



Pad Thai

This recipe is all about the "mise en place" so have everything washed, cut, measured, and ready-to-go before you start any cooking. Ideally, when you drop the noodles in the hot water, you should be able to cook the rest of the dish in the next 5-6 minutes, when they're finished soaking. Note that in several steps, part of the cooking process is allowing things to rest!

YIELD: about 4 servings.

Stage One - Protein

- 2 cloves garlic, slivered or finely chopped
- 4 scallions, cut into 1.5" pieces (white AND green parts)
 - Heat oil, add garlic & scallions and fry until fragrant
- 8 oz of protein (chicken, beef, pork), cut into thin strips (about 1/4" x 2") (If using shrimp, devein and cut in half lengthwise.)
 - Sauté protein until *nearly* cooked through, then set aside & cover. It will finish cooking as it rests.

Stage Two - Noodles

- 1 large pot of water
 - Bring to a full, rolling boil and turn off
- 4 oz rice noodles (dry)
 - Soak in hot water for about 5 minutes, until they have reached an "al dente" texture. They will continue to soften as you finish the recipe.

Follow the package directions & set a timer. Don't oversoak, or the noodles will get mushy. If you haven't finished the rest of the dish when the timer runs out on the noodles, drain noodles, rinse with cold water, and set aside. You can reheat them in the wok/frying pan, but this is less desirable.

Stage Three - Sauce

- 2 TBS lemon juice
- 2 TBS fish sauce
 - Note: soy sauce is *not* a substitute for fish sauce
- "scant" 2 TBS brown sugar
- 1 tsp dry shrimp, ground (or more, to taste)

- 1/2 tsp cayenne (or more, to taste)
 - * you can substitute chili powder or other hot pepper, or mild paprika for a less spicy result.

- Mix sauce and set aside

Stage Four - Stir Fry!

- 2 TBS oil (canola, corn, sunflower, safflower, coconut)
- 2 cloves garlic, finely chopped
- 4 scallions, cut into 1.5" pieces (white AND green parts)
 - Heat oil, add garlic & scallions and fry until fragrant, then add...
- 2 eggs
 - Scramble egg quickly with a fork or chopsticks, so that you get small curds. (Don't let it set like scrambled eggs)
 - While eggs are still creamy, stir up the pre-mixed sauce, add to eggs, and mix well.
 - TASTE! Adjust seasonings as necessary. You should balance the salt, sweet & sour so that nothing stands out.
- 1 cup bean sprouts (or more to taste)
 - Add sprouts & drained noodles, and toss to coat
 - Add cooked meat & any liquid from the holding dish
- 2 TBS cilantro, roughly chopped (or more to taste)
- 1/4 cup scallions sliced into rings (or more to taste)
- 1/4 cup chopped/crushed peanuts (or more to taste)
 - Sprinkle on top, and add a bit more cayenne, if desired.



PREPARING FOR YOUR VIRTUAL IN-HOME COOKING LESSON

If this is your first time having an in-home cooking lesson, here's some information to make you more comfortable, and to help you know what to expect. All you need to do is set up your kitchen so we can cook!

TIMING

So we can start on time, let's make sure we can connect online about 10 min before your scheduled lesson time. This will give us both the opportunity to check for sound and a good quality image. (We can also pre-test a day before.)

VIDEO CHAT FORMAT

I am happy to use whatever format you're comfortable with using. **Zoom is great**, but I'm able to download and use any app that you choose. Just give me a heads-up on your preference the day before the class so I can do testing on my end.

EATING

Have a snack before your lesson!

We will make everything from scratch, so it may be a while before we get a finished product. Of course, everything we make will be edible, and you should taste as we go, but don't plan on eating what we're making DURING the lesson.

PETS/KIDS

For the best use of your time, please try to keep pets, children and other distractions to a minimum.

GROCERIES & SUPPLIES

Since this is a virtual lesson, you will need to purchase the ingredients necessary to make everything on your menu. If you would like me to put together an online order at your favorite grocery store, I can that for you for an additional \$30 fee. Let me know if I should add any of these items to the shopping list for you: vegetable/olive oil, vinegar/s, sugar, flour, butter, cornstarch...and supplies as well, such as plastic wrap, plastic baggies, foil & paper towels.

ATTIRE: SAFETY FIRST!

Even though you're cooking at home, please wear appropriate clothing & good, sturdy shoes:

- **Shirt:** Long sleeves are preferred to prevent injury from spatters and burns.
- **Pants:** Long pants, jeans, or slacks, with a belt if necessary. Avoid flannel, or shorts/skirts.
- **Closed Toe Shoes:** Nonslip soles are preferred. No bare feet, socks, open toe, high heels, or sandals in the kitchen. Accidents happen!
- **Hair/headwear:** Please tie back long hair. Wear a bandana, hat, or other similar accessory to keep hair out of your face and secure from falling into food or equipment.
- **Jewelry:** For safety & sanitation reasons, please remove rings, bracelets, watches, etc.
- **Cellphones:** Keep use to a minimum; please step outside of the kitchen to take calls.

May I please ask that you take care of these few preparations before the class:

- **Please remove:** all your household dishes, glasses, silverware and pots & pans from the counters, sinks, dish drainers, oven & stove.
- Please consolidate items in your refrigerator and freezer so that we'll have space to prepare and safely store all the food we've made.
- **Please empty your dishwasher before we begin.** It will make cleaning up much faster!

If you have any questions or concerns, please don't hesitate to contact me