Penn Hongthong Author of Simple Laotian Cooking and Healthy Lao Cuisine
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JASMINE RICE

1 cup jasmine rice
1 ½ water

Add the rice to a pot, add water to clean the rice. Rinse the rice 2 to 3 times. Add 1½ cup of water, place on high heat and bring to a boil. As soon as it's boiling, turn the heat low and simmer for 8 to 10 minutes. Turn off the heat and let it sit for another 6 to 10 minutes. Mix well to fluff the rice. Serve hot.

RED CURRY WITH TOFU AND VEGETABLES

2 tablespoons coconut oil or any oil
1 tablespoon red curry paste = ¼ of the can
1 can coconut milk
1 teaspoon salt
1 tablespoon sugar (optional)
2 tablespoons fish sauce
¼ cup dried wood ear mushroom, soak in warm water for 30 minutes or 1 cup any mushroom
1 package firm or extra firm tofu, cut in cubes
1 cup cauliflower florets
1 cup snap peas or frozen peas or asparagus
2 stalk scallions, chopped
1-2 cup Thai basil or sweet basil

Preheat a wok or a pot with coconut oil on medium heat. Add the curry paste and mixing well to release the flavor. Add the coconut milk, salt, sugar, fish sauce and wood ear mushroom. Stirring well, cover and bring to a boil, cook for 3 minutes. Add the tofu, snap peas and cauliflower; cover and return to a boil. Add the scallions and basil, stirring well and turn off the heat. Transfer to a pasta bowl and serve hot with jasmine rice.




BASIL CHICKEN

2 tablespoons olive oil or any oil
6 cloves garlic, shopped
1 pound chicken breast, cut in bite-size pieces or ground chicken
1 teaspoon salt
2 tablespoons soy sauce
2 tablespoons oyster sauce
1 cup of each chopped red, yellow and orange bell peppers
1 medium red onion, chopped
2 stalks scallions, chopped
1-2 cups Thai basil or sweet basil, coarsely chopped

Preheat a wok or large frying pan with oil on high heat, swirl to coat the bottom of the wok with oil. Add the garlic and stirring constantly until light brown to get the maximum flavor. Add the chicken and salt; stirring constantly to cook for 5 minutes. Add the soy sauce and oyster sauce stirring well, allowing the chicken to absorb the flavor. Add the bell peppers and onion, stirring constantly for 2 minutes to cook lightly and still can taste the freshness and sweetness of the bell peppers. Add the scallions and Basil, stirring well and turn off the heat. Transfer to a pasta bowl and serve hot with jasmine rice or any rice.

