



**COOKING CLASSES**  
AT SUR LA TABLE

# **THAI STIR-FRIED NOODLES + FRESH ROLLS**

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

- ☐ 8 ounces flank steak
- ☐ 1 pound medium shell-on shrimp

## Produce

- ☐ 3 Thai chiles
- ☐ 2 garlic cloves
- ☐ 1 bunch Chinese broccoli (2 cups)
- ☐ 3 medium carrots
- ☐ 1 bunch green onions
- ☐ 1 large red bell pepper
- ☐ 2 bunches mint
- ☐ 1 bunch cilantro
- ☐ 2 heads Bibb lettuce
- ☐ 4 limes
- ☐ 2 inch piece fresh ginger

## Dairy

- ☐ 1 egg

## Pantry Items

- ☐ Rice vinegar
- ☐ Granulated sugar
- ☐ Soy sauce
- ☐ Vegetable oil
- ☐ Kosher salt
- ☐ Light brown sugar
- ☐ 1/2 cup creamy peanut butter

## Dry/Canned Goods

- ☐ Fish sauce
- ☐ Oyster sauce
- ☐ Hoisin sauce
- ☐ Kecap Manis (sweet soy sauce - see substitutions in the recipe)
- ☐ 1 pound fresh or dried wide rice noodles
- ☐ Dried chile powder (optional)
- ☐ 16 round rice paper wrappers (bánh tráng)
- ☐ Chile paste (such as sambal or Sriracha)
- ☐ Toasted sesame oil
- ☐ 1/2 cup full-fat coconut milk

# 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

- ☐ Cutting board
- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Prep bowls
- ☐ Slotted spoon or spider
- ☐ Wok spoon or large spoon
- ☐ Tongs
- ☐ Colander

## Cookware

- ☐ Saucepan or stockpot
- ☐ Small saucepan
- ☐ Wok

## Other

- ☐ Paper towels

## Tabletop

- ☐ Platter
- ☐ Serving bowl
- ☐ Dipping sauce bowl

## **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.

### **Fresh rolls with Poached Shrimp**

1. If using frozen shrimp, defrost and drain in a colander 30 minutes before class.
2. To poach the shrimp, bring a stockpot with water to a simmer.
3. Wash and dry all the produce.

### **Stir-Fried Wide Rice Noodles with Beef**

1. If using dried rice noodles, soften per the instructions on the package.
2. Wash and dry all the produce.
3. 30 minutes before class, remove the beef from the refrigerator and allow it to come to room temperature.

## FRESH ROLLS WITH POACHED SHRIMP

**Yield:** 16 rolls

If you would like to make the rolls in advance, cover them with a damp kitchen towel for up to 2 hours.

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*1 pound medium shell-on shrimp*

*Kosher salt*

*16 round rice paper wrappers (bánh tráng)*

*3 medium carrots, peeled and cut into 4-inch long matchsticks*

*1 bunch green onions, cut into 4-inch long matchsticks*

*1 large red bell pepper, cut into 4-inch long matchsticks*

*2 bunches mint, washed, dried and stems removed*

*1 bunch cilantro, washed, dried and stems removed*

*2 heads Bibb lettuce, leaves separated, and ribs removed*

*1 recipe Coconut-Peanut Sauce, for serving (recipe included)*

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1. **To poach the shrimp:** Fill a large saucepan or stockpot with water and bring to a simmer. Salt generously. Add the shrimp and cook until just pink and opaque, 1-2 minutes. With a slotted spoon or spider, remove the shrimp and drain in a colander. Rinse the shrimp under cold running water until cool. Peel and devein the cooled shrimp. Slice each shrimp in half lengthwise.

2. **To prepare the rolls:** Dip 1 rice paper into a bowl of warm water until soft and pliable, about 5 seconds. Shake off the excess water and place onto a clean, smooth surface. Starting in the lower third of the rice paper, layout 3 or 4 slices of shrimp. Top the shrimp with a few carrots, green onions and bell pepper matchsticks. Garnish the vegetables with mint and cilantro leaves, followed by a couple of lettuce leaves.

3. Fold the bottom of the rice paper up over the filling. Carefully but firmly, fold in the sides and then roll up. Repeat with the remaining ingredients and rice papers.

4. **To serve:** Arrange the rolls on a serving platter and serve with coconut-peanut sauce on the side.

### **Recipe variations:**

- Fresh rolls are a great way to use leftover roasted or rotisserie chicken. Shred the chicken and use it in place of the shrimp.
- For vegetarian fresh rolls, omit the shrimp and add sliced avocado, julienned red bell pepper, or crispy fried tofu.

## COCONUT-PEANUT DIPPING SAUCE

***Yield:*** about 1 1/2 cups

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*1/2 cup full-fat coconut milk*

*3 tablespoons hoisin sauce*

*1/4 cup fresh lime juice, plus more to taste*

*2 tablespoons soy sauce, plus more to taste*

*2 tablespoons rice vinegar*

*1 tablespoon light brown sugar*

*1 tablespoon chile paste, such as sambal or Sriracha, plus more to taste*

*2 teaspoons fresh ginger, minced*

*2 teaspoons toasted sesame oil*

*1/2 cup creamy peanut butter*

*Cold water*

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1. To a medium bowl, add all the ingredients; whisk to combine. Taste and adjust seasoning with additional lime juice, soy sauce and chile paste. Adjust consistency with water.

## STIR-FRIED WIDE RICE NOODLES WITH BEEF

***Yield:*** 4 servings

The key to making this a great dish is a hot wok that allows for the caramelization of the noodles. Traditionally pad see ew is served with condiments allowing guests to personalize the dish according to their tastes.

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### ***Pickled Thai chiles***

*1/4 cup rice vinegar*

*1 tablespoon granulated sugar*

*3 Thai chiles, thinly sliced*

*1 tablespoon fish sauce*

*3 tablespoons oyster sauce, divided*

*8 ounces flank steak, cut against the grain into 1/2-inch thick slices*

*2 tablespoons Kecap Manis (sweet soy sauce)*

*2 teaspoons soy sauce*

*1 teaspoon granulated sugar*

*1 tablespoon rice vinegar*

*2 tablespoons vegetable oil, divided*

*1 tablespoon garlic, minced*

*1 bunch (2 cups) Chinese broccoli, stems halved lengthwise and cut into 2-inch pieces on the bias, leafy tops separated and sliced*

*1 pound fresh or dried wide rice noodles, separated*

*1 large egg, beaten*

### ***Traditional condiments:***

*Oyster sauce*

*Fish sauce*

*Dried chile powder*

*Pickled Thai chiles*

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1. **To prepare the pickled Thai chiles:** To a small bowl, add the vinegar and sugar; whisk to dissolve the sugar. Add the sliced chiles to the vinegar and stir to combine. Allow them to sit for at least 1 hour and up to 24 hours. Pickled chiles can be kept in the refrigerator for up to 2 months.

2. To a medium bowl, mix together the fish sauce and 1 tablespoon of the oyster sauce. Add the steak and toss to coat with the marinade. Set aside for at least 15 minutes.

3. To a small bowl, mix together the remaining 2 tablespoons of oyster sauce, Kecap Manis, soy sauce, sugar and rice vinegar, set aside.

4. To a wok set over high heat, add 1 tablespoon of oil and heat until almost smoking. Add the garlic and stir-fry until fragrant, about 1 minute. Add the marinated beef and stir-fry until seared. Transfer the meat from the wok into a bowl and set aside. Wipe out the wok and return to the stovetop over high heat.

4. **To cook the stir-fry:** Add the remaining 1 tablespoon of oil to the wok and once hot, add the broccoli stems and toss quickly in the hot pan for 1 minute. Add the leafy tops and toss quickly again until the leaves are wilted. Transfer the broccoli to the bowl with the meat. Add the egg to the wok and cook for 30 seconds while stirring. Add the noodles and sauce, stir-fry until soft, about 2 minutes. Return the meat and broccoli to the wok, toss to combine with the noodles until heated through. Serve immediately with pickled chiles, fish sauce, oyster sauce and dried chile powder.

***Recipe variations:***

- Substitute flank steak for 8 ounces boneless, skinless chicken thighs or chicken breast.
- For a vegetarian pad see ew, drain firm tofu of its liquid and cut into 1/2-inch pieces. Proceed with the above directions, making sure to get a sear on all sides of the tofu.
- If you can't find Kecap Manis, mix 1 part molasses with 2 parts soy sauce or combine 1/4 cup dark brown sugar with 1/4 cup soy sauce in a small saucepan. Simmer until thickened.