Burmese egg curry
- Thai green curry

Rice & noodles

- Coconut rice (great with the curries)
- Pad Thai noodles

Salads

- Burmese eggplant salad
- Burmese pickled tea leaf salad (one of our favourites)

Desserts

- Fried bananas
- Mango and sticky rice



Burmese Egg Curry

(from meemalee.com)

Serves 4 as main, 6-8 as a side dish

Ingredients:

- 8 large eggs
- 400g tin of chopped tomatoes
- 3 medium onions
- Small bunch of coriander
- 6 curry leaves (*optional*)
- 1 tsp tamarind paste *or* inch cube of tamarind block *or* 1 tsp lemon juice
- 1 tbsp sweet paprika
- 1 tsp turmeric
- 1 tsp chilli powder
- 1 tsp fish sauce (*optional*)
- 1 tbsp peanut oil or any other vegetable oil
- 1/2 vegetable stock cube



Directions:

1. If using a tamarind block, soak the cube overnight in 100ml boiling water until it breaks down into a thick paste; remove the stones and the fibrous bits.
2. Chop the stems of the coriander off and mince them finely (reserve the leaves for later). Dice the onions finely.
3. Heat the oil in a saucepan, chuck in the diced onions and coriander stems, and add the tomatoes, tamarind paste, curry leaves, paprika, turmeric, chilli powder, fish sauce and stock cube.
4. Cook this mixture down on a medium heat for a couple of hours until it reduces. Use a hand blender or potato masher to get rid of any lumps and then keep the sauce simmering gently.



5. Now hard-boil the eggs so the yolks remain creamy. My method is as follows:
 - Place the eggs in an open saucepan and cover in cold water,
 - Heat the pan on high until the eggs start to boil and bubble furiously,
 - Immediately turn the heat down to medium and continue to simmer for another 4 minutes,
 - Remove from heat and submerge in cold, running water to stop the eggs cooking

6. Peel the eggs and slice each in half. Stir the egg halves gently through the simmering curry sauce till they're coated.

7. Sprinkle the egg curry with a handful of chopped coriander leaves and serve immediately with hot white rice and some crudités on the side such as cucumber slices or radishes.



Thai Green Curry

(from thaifood.about.com)

Serves 2-3

Paste ingredients:

- 4 small green Thai chilies, OR substitute 1 to 2 jalapeno peppers
- 1/4 cup shallot OR purple onion, diced
- 4 cloves garlic, minced
- 1 thumb-size piece galangal OR ginger, grated
- 1 stalk fresh minced lemongrass OR 3 Tbsp. frozen or bottled prepared lemongrass
- 1/2 tsp. ground coriander
- 1/2 tsp. ground cumin
- 3/4 to 1 tsp. shrimp paste
- 1 (loose) cup fresh coriander/cilantro leaves and stems, chopped
- 1/2 tsp. ground white pepper (can be purchased at some supermarkets, OR at Asian food stores)
- 3 Tbsp. fish sauce
- 1 tsp. brown sugar
- 2 Tbsp. lime juice

Curry ingredients:

- About 0.7 kg boneless chicken thigh or breast, cut into chunks (or make vegetarian by adding more vegetables)
- 1 can coconut milk
- 4 kaffir lime leaves (can be purchased frozen at most Asian food stores), OR substitute 1 tsp. grated lime zest
- 1 red bell pepper, seeded and cut into chunks
- 1 zucchini, sliced lengthwise several times, then cut into chunks
- Generous handful fresh basil
- 2 Tbsp. coconut oil or other vegetable oil





Directions :

Preparation 25 mins & cooking 20 mins

1. Place all the "green curry paste" ingredients together in a food processor, and process to a paste. If necessary, add a few Tbsp. of the coconut milk to help blend ingredients. Set aside.
2. Prepare the lime leaves by tearing the leaf away from either side of the stem. Discard the central stem. Then, using scissors, cut leaves into thin strips. Set aside.
3. Warm a wok or large frying pan over medium-high heat. Add the oil and swirl around, then add the green curry paste.
4. Stir-fry briefly to release the fragrance (30 seconds to 1 minute), then add 3/4 of the coconut milk, reserving 2-3 Tbsp. per serving portion for later.
5. Add the chicken, stirring to incorporate. When the curry sauce comes to a boil, reduce heat to medium or medium-low, until you get a nice simmer.
6. Cover and allow to simmer 3-5 more minutes, or until chicken is cooked through. Stir occasionally.
7. Add the red bell pepper and zucchini, plus the strips of lime leaf (or lime zest), stirring well to incorporate. Simmer another 2-3 minutes, or until vegetables are softened but still firm and colorful.
8. Do a taste-test for salt, adding 1-2 Tbsp. fish sauce if not salty enough. If you'd prefer a sweeter curry, add a little more sugar. If too salty, add a squeeze of lime or lemon juice. If too spicy, add more coconut milk. Note that this curry should be a balance of salty, spicy, sweet and sour, plus bitter (the bitter is found in the fresh basil garnish).
9. Serve this curry in bowls with Thai jasmine rice on the side, allowing guests to add their own. Top each portion with fresh basil, then drizzle over 2-3 Tbsp. coconut milk.



Coconut Rice (great with curries)

(From bbcgoodfood.com)

Serves 10

Ingredients:

- 3 onions, finely chopped
- 1 tbsp sunflower oil
- 1 tbsp butter
- 1kg bag basmati rice
- 2 x 400ml cans coconut milk

Directions:

1. In a big saucepan or casserole with a lid, gently soften the onions in the oil and butter.
2. When really soft, add the rice and cook, stirring, for a couple of mins. Tip in the coconut milk with 2 cans water. Bring to a gentle simmer, stirring, then cover, lower the heat to the lowest setting and cook for 10-15 mins, scraping the bottom regularly with a wooden spoon to stop it sticking. Check the rice: it should be sticky and creamy but not watery, and not quite cooked – still a bit crunchy. Tip into a big bowl that will fit in a microwave and cover with cling film. Chill until ready to serve, for up to a day.
3. To serve, poke a hole in the cling film and microwave for 8 mins on High, stirring halfway, until piping hot and cooked through. Add some salt and stir through with a fork to break up the grains.





Pad Thai Noodles

(from about.com)

Serves 2 as a main

Ingredients:

- 8 oz. Thai rice noodles (or enough for 2 people), linguini-width, available at Asian/Chinese stores
- 1 to 1 1/2 cups chopped chicken breast or thigh (for a vegetarian option you can serve with strips of fried egg)
- Marinade for Chicken: 1 tsp. cornstarch dissolved in 3 Tbsp. soy sauce
- 4 cloves garlic, minced
- optional: 1-2 fresh red chilies, minced
- 3 cups fresh bean sprouts
- 3 green onions, sliced
- 1/2 cup fresh coriander/cilantro
- 1/3 cup crushed or roughly chopped peanuts (or other nuts, such as cashews)
- 1/4 cup chicken stock
- vegetable oil for stir-frying, and wedges of lime



For the sauce:

- 2 Tbsp. fish sauce, + more to taste
- 1-3 tsp. chili sauce, or substitute 1/2 tsp. or more dried crushed chili or cayenne, to taste
- 3 Tbsp. brown sugar
- 1/8 tsp. ground white pepper

Directions:

Preparation 15 mins & cooking 12 mins

1. Bring a large pot of pot to a boil and dunk in your rice noodles. Turn down the heat to low and keep an eye on them: you will be frying the noodles later, so you don't want to over-soften them now. Noodles are ready to be drained when they are soft enough to be eaten, but still firm and a little "crunchy". Drain and rinse with cold water to prevent sticking. Set aside.
2. Make pad Thai sauce by combining the sauce ingredients together in a cup. Stir well to dissolve tamarind and brown sugar, and set aside. Note: this may seem like a lot of



sugar, but you need it to balance out the sourness of the tamarind - this balance is what makes Pad Thai taste so amazing!

3. Place chicken slices in a small bowl. Stir together the marinade and pour over chicken. Stir well and set aside.
4. Warm up a wok or large frying pan over medium-high heat. Add 1-2 Tbsp. oil plus garlic and minced chili, if using. Stir-fry until fragrant (30 seconds). Add marinated chicken. When wok/pan becomes dry, add a little chicken stock, 1-2 Tbsp. at a time, to keep the chicken frying nicely (5-7 minutes, until cooked is cooked).
5. Add the noodles, and pour the Pad Thai sauce over. Using two utensils, use a gentle "lift and turn" method to fry noodles (like tossing a salad). Stir-fry in this way 1-2 minutes. If you find your wok/frying pan too dry, push noodles aside and add a little more oil to the bottom of the pan.
6. Add the bean sprouts and and continue frying 1 more minute, or until noodles are cooked. Noodles are done to perfection when they are no longer "hard" or crunchy, but chewy-sticky wonderful! Taste-test for seasoning, adding more fish sauce until desired flavor is reached (I usually add 1 more Tbsp. fish sauce). Toss well to incorporate.
7. Lift noodles onto a serving plate. Top with generous amounts of fresh coriander, spring onion, and crushed/chopped nuts. Add fresh lime wedges to squeeze over each portion.



Burmese Eggplant Salad

(from hsaba.com)

Serves 2 as a main, 4-6 as a side dish

Ingredients:

- 2 medium eggplant
- 2 small shallots, thinly sliced & soaked in cold water
- 2 garlic cloves, thinly sliced
- 2 tablespoons peanut oil

Garnishes:

- 1 teaspoon dried shrimps pounded in to floss (optional- available at Asian supermarkets)
- 1 teaspoon toasted sesame seeds
- 1 teaspoon roasted peanuts, chopped
- small handful coriander, chopped
- ½ lime, squeezed
- 1 tablespoon fish



Directions:

Cooking time 25 mins

To get that lovely smokey flavour, place the eggplants whole on a flat baking sheet lined with foil. Pierce the eggplants with a knife to stop them bursting during cooking. Place under a hot grill for 15-25 minutes turning them occasionally. Be sure to let the skin colour and char. While the eggplants are grilling, make the crispy garlic and oil. Heat the oil in a small saucepan and fry the garlic until golden and aromatic. Remove with a slotted spoon and cool. Drain the shallots and squeeze them in your hands to remove any water. Pop them in a bowl.

When the eggplants are ready, cool a little until they can be handled. Cut them in half and scoop out the flesh into the bowl. Mix in 1 tablespoon of the frying oil and the garnishes. Taste and adjust the seasoning so there is a balance of salt and sourness. Serve while the salad is still a little warm.



Burmese Pickled Tea Leaf Salad

(from sbs.com.au)

Serves 4

Ingredients:

- 1 tbsp pickled tea leaf (available at asian food stores, or make your own - see below)
- 3 tomatoes, seeded, chopped
- 1 tbsp dried shrimp floss
- 1 tbsp finely crushed roasted peanuts
- ¼ cup thinly sliced ginger, fried
- 1 tbsp peanut oil
- 3 tsp fish sauce



Pae sone kyaw (fried mixture):

- 190 g (1 cup) dried lima beans, soaked overnight in water, drained, husks removed
- 1 cup canned chickpeas, drained
- 60 ml (¼ cup) peanut oil
- 2 tbsp sesame seeds
- 75 g (½ cup) unsalted roasted peanuts

Directions:

1. To make fried mixture, dry lima beans and chickpeas with paper towel. Heat oil in a deep saucepan over medium heat. Add beans and chickpeas, then cook, stirring, for 7 minutes or until golden. Add sesame seeds and cook, stirring, for 2 minutes or until lightly toasted. Remove from heat, stir in peanuts and cool completely. Makes 3 cups.
2. Place tea leaf, 1 cup fried mixture (store remaining mixture in an airtight container in the fridge for up to 5 days) tomatoes, floss, peanuts, ginger, oil and fish sauce in a bowl. Use your hands to combine before serving.



Pickled tea leaf

1. Buy pickled tea leaf online or from Burmese food shops.
2. Or, to make it, place 250 ml vinegar, 20 g green tea leaves (sencha) and 250 ml water in a saucepan over medium heat. Boil, reduce heat to medium-low and simmer for 30 minutes. Drain, rinse and discard hard pieces. Squeeze out excess liquid.
3. Process in a food processor with 80 ml sesame oil, 60 ml peanut oil, 1 tbsp fish sauce and 2 chopped garlic cloves. Stir in 2 tbsp lemon juice. Keep in the fridge for up to 3 months.



Fried Bananas

(From allrecipies.com.au)

Serves 6

- 1 1/4 cups (155g) rice flour (crispier than other flours)
- 2/4 cup (90g) plain flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 100ml coconut cream
- 1 cup (250ml) water
- 50g shredded coconut or desiccated coconut
- 3 tablespoons sesame seeds
- 3 tablespoons sugar
- 500g bananas
- oil for deep frying



Directions:

Preparation 10min & Cooking 20min

1. Mix all the ingredients except for bananas and oil into a smooth batter.
2. Heat the oil in a deep heavy saucepan or deep fryer until hot.
3. Peel and slice the bananas longwise into long thick pieces; about 4 per banana.
4. Dip the bananas into the batter and fry until golden brown.
5. Serve immediately (can be served with cream or icecream)



Mango and Sticky Rice

(from about.com)

Ingredients:

- 1 cup Thai Sweet Rice (also called 'sticky rice' OR 'glutinous rice', available at Asian food stores
- 1-2 ripe mangos
- 4-5 Tbsp. brown sugar OR traditional Asian palm sugar
- 1/4 tsp. salt
- 1 can good-quality (not 'lite') coconut milk
- water

Directions:

Preparation 10 mins & cooking 25 mins

1. Soak the rice in 1 cup water for 20-30 minutes, OR up to 4 hours.
2. Do not drain the rice. Add 1/2 cup more water, plus 1/2 can coconut milk, 1/4 tsp. salt, and 1 Tbsp. brown sugar. Stir well.
3. Bring to a gentle boil, then partially cover with a lid (leaving some room for steam to escape). Reduce heat to medium-low
4. Simmer in this way for 20 minutes, or until coconut-water has been absorbed by the rice. Turn off the heat, but leave the pot on the burner with the lid on tight. Allow to sit for 5-10 minutes.
5. To make the sauce, warm (do not boil) the rest of the can of coconut milk over medium-low heat (5 minutes). Add 3 Tbsp. sugar, stirring to dissolve.
6. Taste-test sauce for sweetness, adding more sugar if desired. (note that it will taste less sweet when added to the rice).
7. When ready to serve, prepare the mango by slicing it open and using a melon ball scoop to create mango spheres, or simply dice or slice up the mango. Pick up the warm rice in your hands and shape into rectangular or triangular shapes. Set one into each serving dish and add the mango balls on top. Drizzle lots of the sweet coconut sauce over. It should look like an English pudding with custard sauce, with the rice swimming in sauce. Garnish with fresh mint and serve. (Note that the sauce recipe can be doubled for serving 3 or more people).

