

CHICKEN PAD THAI

When Deeann and I were in Guam flying into typhoons, we were able to take a cooking class with several of our friends and had a lot of fun. More importantly, we learned to make Pad Thai, which Deeann has always loved and I had been afraid of! This recipe makes enough to feed 3 people, or really stuff 2 people. If you wish, you can easily substitute shrimp for the chicken. Peel and devein, but leave the tails on. Your life will be much easier if you do all the prep work first, including the noodles, and have all ingredients pre-measured and handy when you start.

INGREDIENTS:

6 ounces Flat Rice Noodles (approximately the same width as fettuccini noodles)
2 ½ Tablespoons Vegetable Oil
3 Chicken Thighs, skinned and chopped into ½ inch square pieces (or 12-16 Large Shrimp)
2 Garlic Cloves, smashed then sliced
1-2 Red Thai Chili, deseeded and sliced finely (you can substitute a different pepper if necessary)
2 Eggs, beaten
3 Tablespoons Thai Fish Sauce
2 to 3 Tablespoons Lime Juice (1 limes worth)
1 Tablespoon Brown Sugar
¼ Cup Salted Roasted Peanuts
6 Spring Onions, sliced thinly on the diagonal
1 Tablespoon Cilantro, coarsely chopped (or more if desired)
3-4 Ounces Bean Sprouts

DIRECTIONS:

This is much easier if you have everything measured, chopped, and sliced before you start to cook. In a small bowl place the garlic and diced Thai chilies. In another bowl, place the fish sauce, lime juice and sugar. In a larger bowl, place the peanuts, spring onions, bean sprouts, and cilantro.

Cook noodles according to the instructions on the package. Drain and toss with ½ Tablespoon of oil.

Heat the remaining 2 Tablespoons of the oil in a large deep frying pan or wok, over medium high heat. Add the chicken pieces and cook while stirring for about 3 minutes. Add the garlic and chili and cook for an additional 30 seconds.

Pour in the beaten egg and stir for a few seconds until they look just scrambled, then lower the heat and add the noodles, fish sauce, lime juice, and sugar (you may find it easier to use tongs now instead of a spatula). Toss together for a minute or so until the noodles are hot, then add the remaining ingredients: peanuts, spring onions, bean sprouts, and cilantro.

Toss together for 1 more minute and serve.