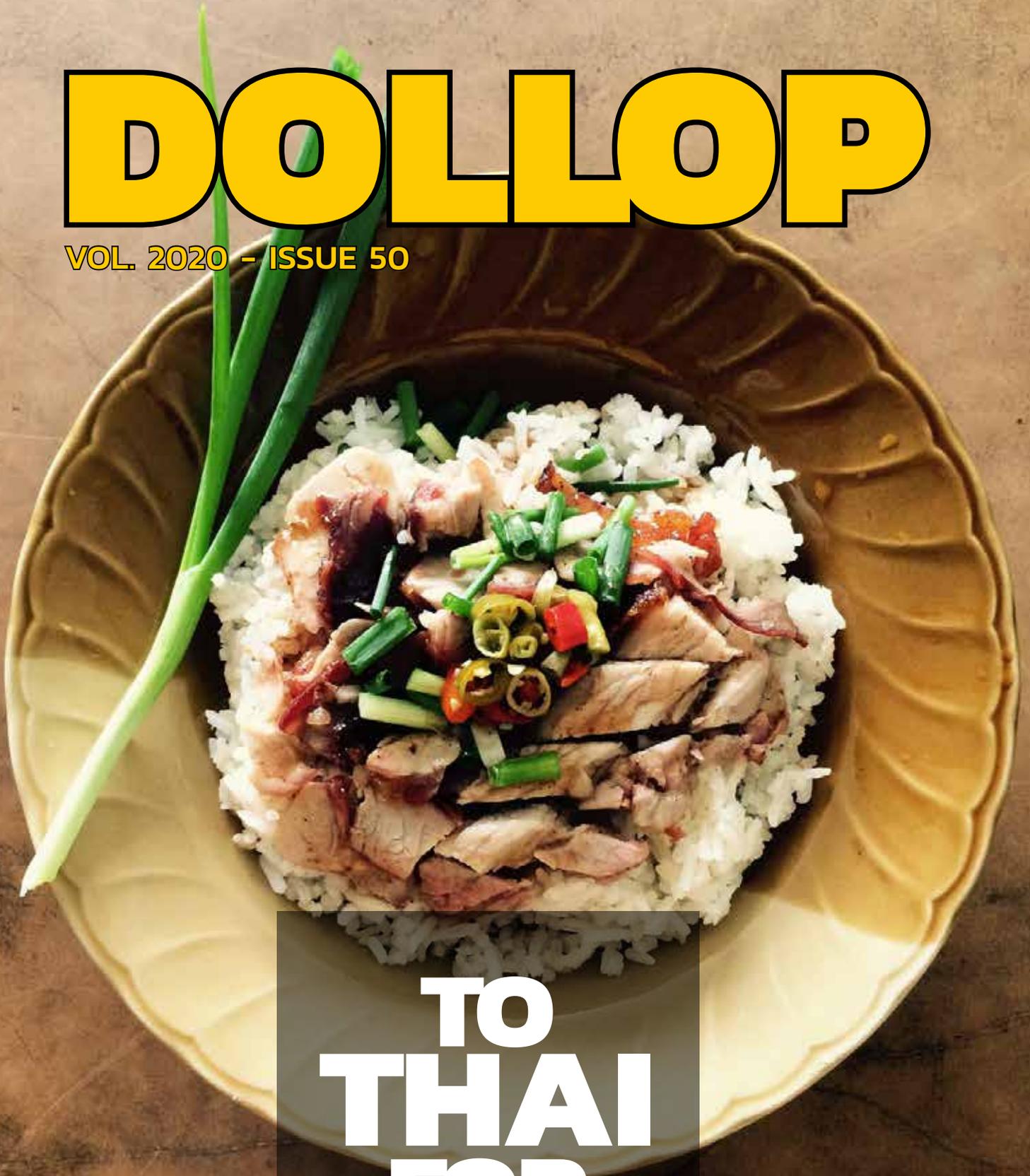


# DOLLOP

VOL. 2020 - ISSUE 50



**TO  
THAI  
FOR**

# This Week's Menu

**VOLUME 2020 - ISSUE 50**  
DECEMBER 7 - 11, 2020

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**MONDAY**

Thai Beef with Rice

**TUESDAY**

Baked Penne with Beef

**WEDNESDAY**

Thai Red Curry  
with Rice

**THURSDAY**

Grilled Sirloin Steak Salad

**FRIDAY**

Shrimp Pad Thai

# DOLLOP

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## **ARE YOU A HOME CHEF? DO YOU LOVE TO LOOK?**

If the answer is yes, then we'd love to feature you!  
Email us at [support@dolloponline](mailto:support@dolloponline).

## **HAVE A QUESTION OR COMMENT ABOUT A RECIPE?**

Email us at [support@dolloponline.com](mailto:support@dolloponline.com)

# Editor's Letter

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Welcome to this week's issue of Dollop – "To Thai For" is an exciting and accessible introduction to the flavors of Thailand.

The goal this week is to get comfortable working with what will likely be unfamiliar ingredients like bean sprouts, fish sauce and rice noodles. The Thai recipes included in this menu are quite basic and, in some cases, have been slightly altered for practical purposes. Let's face it, not everyone can get their hands on the various unique ingredients used in Thai cooking. That said, these dishes capture the delicate balance of Thai flavor profiles, from bitter to spicy. You will learn how to make Pad Thai, Basil Beef and a classic curry. Other recipes this week include a baked pasta dish that is just as comforting as the Thai selections.

Don't miss the detailed grocery list and an article about Thai cuisine. As always, we've included tips on how to get the most out of each recipe, ingredient substitutions and even a few secret kitchen hacks. As for equipment, one of the recipes uses a wok but a large, deep frying pan will work just fine.

We hope that you enjoy "To Thai For" and fall in love with a new ingredient or two. Challenge yourself to nail the presentation of your creations, since Thai food is well known for some of the most beautiful and colorful plating in the world!



**MATT WALKER**  
EDITOR IN CHIEF

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**MONDAY**



**THAI BEEF WITH RICE**

# Thai **BEEF** with Rice



**YIELD**

4 SERVINGS



**TIME**

25 MINS



**DIFFICULTY**

EASY

INGREDIENT	METRIC	US
<b>RICE</b>		
Water	340 mL	1½ cups
White rice, long grain	200 g	1 cup
Salt	2 g	½ tsp
<b>SAUCE</b>		
Chili paste, preferably sambal oelek	15 g	1 tbsp
Soy sauce	30 mL	2 tbsp
Fish sauce	15 mL	1 tbsp
Brown sugar	10 g	1 tbsp
Lime juice	30 mL	2 tbsp
<b>BEEF</b>		
Neutral oil	30 mL	2 tbsp
Ground beef, lean	450 g	1 lb
Red bell pepper, thinly sliced	120 g	1 medium pepper
Yellow onion, thinly sliced	150 g	1 medium onion
Garlic, minced	18 g	6 cloves
Basil	15 g	¾ cup
<b>GARNISH</b>		
Basil, chopped	for garnish	-
Cilantro, chopped	for garnish	-

## METHOD

**1** In a saucepan, bring water to a boil. Stir in rice and salt and return to a boil over medium-high heat.

**2** Reduce heat to a simmer, cover, and cook until rice is tender and has absorbed all the liquid, about 16 to 18 minutes.

**3** Remove from heat and let steam, covered, for 10 minutes.

**4** In a small bowl, combine chili paste, soy sauce, fish sauce, brown sugar and lime juice. Set aside.

**5** In a large skillet, heat neutral oil over medium high heat. Add ground beef and cook until browned, breaking it up with a spoon and stirring often, about 6 minutes.

**6** Add red bell pepper, yellow onion and garlic to the beef. Cook until vegetables start to soften, about 5 minutes.

**7** Add sauce mixture and basil and continue cooking until basil starts to wilt.

**8** Using a fork, fluff the rice. Divide evenly among four bowls and top with basil beef mixture. Garnish with basil and cilantro.



## NOTES

- For a gluten free alternative, substitute soy sauce with tamari
- Jasmine or brown rice can be used instead

**TUESDAY**



**BAKED PENNE  
WITH BEEF**

# Baked **PENNE** with Beef



**YIELD**

4 SERVINGS



**TIME**

1 HOUR



**DIFFICULTY**

EASY

INGREDIENT	METRIC	US
<b>PASTA</b>		
Salt	For pasta water	-
Penne pasta	225 g	½ lb
<b>BEEF</b>		
Butter	For brushing	-
Olive oil, extra virgin	30 mL	2 tbsp
Ground beef, lean	675 g	1½ lb
Yellow onion, chopped	100 g	½ cup
Red bell pepper, chopped	100 g	½ cup
<b>SAUCE</b>		
Diced tomatoes, undrained	400 g	1 14 oz can
Tomato sauce	225 mL	1 cup
Oregano, dried	1 g	½ tsp
Garlic, minced	3 g	1 clove
Salt	4 g	1 tsp
Black pepper, freshly ground	1 g	½ tsp
Mozzarella cheese, shredded	200 g	2 cups

## METHOD

**1** Bring a large pot of salted water to a boil. Add pasta and cook until a few minutes before al dente. Drain pasta and set aside.

**2** Heat oven to 175°C / 350°F. Lightly butter a medium baking dish.

**3** In a large skillet, heat olive oil over medium heat. Add ground beef, yellow onion and red bell pepper. Cook, stirring, until onion is tender and beef is no longer pink.

**4** Drain off any excess fat and add tomatoes, tomato sauce, oregano, garlic, salt and black pepper. Bring to a simmer.

**5** Add cooked pasta and 1 cup of mozzarella cheese. Transfer mixture to the prepared baking dish. Top with an additional cup of mozzarella cheese.

**6** Bake in preheated oven until golden and bubbly, about 25 to 30 minutes. Serve.



## NOTES

- Alternatively, you can use green bell pepper
- If you like spice, add red chili flakes in step 4
- Additionally, you can add dried basil in step 4
- Garnish with grated Parmesan cheese and/or chopped basil if desired
- This recipe can be made using ground turkey or sausage if preferred



# TO THAI FOR

Simple yet complex, Thai food hits all the notes: sour, sweet, bitter and salty!

Food is a central part of most social occasions in Thailand, where dishes are typically shared in groups. In fact, many Thai people believe that eating alone is bad luck. Thais are also known to eat slow, mindfully and thoroughly enjoying their food.

## **CHARACTERISTICS**

Thai food is known for its wonderful balance of flavors. A typical meal includes five main flavors: salty, sweet, sour, bitter, and spicy. It is quite rare that all five are not present in a dish. A variety of meat and fish is eaten in Thailand, plus many vegetables and noodles, but by far it's rice that is offered the most. Named after the sweet-smelling jasmine flower, Jasmine rice is grown in Thailand – a long grain rice with a delicate floral and buttery scent.

Common herbs include cilantro and a unique kind of basil named 'Thai holy basil' which is spicy and peppery with a clove-like taste. Lemon basil is also used often in Thai cooking. These types of basil can be hard to find in many parts of the world so sweet basil makes the most suitable substitute. Dessert largely consists of fresh tropical fruit, since there are thousands of kinds grown in the country, including pineapple, guava and mango. Coconut and bean-based sweets are also common.

**NAMED AFTER THE  
SWEET-SMELLING  
JASMINE FLOWER,  
JASMINE RICE IS  
GROWN IN THAILAND.**





## APPROACH AND INFLUENCE

The most important Thai cooking tool is the steel wok, used for stir-fries, curries and many noodle dishes like Pad Thai. As in many Asian countries, Thai cooks take a very minimalist approach to tools and utensils. Other than the wok, the only other tools used frequently are pestle and mortars and bamboo steamers. Placed over water inside a wok, these are useful for steaming various ingredients, from fish to vegetables.

Given that many Thai kitchens or “restaurants” are set up roadside and on beaches, it makes sense that equipment is kept to a minimum. The street food scene in Thailand is second to none, in terms of quality and variety. In fact, Bangkok is often noted as the street food capital of the world!

Ingredients in Thailand are treated with the utmost respect. As with the belief that eating alone is bad luck, so is throwing away food. As a way to show their respect for food, Thai cooks are known around the world for their presentation; platters are decorated with flower-carved vegetables and fruits and numerous bright colored ingredients are displayed.

**AS IN MANY ASIAN  
CUISINES, THAI  
COOKS TAKE A VERY  
MINIMALIST APPROACH  
TO TOOLS AND  
UTENSILS.**

Thai food is heavily influenced by Indian flavors, which is especially evident in its famous green, red, and yellow curries. Though Indian spices are often incorporated in their pastes, their curries are unique thanks to local staples like lemongrass and galangal, a close relative of ginger. Thailand’s neighboring countries (Vietnam, Cambodia and Malaysia)

also have a significant influence on this complex cuisine

## **SAMBAL OELEK AND FISH SAUCE**

A staple in Thai cuisine, sambal oelek is a chile paste, beloved for its flavor. It consists of crushed raw red chiles, vinegar and salt and is used both as a condiment and an ingredient in cooking. Enthusiasts of the paste swear that it tastes as though you are cooking with fresh chiles. In terms of heat, you will want to use very little if you're not a fan of spice. One tablespoon is about the equivalent of one chopped jalapeño.

Fish sauce is another condiment that is frequently used in Thai cooking. A little goes a long way when it comes to this pungent concoction, made from fermented

anchovies or other strong-flavored, oily fish. It makes a great substitute for soy sauce and Worcestershire sauce and, when used in small amounts it imparts a rich, savory flavor to sauces and marinades for meat. Some people, however, find it too strong in taste, which makes it a polarizing ingredient. Because ingredients like fish sauce and shrimp paste are used so plentifully in Thai cuisine, it can be very challenging to find pure vegetarian offerings in restaurants and eateries.

There is much to discover in the culinary world of Thailand and it's an exciting food scene to learn about. The delicate balance of flavors, emphasis on presentation, attention to detail and association with social gatherings are just a few of the reasons to love Thai food.



**WEDNESDAY**



**THAI RED CURRY  
WITH RICE**

# Thai RED CURRY

## with Rice



**YIELD**

4 SERVINGS



**TIME**

40 MINS



**DIFFICULTY**

EASY

INGREDIENT	METRIC	US
<b>RICE</b>		
Water	340 mL	1½ cups
White rice, long grain	200 g	1 cup
Salt	2 g	½ tsp
<b>CURRY</b>		
Olive oil, extra virgin	15 mL	1 tbsp
Yellow onion, chopped	150 g	1 medium onion
Salt	To taste	-
Ginger, grated	10 g	2 tbsp
Garlic, minced	6 g	2 cloves
Red bell pepper, sliced into thin strips	150 g	2 peppers
Carrots, peeled, sliced into .65 cm / ¼" thick rounds	150 g	1 cup
Thai curry paste, red	30 g	2 tbsp
Coconut milk	400 mL	1½ cups
Water	110 mL	½ cup
Kale, preferably Tuscan, ribs removed, sliced	100 g	1½ cups
Brown sugar	4 g	1 tsp
<b>RICE</b>		
Soy sauce	15 mL	1 tbsp
Lime juice	10 mL	2 tsp
Cilantro, chopped	for garnish	-

## METHOD

**1** In a saucepan, bring water to a boil. Stir in rice and salt and return to a boil over medium-high heat.

**2** Reduce heat to a simmer, cover, and cook until rice is tender and has absorbed all the liquid, about 16 to 18 minutes.

**3** Remove from heat and let steam, covered, for 10 minutes.

**4** In a large skillet, heat olive oil over medium heat. Add onion and salt and cook until onion turns translucent, about 4 minutes. Add ginger and garlic

and cook until fragrant, about 30 seconds.

**5** Add red bell pepper and carrots. Cook until fork-tender, about 4 minutes, stirring occasionally. Stir in Thai curry paste and cook for about 2 more minutes.

**6** Add coconut milk, water, kale, brown sugar, and combine. Bring mixture to a simmer over

medium heat. Reduce heat as necessary to maintain a gentle simmer and cook until peppers, carrots and kale have softened, about 5 to 10 minutes.

**7** Remove from heat and season with soy sauce and lime juice.

**8** Using a fork, fluff the rice. Divide rice and curry evenly among 4 bowls. Garnish with cilantro.

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## NOTES

- Jasmine or brown rice can be used instead
- Any color of bell peppers can be used
- You can substitute rice vinegar with lime juice
- You can usually find Thai curry paste in the Asian section of the grocery store

**THURSDAY**



**GRILLED SIRLOIN  
STEAK SALAD**

# Grilled **SIRLOIN** Steak Salad



**YIELD**  
4 SERVINGS



**TIME**  
30 MINS



**DIFFICULTY**  
EASY

INGREDIENT	METRIC	US
<b>STEAK</b>		
Steak, sirloin	900 g	2 lbs
Salt	to taste	-
Black pepper, freshly ground	to taste	-
Neutral oil	15 mL	1 tbsp
<b>SALAD</b>		
Green onion, chopped	25 g	½ cup
Cucumber, cut in 2.5 cm / 1" pieces	300 g	1 cucumber
Cherry tomato, halved	200 g	1 cup
Avocado, peeled and pitted	300 g	2 avocados
Cilantro, chopped	-	1 bunch
Lime juice	45 mL	3 tbsp
Olive oil, extra virgin	15 mL	1 tbsp
Salt	to taste	-
Black pepper, freshly ground	to taste	-

## METHOD

**1** Season steak on both sides with salt and black pepper.

**2** In a large skillet, heat neutral oil over high heat until hot but not smoking. Add steak and sear until brown, about 5 minutes per side for medium-rare. Transfer to a plate and cover with aluminum foil. Let rest.

**3** In a large bowl, combine green onion, cucumber, tomato, avocado, cilantro, lime juice and olive oil. Toss well. Season with salt and black pepper.

**4** Slice steak. Divide steak and salad evenly among four plates. Serve.



## NOTES

- Fresh mint leaves make a nice garnish
- Alternatively, you can use red onion
- You can use flank steak instead

**FRIDAY**



**SHRIMP PAD THAI**

# Shrimp PAD Thai



**YIELD**

4 SERVINGS



**TIME**

30 MINS



**DIFFICULTY**

MEDIUM

INGREDIENT	METRIC	US
<b>RICE NOODLES</b>		
Rice noodles	225 g	½ lb
Boiling water	900 mL	4 cups
<b>SAUCE</b>		
Fish sauce	60 mL	¼ cup
Lime juice	60 mL	¼ cup
Brown sugar	30 g	3 tbsp
Red pepper flakes	1 g	½ tsp
<b>STIR-FRY</b>		
Neutral oil	45 mL	3 tbsp
Garlic, minced	3 g	1 clove
Green onion, chopped	10 g	2 onions
Eggs	90 g	2 eggs
Bean sprouts	180 g	1½ cups
Shrimp, peeled & deveined (31-35)	225 g	½ lb
<b>GARNISH</b>		
Peanuts, unsalted, chopped	60 g	¼ cup
Lime wedges	for garnish	4 wedges
Red pepper flakes	for garnish	-
Bean sprouts	60 g	¼ cup

## METHOD

**1** Place rice noodles in a large bowl. Pour boiling water over noodles and let soak until al dente, about 5 minutes. Drain and run under cold water. Set aside.

**2** In a medium bowl, whisk together fish sauce, lime juice, brown sugar and red pepper flakes; set aside.

**3** In a large wok or frying pan, heat neutral oil over high heat. Add garlic and green onions and stir-fry until fragrant, about 1 minute.

**4** Add eggs and cook, stirring, for about 2 minutes. Add bean sprouts and stir-fry until crisp-tender, about 3 minutes.

**5** Move bean sprouts and egg mixture to side of wok and add shrimp to other side. Let cook until bright pink, about 5 minutes.

**6** Stir everything together and add sauce and rice noodles.

Toss until noodles are heated through and sauce has thickened slightly.

**7** Serve, garnished with peanuts, lime wedges, red pepper flakes and bean sprouts.

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## NOTES

- Add chicken, shrimp or tofu if desired
- You can substitute rice vinegar for lime juice
- Alternatively, you can use peanut oil
- Using a wooden spoon to stir is recommended due to high temperature (i.e silicone may melt)

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**WEEKLY  
SHOPPING  
LIST**

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This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.

<b>PRODUCE</b>	
Garlic	2 bulbs
Ginger	1 knob
Yellow onion	3 medium
Green onion	8
Cucumber	1
Tomato, preferably cherry	200 g
Carrot	150 g
Avocado	2
Kale, preferably Tuscan	1 bunch
Bean sprouts	240 g
Red bell pepper	4
Lime	7
<b>HERBS</b>	
Cilantro	1 bunch
Basil	1 bunch
<b>SPICES &amp; CONDIMENTS</b>	
Red pepper flakes	
Brown sugar	
Fish sauce	
Chili paste, preferably sambal oelek	
Thai curry paste, red	30 g
Tomatoes, diced	1 14oz can
Coconut milk	400 mL
<b>MEAT &amp; FISH</b>	
Shrimp, peeled & deveined (31-35)	675 g / 1½ lb
Steak, sirloin	900 g / 2 lb
Ground beef, lean	1.3 kg / 2½ lb
<b>CHEESE &amp; DIARY</b>	
Mozzarella cheese	200 g
Eggs	2
<b>GRAINS &amp; PASTA</b>	
Rice noodles	225 g / ½ lb
Penne (or other short pasta noodle)	225 g / ½ lb
White rice, long grain	400 g
<b>MISCELLANEOUS</b>	
Peanuts, unsalted	60 g

**MAKE SURE YOU HAVE THE INGREDIENTS FROM THE PANTRY ESSENTIALS**



# **PANTRY ESSENTIALS**



The following are ingredients that should always be in your kitchen. We assume you will always have these in your kitchen and do not include them in the weekly shopping list. If you run out, you should re-stock!



Extra-Virgin Olive Oil  
Neutral Oil (vegetable, canola, sunflower, etc.)  
Butter, unsalted  
Salt, Kosher  
Black Pepper  
Cayenne Pepper (or chili powder)  
Oregano, dried  
Cumin, ground  
Onion, powder  
Paprika, sweet or smoked  
Vinegar, white wine  
Vinegar, balsamic  
Hot sauce  
Mayonnaise  
Mustard, Dijon  
Soy sauce  
Stock, Chicken or Vegetable  
Rice, white or brown  
Flour, all-purpose  
Pasta, dried long (spaghetti, fettuccine, etc.)  
Pasta, dried short (penne, macaroni, etc.)  
Sugar, white



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