

Fat quality* of the recipes prepared



Starter: Fried chicken in Pandan leaves

Estimated fat quality per portion

Total fat: 10g, 14% of daily recommended amount

Saturated fat: 2g, 11% of daily recommended max

Essential fats: 4g, 24% of daily recommended amount



Main course 1: Thai style stir fried vegetables

Estimated fat quality per portion

Total fat: 4g, 6% of daily recommended amount

Saturated fat: 0.4g, 2% of daily recommended maximum

Essential fats: 1.3, 8% of daily recommended amount



Main course 2: Thai style stir fried chicken with cashew nuts

Estimated fat quality per portion

Total fat: 16g, 23% of daily recommended amount

Saturated fat: 3g, 16% of daily recommended maximum

Essential fats: 3g, 21% of daily recommended amount



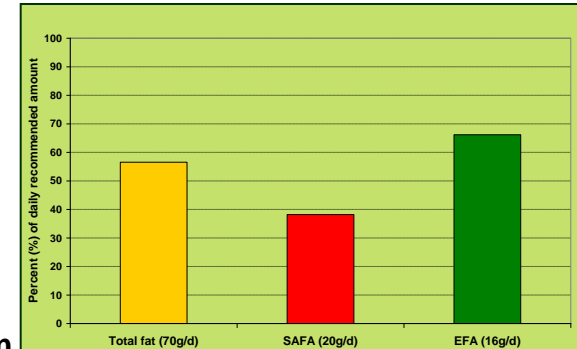
Dessert: Thai-style Crème Caramel

Estimated fat quality per portion

Total fat: 10g, 14% of daily recommended amount

Saturated fat: 2g, 10% of daily recommended maximum

Essential fats: 2g, 13% of daily recommended amount



Fat quality of the meal:

Total fat: 40g, 56% of recommendation

Saturated fat: 8g, 38% of recommendation

Essential fats: 11g, 66% of recommendation



* Based on Dutch Nevo Food composition table. Only data included of saturated (SAFA) and essential (EFA) fats

Starter: Gai Hor Bai Toey

Deep fried chicken in Pandan leaves



Estimated fat quality per portion

Total fat: 10g, 14% of daily recommended amount

Saturated fat: 2g, 11% of daily recommended maximum

Essential fats: 4g, 24% of daily recommended amount





Recipe

Deep-fried Chicken wrapped with Pandanus Leaves *Kai Ho Bai Toey*

Ingredients

For the marinade

80 grams	Chicken breast (cut into cubes)
2 cloves	Garlic (peeled)
2 roots	Coriander roots and stems
1 tablespoon	Chili sauce
1 tablespoon	Corn flour
2 tablespoon	Oyster sauce
1 tablespoon	Light soya sauce
½ teaspoon	Ground white pepper
2 teaspoon	Sugar
1 tablespoon	Sesame oil (for marinate)
	Pandanus leaves (Thais call <i>Bai Toey</i>) for wrapping
	Sunflower Oil (for frying)

Method

1. In a mortar: pound the garlic, coriander roots, ground white pepper into a paste.
2. Mix the paste with seasoning. Add the chicken pieces. Marinate the chicken for at least 30 minutes.
3. Wrap each chicken piece in a Pandanus leaf. Skewer 4 pieces on each bamboo stick, securing the Pandanus leaf wrapping by piercing the tip.
4. Deep-fry in sunflower oil heated to 180°C/350°F for 3-5 minutes until cooked.
5. Remove and drain on absorbent papers. Transfer to a serving dish and serve hot with Sesame sauce in a bowl separately.





Recipe

Sesame Sauce for Deep fried Chicken wrapped with Pandanus Leaf *Naam Jim Nga*

Ingredient

30 grams	Ginger
40 grams	White Vinegar
40 grams	Soya Sauce
80 grams	White Sugar
1 tablespoon	White Gelatin (<i>Bae Sae</i> , glucose)
1 tablespoon	Roasted White Sesame Seeds

Method

1. Dry-roast white sesame seeds in a non-stick frying pan or wok for about 1 minute. Set aside.
2. Pound ginger until becoming a paste. Mix ginger paste with the vinegar.
3. Bring the mixture to the boil in a saucepan. Add sugar, soya sauce and white gelatin.
4. Simmer about 10 minutes until the sauce thick.
5. Allow to cool, add roasted white sesame seeds.





Main course 1: Thai style stir fried vegetables



Estimated fat quality per portion
Total fat: 4g, 6% of daily recommended amount
Saturated fat: 0.4g, 2% of daily recommended maximum
Essential fats: 1.3, 8% of daily recommended amount



Recipe

Stir-fried Mix Vegetables *Phad Pak Ruam Mit*



Ingredients

For the stir-frying

2 tablespoons	Liquid Margarine
10 g	Broccoli
10 g	Spinach leaves
10 g	Cauliflower florets
10 g	Carrot, sliced
10 g	Shallots, sliced
10 g	Bell Pepper, sliced
10 g	Snow Peas
10 g	Mushrooms, sliced
10 g	Garlic, peeled and chopped

For seasoning

1 tablespoon	Soya Sauce
1 teaspoon	Palm Sugar
1 tablespoon	Chilli Oil
1 teaspoon	Lime Juice
1 teaspoon	White pepper powder
½ cup	Water

Method

1. In a wok on medium heat: Add liquid margarine. Add garlic and mixed vegetables and stir-fry for about 1 minute until all vegetable half-cooked. Add water, allow water to boil.
2. Add seasoning and stir-fry a little bit. When the vegetables cooked, remove from heat. Serve with steamed jasmine rice.

Main course 2: Thai style stir fried chicken with cashew nuts



Estimated fat quality per portion
Total fat: 16g, 23% of daily recommended amount
Saturated fat: 3g, 16% of daily recommended maximum
Essential fats: 3g, 21% of daily recommended amount



Recipe

Stir-fried Chicken with Cashew Nut *Kai Phad Med Ma Muang Himmapan*

Ingredients

80 grams	Chicken breast, skinned and cut into 1 cm/ ½" thick slices
2 cloves	Garlic, peeled
1 teaspoon	White Pepper Powder
2 tablespoon	Liquid Margarine

Seasoning

1 tablespoon	Oyster Sauce
1 teaspoon	Light soy sauce
1 teaspoon	Fish Sauce

For stir – fry

40 grams	White Onion
30 grams	Red Pepper
40 grams	Bamboo Shoots
2 tablespoons	Deep-fried Cashew Nuts
2 stalks	Spring Onion

For the garnish

Coriander leaves for sprinkling

Method

1. **In a mortar:** pound garlic and white pepper powder together until become smooth. Set aside.
2. **In a wok on a medium heat:** add liquid margarine. Add the paste from the mortar.
3. Add chicken, stir fry until cooked. Add onion, red pepper, bamboo shoots.
4. When vegetables cooked, add seasoning, cashew nuts and spring onion. Remove from the heat, decorate with coriander leaves and serve with steamed jasmine rice.



Dessert: Thai-style Crème Caramel



Estimated fat quality per portion

Total fat: 10g, 14% of daily recommended amount

Saturated fat: 2g, 10% of daily recommended maximum

Essential fats: 2g, 13% of daily recommended amount



Recipe

Thai version of the classic crème caramel dessert that is super-easy to make, melt-in-your mouth delicious, and healthier than traditional crème caramel! This recipe calls for coconut milk instead of cream (coconut milk contains good fats that actually lower your cholesterol), so if you're lactose-intolerant, this is a good dessert choice for you. It also makes an elegant dessert to serve guests or take to a party. Best of all, this recipe can be whipped up and in the oven in less than 10 minutes!

Thai Styled CRÈME CAMEL

Ingredients:

1 cup	Coconut Milk
2 pieces	Eggs
1 table spoon	Sugar
1 teaspoon	Vanilla extract or pandanus essence (Available at Asian Supermarket)
¼ cup (or more)	Maple syrup
A pinch of salt	
A little Canola flower oil	(for greasing the ramekins)

Method

1. Preheat oven to 350 degree Celsius. Lightly grease ramekins with canola flower oil.
2. Beat eggs by hands with a folk or with an electric mixer for one minute.
3. Add some salt, sugar, vanilla extract or pendant essence (or pendant paste) and coconut milk and stir until well blended (if you are using Pandant essence/paste, not that it will turn the dessert a bright, tropical green).
4. Pour a little syrup into the bottom of each ramekin (enough to cover the bottom plus up to one table spoon more).
5. Now, pour egg and coconut mixture into each ramekin until ¾ full. (Do not stir syrup, will naturally remain at the bottom of the ramekins.)
6. Place the ramekins in the large glass, baking dish or on deep-sided roasting pan.
7. Pour some water into the bottom of the baking dish or pan – until water reaches at least ¼ ways up. The side of the ramekins.
8. Bake for 30 minutes, or until a fork inserted into the pudding comes out clean. Allow to cool, and then place into the refrigerator until ready to serve.
9. To serve, run a knife around inner rim of each ramekin. (to loosen pudding)
10. Overturn the ramekin onto individual dessert plates. The pudding should fall out easily, with the syrup naturally dripping down over the coconut custard.
11. Serve with green tea or strong coffee.

