

Jet Tila

Thai Favorites

March 2010

Menu:

Thai Beef Salad
Pineapple Fried Rice
Roti Panang
Choy Sum with Garlic
Black Cod Misoyaki

Thai Beef Salad

Recipe by: Jet Tila

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For the Marinade:

2 lbs. beef flank steak
2 oz. garlic, minced
2 oz. cilantro stems, minced
2 tsp. white pepper
2 tbsp. fish sauce
1 1/2 oz. thin soy sauce
2 tbsp. sugar

For the Salad:

2lbs Thai grilled beef, marinated
2 tbsp peanut oil
3 garlic cloves, minced
1 lemongrass, very thinly sliced
3 kaffir lime leaves, very thinly sliced
1/2 red onion, thinly sliced
1/2 cup mint leaves
1/2 cup lime juice
1/2 cup fish sauce
1/3 cup brown sugar, packed
6 cups mixed salad greens
2 small cucumbers, peeled and thinly sliced
2 green onions, chopped
Black pepper, as needed

— preparation —

For the Marinade:

Combine all the ingredients. Cover beef with marinade for 2-4 hours.

For the Salad:

To prepare dressing, heat a medium skillet and add oil. Sweat the garlic, lemongrass, and kaffir lime leaves for 2 to 3 minutes, or until fragrant and slightly translucent. Remove from heat and stir in onion, mint leaves, lime juice, fish sauce, and sugar. Chill for 5 to 10 minutes.

Grill beef to desired temperature and slice against the grain into thin strips.

Toss the greens and cucumbers with 1/2 of the dressing and arrange on a large plate. Place the grilled beef on top of the salad and garnish with green onions. Drizzle remaining dressing on top of the salad. Sprinkle with black pepper and serve.

Pineapple Fried Rice

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1 small pineapple
3 tbsp cooking oil
2 tbsp dried shrimp (Thai)
4-6 garlic cloves, coarsely chopped
3 tbsp shallots, diced
4oz Chinese sausage, sliced thin
4-6 medium shrimp, peeled and cleaned
½ tbsp ginger, finely chopped
4 cups day old rice
2-3 tbsp fish sauce
1-2 tbsp Thai soybean sauce
1 tbsp sugar
½ tbsp curry powder
2-3 green onions, chopped
2 tsp white pepper
3 tbsp cilantro leaves
½ cup pork foo (optional)

— preparation —

Cut the pineapple in half lengthwise and hollow. Remove the core and cut the fruit into medium dice. Reserve about one cup of pineapple for the fried rice.

In a large skillet, heat oil until a whisp of white smoke appears. Add the dried shrimp and fry until crispy, about 20 seconds.

Stir in garlic and shallots and cook until light brown. Add the Chinese sausage and cook until they are slightly crisp, about 2 minutes. Add shrimp and ginger and cook until the shrimp start to turn pink, about 1 minute.

Fold in rice; make sure not to break rice grains. Add in the fish sauce, soybean sauce, sugar and curry powder. Continue to stir for about a minute. Stir in pineapple and incorporate well. Cook the fried rice for about 1 to 2 more minutes, folding constantly and mixing all the ingredients well.

Fold in green onions and white pepper. Transfer the fried rice into the halved pineapple. Garnish with some fresh cilantro. Garnish with pork foo (optional).

Roti Panang

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4 cups coconut milk
4 tbsp Panang curry paste
lime leaves, optional
1 chicken breast, thinly sliced
½ cup Thai sweet basil, whole with stems
½ cup bamboo shoots, sliced
¼ cup thinly sliced brown onion
2 tsp fish sauce
1 tbsp tamarind paste
¼ cup red bell pepper, julienned
1 tsp sugar
1 package Roti Paratha bread

— preparation —

In a medium saucepan, heat 3 tbsp. of coconut milk to medium and stir in curry paste and lime leaves. Stir-fry for about 30 seconds until paste starts to brown.

Stir the remaining coconut milk into curry paste. Increase heat to high until boiling. Allow to boil for about 10 to 15 minutes or until reduced by about one quarter or coats the back of a wooden spoon.

Reduce heat to simmer. Add chicken, basil leaves, bamboo shoots, onion, fish sauce, tamarind, bell peppers, and sugar. Let simmer for about 10 to 15 minutes, or until chicken is cooked through.

NOTE: Roti Bread or Paratha can be found in the frozen section of many Asian markets. Cook the breads according to package directions. Cut the round bread into 6 equal pieces and serve with curry.

Choy Sum with Garlic

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2 tbsp cooking oil
2 tbsp garlic, minced
1lb Choy Sum, trimmed at the bottom
¼ cup water
½ tsp salt
½ tsp sugar
1-2 tbsp oyster sauce

— preparation —

Heat a large pan to high and add oil. At the first whisp of white smoke, add garlic and choy sum.

Cook for about one minute until all are seared on one side. Turn them over.

Add water, salt, sugar, and oyster sauce. Cover tightly and allow to cook for about 2 minutes.

Adjust seasonings if necessary.

Black Cod Misoyaki

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1 cup sake
½ cup mirin
½ cup granulated sugar, or to taste
1 cup white or yellow miso
3 tbsp grated ginger
2lbs black cod fillet, cut into 6oz pieces

— preparation —

To prepare the marinade, preheat a heavy bottomed pot until very hot and add the sake. Bring to a boil to cook off the alcohol. Stir in mirin, sugar, miso, and grated ginger and bring to a boil. Boil for approximately 10-15 minutes and cook until it turns a pale caramel color. Remove from heat and allow to cool completely.

Cut the fish into 6 oz. pieces leaving the skin on. Place the fish in a shallow dish and pour the marinade over until completely submerged, reserving ½ cup of the marinade for basing or dipping.

Heat oven to 375 degrees. Wipe all excess marinade off the filets, and bake for about 15-20 minutes or until lightly brown on top and the fish is cooked through.

Bring reserved marinade to a boil. Pull out any pin bones sticking out from the fish.

To finish, glaze fish with the boiled marinade and roast for an additional 15 minutes.