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 / 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



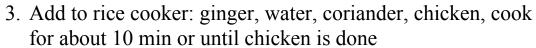
III. Khao Mun Khai (Chicken Rice)

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



- 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