

# THAI INSPIRED

# COOKBOOK



CHEF CRAFTED  
WITH CARE






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**INSPIRED CULINARY CREATIONS  
HOLISTIC WELLNESS EDUCATION**







At TCU Dining, we pair exceptional culinary talent with evidence-based and practical nutrition education to provide students with an unparalleled experience and skills to last a lifetime.

This class was part of our Healthy Frog program, a holistic wellness program created by the students, for the students.





# Pad Thai

## INGREDIENTS

### Main Dish:

- 8 oz dried Pad Thai rice noodles
- 8 oz chicken breast (thinly sliced)
- 1 tsp Thai sweet soy sauce
- 1 tsp cornstarch
- 1 tsp water
- 2 oz small dried shrimp powder
- 3 cloves garlic (chopped)
- 2 large shallots (thinly sliced)
- 2 Tbsp preserved Thai salted radish
- 3 large eggs (beaten)
- 2 cups mung bean sprouts
- 1 cup green onions, green part
- 2 Tbsp roasted peanuts (finely chopped)
- 4 lime wedges for garnish
- 6 Tbsp vegetable oil (divided)

### Sauce:

- 3-4 Tbsp tamarind pulp
- 3 Tbsp sugar
- 3 Tbsp fish sauce
- 2 Tbsp Thai black soy sauce
- 1 tsp Thai sweet soy sauce
- 1/4 tsp white pepper

## INSTRUCTIONS

1. Make the sauce. Combine the tamarind pulp, sugar, fish sauce, Thai black soy sauce, Thai sweet soy sauce, and white pepper. Set aside.
2. Soak the pad Thai noodles in hot water for about 20 minutes, drain in a colander.
3. Marinate the sliced chicken by combining it with 1 tsp each of Thai sweet soy sauce, cornstarch, and water and mix with hands. Set aside.
4. Prepare the dried shrimp, mincing them by hand or in a food processor into a coarse powder.
5. Gather and prepare the dried shrimp, garlic, shallots, preserved radish, eggs, mung bean sprouts, green onions, peanuts, and limes.
6. Heat 2 Tbsp of oil in your wok over high heat until just smoking. Add the chicken, and sear until golden and just cooked through. Remove from the wok and set aside.
7. Add another 3 tbsp of oil to the wok. Over medium heat, add the shrimp powder. Fry until fragrant and crisp, 30 seconds. Add the garlic, and cook for 30 seconds. Add the shallots and preserved radishes. Stir-fry for another 30 seconds.
8. Turn the heat up to high, and add the noodles and sauce. Stir-fry to combine, lifting the noodles with your wok spatula to spread them out and break them up.
9. Make a space on the side of the wok, pushing the noodles to one side. Drizzle 1 more tablespoon of oil in the open space, and pour in the beaten eggs. Stir until they begin to cook. When the eggs are about 70% done, stir-fry to distribute them into the noodles.
10. Add the bean sprouts and the chives. Stir-fry to combine, letting the green onions wilt. Add the chicken back in, and stir-fry to combine until everything is incorporated. Plate dish into a bowl, top with the crushed peanuts, and serve!

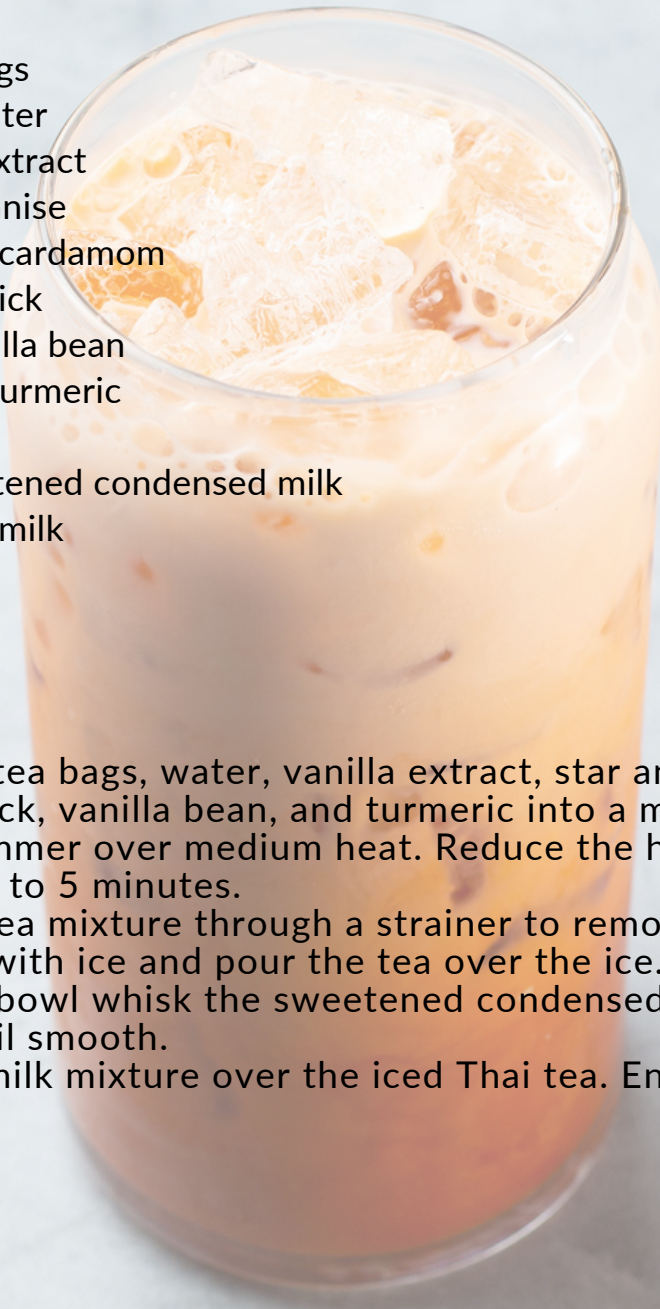


# Iced Thai Tea

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## INGREDIENTS

- 6 black tea bags
- 2 1/2 cups water
- 2 tsp vanilla extract
- 2 pieces star anise
- 1 Tbsp whole cardamom
- 1 cinnamon stick
- 1/4 piece vanilla bean
- 2 tsp ground turmeric
- 2 Tbsp sugar
- 1/4 cup sweetened condensed milk
- 2 Tbsp whole milk



## INSTRUCTIONS

1. Place the tea bags, water, vanilla extract, star anise, cardamom, cinnamon stick, vanilla bean, and turmeric into a medium-sized pot and bring to a simmer over medium heat. Reduce the heat to low and let simmer for 3 to 5 minutes.
2. Pour the tea mixture through a strainer to remove the whole spices. Fill two glasses with ice and pour the tea over the ice.
3. In a small bowl whisk the sweetened condensed milk and whole milk together until smooth.
4. Pour the milk mixture over the iced Thai tea. Enjoy!





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