

# THAI COOKING CLASS

Feb, 7, 2025

## Menu.



VEGETABLE SPRING  
ROLL



CHICKEN PANANG



HERBAL RICE BALL  
WITH THAI SOUR  
SAUSAGE (KAO YUM  
NHAM KHOOK



SUMMER ROLL WITH  
PEANUT SAUCE



GRILLED PORK  
SKEWERS (MOO PING)



THAI TEA



THAI COCONUT  
PANCAKE (KANOM  
KROK)



# Summer Rolls with Peanut Sauce

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## INGREDIENT:

- Rice paper wrappers
- 1 cup lettuce, shredded
- 1 cup carrots, julienned
- 1 cup cucumber, julienned
- 1/2 cup fresh mint leaves
- 1/2 cup fresh cilantro leaves
- 1/2 cup fresh Thai basil
- 1 cup bell peppers, julienned
- 1 cup cooked rice noodles

### Peanut Sauce:

- 1/4 cup peanut butter
- 2 tbsp hoisin sauce
- 2 tsp minced garlic
- 1 tbsp soy sauce
- 1 tbsp lime juice
- 1/4 cup water

## HOW TO DO IT:

1. Soften rice paper wrappers in room temperature water for 5 seconds.
2. Lay the wrapper on a flat surface and fill it with vegetables, herbs, and rice noodles.
3. Roll tightly and serve with peanut sauce.
4. For the sauce, mix all ingredients until smooth.





# Vegetable Spring Roll

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## INGREDIENT:

- Spring roll wrappers
- 1 cup carrots, julienned
- 1 cup cabbage, shredded
- 1 cup bean sprouts
- ½ cup diced onion
- ½ cup oyster mushrooms, julienned
- 1 cup spinach
- 1 cup bell peppers, julienned
- ½ cup mung bean noodles, soaked and chopped
- Fresh Herb mix :4 cloves garlic, minced, 1 teaspoon of black pepper, 2 fresh coriander roots.
- 1 tbsp soy sauce
- 2 tbsp oyster sauce
- 1 tsp sesame oil
- Oil for frying
- 1 egg

### Sweet-and-Sour Sauce:

- ¼ cup rice vinegar
- ¼ cup sugar
- 1 tbsp soy sauce
- 1 tsp cornstarch mixed with 1 tbsp water

## HOW TO DO IT:

1. Pound fresh herb mix: garlic, black pepper, and coriander roots until roughly smooth.
2. Stir-fry the pounded herbs in frying oil, then add onion, mushrooms, bell peppers, carrots, and cabbage. Cook for 5 minutes.
3. Add soy sauce, oyster sauce, sesame oil, spinach, bean sprouts, and mung bean noodles. Mix well and let cool.
4. Place the filling in wrappers, roll tightly, and seal the edges with egg.
5. Fry in hot oil until golden brown.
6. For the sauce, combine all ingredients in a saucepan and heat until thickened.



# Chicken Panang

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## INGREDIENT:

- 2 tbsp Panang curry paste
- 1 lb chicken thighs, sliced
- 1 cup coconut milk
- 1 tbsp fish sauce
- 1 tbsp palm sugar
- 5 kaffir lime leaves (1 torn, 4 julienned)
- 1 red chili, sliced for garnish

## HOW TO DO IT:

1. Heat 3 tbsp of coconut milk on low heat until bubbly, then add curry paste and 1 torn kaffir lime leaf. Stir until aromatic.
2. Add chicken, fish sauce, palm sugar, and the remaining coconut milk. Simmer for about 20 minutes.
3. Garnish with julienned kaffir lime leaves and chili. Serve with jasmine rice.





# Herbal Rice Balls with Thai Sour Sausage (Kao Yum Nham Khook)

## INGREDIENT:

- 3 cups cooked jasmine rice
- 2 tbsp red curry paste
- ¼ cup shredded kaffir lime leaves
- ½ cup ground pork (optional)
- ½ cup shallots, diced
- 1 beaten egg
- 1 tsp cornstarch
- ¼ cup peanuts
- ¼ cup dried Thai chili peppers
- ½ cup green onions and cilantro, minced
- 2 tbsp lime juice
- 1 tsp fish sauce
- ¼ cup ginger, julienned
- ½ cup all-purpose flour
- 1 cup cold water
- Thai sour sausage (Nham)
- Lettuce leaves, peanuts, and fresh herbs (basil, mint) for serving

## HOW TO DO IT:

1. Mix rice, curry paste, kaffir lime leaves, egg, cornstarch, and pork. Form into balls.
2. Mix all-purpose flour with cold water to make a batter.
3. Deep-fry peanuts and dried Thai chili peppers.
4. Dip the rice balls in the batter and deep-fry until crispy and golden.
5. Let the rice balls cool, then break them into small chunks. Mix with Thai sour sausage, shallots, ginger, green onions, cilantro, lime juice, and fish sauce.
6. Garnish with peanuts and dried chili peppers.
7. Serve with lettuce and herbs.





# Grilled Pork Skewers with Thai Dipping Sauce (Moo Ping)

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## INGREDIENT:

For the pork skewers:

- 1 lb pork shoulder, sliced
- 2 tbsp oyster sauce
- 1 tbsp soy sauce
- 1 tbsp mushroom sauce
- 1 tbsp palm sugar
- Fresh Herb mix :4 cloves garlic, minced, 1 teaspoon of black pepper, 2 fresh coriander roots.

For the Thai dipping sauce:

- 1/4 cup tamarind juice
- 1 tbsp fish sauce
- 1 tbsp palm sugar
- 1 tsp toasted rice powder
- 1 tsp chili flakes
- 2 tbsp finely chopped mixed herbs (green onion, cilantro, and mint)

## HOW TO DO IT:

1. Pound fresh herb mix: garlic, black pepper, and coriander roots until roughly smooth.
2. Stir-fry pound herbs in frying oil, then add onion, mushroom, bell peppers, carrots, cabbage, cook for 5 minutes.
3. Add soy sauce, oyster sauce, sesame oil, spinach, bean sprout and mung bean noodles, mix, and let cool.
4. Place filling in wrappers, roll tightly, and seal the edges with egg.
5. Fry in hot oil until golden brown.





# Thai Coconut Pancakes (Kanom Krok)

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## INGREDIENT:

### Shell:

- 50g cooked jasmine rice
- 50g rice flour
- 1 cup water
- ¼ cup coconut milk
- ¼ cup shredded dried coconut (use fresh if available)
- 30g palm sugar, chopped
- ¼ tsp salt

### Filling:

- 1 cup coconut milk
- 2 tbsp granulated sugar
- ¼ tsp salt
- 2 tbsp rice flour

### Toppings (optional):

- ¼ cup sweet corn, green onions, or taro

## HOW TO DO IT:

1. Blend all shell ingredients until smooth.
2. Whisk the filling ingredients until sugar dissolves.
3. Heat a Kanom Krok pan, grease with coconut oil, and pour shell batter into each cavity.
4. Add the filling and let cook until the bottoms are crispy and golden.
5. Top with desired toppings and continue cooking until set. Serve warm.

# Thai Iced Tea

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## INGREDIENT:

- 4 cups strongly brewed black tea
- 1/2 cup sugar
- 1/2 cup whole milk
- 1/2 cup evaporated milk
- Ice cube

## HOW TO DO IT:

1. Brew tea and mix with sugar while hot. Let cool and add whole milk.
2. Pour over ice and top with evaporated milk. Stir before drinking.





# Hello, I'm

## Piyorose "Rose" Narakol

Rose is a passionate Thai cooking instructor with deep roots in Thailand, where she was born, raised, and educated. Her culinary journey began at the age of six, mastering home-cooked meals that captured the essence of Thai cuisine. At the age of 16, she won a regional cooking championship, further honing her skills through years of practice and dedication.



"Do things at your own pace. Life's not a race."

In addition to her culinary achievements, Rose earned a bachelor's degree in business and has successfully launched and managed an international exchange visitor company for the past eight years. She is married to Ken Knight, and together they have a 13-year-old son. The family relocated from Chicago two years ago. Rose is also serving as the office manager for the Office of Veterans Programs at Penn State University. Rose's vibrant background includes hosting high-profile diplomatic events, where she showcased her culinary expertise and warm hospitality. Combining authentic Thai cooking techniques with her love for teaching, Rose creates engaging, hands-on cooking classes that bring the flavors and culture of Thailand to life for her students.

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