

Thai Cooking Class in Morinokouryukan

Thursday, May 26th

We went to Morinokouyukan. We were taught cooking of Thai foods by Nuch.

(五月二六日木曜日)

私たちは森の交流館に行きました。ヌトさんからタイ料理の作り方を教わりました。)



We used fresh coriander and coconut milk.

(私たちは材料にパクチーとココナッツミルクを使いました。)



Here is the recipe of the egg dish, one out of four dishes we cooked.

Son In Law Law Egg (Khái luuk kheey)

<History>

Father in law and son in law want to cook to please family members. Both know the daughter loves omelets so both planned to make an omelet. The father in law started cooking first.

He fried eggs, and to stop the son in law from making an omelet, he boiled all the eggs left.

The son in law also planned to make an omelet with a special recipe that he confident he would win. He started with setting a pan to steam an onion in oil. Unfortunately all eggs were boiled by the father in law. He did not know what to do so he fried all fried the boiled eggs with the onion. It turned out good. He added some sour and sweet sauce. Once served, the son in law egg was finished before the father in law egg that evening.

<Recipe>

Ingredients

- 15 eggs
- 1 cup chopped shallots
- 8 dry chilies
- cooking oil

For the Sauce

- 1 tbs fish sauce
- 3 tbs tamarind paste (vinegar)
- 3 tbs parts sugar

Egg Preparation

1. Gently place the eggs in pot and cover with cold water. Add 1 tbs of salt and 1 tbs of white vinegar to prevent cracking. Bring to boil. Let it boil one minute on medium heat. Then turn off the heat and cover the pot. Let rest for 15 minutes. Transfer the eggs to a cold-water bath and let them cool down. Peel and dry.
2. In a wok, on a medium high heat, fry the boiled eggs until a golden and crisp on all sides.

Source Preparation

1. Prepare the sauce by simmering all the sauce ingredients, until the sugar is completely dissolved and the sauce thickens a bit.
2. Finely chop the shallots and fry on low heat until golden and crispy. Set aside on a paper towel.

Serving

To serve, cut the eggs into halves. Pour some of the sauce on top, and garnish with the crispy shallots. Coriander leaves are optional.