



COOKING CLASSES
AT SUR LA TABLE

**THAI FLAVORS:
GREEN CURRY COD**

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 4, 6-ounce cod fillets

Produce

- 1 shallot
- 1 lime
- 4 small baby bok choy
- 1 bunch cilantro
- 1 bunch green onions
- 1 Thai red chile
- 3 inch piece fresh ginger root
- 2 garlic cloves

Pantry Items

- Vegetable oil
- 1, 15-ounce can unsweetened coconut milk
- 3 cups chicken, vegetable, or seafood broth
- 2 cups chicken broth or water
- Light brown sugar
- 1 1/2 cups jasmine rice
- Kosher or sea salt

Specialty items

- Thai green curry paste
- Fish sauce
- 2 makrut lime leaves (see recipe for substitutions)

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife

Hand Tools/Gadgets

- Measuring cups and spoons
- Cutting board
- Can opener
- Wooden spoon
- Mixing bowls (various sizes)
- Fine-mesh strainer
- Ladle
- Slotted spoon or spider
- Ginger grater or microplane (optional)
- Fork

Cookware

- 2-3 quart saucepan
- Medium saucepan with a tight-fitting lid

Tabletop

- Serving bowls

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

All Recipes

1. Wash and dry all the produce.
2. For frozen cod, thaw in the refrigerator overnight.

How to Select Fresh Fish and Shellfish

Here are a few simple guidelines to help you pick the freshest and highest-quality products:

- Fresh fish or shellfish should always smell fresh like the sea, not “fishy.”
- When selecting a whole fish, look for:
 - Clear, bright and bulging eyes, not cloudy or sunken.
 - Scales should be tightly attached to the skin, not sticky or tacky.
 - Flesh that is springy when touched, not soft.
 - Bright pink to maroon-colored gills.
- When buying shellfish, such as shrimp, the items in a grocery store case have typically been frozen and thawed. Choose frozen items, since most frozen seafood has been processed using the IQF (individually quick frozen) process when caught.
- When buying live shellfish, like clams, mussels and oysters, look for tightly closed shells or shells that close when touched. If you notice any shells that do not close when tapped, discard them.
- When buying live shellfish, such as crab and lobster, look for signs of movement. When buying any fish or shellfish, transport them home as quickly as possible and store them in the refrigerator until just before cooking.
- Do not store fish in plastic; always store fish in a colander or stainless steel container over ice.

COD POACHED IN GREEN CURRY BROTH

Yield: 4 servings

The vibrant flavors of Thailand come to life in this multi-layered dish. If you cannot find makrut lime leaves, substitute with a 2-inch strip of lime zest.

2 tablespoons vegetable oil
2 tablespoons Thai green curry paste
1 shallot, thinly sliced
1 (15-ounce) can unsweetened coconut milk
3 cups chicken, vegetable, or seafood broth
1 tablespoon fresh lime juice
3 tablespoons fish sauce
1 tablespoon light brown sugar
2 makrut lime leaves, rough chopped
4 small baby bok choy, sliced in half
4 (6-ounce) cod fillets, thawed and drained if frozen
2 tablespoons fresh cilantro, chopped
2 green onions, white and light-green parts only, thinly sliced
1 Thai red chile, sliced into very thin rings

1. To a 2 to 3-quart saucepan over medium heat, add the oil. When the oil is shimmering, add the curry paste and shallot. Cook, stirring constantly until shallots are just starting to soften and the curry is fragrant, about 2 minutes. Add the coconut milk, broth, lime juice, fish sauce, brown sugar and lime leaves and stir to combine. Bring to a boil, reduce the heat to low and simmer 5 minutes to allow the flavors to marry. Strain the broth, discarding the solids and return the liquid to the saucepan. Bring the strained liquid to a boil. Add the bok choy and simmer until tender, 3 to 5 minutes. Remove the bok choy from the broth and divide between 4 shallow bowls.

2. Add the cod to the broth. Bring the broth to a simmer and cook until the fish is firm and just starting to flake, 3 to 5 minutes. Remove the fish and place it in the bowls. Ladle the broth over the fish and top with cilantro, scallions and chile. Serve immediately.

Recipe variations:

- This recipe is delicious with any firm-fleshed seafood such as salmon, snapper, or shrimp.

GINGER STEAMED JASMINE RICE

Yield: 6 servings

1 1/2 cups jasmine rice
1 tablespoon vegetable oil
2 tablespoons minced ginger
2 garlic cloves, minced
2 cups water or chicken broth
1 teaspoon kosher salt

1. **To prepare the rice for cooking:** Rinse the jasmine rice with cold water until the water runs clear and is no longer cloudy.
2. To a medium saucepan with a tight-fitting lid set over medium-high heat, add the oil. When the oil is shimmering, add the ginger and garlic. Sauté until fragrant, about 1 minute. Add the rinsed rice and sauté until lightly toasted, about 2 minutes.
3. Add the water and salt and bring to boil. Reduce the heat to a simmer and cover the pan with a lid. Cook until the rice is tender and the liquid has evaporated, about 15 minutes. Remove from the heat and allow to stand for 5 minutes.
4. **To serve:** Fluff the rice with a fork. Taste and adjust seasoning with salt.