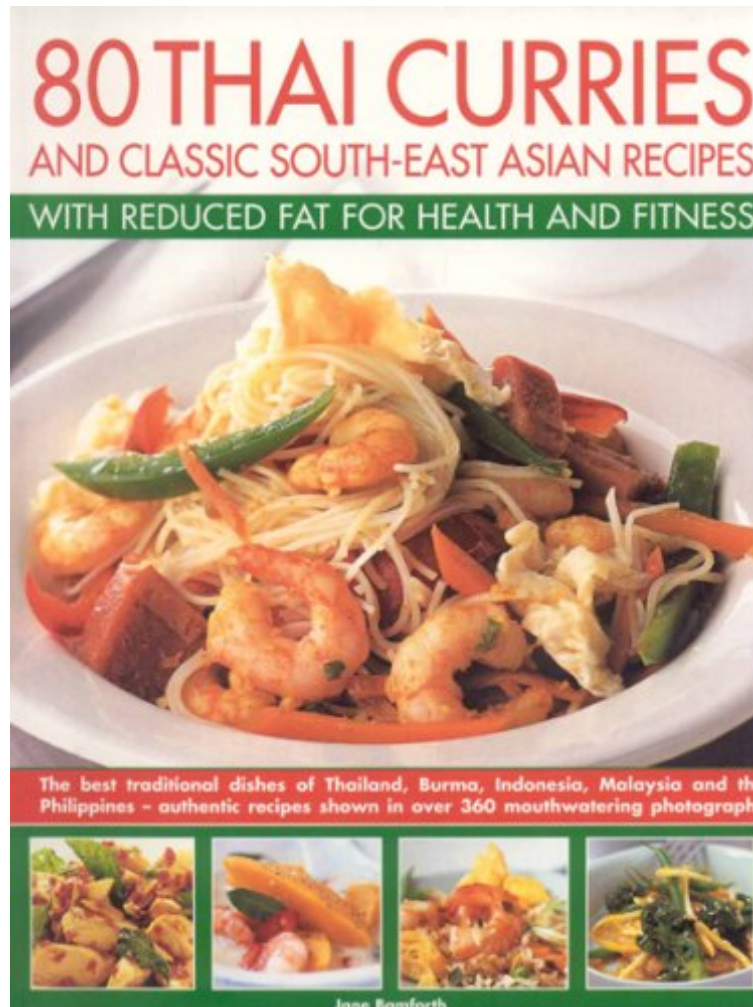


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0 of 0 people found the following review helpful. Well worth itBy TiraI learned how to make Thai and SE Asian food from my Lao friends' mom who is a fantastic cook and who made lots of great Thai and SE Asian food for me on my last visit to Laos. I asked her to show me how to make them as was surprised how little time it took. The main ingredient she used was actually red curry paste or green curry paste-but it was nothing like the jars we buy in the West. This was the fresh and uncut stuff. I bought several packets back and sure enough I was cooking like the best Thai restaurant. I can't get the brand she uses, but a tip is to use Mae Ploy or Maesri brand curry pastes-those are popularly used brands in Thailand and SE Asia that are also sold in the West.I picked up this book in the Bangkok airport because it went beyond the usual red and green curry recipes I know, and had lots of meatless dishes (for me) and fish (for hubby). I have made and enjoyed several of the recipes, including the Cambodian style eggplant, the fish in banana leaves and the coconut garlic rice. Want to try the cashew curry next. Will definitely recommend, with the note that you can simply use a good quality paste instead of buying and pounding the ingredients for the paste. There is also a helpful section for those who are unfamiliar with the SE Asian ingredients.

Here are fabulous ideas for every occasion: soups, appetizers and light bites; fish and shellfish dishes; meat and poultry; rice, noodles and wrappers; vegetarian dishes, vegetables and salads. Low-fat versions of famous classic and familiar favourites,