

Why *only* cook Thai food when YOU CAN

COOKLIKEATHAI.COM



Tom yum goong Made Simple

Pradichaya Poonyarit

Your shopping List

| What - and the amount - you need | Where to buy |
|---|---|
| <p>1. Shrimp - clean, peel and devein. Save shells (and other parts, if you buy whole shrimp for broth-making). Store meat in the refrigerator. - 2 pounds. Don't go smaller than 21-25. Look for 16-20 and larger - the larger size, the better tomyumgoong.</p> | <p>If you can go to an Asian store, save time and buy everything you need from there. Or, order anything you can't find from Weee! app</p> |
| <p>2. Galangal roots - 1 handful</p> | <p><u>1 Better pricing</u> at most Asian (Chinese) stores</p> |
| <p>3. Lemongrass stalks - 1 1/2 handfuls</p> | <p><u>2 Find fresh and frozen galangal</u> at Thai, Chinese, Vietnamese, and all Southeast Asian stores. Galangal is not ginger. DO NOT substitute.</p> |
| <p>4. Kaffir lime leaves - Close to 2 handfuls</p> <p>5. Shiitake mushrooms - Asian store - If dehydrated. soak in water until they puff and soften. Cut in half lengthwise. - from 1/2 to 3/4 of the amount of shrimp</p> | <p><u>3 and 4 Find lemongrass and kaffir lime leaves</u> in your regular, and most Asian stores. They also come frozen.</p> |
| <p>6. Nampla - Tiparos or Squid - Get 1 bottle. To flavor, you will use as much as it takes until you reach the savory, nutty, umami stage. (Don't worry, you won't even come close to half a bottle).</p> | <p><u>6 Tiparos is a much better nampla brand</u>; however, you can find it only in most Thai stores. Squid is more common and you can buy it at most stores.</p> |
| <p>7. Ground pepper - black or white</p> | |
| <p>8. Lime juice - squeeze a few limes or more</p> | |
| <p>9. Thai red - or green - chili peppers - as much as you want - If you want heat, pound on each of them once just to break them. If you don't want heat, leave them alone.</p> | <p><u>9 Most stores carry Thai chili</u>. You can also buy them at Thai and Asian stores.</p> |
| <p>10. Cilantro leaves - small amount for garnish - Pull cilantro leaves from the stems and use only the leaves.</p> | |
| <p>11. Salt - only for cleaning shrimp</p> | |



- 1) Shrimp
- 2) Galangal roots
- 3) Lemongrass stalks
- 4) Kaffir lime leaves
- 5) Shiitake mushrooms
- 6) Nampla
- 7) Ground pepper
- 8) Lime juice
- 9) Thai red - or green - chili peppers
- 10) Cilantro leaves
- 11) Salt



Galangal-Lemongrass-Kaffir Lime Leaves

Get your herbs ready - first for broth, then for tomyum itself

Galangal "Ka" - 1 handful

Slice a handful of galangal between 1/4 to 1/2 an inch thick widthwise

- Slice thick for broth
- Slice thin for tomyum

Do not substitute galangal with ginger - or anything else



You can also buy frozen sliced galangal from a Thai or Vietnamese store.

Lemongrass "Takrai" - 1 1/2 handfuls

A handful+ of lemongrass stalks, cut about 2 inches long lengthwise

- Cut size between 2 - 3 inches
- Pound to break the oil - with a large stone pestle, or something as heavy

Kaffir Lime Leaves "Baimagroud" - Close to 2 handfuls

- A handful++ of kaffir lime leaves - Break top and bottom sections apart, fold one section at a time and gently pull away from its center

Galangal-lemongrass-kaffir like leaves are not meant to be eaten, but you are welcome to try. They are medicinal and really good for you.



Galangal "Ka" - 1 handful



Lemongrass "Takrai" - 1 1/2 handfuls



Kaffir Lime Leaves "Baimagroud" - Close to 2 handfuls



Shrimp

Let your shrimps with shells-on soak in salt water solution - 1 - 1 1/2 tsp salt, and enough water to cover all the shrimps. Pour out the water. You can rinse with water if you want. Start peeling and deveining.

When you have shrimp meat, store in the fridge.

Broth

1. Put shrimp shells in a pot. fill half to 3/4 of the pot with water.
2. If room temperature is on the warm side, use cold water or add a little ice.
3. Add a ladle of nampla, also half the amount of galangal-lemongrass-kaffir lime leaves.
4. Put it on the stove at medium high heat.
5. Bring it to boil and remove the foam.
6. Turn off the heat and remove the shells.
7. Let the broth cool down to more or less room temp.

The cooler the broth, the better everything releases its natural juice.

Make your lime-chili-cilantro sauce while waiting for the broth to cool down.



Lime-chili-cilantro sauce

- Lime juice
- Thai red chili peppers
- Cilantro leaves

Squeeze limes and pull cilantro leaves. Set aside.

You are ready to complete final steps to tomyumgung!



Cook Mushrooms

1. When shrimp broth is cool, add shiitake mushrooms.
2. Turn the heat between medium high and high.
3. Add more cold water if your broth doesn't come up half way in the pot.
4. Add 1/2 ladle full of nampla
5. Add the rest of your galangal-lemongrass-kaffir lime leaves.
6. Give it a few minutes and see if your mushrooms are cooked halfway.



Add Shrimp

1. Add shrimp. Immediately turn the heat down to medium.
2. Wait 1 minute, or until you see the shrimp start turning light orange. Turn off the heat and wait until the shrimp get more orange - but not bright orange.
3. While you're waiting, taste and add more nampla. Add ground pepper.
4. If not salty, add nampla - little by little. Keep tasting until you say, "Yes! This is umami!"
5. Transfer to another pot to stop shrimp from cooking. Serve in individual bowls.



Some Suggestions

- Set lime-chili-cilantro at the table.
- Also, a small bowl of nampla next to it.
- Garnish each serving with cilantro leaves

a) Make lime-chili-cilantro sauce for the table, OR,
 b) After you turn off the heat, squeeze in lime pieces.

Alternate between lime and nampla. Let them work together and enhance each other. Go after sour leading nutty, umami flavors - the kind that makes you salivate!

c) Add cilantro leaves to each individual serving.



At my table

- Lime-chili - chili-lime - aka manow-prikkeenoo (ma-now-prik-kee-noo) is for individual flavoring, "To each their own."
- Each person may start with 2 tsp - 1 Tsp, or more if they'd prefer their tomyum more sour with more heat.
- I don't pound down, slice, or cut chili, since most of my family doesn't like its heat.
- I take whole chili and take tiny bites on just about every spoonful of my mouth-watering tomyum.



Good tomyum leads with sourness with the savory taste of nampla right behind it. The aroma comes from herbs, shrimp, shiitake, ground pepper and nampla in the super warm broth, reacting to the piercing sourness of lime juice. Chili is there to add to the top of what's already so, so good. You get the sensation of the spicy heat only when you bite into a tiny piece of chili.

Delicious till the last drop!



My leftovers on the next day: I heated just the broth and mushrooms. Then, I added cold shrimp (never heat them up, or they will get rubbery and won't taste good) on top of warm jasmine rice.

Mmm...Mmmm..so, so good!





THANK YOU

Now it's your turn!

You've read along until the end of the recipe, so **now it's your turn to take action!** Get the **ingredients**, and with this tomyumgoong recipe as your guide you can **get cooking!**

Try it out and I'll be checking in with you! The first time is always the hardest! Oy! I remember the first dish I cooked for my boyfriend (now my husband ❤️). It happened to be soup. Poor Ralph! What a disaster!

Whether your first true Thai tomyumgoong turns out the way you hope or not, **be proud!** Even if you think you fail, **be proud!** You are cooking a dish outside your familiar environment, and **you're doing it**, anyway! I'm so proud of you!

When the first time is out of your way, you will get better next time and the next times to come - whether it's more tomyumgoong (there are 3 more with your name on them!), or other favorite dishes! Please know that ! I'm here cheering you on and will jump in to help you when you need me!

Be on the lookout for my next email, and I will follow up on this recipe.

It's action-taking time for you! Cook Like A Thai TODAY Already! Go cook your tomyumgoong! I'll be watching you from here!

P.s.

Pradichaya

Let your friends and family know now that they can also grab [Tomyumgoong Made Simple](#) guide, so you can cook like a Thai together!



The author of From Gaprow To Keemao And Recipes In Between, Pradichaya Poonyarit wears her heart on her sleeve with a mission to teach all who want to learn to cook true Thai food the same way Thai people do. By simplifying the otherwise complex Thai cooking and combining Thai with local ingredients, she encourages her students to cook Thai food authentically and with integrity. With her stories, Pradichaya encourages her students to also learn the principles behind Thai cooking, allowing them to experiment and create their own dishes with authenticity, cultural exploration, economical solutions, and sustainability in mind.