

**Pad Kra Pao** by Sydney Chinchachokchai and Chief Pat as recorded by Curtis H

The "mac n' cheese of Thai cuisine.



One of the secrets to Thai cooking is to use lots of chili and garlic (but don't use much or any chili, if you don't like spicy)

You can substitute other vegetables that you have on hand. Part of the fun of wok cooking is the improvisational aspect. Just slice veges thin, like 0.25 inch layers or strips. I like to add red bell pepper for nice color. Also, snow peas, in my opinion go nicely in this dish. I cut my bell peppers in squares as an alternative to strips ... you want to maximize the surface area, in either case (Ughh, that sounds like a physics thing).

### **Ingredients:**

1.5 lb pork or chicken, ground or cut into 0.25 inch squares (plant-based meat is ok, but cut into 0.5 inch squares)  
1T fish sauce  
3T cooking oil  
10 cloves of garlic, chopped into 1/8 inch pieces  
Thai chilies (optional), 5 for low spicy, 10 for medium spicy, sliced thin and ends removed  
1 Green bell pepper, (optional, can use in place of chilies), sliced in 0.5 in strips lengthwise (I cut into 0.75 inch squares)  
1/2 cup snow peas (optional), ends removed  
1 Red bell pepper (optional), sliced in 0.5 in strips lengthwise (I cut into 0.75 inch squares)  
1 Cup green beans (optional), ends removed and cut in 1 inch pieces  
20 Thai basil leaves (optionally, "holy" basil, which is more authentic but harder to find)  
4 eggs, individually separated into whites and yolks  
Fish sauce and sugar to season  
Cooked white or brown rice for 6 Cups total

### **Equipment:**

One large non-stick pan or wok

Wok paddle or large serving spoon  
Cutting board and sharp knife  
Gloves recommended for handling chilies

**Method:**

Meat and vegetables:

- 1) Mix 1 T fish sauce with meat or Tofu in large bowl and set aside
- 2) Chop vegetables as per the ingredient list
- 3) Heat 3T oil until near smoking
- 4) Add garlic and chilies, stir 1 minute, or until starts to brown
- 5) Add Meat, continually stirring, cook until 3/4 the way through
- 6) Add vegetables, continually stirring, cook until just start to become soft
- 7) Add another 2T of fish sauce and 1T of sugar. Taste and season to taste
- 8) Add Thai basil, cook for another minute or two.

Pour into bowl and cover



**Egg:**

Cook 1 egg at a time. Separate white and yolk, being careful not break yolk

- 1) Heat another 3T of oil
  - 2) Add egg white and let cook, stirring gently, periodically
  - 3) Carefully add the yolk on top of the egg white
  - 4) Turn wok at a slight angle and spoon hot oil on top of the yolk to cook it
- Remove when cooked and go to next egg

**Presentation:**

Take 1 1/c cup rice and press into bowl  
Turn upside down on top of plate  
Spoon Pad Kra Pao around side  
Put egg on top

Enjoy!