



Thai Pineapple Fried Rice (Khao Pad Kra Phao)

Rice makes a healthy and tasty spring meal, with lots of healthy carbohydrates mixed with fresh vegetables make for a delicious and energizing dish that will see you through the last of the cold days. For fried rice that's incredibly good, plus easy to make and beautiful to serve, try this fantastic recipe.

Easy and simple steps as demonstrated in class:



Some Cool Facts about the Ingredients used:

Jasmine Rice



Jasmine rice is originally from Thailand. Long grain scented jasmine rice is very popular in Asian cooking. The grains will cling when cooked, though it is less sticky than other rice. The trick is to use less water, so that the rice is really being steamed instead of boiled during the second half of the cooking process. Jasmine rice is often compared to Indian Basmati rice, another long grained rice variety. However, Basmati is aged before being sold, and has a different although equally delicious flavor. Many cooks use the two kinds of rice interchangeably, although most agree that Thai food should be eaten with jasmine rice, if possible.

Onions are very good for us, but what about the tears? Tears can be easily avoided if you chop your onion inside a clear storage bag...this allows you to see while you chop with most of the juices trapped inside the bag. Another popular way to avoid tears is to chop your onion under water. Also, you can avoid some tears by putting onions in the refrigerator for an hour or in the freezer for about 10 minutes. If all else fails, get your mom to chop them...she always likes a good cry!



Basil



Fresh herbs pack a lot of flavour and nutrition, especially when they are used in a raw format. Fresh herbs have a much more delicate flavour than the dried form of the herb, which tend to be more concentrated. Generally, the ratio is three times as much fresh herb to dried herb. Some of the most popular herbs used in cooking are basil, parsley, coriander, chives, sage, oregano, thyme, mint and rosemary. If you buy freshly cut herbs from your supermarket, they should be stored in the refrigerator wrapped in a damp paper towel and placed in a plastic bag for up to three or four days.

Red Bell Pepper

While coloured bell peppers share comparable shapes and sizes, there's something more than hue that distinguishes them apart. The point of maturity reached by a bell pepper at the time it's picked determines the pepper's color and taste. It also affects nutritional value. Green bell peppers are not mature and are the most bitter. Yellow and orange peppers are matured for a longer time and are slightly sweeter than green peppers. Red peppers are matured for the longest period and are the sweetest of them all. The more mature the pepper, the sweeter it is and the more nutrition it has.



The Importance of Food in Thai Culture

In Thailand, food forms a central part of any social occasions. That is, food often becomes the social occasion in itself, or reason to celebrate. This is partly due to the friendly, social nature of Thai people, but also because of the way in which food is ordered and eaten in Thailand. A typical Thai meal includes four main seasonings: salty, sweet, sour, and spicy. Indeed, most Thai dishes are not considered satisfying unless they combine all four tastes.

In the West, a "normal" restaurant meal consists of a starter followed by the main course and dessert, with each individual ordering only for him or her. In Thailand, there is no such thing as a starter; neither is there any dish that belongs only to one person. As a general rule, Thai diners order the same number of dishes as people present; however, all dishes are shared and enjoyed together. In fact, in Thailand it is believed that eating alone is bad luck.

The formal presentation of food is another important aspect of Thai culture. Developed primarily in the palace to please the King of Siam, Thai food presentation is among the most exquisite in the world. Serving platters are decorated with all variety of carved vegetables and fruits into flowers and other pieces of beauty. Palace-style stir-fries include elegantly carved vegetables within the dish itself.

