

THE  
THAI KITCHEN  
OF BOO RAAN

SHARING RECIPES FROM DOKKON KAPUEAK

Lannoo

## Conversion table

### Weights for dry ingredients

20g	¾ oz
25g	1 oz
40g	1½ oz
50g	2oz
60g	2½ oz
75g	3oz
100g	3½ oz
125g	4oz
150g	5oz
175g	6oz
200g	7oz
250g	9oz
300g	11oz
350g	12oz
400g	14oz
500g	1lb 2oz
1kg	2¼ lb

### Liquid measures

METRIC	IMPERIAL	US
50 ml	2 fl oz	¼ cup
75 ml	3 fl oz	
100 ml	3½ fl oz	
120 ml	4 fl oz	½ cup
150 ml	5 fl oz	
200 ml	7 fl oz	
250 ml	8 fl oz	1 cup
400 ml	14 fl oz	
560 ml	18.94 fl oz	

### Oven temperatures

°C	°F
160	325
170	338
180	350
220	425

# COLOPHON

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If you have any comments or questions, please contact our editors: [redactielifestyle@lannoo.com](mailto:redactielifestyle@lannoo.com).

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**GOOD TO KNOW**

**Name**

— Kingdom of Thailand

**Location**

— South-East Asia

**Capital city**

— Bangkok

**Total area**

— 513,120 km<sup>2</sup> (+ 3219 km coastline)

**Climate**

— tropical

**Population**

— 69 million

**Language**

— Thai

**Religion**

— Buddhism (94.6%)

**Currency**

— baht (1 euro = 37 THB / 1 GBP = 44 THB) (August 2021)

**Airports**

— Bangkok, Phuket, Chiang Mai



## The central region and the ‘City of Angels’

Thailand’s central region consists of a large green plain through which the Chao Phraya River runs. Prosperous communities once settled in this fertile region, which today is home to the capital city, Bangkok, known in Thai as *Krung Thep*, or the ‘City of Angels’.

Bangkok is a fascinating combination of traditional and modern. In the old part of the city, you can get lost in the traditional neighbourhoods and marvel at stunning palaces and temples and Bangkok’s rich heritage. The city’s business district is packed with skyscrapers, but you can also spend hours shopping in the hypermodern shopping malls or go for drinks at one of the many trendy rooftop bars. Foodies will find themselves in culinary heaven among the hundreds of street-food stands scattered around the entire city, or they can enjoy a gourmet meal in one of the world-class restaurants.

Visitors looking to learn more about the country’s history can visit Ayutthaya, just a two-hour drive from Bangkok. This was the capital of the Siamese kingdom from the 14th to the 18th century.

The ruins are a UNESCO World Heritage site and take you back to medieval Thailand.

Would you like to learn more about the ingredients involved in Thai cuisine? Then Samut Songkhram, or the ‘Land of the Floating Markets’, is a must. Local farmers travel to this market every weekend on flat-bottomed boats laden with homegrown vegetables, fruits and hand-crafted products. This colourful floating market is a feast for both the eyes and the senses.

Finally, Kanchanaburi is worth mentioning; here you can see fantastic waterfalls and spend the night in a floating bungalow.

# LAAB

## Ingredients

Serves 2 people

- 300 g chicken not too lean, preferably thigh/drumstick meat
- 4 tablespoons water
- 1 tablespoon fish sauce
- 1 shallot
- 2 tablespoons lime juice
- 1 teaspoon roasted chilli powder (page 211)
- 8 sprigs coriander
- 10 sprigs fresh mint
- 2 to 3 tablespoons toasted rice powder (page 211)

## Preparation

Chop the chicken very finely with a knife (or have it coarsely minced at the butcher shop). Bring the water to a boil and add the minced chicken. Add 1 teaspoon fish sauce. Let the chicken simmer, stirring, until the chicken is tender. Remove the pan from the heat and remove any excess liquid.

Peel the shallot and chop into thin wedges. Add the shallot, the remaining fish sauce, and the lime juice to the chicken. Season to taste with roasted chilli powder.

Finely chop the coriander and tear the mint leaves into smaller pieces. Stir the rice powder and the herbs into the *laab* just before serving.

Serve the *laab* with sticky rice and crunchy raw vegetables such as iceberg lettuce, cucumber, beans, or endive leaves.



Don't add the rice powder to the *laab* until the very last minute. Otherwise, the powder will absorb too much liquid, making the dish too dry.



# KAI



Laab kai — Chicken mince with lime, shallots, spring onions, coriander and chilli peppers

A Thai barbecue grill looks a bit different from the one you're probably familiar with. The central part is a lid featuring a rounded dome with small slits. The dome slopes down into a circular pan and then the very outer edge goes up at a sharp angle. This lid is placed over a pot holding hot charcoal.

My friends and I eat barbecue made with this almost every week, sitting on the ground around the pot. The circular pan contains simmering broth, and we fry thin slices of meat on the hot lid. It's truly a fantastic dish.

In this recipe, we use pork, but you can also use other types of red meat, chicken, fish, or even shrimp and squid. Choose pork that contains slightly more fat as it will have more flavour. You can also use different cuts of pork together such as pork belly, pork neck and pork tenderloin.







Preferably you should begin to make this pork satay the day before you want to eat it. The longer the meat is left to marinate, the more tender and juicier it becomes.

## Ingredients

Serves 3 to 4 people

- 5 cloves garlic
- 3 coriander roots or 2 tablespoons coriander stems, chopped
- 1 teaspoon black peppercorns
- 3 tablespoons (35 g) palm sugar
- 2 tablespoons oyster sauce
- 3 tablespoons soy sauce
- 1 tablespoon sunflower oil
- 75 ml coconut milk
- 3 tablespoons water
- 500 g lean pork neck
- 3 tablespoons cornflour

In addition: bamboo satay skewers, 15 centimetres long

## Preparation

Finely grind the peeled garlic, coriander root or stems and peppercorns in a mortar. Add the palm sugar and continue to crush until the sugar has dissolved. Finally, add the oyster sauce, soy sauce, oil, coconut milk and water.

Cut the pork into slices half a centimetre thick. Add them to the marinade and stir to coat thoroughly. Let the pork marinate in the fridge for at least an hour, but preferably overnight.

Sprinkle the cornflour over the meat and stir to coat. Thread the pork pieces onto bamboo satay sticks and place them on a plate. Leave them to rest in the fridge for a couple of hours.

Fry the pork satay in a grill pan over a high heat or – even better – on the barbecue. Serve with sticky rice and *nam jim jeaw* (page 205).





# Moo PING

# SHOE SHEE

## Ingredients

Serves 1 to 2 people

- 4 tablespoons sunflower oil
- 1 tablespoon red curry paste (page 51)
- 150 ml creamy coconut milk
- 2 teaspoons fish sauce
- 1 teaspoon palm sugar
- 3 tablespoons fish stock
- 2 lime leaves
- ¼ pointed sweet pepper
- 200 g cod fillet
- sunflower oil
- pepper

## Preparation

Heat the sunflower oil and fry the curry paste until it starts to become fragrant. Add the coconut milk, fish sauce, palm sugar and fish stock. Bring to a boil and lower the heat.

Slice the lime leaves and pointed sweet pepper into thin strips (julienne). Add them to the sauce.

Fry the fish in a splash of sunflower oil and season with freshly ground pepper. Pat the fish dry with paper towels, place it on a plate and spoon the curry sauce over the top.

**TIP** You can experiment with the curry paste and coconut milk amounts. The less curry paste you use, the milder the flavour. Too much coconut milk can make the sauce too runny, so use

**TIP**  
→

You can experiment with the curry paste and coconut milk amounts. The less curry paste you use, the milder the flavour. Too much coconut milk can make the sauce too runny, so use creamy coconut milk for this dish.



PLA



A large, rustic wooden cutting board with a natural, weathered texture. On the right side, a small black tray holds several green tomatoes. The background is dark, making the wood and vegetables stand out.

# RAW VEGETABLES

This always serve a large plate with raw, fresh vegetables and herbs with their dishes. This can include long beans cut into strips, sticks of cucumber, the hard centre of an iceberg or red leaf lettuce, and Thai basil leaves.

# SIDE DISHES

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# FLAVOUR RINGS





# SAAM KLEU

*Marinade*

This is a basic marinade for all sorts of grilled meat dishes.

## Ingredients

- 12 black peppercorns
- 3 cloves garlic
- 4 coriander roots or 8 coriander stems
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- ½ teaspoon palm sugar

## Preparation

Crush the peppercorns into coarse pieces using a mortar and pestle. Finely chop the peeled garlic and coriander roots or stems and also crush them using the mortar and pestle. Stir in the oyster sauce, soy sauce and sugar.

# PRIK PON

*Roasted chilli powder*

## Ingredients

- 200 g dried Thai chilli peppers
- 2 to 3 lime leaves (optional)

## Preparation

Preheat the oven to 180 °C or heat a wok over a high heat. Bake the chilli peppers 5 to 7 minutes in the oven or roast them in the wok until they start to change colour and give off a smoky fragrance. Add the lime leaves if desired for added flavour.

Let the peppers cool. Grind them down to a powder in the blender or crush them using a mortar and pestle. You can store the chilli powder in an airtight container.

# KAW KHUA

*Toasted rice powder*

## Ingredients

- handful uncooked Thai sticky rice
- 1 lime leaf (optional)

## Preparation

Roast the rice over a high heat in a non-stick pan without any fat. Roast until the rice starts to turn brown. Remove from the heat.

Coarsely grind the rice in a blender or using a mortar and pestle. The texture should still be grainy.

Add lime leaves to change the flavour.