





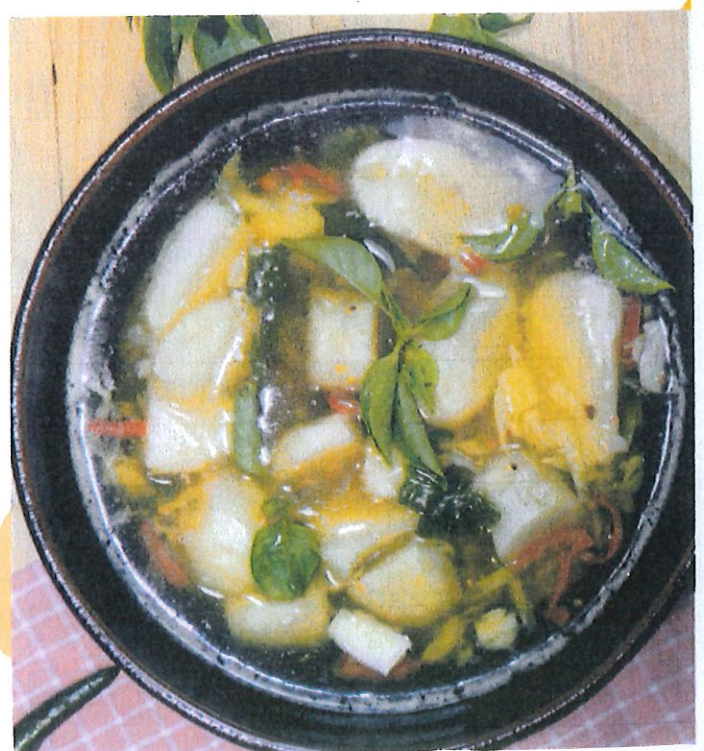


# Yam Soup

- |                      |   |                                     |
|----------------------|---|-------------------------------------|
| 1. Yam               | - | 10 Pieces                           |
| 2. Garlic            | - | 1 Piece                             |
| 3. Lemongrass        | - | 1 Piece                             |
| 4. Chilly (Green)    | - | 4 Pieces                            |
| 5. Oil               | - | three table spoons                  |
| 6. Salt              | - | 1 table spoon                       |
| 7. Tamarinding Sauce | - | soak in hot water within 10 minutes |
| 8. Basil             | - | 1 Pieces                            |

## Cooking Method

1. Boil with a little water with small pot
2. when boiling , put the garlic , oil , salt , tamarinding sauce
3. Put basil leaf before eating





# Spicy Chicken

- 1. Chicken - 450 gm (Small Pieces)
- 2. Tumeric - 1 Teaspoon
- 3. Salt - 1 Teaspoon
- 4. Chicken Powder - 1 Teaspoon
- 5. Onion - 100 gm (pound)
- 6. Water - 1 Liter
- 7. Green Chilly - 20 gm (pound)
- 8. Garlic - 80 gm (pound)
- 9. Pepper - 1 Teaspoon
- 10. Tamarind - a bit
- 11. Coriander Leaf - 3 leaf

## Cooking Method

- 1. Chop the chicken into pieces
- 2. Mix all together Tumeric , salt , onion , chicken powder , green chilly , Garlic, Pepper with chopped chicken
- 3. Wait until chicken well cooked , and then apply the tamarind sauce
- 4. Finally , put coriander leaf







# Tea Leaf Salad

1. Peanut - 5 gm
2. Garlic - 1 Pieces
3. Tomato - 2 Pieces
4. Green Chilly - 5 Pieces
5. Salt - Half teaspoon
6. Oil - 2 Teaspoon
7. Lemon - 1 Pieces
8. Tea leaf - 5 gm
9. Cabbage - 2 gm
10. Dry prawn Chips - 2 Table-spoon

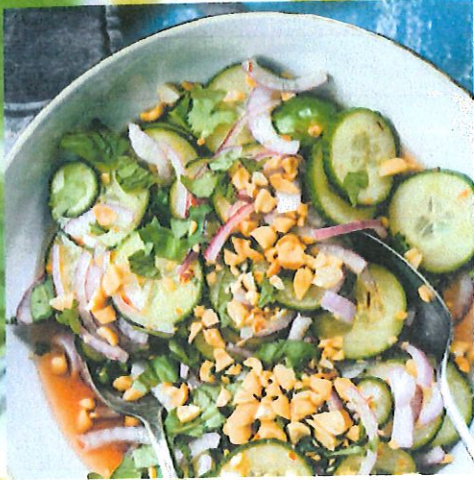
## Cooking Method

1. Put the peanut on the plate
2. Slice (Tomato, Garlic, Cabbage, green Chilly)
3. After Slicing mix with peanut
4. Salt, Oil , Tea leaf , Dry Praw Chips
5. Mix all together (first you prepare all the ingredients and mix with peanut)
6. Ready to eat





# Cucumber Salad



- |                   |   |                 |
|-------------------|---|-----------------|
| 1. Cucumber       | - | 1 Piece         |
| 2. Onion          | - | 1 Piece         |
| 3. Green Chilly   | - | 3 Pieces        |
| 4. Peanuts Powder | - | 1 Tablespoon    |
| 5. Mint           | - | 1 bunch         |
| 6. Lemon          | - | 1 Piece         |
| 7. Salt           | - | Half Teaspoon   |
| 8. Sugar          | - | One Table-Spoon |

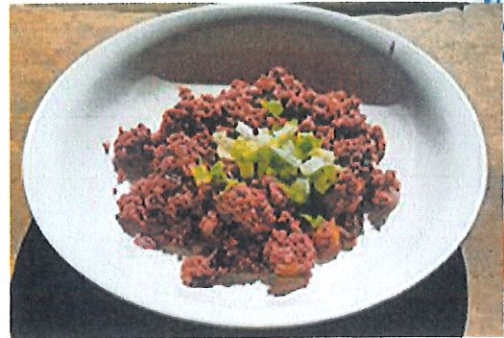
## Cooking Method

1. Wash the cucumber and slice
2. Wash an onion, slice and then put into the Bowl
3. Slice Green Chilly into pieces
4. Pound the Peanut
5. Slice mint into small pieces
6. Squeeze the lemon and apply salt, sugar
7. Stir all the ingredients for a few seconds



# Shrimp Paste

- 1. Shrimp Paste - 5 gm
- 2. Green Chilly - 5 Pieces
- 3. Garlic - 3 Pieces
- 4. Dry Shrimp - 5 gm
- 5. Lemon - 1 Piece



## Cooking Method

Put Baked Fish Paste, chilly and Garlic together in the flying pan with lower heat until well cooked. Pound the dry shrimp with Garlic and chilly, add the fish paste and pound. Place Fish paste in the small bowl. Finally, squeeze the lemon upon the pounded Ngapi. Eat with Salad, Cucumber, Carrot, Minit, Ladyfinger

