

NILESH'S GOURMET THAI FEAST *(Serves 4/5 people)*

1. Starter: Jackfruit Pancake Wraps

INGREDIENTS

- 10 frozen Chinese pancake wraps
- 250g tinned or fresh jackfruit, finely shredded
- Hoisin sauce (shop bought)
- Plum sauce (shop bought)
- ½ cucumber, chopped length ways Julienne-style
- 1 carrot, peeled and chopped Julienne-style
- 3 spring onions, sliced in half and finely shredded
- Chilli sauce (shop bought)
- ½ white onion, sliced into long pieces
- 1 garlic clove, grated
- 3cm long ginger piece, chopped finely length ways
- Salt and pepper to season

COOKING INSTRUCTIONS

- Finely slice the jackfruit, cucumber, carrot, spring onions, white onion and ginger, keeping each ingredient separate.
- In a frying pan, heat some oil. Add the onions, ginger and garlic, and let the mixture sauté for 3-4 minutes until the onions are cooking.
- Add the shredded jackfruit and hoisin sauce to the above. Mix and let cook for about 5 minutes.
- Season the jackfruit mixture with salt and pepper to taste.
- Shred the spring onion, cucumber, and carrots.
- Steam cook the pancake wraps in the microwave for 40-50 seconds.
- To serve, place one pancake open on a plate, and put on some plum sauce and chilli sauce (optional). Place some shredded carrots, cucumber, and spring onions on the bed of sauce, then add some of the jackfruit mixture.
- Roll the pancake with the above items and enjoy!



2. Intermediate: Thai Mango Salad

INGREDIENTS

- Large unripe green mango, peeled and very finely shredded
- 10 baby plum tomatoes, halved
- 10 green beans
- 1 garlic clove
- 1 fresh red chilli, 1 finely chopped
- Juice of 1 lime
- ½ lime, cut length ways into 6 pieces
- 40g palm sugar (jaggery), grated
- 1 tsp concentrated tamarind paste
- ¾ cup salted peanuts
- 1 tbsp soya sauce
- Salt and black pepper

COOKING INSTRUCTIONS

- a) Take a large unripe mango, peel the skin and very finely shred. Place this in ice-cold water for 5 minutes.
- b) Next drain the shredded mango and place on a kitchen towel to remove any excess water.
- c) In a mortar and pestle, place the garlic, chillies, palm sugar, tamarind paste, lime pieces and lime. Grind for 1 minute, then add the chopped green beans, tomatoes, peanuts and further grind the mixture for another 1 minute until the green beans are slightly squashed.
- d) To the above mixture, add salt and pepper to taste, mixing well.
- e) Take the drained, shredded mango in a deep plate or bowl, and pour over the mixture in the mortar. Mix well and enjoy!



3. Main: Thai Red Curry with Saffron-infused Rice

INGREDIENTS

Rice

- 1¼ cup uncooked rice
- A few strands of saffron

Thai Paste

- Dried red chillies, deseeded and soaked in water for 15 minutes
- Juice of 2 limes
- 5cm ginger, peeled
- 2 cloves of garlic, peeled
- 3 sticks of lemongrass chopped, with the top layer of hard skin removed, and top 5cm removed
- 1 tsp coriander seeds
- ½ red onion, chopped
- ¼ cup coriander (cilantro) stem, chopped
- Salt to taste
- Handful of basil leaves
- ½ teaspoon peppercorns
- ½ tsp sugar
- 2 tbsp oil

- 1 tsp tamarind paste
- 1 tbsp red tomato puree

Curry

- 100g white button mushrooms, washed and halved
- ¼ peeled butternut squash
- 400ml coconut milk
- 130g baby corn
- ½ courgette
- 1 carrot
- ½ of each a red and green pepper
- ½ tsp cornflour
- 100ml water

Garnish

- 1 chopped spring onion
- 1 fresh red chilli, shredded
- ½ lime, cut into segments
- Handful of coriander, chopped

COOKING INSTRUCTIONS

- To make the rice, rinse the rice in water and then boil in a pan with the saffron. Cook and drain.
- To make the red thai curry paste, add all ingredients and blend into a paste.
- To make the curry, chop the vegetables in long strips of about 2½ inches and 1cm thick, except the mushrooms which should be halved instead.
- In a deep pan, heat some oil and sauté the vegetables by adding 50ml of water, and placing a lid on the pan. Allow the vegetables to cook until soften.
- To the above vegetables, add one tablespoon of the thai red curry paste and further cook for about 2 minutes.
- Then add the coconut milk and cornflour to the above and cook for a further 2 minutes.
- To serve the dish, place the cooked rice in a cup-sized container as a mould and place upside down on the middle of the plate. Then pour the red thai curry around the rice. Add the garnish on top of the rice with some shredded spring onions, red chillies, one lime segment and a few coriander leaves. Enjoy!

