

**FOR IMMEDIATE RELEASE DECEMBER 3, 2004, 2004**

**CONTACT:** Phant Worakul Tel: (707)874-3113 Fax: (707)874-2534 Email: info@thaissance.com  
Web Site: [www.thaissance.com](http://www.thaissance.com)

**NEW THAI COOKBOOK AVAILABLE IN PRINT OR ON CD, ON-LINE AND IN STORES**

Thai Essence is pleased to announce the publication of *Classical and Traditional Home-Style Thai Cooking*© by Phant Worakul. This exceptional cookbook takes the mystery out of Thai food for the home cook. Worakul presents recipes for every phase of a complete, authentic Thai meal using ingredients available in the U.S. and techniques designed for people new to Thai cooking. Each recipe includes easy-to-follow steps, and is accompanied by a beautiful color photograph of the dish.



*Classical and Traditional Home-Style Thai Cooking* provides recipes in each of the 14 main food categories in Thai cooking: soups, salads, curries, stir-fried, deep-fried, grilled, barbecued, baked, steamed, boiled, dipping sauces, dessert, and one plate meals. A meal composition chart is included, showing how to combine tastes artfully and select dishes from the 14 food categories to create a complete Thai meal. There is also an extensive pictorial glossary of ingredients.

In addition to over 50 recipes, the author includes material on the history and regions of Thailand and their influence on Thai cuisine, as well as a quick and thorough course in the fundamentals of Thai cooking. Topics covered include: the uses of specific tastes and textures, a description of the different kinds of curries, how to handle ingredients, as well as equipment and presentation techniques. *Classical and Traditional Home-Style Thai Cooking* will appeal to the many fans of Thai cuisine, as well as to all beginner and experienced cooks who want to expand their cooking knowledge and skills.

The CD-ROM version is currently available for PCs running Windows 2000 or higher. It contains all of the book's features plus music, graphics, voice instructions to guide the user through the program, and a PDF printable version of the cookbook.

For more details, sample recipes, and purchase info, please go to [www.thaissance.com](http://www.thaissance.com) (Book: \$24.75, CD: \$21.75, or both for \$41.75). The site also features recipes and cooking techniques, where to find ingredients across the U.S., products for purchase and more.

**ABOUT THE AUTHOR**



Phant (pronounced "Pon") Worakul is from Thailand and grew up in a food business family watching his mother and sisters cook daily. He was cooking by the age of nine and had mastered home-style Thai cooking by the age of 17 when he joined the family business.

Phant came to California in 1987 to pursue an education in engineering. While he was a student, he catered home-style Thai meals around Sonoma County and the San Francisco Bay Area, and continued to cook and cater for friends and family while working as a mechanical engineer. In this highly food-conscious area, word spread about "Chef Phant" (pronounced "Pon") and his delicious, visually beautiful meals. People also responded with raves to Worakul's friendly and accessible talks about all aspects of Thai cooking.

As the popularity of Thai food has increased dramatically, so has demand for Chef Phant's cooking and instruction. Phant is the founder of Thai Essence, providing personal chef services and cooking lessons. He has created many exotic dishes using Thai ingredients and fresh herbs that satisfy the American style of eating while maintaining the authenticity of Thai food.

**SAMPLE RECIPES FROM *Classical and Traditional Home-Style Thai Cooking* by Phant Worakul**

This cookbook stands out from any other Thai cookbook available because of its elegant, colorful presentation and the accessibility of the author's instructions. Home cooks can choose from the simplest, quickest dishes to the more complex and exotic simply by looking at the exquisite photos of every dish in the book. In addition to the food photography, which is exceptional, there are gorgeous photographs of Thailand and its people.

only b

ailan

ailan

## ***Shrimp with garlic and pepper***

*(Zung pad kratiam phirk thai)*



**The dish:** This dish is for people with a taste for garlic with seafood. It can be used as a one-plate meal and is quick to prepare. The wonderful flavors of fish sauce, sugar, garlic, and pepper in the hot oil will give you a lift. The special benefits of this dish are that it is light and healthy.

**Ingredients: Serving 4-6 people**

1 lb shrimp	1 tsp sugar
1 tbsp chopped garlic	1 tsp ground pepper
1 tsp chopped chili*	2 tbsp vegetable oil
1 tbsp fish sauce*	

**Hint:** Whole, fresh shrimp are best, but thawed frozen shrimp will do.

**Instruction:** Warm the oil in a deep-sided frying pan or wok over medium heat; add the garlic and stir-fry until golden brown. Add chili and stir-fry for 30 seconds, then add shrimp. Stir-fry for 30 seconds, then add fish sauce, sugar and pepper. Taste and adjust salt and sugar to your preferred balance of flavor. When the shrimp are cooked (they turn red – don't overcook), remove them from the heat. Serve while hot.

**Expectations of taste for this dish:** Buttery, slightly salty, and slightly sweet. It should have exquisite aroma from the garlic but not a fishy odor from the fish sauce.

**Origin:** Central Plains

### **\*Glossary info:**

#### 1. Chilies (phirk)



There are seven varieties of chilies used in Thai cooking: Red, green, yellow, phirk saun, phirk rai, spur chili, and phirk khi-nuu. All chilies have spicy taste to different degrees. The aromas and textures are also different. Most dried chili comes from red chili.

#### 2. Fish sauce (nam pla)



Fish sauce is made from fermented anchovy, salt, with some flavorings added. It is a main ingredient in almost every dish in Thai cooking. It is sold in many sizes. Each company's version has its own special aroma and taste. Some are saltier than others, some have a more pungent aroma. It is very salty. Do not over use it, and close the cap after using. No need to put it in the refrigerator after opening – it can keep for 1-2 months after opening.

## Dried red chicken curry

(*Laeng ped kai haeng*)



**The dish:** This dish uses a cooking style that was created for people who do not want to eat coconut milk but happen to love the taste of curry. Since the essence of Thai curry requires texture and flavor to maintain the true Thai taste, substitution for coconut is required. Cooking oil and the crispiness of chicken skin are used to replace this buttery taste. This dish has an extraordinary and well-balanced taste.

**Choice of main ingredient:** Pork, beef, chicken, or hard fried tofu

**Ingredients: Serving 4-6 people**

6 pieces chicken thigh  
1/2 cup fresh sweet basil  
2 tbsp red curry paste\*  
2 tbsp fish sauce\*

1 tsp sugar  
5-7 kaffir lime leaves\*  
1/4 cup red spur chili\*  
3 tbsp vegetable oil

**Hint:** Use 1 tbsp of fish sauce to marinate chicken for a minimum of 1 hour.

**Instruction:** Warm 2 tbsp. oil over medium heat. When the oil is hot, add chicken and pan fry until lightly browned on both sides (partially cooked). Remove chicken from the pan and set aside, and remove the cooking pan from heat. Mix the red curry paste into the oil in the pan. When it is thoroughly mixed, place the cooking pan back on the stove. Increase the heat to medium high and stir until the curry aroma is strong and recognizable (approximately 90 seconds). Return chicken to the pan and increase the heat to high. Stir-fry until chicken is thoroughly cooked (approximately 5 minutes), then add kaffir lime leaves, fish sauce, and sugar. Stir well for two minutes, then add spur chilies. Add sweet basil, and remove from the heat, and serve.

**Expectations of taste for this dish:** Sweet and slightly salty. Should have exquisite aroma from ingredients but not fishy from fish sauce. It should have a lingering taste and wonderful texture.

**Origin:** Chef Phant

### \*Glossary info:

#### 1. Red curry paste



Curry is a combination of herbs and spices that are made into a paste or powder. There are 12 different types of curries used in Thai cooking. You can buy many of them in Asian grocery stores. Red curry paste is the spiciest of the curry pastes, made with dried red chilies and sea salt as well as fresh herbs and spices. It is somewhat salty and spicy with a slightly lingering taste. If you do not like a real spicy taste, use a smaller portion than is given in the recipe.

#### 2. Fish sauce (nam pla)



Fish sauce is made from fermented anchovy, salt, with some flavorings added. It is a main ingredient in almost every dish in Thai cooking. It is sold in many sizes. Each company's version has its own special aroma and taste. Some are saltier than others, some have a more pungent aroma. It is very salty. Do not over use it, and close the cap after using. No need to put it in the refrigerator after opening – it can keep for 1-2 months after opening.

#### 3. Kaffir lime (makrut)



Leaves are called bai makrut and are used for making soup and curry dishes. Fruit is called luk makrut. Skin is used for making curry paste. Juice is called nam makrut. It can be used for making a drink. It has a hot-astringent taste.

#### 4. Chilies (phirk)



There are seven varieties of chilies used in Thai cooking: Red, green, yellow, phirk saun, phirk rai, spur chili, and phirk khi-nuu. All chilies have spicy taste to different degrees. The aromas and textures are also different. Most dried chili comes from red chili.