

TLSA's Recipes

I. Steamed Eggs

a. Ingredients:

1. 3 eggs
2. 1 tbsp soy sauce or salt
3. 1 cup water
4. Mixed vegetables, small cut (optional)
5. Ground meat (optional)



b. Instructions:

1. Crack the eggs into a bowl, add water, soy sauce, vegetables, and meat
2. Beat everything until combined
3. Cover with saran wrap and punch holes to let steam out
4. Microwave (700 watt) for 4 minutes
5. Alternatively, place in rice cooker, fill bottom with water, and steam!
6. Check to see if its done by poking with chopstick. If egg doesn't stick to chopstick then you're done
7. Watch our video demonstration here:
<https://www.youtube.com/watch?v=FvA45B0A5zg&feature=youtu.be>

II. Yum / Spicy egg salad

A. Ingredients:

1. 4 eggs, boiled and cut in half
2. 2 tbsp fish sauce or soy sauce
3. 3 tbsp lemon juice
4. 1 chopped chili pepper
5. 1 chopped shallot / $\frac{1}{4}$ chopped onion

B. Instructions:

1. Mix fish sauce, lemon juice, and chili pepper in small bowl
2. Toss onions in spicy sauce
3. Plate your eggs, and drizzle the sauce over them
4. Serve with fresh vegetables / salad
5. Alternatively - instant noodles, toss them with the sauce



III. Khao Mun Khai (Chicken Rice)

A. Ingredients:

1. 2 cups rice
2. 3 cups water
3. 1 pack chicken breast
4. 1 small ginger
5. 2-3 stalks coriander or parsley

B. Instructions:

1. Slice ginger
2. Rough chop coriander, leave the roots
3. Add to rice cooker: ginger, water, coriander, chicken, cook for about 10 min or until chicken is done
4. Take out chicken, add rice, add more water if necessary
5. DO NOT CHANGE THE WATER
6. Put chicken back in, on top of rice, press cook
7. Chicken goes well with spring roll sauce or soy sauce + garlic



IV. Tao Hu Song Kreung (Tofu with Gravy)

A. Ingredients:

1. 1 pack tofu, cut
2. Mushrooms, rough chopped
3. Assorted vegetables, finely chopped
4. Optional: ground meat of choice
5. 2 tbsp minced garlic
6. ½ cup flour
7. 4 tbsp soy sauce
8. ½ cup stock
9. Pepper, salt, sugar to taste



B. Instructions:

1. Rough chop mushrooms
2. Fine chop vegetables
3. Cut tofu into bite size pieces
4. Put mushrooms, vegetables, meat, garlic, soy sauce, and stock in rice cooker, cook for 10 min or until mushrooms and meat is done
5. Mix flour with water, pour into rice cooker
6. Keep stirring until sauce thickens, and stir to break up meat
7. Plate tofu, and pour sauce over to serve