

Khao Mok Rice

Serves 2

Ingredients:

½ cup	Thai fragrant rice	½ T	oyster sauce
2 each	Kaffir lime leaves	¼ T	soy sauce
1/2	green onion	½ tsp	sugar
1 T	vegetable oil	¾ tsp	lime juice
1 tsp	fresh crushed garlic	⅙ tsp	salt
¼ tsp	red curry paste	¼ tsp	curry powder
⅓ cup	chopped mushrooms	1-2	banana leaves
⅓ cup	chopped red peppers		

Method:

1. Preheat oven to 375F. Line a small oven safe dish with banana leaves, the banana leaves will hang over the dish. Set aside.
2. Cook rice and set aside.
3. Chop kaffir lime leaves very fine and set aside.
4. Chop green onions into small pieces and set aside.
5. In a small pot over medium heat, add oil and garlic and fry until garlic is brown.
6. Add curry paste and reduce heat.
7. Add approximately ½ T of boiling water to make a sauce.
8. Add mushrooms and red peppers. Sauté.
9. Add oyster sauce, soy sauce, sugar, lime juice, salt and curry powder. Stir until sauce is thick.
10. Remove from heat.
11. Mix the sauce together with rice, lime leaves and green onions. Place in the banana leaf lined oven dish and fold banana leaves over, so that the rice is covered.
12. Bake in oven for 45 minutes.



Culinary Adventures with The Lazy Gourmet

  [thelazygourmet](https://www.instagram.com/thelazygourmet)

 [lazygourmet](https://www.facebook.com/lazygourmet)

[thelazygourmet.ca](https://www.thelazygourmet.ca)

Welcome to this exciting opportunity to elevate your cooking skills, add a unique dish to your repertoire and learn from one of BC's premier catering companies! Join The Lazy Gourmet's Founder – and UBC alumna – Susan Mendelson, BSW'78, as she virtually guides us through a step-by-step masterclass in preparing a gourmet meal. For the menu, Susan will help us cook a delicious Tamarind Glazed Salmon over her famous Khao Mok Rice and Garlic Bok Choy!

Tamarind Glazed Salmon

Serves 2

Ingredients:

2 x 5oz	salmon fillets
½ T	tamarind paste
1 T	honey
1 tsp	grated ginger
¼	lime, zest
½	lime, juiced
	salt and pepper

Method:

1. Preheat oven to 350F. Line a sheet pan with parchment. Set aside.
2. Season salmon with salt and pepper. Set aside.
3. In a medium bowl, whisk together tamarind paste, honey, ginger, lime zest, and lime juice.
4. Place salmon into the tamarind mixture and coat evenly. Allow salmon to marinate for 15 minutes.
5. Place salmon on sheet pan. Brush with more tamarind mix. Place in oven and bake for 7 to 8 minutes.

Garlic Bok Choy

Serves 2

Ingredients:

7 oz	baby bok choy
3	cloves garlic, minced
1 T	vegetable oil
	salt and pepper

Method:

1. Trim off the bottom of the bok choy and cut in half lengthwise. Clean bok choy in cold running water to ensure that dirt is removed.
2. Heat up a wok or pan over high heat.
3. Add oil and swirl until the wok is coated.
4. Add the garlic and the bok choy. Quickly stir-fry so that the garlic doesn't burn. Approximately 3-4 minutes.
5. Season with salt and pepper.