

Penn Hongthong Author of Simple Laotian Cooking and Healthy Lao Cuisine
 Catering and private lesson
 Cooking show: Simple Lao Cuisine on YouTube: penn hongthong
 PO BOX 327, Middle Island, NY 11953
 Tel: 631.312.1180
 E-mail: laotianchefs@aol.com
www.laochef.com

STICKY RICE OR SWEET RICE (Kao Neo)

Be sure to ask for Sweet Rice / Sticky Rice from Thailand.

1 cup rice per serving

Soak the rice in very warm from the faucet for 45 minutes if in hurry, best is soak for 2 hours. I prefer to soak it in the morning before leaving for work and cook it for dinner.

Fill the steamer pot with water up to 3 inches from the bottom and place on high heat (make sure the rice will not touch the water when the steamer basket is inserted).

Pour the rice in the steamer-basket, rinse and drain well. Place it on the steamer-pot, steam with a cover on high heat. Steam until the rice is cooked about 10-15 minutes. Take the basket off the pot, wet a wooden spoon and stir the rice for a minute to cool then transfer to a bamboo rice-container. The bamboo container will keep the rice warm without locking the moisture that will make the rice saggy.

How to eat:

Pick up the sticky rice with your hand and form a ball to dip it in the sauce or eat with anything your heart desire. Sticky rice is Lao's bread, eat it as how you eat the bread.

How to reheat the rice

Fill the pot with water up to 3 inches from bottom and place it on high heat. Wet the steamer-basket and the access water drip off. Break up the rice into small pieces and add it in the steamer-basket. Place the basket in the steamer-pot and steam until the rice is soft, about 10 minutes. The rice is reheat faster and it is softer.

Note:

The rice stays good in a room temperature for a couple of days, but must be reheated within 24 hours otherwise it will dry up. Place the cool leftover rice in a plastic bag and refrigerate until ready to reheat. **Surn Sap (Enjoy your meal)**



GRILLED SALMON

2 pieces of salmon
1 table extra virgin olive oil
½ tablespoon soy sauce
½ tablespoon oyster sauce
1 teaspoon honey if desire
1 teaspoon black pepper
1 teaspoon red pepper or chopped fresh hot pepper of any kind.

Place the salmon on a medium frying pan or a pot. Add the olive oil, soy sauce, oyster sauce, honey, black pepper and red pepper. Place on medium heat and cover for 3 minutes. Take the cover off to evaporate the moisture, leaving the sauce to be nice and creamy. Cooking this way is fast, lock in all the flavor and save time and money. You can marinate the salmon over and grill 3 minutes on each side. **Surn Sap (Enjoy your meal)**



CARROT SALAD

In 1980 when I arrived in Long Island, New York, there were no green papaya available. My sisters and I craved papaya salad. Someone told us to use carrots instead and it worked out great. We now enjoyed this salad as much as papaya salad. Of course, we Lao women like it extremely spicy.

½ pound carrots
1 ½ tablespoons fish sauce
1 tablespoon lime juice
½ teaspoon salt
1 tablespoon sugar
2 small red hot peppers (more or less as you desire) finely chopped
1 clove garlic, finely chopped
5 cherry tomatoes, quartered

Peel and shred the carrots thin and long, (a food processor or a food slicer work very well). Make 2 cups.

In a large mixing bowl, add fish sauce and lime juice to kill the fishiness, mix well. Add the salt, sugar, hot pepper, garlic, tomatoes and carrot. With both hands, using gloves if desired, mix and squeeze at the same time until all ingredients are well mixed and soft, about 10-15 times. Transfer to a serving plate and accompany with sliced green cabbage. Serve as an appetizer or side dish with grilled chicken or pork and sticky rice. Serves 2. **Surn Sap (Enjoy your meal)**



BANANA TAPIOCA (Num Waan Koy)

In Laos, there are many varieties banana and plentiful. The size runs from one bite to 2 pounds. Smaller ones taste better but are more expensive. There are many kinds of desserts using bananas. Traditionally, this recipe was make with a small banana that has a texture similar to a plantain.

2 large ripe plantains (black plantain)
½ cup tapioca
1 can (13.5 ounces) coconut milk
1/2 cup sugar
½ teaspoon salt

In a large pot add 3 cups of water and bring to a boil on high heat. Add the tapioca, stirring well and return to a boil. Turn the heat to medium and simmer for 5 minutes, stirring occasionally. Cover and let it sit until ready to use, about 10 minutes.

Peel the plantains and cut it in quarters lengthwise and into bite-size pieces. Place them in a medium pot and add 2 cups of water or to the level of the banana. Cover and cook for 5 minutes. Add the coconut milk, sugar and salt; return to a boil, stirring occasionally. Add the cooked tapioca, stirring well and return to a boil. Turn off the heat and let it sit for 20 minutes. Serve warm, room temperature or cold. Serve in martini class and garnish with sprig of mint. Serves 6 or more.

Surn Sap (Enjoy your meal)

