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Diet Recipes



Hot & Sour Prawn Soup

Description:

This is a very favorite diet recipe.

Ingredients:

- 1/2 lb. prawns, or medium- to large-size shrimps, shells removed and butterflied (save shells for soup stock)
- 2-3 stalks fresh lemon grass
- 3 cups water, or mild soup stock, salted with fish sauce (nahm bplah) to the desired saltiness
- 6 thin slices fresh galanga (kah), or 2 dried pieces
- 3 fresh or dried kaffir lime leaves (bai ma-gkrood)
- 8-10 whole Thai chillies (prik kee noo), stem removed and bruised with the back of a cleaver; or substitute with 2-3 sliced jalapeno or serrano peppers
- 1/2 a small onion, halved again and sliced crosswise 1/4-inch thick
- 1-2 Tbs. roasted chilli paste (nahm prik pow); (Roasted Chilli Paste recipe)
- 3-4 Tbs. tamarind water: a chunk of wet tamarind, about the size of 1 Tbs., with the soft parts dissolved in 1/4 cup



- water, pulp removed
- 1 cup fresh brown mushrooms, sliced in 1/4-inch pieces, or 1 can whole straw mushrooms, drained
 - 1 small tomato, cut in bite-size wedges (optional)
 - 2 green onions, cut in thin rounds
 - Juice of 1-2 limes, to desired sourness
 - 1/2 cup cilantro leaves or short cilantro sprigs

Preparation Method

- Cut the bottom tip off the lemon grass stalks and discard the loose outer layer(s). Then cut each stalk into 1-inch sections at a slanted diagonal all the way up to the greener end, near the start of the grass blades, exposing the inner core.
- Smash each piece with the side of a cleaver or the end of a large knife handle to bruise, releasing the aromatic oils. Place the cut lemon grass along with the prawn or shrimp shells and the water or stock in a soup pot. Bring to a boil, then reduce heat to low and simmer with a lid on for 15-20 minutes to draw out the flavors.
- Strain out the shrimp shells and some of the lemon grass.
- Add the sliced galanga, kaffir lime leaves, bruised Thai chillies (or substitute) and sliced onion.
- Simmer a couple of minutes, then add the roasted chilli paste (nahm prik pow), tamarind water and fresh brown or straw mushrooms. Heat stock to a boil and simmer for a couple of minutes. Stir in the tomato wedges (if using), green onions and prawns or shrimps.

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Stuffed Squid Soup with Napa Cabbage

Description:

A good diet recipe, very easy recipe.

Ingredients:

- 1 lb. pork soup bones
- 5 cups water
- 1 lb. medium- to large-size squid
- 1/4 tsp. white peppercorns, freshly ground
- 2 large cloves garlic, finely chopped
- 1 Tbs. chopped cilantro roots, or substitute with bottom stems
- 1/3 lb. shrimp
- 1/4 lb. ground pork
- 2-3 Tbs. fish sauce (nahm bplah), to taste
- 4 cloves chopped garlic browned in 2-3 tsp. peanut oil
- 1 1/2 cups oyster mushrooms, or substitute with brown mushrooms
- 4 cups Napa cabbage cut into bite-size pieces, or substitute with cabbage, bok choy or summer squash
- 2 green onions, split in half lengthwise and cut into 1-inch



- segments (use both white and most of green parts)
- 1/4 cup cilantro sprigs
 - 2 tsp. preserved Tianjin vegetables (dtahng chai) – optional
 - 1 tsp. sea salt
 - 1/2 tsp. ground white pepper

Preparation Method

- Place soup bones in a large pot with 5 cups of water. Bring to a slow boil over medium heat, then reduce heat to the lowest setting and simmer partially covered for 40 minutes or longer.
- Simmering over low heat yields a clearer and sweeter soup; spoon off foam occasionally. In the meantime, clean and skin the squid. Leave in whole tubes. Rinse and drain well.
- Pound the white peppercorns, garlic and cilantro roots/stems with a mortar and pestle to form a well-blended paste. Shell and chop the fresh shrimp finely; mix with the ground pork, garlic-pepper paste and 1 Tbs. of fish sauce.
- Mix well and stuff loosely into the squid about 3/4 full – do not stuff too tightly as squid shrinks when cooked.
- Brown the chopped garlic in a little oil in the rounded bottom of a wok. Transfer to a small bowl and let cool. Leave the small caps of oyster mushrooms whole and cut the larger caps into pieces of similar size, using the stems also. If substituting with brown mushrooms, slice into 1/4-inch pieces. Prepare the Napa cabbage (or bok choy or squash), green onions and cilantro.
- When stock is ready, remove the bones. Flavor broth with preserved Tianjin vegetables, sea salt and fish sauce to the desired saltiness. Bring to a boil over high heat and drop the stuffed squid gently into the hot broth. Return to a boil, then simmer about 5 minutes over low to medium heat. If theres any pork-shrimp mixture left, form into small bite-size balls and drop into the broth along with any squid tentacles. Add the Napa cabbage. Cook another 5 minutes and follow with the mushrooms. Continue to simmer a few minutes more until the vegetables are tender.

- Fish the stuffed squid out from the broth and slice at a slanted angle into 1/2-inch thick ovals. Return to the soup and add the green onions.
- Just before serving, spoon in the browned garlic pieces with some of the oil and stir in the white pepper and cilantro. Ladle into individual serving bowls.
- Serves 8 with rice and other dishes in a shared family-style meal.

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Green Papaya Salad

Description:

This diet recipe has lots of good taste to it.

Ingredients:

- 6-8 large cloves garlic, cut each into 3-4 pieces
- 8-15 Thai chillies (prik kee noo), to desired hotness - each cut crosswise into 3-4 segments with seeds
- 1 cup long beans, cut into 1 1/2-inch segments
- 2 tsp. small dried shrimp
- 1 small whole salted crab (bpoo kem), cut into 6 pieces - optional
- 1 Tbs. palm sugar, or to taste
- Juice of 2-3 limes, to desired sourness
- 1 medium (about 2 lb. size) very firm, unripe green papaya, peeled and julienned into long strips to yield about 4 cups
- 2-3 Tbs. fish sauce (nahm bplah), to taste
- 6-8 cherry tomatoes, halved
- 2 Tbs. chopped unsalted roasted peanuts



Preparation Method

- If you have an average-size Laos-style baked clay mortar with wooden pestle, you may need to make the salad in two separate batches. With

an extra-large carved palm wood mortar and pestle, the salad can be made in a single batch as follows.

- Pound the garlic and Thai chillies together until they are pasty. Add the dried shrimp and pound to crack. Follow with the salted crab (if using) and long beans and pound well to bruise. Add the palm sugar, juice of two of the limes, and fish sauce and stir well. Add the julienned green papaya. Toss well with the seasonings. Then, pounding with one hand and stirring with the other, bruise the green papaya until it picks up all the flavorings and seasonings. Taste and adjust as needed with more fish sauce, lime juice or palm sugar to the desired flavor combination. Ideally, for a Thai, the salad should be very hot and sour with only a light sweetness at the back of the tongue.
- Add the tomato pieces at the end, stir and bruise lightly to blend in with the rest of the salad. Transfer to a serving plate and sprinkle with peanuts.
- Serves 6 with a side plate of raw vegetables, as desired, in a multi-course family-style meal.

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Hot & Sour Shrimp Salad

Description:

A very good diet recipe for all seasons.

Ingredients:

- 1/2 lb. medium-size shrimp
- 4-6 Thai chillies, cut into thin rounds
- 1 1/2 - 2 tsp. roasted chilli paste (nahm prik pow); (Recipe for Roasted Chilli Paste from scratch.)
- 1-2 Tbs. fish sauce (nahm bplah), to taste
- 1 1/2 - 2 Tbs. lime juice, to taste
- 1-2 tsp. granulated sugar, to taste
- 1 stalk lemon grass
- 1 shallot, halved lengthwise and sliced thinly crosswise
- 1-2 Tbs. coarsely chopped cilantro, sawleaf coriander, or parsley
- 3-4 Tbs. coarsely chopped mint leaves
- 3 cups boiling water



Preparation Method

- Shell, devein and butterfly the shrimp. Give it a saltwater bath to freshen. (See below.) Then rinse thoroughly with plenty of water and drain.

- Mix the Thai chillies with the roasted chilli paste, fish sauce, lime juice and sugar. Taste and adjust to the desired hot, sour, sweet and salty combination. The sauce should be intense in all respects.
- Trim off and discard the woody bottom tip of the lemon grass and 2-3 of the loose, fibrous outer layers. Slice stalk from the bottom end into very thin rounds, to yield roughly 3 Tbs. Place in a mixing bowl with the sliced shallots, coarsely chopped cilantro and mint leaves.
- Blanch the shrimp in boiling water for 20 seconds, or until they turn pink on the outside but are not completely cooked through. Drain. The shrimp will be further cooked by the lime juice in the sauce.
- Toss the shrimp while still warm with the herbs and the chilli-lime sauce. Stir well to coat the shrimp. Transfer to a serving plate and garnish with mint sprigs.

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Chicken and Roasted Eggplant in Red Curry Sauce

Description:

This diet recipe is really good.

Ingredients:

- 1 lb. boneless chicken
- 2-3 long Asian eggplants (Thai, Japanese, Chinese or Filipino)
- 2 cups, or 1 can coconut milk
- 2-3 Tbs. red curry paste
- Fish sauce (nahm bplah) to desired saltiness
- 1-2 tsp. palm or coconut sugar
- 2 kaffir lime leaves
- Slivered chillies to desired hotness
- 1 cup fresh Thai sweet basil leaves and flowers



Preparation Method

- Trim the chicken of any visible fat and, if you wish, pull off the skin. Cut against the muscle into bite-size chunks. Set aside.
- Eggplants may be roasted a few hours or a day ahead of time. Poke them with a fork in a few places and roast over hot mesquite coals with a small handful of damp mesquite chips added. Cover barbecue kettle to smoke the eggplants, turning them occasionally until they are partially softened and the skins slightly charred. Remove from coals

- and place in a brown paper sack for a few minutes to sweat. Then peel off the thin film on the surface of the skin and cut crosswise into 1 1/2- to 2-inch segments and each segment into half lengthwise.
- (Eggplants may also be roasted directly on the stove by holding them with a pair of tongs through the flame of a gas burner until they are partially softened and charred. They may also be broiled. However, roasting over mesquite will add a wonderful smoked aroma to the curry.)
 - If using canned coconut milk, do not shake the can before opening, so that the cream remains on top. Spoon 2/3 to 1 cup of this thick cream into a medium-size saucepan. (If you are making your own coconut milk, use the cream from the first pressing of coconut pulp for this step.) Heat over medium to high heat and reduce until the cream is smooth and bubbly and the oil begins to separate. Add the curry paste and fry 3 to 5 minutes in the cream to release the aromas and flavors. Then add the remaining milk.
 - Bring to a boil, stirring to mix the curry paste thoroughly into the sauce to a smooth consistency. Season with fish sauce to taste and balance with enough palm sugar to bring forth a fuller range of spice and herb flavors, with just a hint of sweetness in the back of your tongue. Stir in the chicken pieces and return sauce mixture to a boil. Then reduce heat and simmer uncovered about 10 minutes, or until the chicken is almost cooked through.
 - Add the roasted eggplants, kaffir lime leaves and slivered chillies as desired for extra hotness. Simmer a few minutes to warm and cook the eggplants to the tenderness of your liking. Toss in the basil and stir until the leaves are just wilted. Spoon chicken, eggplants and sauce into a serving dish and serve with plain steamed rice.

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