



# THE INTERNATIONAL CULINARY SCHOOLS<sup>SM</sup>

at The Art Institutes

## CREATE TOMORROW

Cuisine of Thailand - China and India have been the greatest influences on Thai cuisine, as seen in stir-fries and curries. Traditional Thai cuisine incorporates fish, vegetables, and rice flavors with garlic, fish sauce (*nam pla*), and black pepper. Chilies were introduced later, and galangal, a member of the ginger family, is used as a substitute for ginger.

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### Green Papaya Salad

Serves 4

Ingredients	Amounts US	Metric	Procedure
Fish Sauce	1 ounce	30ml	Combine the fish sauce, lime juice, tamarind, and palm sugar.
Lime Juice	½ ounce	15ml	
Tamarind Juice	½ ounce	15ml	
Palm Sugar	1 TBSP		
Garlic, peeled, germ removed, smashed	1 clove		Grind garlic and chili Add roasted peanuts and long beans, crush until just broken.
Serrano Chile, seeded, sliced	1 each		
Roasted Peanuts	½ TBSP	Optional	Many nut allergies
Long Beans, washed, dried, cut 1 inch (2.4cm) long	1 TBSP		
Green Papaya, julienned	2 each		
Tomatoes, peeled, seeded, ¼ inch (.6cm) dice	4 ounces	112g	Add in the papaya and tomatoes. Toss with the liquid mixture and mix well. Taste and add just seasoning.