

# Thai Cookery School



Hi! I'm Nong Lawson. I'm from Chiang Rai in North Thailand, and I offer tailored authentic Thai cookery lessons in your own home.

Each class is £40, in which you learn two dishes of your choice. (It's usually about 90 minutes).

Double lessons are £75. I teach when the kids are at school; evenings and weekends are possible if I can find a babysitter (and costs more, to pay the babysitter).

Extra people cost £5 extra per head.

## What you need

Each student will need:

- a sharp knife (and I mean really, really sharp!)
- a chopping board
- a good quality frying pan, or saucepan with a lid, depending on the lesson's core dish
- a sense of adventure and a hearty appetite—or invite a friend round at the end of the lesson to help you eat your masterpiece!

It's also vital that you get freshest, best quality ingredients you can lay your hands on.

## What I provide

- Careful, patient and fun demonstrations of how to prepare, cook, taste and serve your food for a fully-authentic Thai experience
- Worksheets for each dish to remind you of the method and suggested variations
- Lists of ingredients in preparation for the next lesson
- A knife-sharpener (I've never yet visited an English kitchen with a truly sharp knife!)

## Contact Me

To book a lesson, or discuss a favourite dish that you'd like to cook but isn't on the list overleaf, please email [nong@thaicookery.co.uk](mailto:nong@thaicookery.co.uk).

## Courses and dishes

Most courses centre around the popular Thai dishes listed below, but you're the boss—I can easily tailor the course if there's a dish you've eaten somewhere that you want to learn. See my website for [www.thaicookery.co.uk/courses](http://www.thaicookery.co.uk/courses) for pictures of the dishes.

### Introduction to Thai cooking

Your first lesson will introduce you to the flavours of Thai cooking and its essential ingredients. You'll learn how to cook rice properly, and to get started, you'll learn how to cook a popular mild Thai dish, [chicken with cashew nuts](#) and [pad pak ruammit](#) (stir-fried mixed vegetables).

### Soup

We Thais love soups. They aren't reserved as starters, but come with the other main course dishes, and are spooned over rice and eaten. You'll learn the sour, lemony soup [tom yam](#) and the rich, coconut-based [tom kha](#), using fish, seafood or the meat of your choosing.

### Curry

Thai curries are very different from Indian curries. There's [green curry](#), with its spicy sauce and peppery baby eggplants. There's coconut-based [red curry](#) which is excellent with duck or pork. There's [geng ga-rii gai](#), a mild yellow curry, rich paneng curry, and [mussaman](#) curry, which was originally cooked by Thailand's muslims using that exotic vegetable, the potato (well, it's exotic for Thailand!).

### Salads

Thai salads are nothing like European ones; the term generally refers simply to dishes whose only cooked ingredients is the meat or seafood. Generally, a significant part of the salad is chilli, so you can expect them to be pretty spicy.

You'll learn spicy beef or squid salad, or the [samtam](#), the legendarily spicy raw papaya salad from Isaan, the North-east of Thailand (subject to the availability of the ingredients, and your bravery).

### Stir fries and one-plate meals

These are the quick and nutritious meals that you grab for a snack or a lunchtime meal on the go. They're common in cafés near offices and schools. Sample dishes are [beef in oyster sauce](#), [pad krapow](#) (meat and vegetables stir-fried with Holy basil ), [egg-fried rice](#) and [gai pad khing](#) (chicken fried with ginger).

### Noodles

This dish, originally from China, has been adopted and adapted by Thais as a delicious fast food. There are hundreds of different noodle dishes, so we suggest our favourites:

[pad see eww](#): wide noodles, fried with vegetables, egg and meat; [duck noodles](#): egg noodles in duck soup; [pad kee mao](#) ("drunk noodles"): fried wide noodles, with a chilli kick; [pad thai](#): everyone's favourite: stir-fried rice noodles with eggs, fish sauce, tamarind juice, red chilli pepper, plus any combination of bean sprouts, shrimp, chicken, or tofu, garnished with crushed peanuts and coriander

### Party Specials

These are dishes that take a little extra preparation, so they look as great as they taste. We cook them to wow guests at dinner parties—you'll want to do the same.

[plaa manow](#): a whole fish cooked under a mound of lime, garlic and chilli. It looks spectacular on the plate and is tasty but surprisingly not very spicy. The very nicest (but expensive) way to prepare this dish is to use monkfish; the thick flesh absorbs the flavours absolutely perfectly.

[kao ob sapparot](#): rice cooked and served in a hollowed-out pineapple

[spring rolls](#): you know what these are!

[gai hor bai teuy](#): bite-sized pieces of boneless chicken cooked in parcels of pandanus leaves.