



# Thai Cooking Class

# **Rattanakosin Menu**

The Pavilions Phuket





## Introduction to the Thai Culinary Arts

All Thais are taught in school that there are four significant periods in Thai history. First, there is the 'Sukhothai' era (1238 - 1438), when the Siamese kingdom's capital was located slightly north of where it is now, the great Ayutthaya era (1351 - 1767), when Siam thrived and became a wealthy and prosperous kingdom, the turbulent Thonburi period (1768 1782); and finally the Rattanakosin era (1782. present), which ushered in the modern Thailand that we know today.

Not surprisingly, Thai cuisine has evolved along the same lines as Thai history, as many of the innovations that radically transformed Thai cuisine were introduced through the royal court and influences from India, Portugal and China. The major influences on Thai cuisine depended, and continue to rely on four basic things: the availability of raw materials, the cooking implements used, the way fire is used to cook (in other words, the method of cooking), and influences from the outside world.

## Rattanakosin Menu

In this menu, we will focus on the strong Chinese influence over Thai food during this era as trade evolved, transforming Thai cuisine with the introduction of woks, stir-frying, frying and sources of starch such as noodles.

### Goong Sarong

Deep-fried marinated prawn wrapped with vermicelli noodle

### Gaeng Phed Ped Yang.

Thai red curry with duck, pineapple and red grape

### Gai Pad Med Mamuang Himmapharn

Stir-fried chicken with cashew nut and tri-colour capsicum

### Gluay Tord

Thai style deep-fried ripe banana



# Goong Sarong

Deep-fried marinated prawn wrapped with vermicelli noodle

## Ingredients

- ◆ Dried Vermicelli Noodle  
40 grams
- ◆ Black Ground Pepper  
2 pinch
- ◆ Fresh Coriander Root  
2 pieces, chopped
- ◆ Sea Salt  
1 pinch
- ◆ Fresh Large Prawns  
6 pieces, peeled
- ◆ Water  
1/2 cup
- ◆ Vegetable Oil  
1 cup
- ◆ Sweet Chili Sauce  
3 teaspoons
- ◆ Fresh Bird Eye Chili  
1 piece, julienned (garnish)
- ◆ Fresh Coriander Leaf  
4 pieces (garnish)

## Chef Notes

Note that this is a very simple recipe that is great in presentation and easy to prepare. Prawns can be replaced with ground pork rolled up into small balls and wrapped around in the same manner.



## Preparation

1. Peel prawns leaving the shell tail on only. Once done, in a bowl add prawn in black pepper, coriander root and salt. Mix well.
2. In another bowl, add water and soak the vermicelli noodle until it is soft, once done, drain the water.
3. In a wok heat the vegetable oil over high heat or turn on the deep-fryer.
4. Grab the prawn and vermicelli noodle, and roll starting from the top of the prawn, working your way down to the tail section. Make sure it is gently done or vermicelli noodle will break, but it has to be somewhat tight to hold the noodle with prawn together when deep-fried.
5. Once all prawns are rolled up, gently place 1 or 2 prawns at a time on a skimmer and into the oil. Once it turns golden brown and crispy, transfer the prawn gently to paper towels to absorb excess oil.
6. Once ready, serve on a plate together with the sweet chili sauce on the side. For garnish add coriander leaves and julienned chili on top.



# Gaeng Phed Ped Yang

Thai red curry with duck, pineapple and red grape

## Ingredients

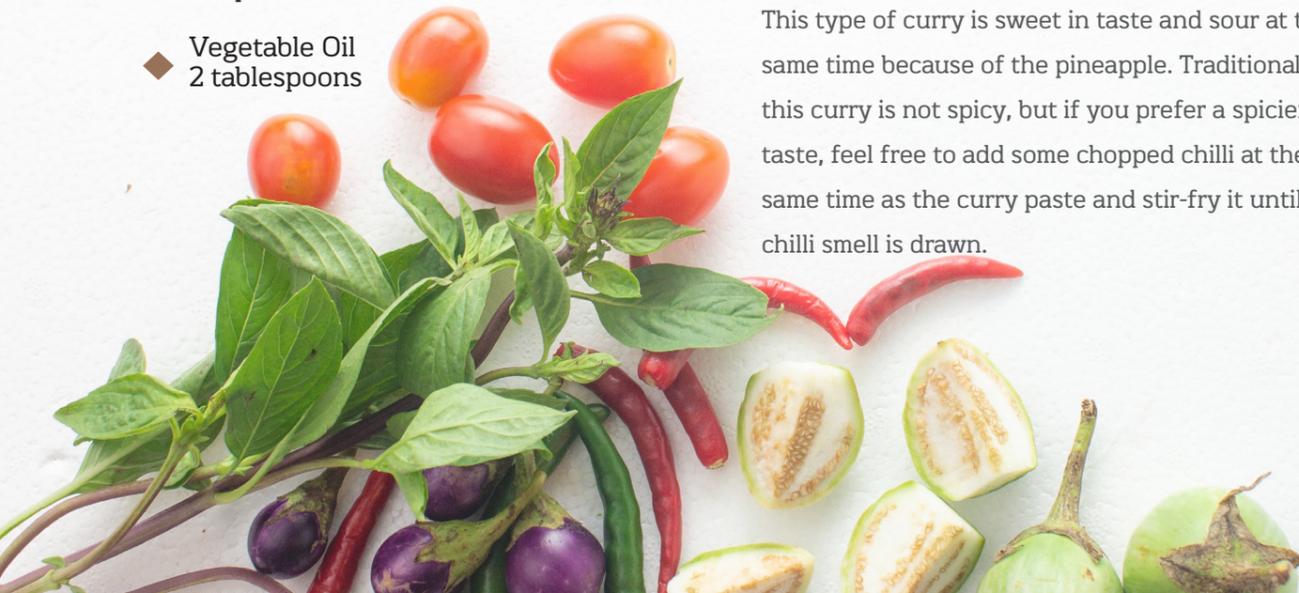
- ◆ Roasted Duck  
100 grams, sliced
- ◆ Thai Red Curry Paste  
2 tablespoons
- ◆ Fresh Kaffir Lime Leaf  
2 pieces
- ◆ Coconut Milk  
1 cup
- ◆ Fresh Thai Eggplant  
3-4 pieces, cut in half
- ◆ Fresh Thai Pea Eggplant  
6-7 pieces
- ◆ Fresh Cherry Tomato  
9-10 pieces
- ◆ Fresh Red Grape  
5-6 pieces
- ◆ Fresh Pineapple Slice  
4-5 pieces, sliced one third
- ◆ Palm Sugar  
1 tablespoon
- ◆ Fish Sauce  
2 tablespoon
- ◆ Fresh Bird Eye Chilli  
1 piece, sliced diagonally
- ◆ Fresh Sweet Basil Leaf  
3-4 pieces
- ◆ Vegetable Oil  
2 tablespoons

## Preparation

1. In a pot over medium heat, add oil, and stir in the curry paste and kaffir lime leaves.
2. Add the duck and stir evenly for 1-2 minutes. Add coconut milk into the pot and allow for it to boil.
3. Once boiled, add the eggplants, tomato, grape and pineapple into the soup, and allow for it to cook until the flavours of pineapple and grape is drawn into the soup.
4. Season the soup with palm sugar, fish sauce and allow to boil, stir to dissolve the palm sugar.
5. Add the chilli and sweet basil leaves into the soup, stir 1 or 2 times and remove from heat.
6. Serve while still hot into individual bowls and you may top with coconut cream if desired. Serve with steamed rice.

### Chef Notes

This type of curry is sweet in taste and sour at the same time because of the pineapple. Traditionally this curry is not spicy, but if you prefer a spicier taste, feel free to add some chopped chilli at the same time as the curry paste and stir-fry it until the chilli smell is drawn.





# Gai Pad Med Mamuang Himmarn

Stir-fried chicken with cashew nut and tri-colour capsicum

## Ingredients

- ◆ Boneless Chicken  
100 grams, sliced
- ◆ Roasted Cashew Nut  
20 grams
- ◆ Wheat Flour  
1/2 cup
- ◆ Fresh Capsicum  
1/2 pieces of each colour, sliced
- ◆ Fresh Onion  
1/2 piece, sliced
- ◆ Dried Chili  
5-6 pieces
- ◆ Thai Chili Paste  
2 tablespoons
- ◆ Oyster Sauce  
2 tablespoons
- ◆ Granulated White Sugar  
1 teaspoon
- ◆ Soy Sauce  
1 teaspoon
- ◆ Sesame oil  
2 teaspoons
- ◆ Chinese Whisky  
1 teaspoon
- ◆ Fresh Spring Onion Stalk  
1-2 pieces, cut into 2-inch
- ◆ Vegetable Oil  
2 tablespoons, for stir-fry
- ◆ Vegetable Oil  
2 cup, for deep-fry

## Preparation

1. In a bowl lightly cover chicken slices with wheat flour.
2. Deep-fry the chicken in a wok add the vegetable oil over high heat or use a deep-fryer. The chicken will be ready once it turns golden, do not burn the chicken or it will become very dry. Set chicken aside.
3. In a wok over medium heat add the oil for stir-frying, stir in the capsicum, onion, dry Chili and cashew nut. Mix well and stir for 1-2 minutes.
4. Season with Chili paste, oyster sauce, white sugar and soya sauce, mix well.
5. Add chicken in, and sesame oil, whisky and spring onion, stir quickly.
6. Remove from heat and serve with steamed rice.

## Chef Notes

This dish is originally Chinese, however, the Thai adopted it and added a 'Thai' twist to it. You may use boneless chicken thigh, as it does not dry out as quick as chicken breast and has more flavour.



# Gluay Tord

Thai style deep-fried ripe banana

## Ingredients

- ◆ Ripe Thai Banana  
2 pieces
- ◆ Coconut Meat  
1/2 cup, shredded
- ◆ Wheat Flour  
1 cup
- ◆ Rice Flour  
1 tablespoon
- ◆ Baking Soda  
1 teaspoon
- ◆ Water  
1/2 cup
- ◆ Granulated White Sugar  
2 tablespoons
- ◆ Sea Salt  
2 pinch
- ◆ Vegetable Oil  
1 cup, for deep-fry

## Chef Notes

Thai banana (gluay nam wah) is much shorter than the usual Cavendish banana that is found in most countries outside Thailand. If you are using Cavendish banana you may need to cut it in half or one-third length. Also, you may replace banana with a variety of different items such as steamed taro, baked sweet potato, etc. The ice cream on the side will help to enhance flavour and cut down the greasiness when eating deep-fried items.



## Preparation

1. In a mixer bowl add coconut meat, wheat flour, rice flour, baking soda, sugar, salt and water together. Mix well.
2. In a wok add the oil for deep-frying over medium heat or use a deep-fryer.
3. Peel the banana and dip into the mixture, ensuring that it is fully covered.
4. Deep-fry the banana until it is crispy and brown. Once ready transfer to a paper towel to drain the excess oil.
5. Serve on a plate; you may serve together with ginger ice cream or any other ice cream with the banana.





## Re-Discover Thai Cuisine at The Plantation Club

Inspired by the region's rich colonial history as a trade route, The Plantation Club's culinary focus is re-interpreting classic Thai dishes while utilising locally sourced ingredients.

The menu exclusively features fresh produce grown only in The Pavilions Gardens, or by local farmers who grow their product ethically. Through these ongoing relationships, we ensure our guests receive the freshest seasonal produce all year round which supports sustainability within our community.

