

# A White Lotus Culinary Adventure in Thailand



## Chefs

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March 12, 2025

## AMEN's White Lotus Sabai Cocktail

Sabai Sabai is a Thai phrase that means "take it easy" or "relax". This cocktail incorporates the classic Thai spirit, Mekhong. "Despite being known as a whisky, Mekhong is much more a rum. The distilled spirit is made from 95 percent sugar cane/molasses and five percent rice. The distilled spirit is then blended with indigenous herbs and spices to produce its aroma and taste".

We've concocted a refreshing cocktail that evokes Thailand - it incorporates the uniqueness of Mekhong whiskey and the tropical fruitiness of passion fruit liquor, with the tang of bright lemon, the herbaceousness of basil and a splash of club soda. Sabai sabai!

- 1 oz. -1.5 oz. Mekhong Liquor
- 1 oz. Passion Fruit liquor (we used Chinola)
- .5 oz. Simple syrup
- 1 oz. freshly squeezed lemon juice (Meyer lemon preferred)
- .5 tsp of Grenadine Syrup (optional)
- 1-4 oz. Club soda
- 1 large basil leaf (Thai basil preferred)

### Directions

Pour Mekhong, passion fruit liquor, simple syrup and lemon juice into a cocktail shaker with a lid. Crush a basil leaf well in your fingers and add to the shaker.

Add ice and shake vigorously for 5-10 seconds.

Strain into a cocktail glass or old-fashioned glass filled with ice. Add Grenadine (if using) and allow it to float down.

Top off with club soda.

**Makes 1 cocktail**

# Fresh Spring Rolls with Peanut Sauce

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Author: [Cookie and Kate](#) Prep Time: 40 minutes

Cook Time: 5 minutes Total Time: 45 minutes

Yield: 8 spring rolls

★★★★★ 4.8 from 205 reviews

These Vietnamese spring rolls are fresh, not fried! They're the perfect party appetizer or light meal. The peanut sauce sends them over the top. Recipe yields 8 spring rolls.



## Ingredients

1x

2x

3x

## Spring Rolls

- 2 ounces rice vermicelli or maifun brown rice noodles\*
- 1 teaspoon toasted sesame oil
- ¼ teaspoon fine sea salt
- 1 cup torn butter lettuce, ribs removed
- 1 cup very thinly sliced red cabbage
- 2 medium carrots, peeled and cut into matchsticks or sliced into strips with a [julienne peeler](#)
- 2 Persian (mini) cucumbers or 1 small cucumber, thinly sliced or sliced into strips

with a julienne peeler

- 2 medium jalapeños, ribs and seeds removed, thinly sliced
- ¼ cup thinly sliced green onions
- ¼ cup roughly chopped fresh cilantro
- ¼ cup roughly chopped fresh mint
- 8 sheets rice paper (spring roll wrappers)

## Peanut Sauce

- ⅓ cup creamy peanut butter
- 2 tablespoons rice vinegar
- 2 tablespoons reduced-sodium tamari or soy sauce
- 2 tablespoons honey or maple syrup
- 1 tablespoons toasted sesame oil
- 2 cloves garlic, pressed or minced
- 2 to 3 tablespoons water, as needed

## Instructions

1. *To make the spring rolls:* Bring a pot of water to boil and cook the noodles just until al dente, according to package directions. Drain, rinse them under cool water, and return them to the pot. Off the heat, toss the noodles with the sesame oil and salt, and set aside.
2. Fill a shallow pan (a pie pan or 9" round cake pan works great) with an inch of water. Fold a lint-free tea towel in half and place it next to the dish. Make sure your prepared fillings are within reach. Combine the green onion, cilantro and mint in a small bowl, and stir.
3. Place one rice paper in the water and let it rest for about 20 seconds, give or take. You'll learn to go by feel here—wait until the sheet is pliable but not super floppy. Carefully lay it flat on the towel.
4. Leaving about 1 inch of open rice paper around the edges, cover the lower third of

the paper with a few pieces of butter lettuce, followed by a small handful of rice noodles, some cabbage, and a few strips of carrot, cucumber and jalapeño.

Sprinkle generously with the herb mix.

5. Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients.
6. *To make the peanut sauce:* In a small bowl, whisk together the peanut butter, rice vinegar, tamari, honey, sesame oil, and garlic. Whisk in 2 to 3 tablespoons water, as needed to make a super creamy but dip-able sauce.
7. Serve the spring rolls with peanut sauce on the side. You can serve them whole, or sliced in half on the diagonal with a sharp chef's knife.

## Notes

**\*Noodle note:** I always opt for whole grains when I can, so I used Annie Chun's brand of maifun brown rice noodles. I found them with the Asian ingredients at Whole Foods.

**Make it gluten free:** Be sure to use certified gluten free noodles and tamari (not soy sauce, which typically contains gluten).

**Make it vegan:** Use maple syrup instead of honey.

**Make it peanut free:** Substitute almond butter (if not avoiding nuts altogether) or sunflower seed butter for the peanut butter.

**Prepare in advance:** You can definitely mix together the peanut sauce in advance. You can also prepare the veggies several hours or up to 1 day in advance, and store them in an air-tight container (they will lose freshness with time). The spring roll wrappers tend to dry out with time or once chilled, so spring rolls are best assembled shortly before serving. If you'd like to keep them fresh for an hour or two, store them under a lightly damp, lint-free tea towel at room temperature (the skin tends to harden in the refrigerator).

# Thai Salad

Vibrant and crunchy Thai Salad is a 100 calorie lunch that feels like a feast!

Prep Time  
20 mins

Total Time  
20 mins



★★★★★  
5 from 15 votes

Course: Salad Cuisine: Thai

Diet: Gluten Free, Low Calorie, Low Fat Servings: 8

Calories: 106kcal Author: [Sue Moran](#)

## Equipment

- mandoline slicer, optional [Buy it here](#)

## Ingredients

- 4 cups finely shredded Savoy cabbage\*
- 3 cups finely shredded red cabbage
- 1 cup [shredded carrot](#)
- 1/2 cup sliced pea pods
- 1/2 cup julienned yellow bell pepper
- 1/2 cup fine slivers of red onion
- 1 hot pepper, thinly sliced (I used a red jalapeño)
- 2/3 cup snipped cilantro (+ upper stems) loosely packed
- 1/4 cup snipped mint leaves

## dressing

- 3 Tbsp [fish sauce\\*\\*](#)
- 3 Tbsp [fresh lime juice](#)
- 2 Tbsp [brown sugar](#)
- 1 Tbsp [toasted sesame oil](#)
- 1 clove garlic, crushed
- 1 tsp grated fresh ginger

## garnish

- 1/3 cup roasted peanuts
- more fresh cilantro and mint
- [lime wedges](#)

## Instructions

1. Put the salad ingredients in a large bowl. The above measurements are just suggestions, feel free to add more or less depending on your taste.
2. Whisk together the dressing and give it a taste to adjust any of the flavorings. Toss the salad with the dressing ~ holding back a little bit, you may not need it all. Toss until the dressing is well distributed.
3. Heap the salad onto a serving platter or bowl. Top with the roasted peanuts. Garnish with lime wedges and more fresh herbs.

## Notes

\*To shred cabbage I first remove the loose outer leaves. Then, using a large sharp knife, slice the head in half, through the core. Slice the halves in half again (through the core) and cut out the cores. I shred the quarter pieces on a [mandoline slicer](#) on the 1/8" setting for fine even shreds.

\*\*for a vegan Thai salad substitute a vegan fish sauce.

To make this salad into a meal add shredded rotisserie chicken, shrimp, salmon, or thinly sliced steak.

## Nutrition

Calories: 106kcal | Carbohydrates: 14g | Protein: 4g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Sodium: 590mg | Potassium: 372mg | Fiber: 3g | Sugar: 7g | Vitamin A: 3688IU | Vitamin C: 63mg | Calcium: 57mg | Iron: 1mg

<https://theviewfromgreatisland.com/thai-salad/> February 24, 2023



## Massaman Thai Curry

AUTHOR: TONIA | FEASTING AT HOME  
PREP TIME: 20 MINUTES. COOK TIME: 25 MINUTES  
TOTAL TIME: 45 MINUTES. YIELD: 6 SERVINGS

### DESCRIPTION

This Thai massaman curry recipe is easy to make and full of rich, warm, mellow flavor. Make it with your choice of chicken or tofu and potatoes in a lovely spiced curry sauce.

### INGREDIENTS

- 1 1/2 pounds Yukon gold potatoes (about 4 medium) or other thin-skinned (red potatoes) cut into 1 1/2 -inch chunks.
- 1–2 teaspoons coconut oil
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 medium shallot, cut into thin slices
- 2 teaspoons ginger, freshly grated
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/8 teaspoon ground cloves
- 1/8 teaspoon nutmeg
- 2–6 tablespoons red curry paste, to heat preference (we used 4 tablespoons of Maesri brand for a medium spice)(**For serving 6, I began with 1tbs for very mild heat and ended up adding a little more**)
- 2 cans of full-fat coconut milk, 14 ounces
- 2 tablespoons fish sauce
- 1–2 tablespoons light brown sugar
- 1–2 tablespoons tamarind puree or paste \*see notes
- 2 tablespoons peanut butter (optional) (**I added it**)
- 1 1/2 pounds chicken- breast, sliced into very thin strips (can also use chicken thighs- \*see notes, shrimp or crispy tofu)

**Garnish suggestions:** 1/2 cup roasted, crushed peanuts, a handful of fresh baby spinach (**I chiffonaded the spinach**), cilantro, finely sliced red chilies (**I used tiny slivers of red bell pepper**) or Thai chili flakes, crispy shallots, peanut chili crunch.

## INSTRUCTIONS

- 1. Have everything prepped and ready to go beside the stove.** Toss the chicken slices with about 1/2 teaspoon salt. Measure the spices, keeping the whole seeds separate from the ground spices.
- 2. Parboil the potatoes.** Start with cold water just covering the potatoes. Bring to a boil and simmer for 5-7 minutes cooked to al dente. Drain the water and set aside.
- 3. Bloom the curry paste and spices.** Heat coconut oil in a large pot or Dutch oven over medium heat. Saute the coriander seeds and cumin seeds for 2 minutes, stirring. Add the shallots and fresh ginger, stir 1-2 minutes and add the ground cinnamon, cardamom, cloves, and nutmeg along with the curry paste.
- 4. Add coconut milk and potatoes.** Simmer together for 10 minutes or until potatoes are fork-tender but not overly soft.
- 5. Season.** Add fish sauce, sugar, tamarind paste, and whisk in peanut butter.
- 6. Add the sliced chicken breast.** Simmer for 5 minutes or until the chicken pieces are tender, cooked through and opaque.
- 7. Taste the curry** and adjust sweetness (sugar), fish sauce (or salt) and acid (tamarind paste) to taste. Find your perfect balance.
- 8. Serve immediately with jasmine rice and toppings.**

## NOTES

If using chicken thighs, add them in with the potatoes in step 4.

You can use Massaman store-bought curry paste if you prefer. But we actually like Red Curry paste, it is easier to find and when enhanced with a few spices it makes the

perfect massaman curry paste. If using Massaman curry paste omit the cumin and coriander seeds, the cinnamon, cardamom, cloves, and nutmeg.

We like Maesri or Mae ploy curry paste brands. Start with less unless you know your spice tolerance with the brand you are using.

Tamarind paste is more concentrated so you may need less. We used 2 tablespoons of GloryBee brand tamarind puree.

To make vegan: use vegan fish sauce or lite soy sauce. Replace chicken with tofu or veggies like: carrots, winter squash, cauliflower, green beans, zucchini and peas.

Store leftovers in an airtight container in the fridge up to 3 days.

Find it online: <https://www.feastingathome.com/massaman>

### **MY NOTES**

Regarding the spices: I lightly crushed the coriander seeds and cooked them with ground cumin (didn't have whole cumin) and cooked them in a lot more coconut oil than the recipe called for, because I didn't feel it was enough to bloom all the spices and cook the scallions (if you don't have scallions, I think regular onion would be just fine). I doubled the amount of spices because I didn't think there was enough flavor with original amounts.

Red curry paste: Start with 1 tbs and add more based on your heat tolerance. I find red curry paste to start off "hot" and then quickly dissipate.

To make ahead: Cook to Step 5, but omit the potatoes. About 30 minutes prior to serving, gently reheat sauce on medium heat until the sauce begins to simmer and add the room temp, parboiled potatoes. Cook for about 10 minutes and then add the room temp chicken. Cook until tender - about 10-15 minutes or until opaque.



## Coconut Rice ข้าวมัน (kao mun)

Author: Pailin Chongchitnant Prep Time: 5 mins

Cook Time: 30 mins Total Time: 35 minutes Yield: Makes 3 cups

### Description

A great side dish that's a little richer and more exciting than plain rice. Perfect for grilled meats, papaya salads, or any dish that's salty and spicy!

### Ingredients

- 1 cup (240 ml) uncooked jasmine rice
- ¾ cup (180 ml) water
- ½ cup (120 ml) coconut milk (see note)
- 1.5 Tbsp (22.5 ml) sugar
- Scant 1 tsp (4 ml) fine sea salt
- Optional: 8 inches of pandan leaf
- Optional: Toasted dried coconut for garnish

### *Ingredients and Kitchen Tools I Use*

### Instructions

#### To make coconut rice in a rice cooker:

- 1 Combine water, coconut milk, sugar, salt and pandan leaf (if using) in the pot of a rice cooker and stir. Turn the rice cooker on and let it heat up for a few minutes, just to make sure the salt and sugar are completely dissolved.
- 2 Meanwhile, rinse the jasmine rice a few times, until the water runs mostly clear. Drain it very well in a sieve.
- 3 Add the rice to the rice cooker and stir to break up any lumps. Let the rice do its thing as

per usual!

- 4 Once the rice cooker clicks, let the rice rest for about 10 minutes before opening then fluff the rice with a spatula. If you notice that the bottom has browned slightly, it's okay to mix this into the rice, but if it's too dark, then try not to stir this part up.
- 5 Place in a serving bowl and garnish the top with toasted coconut, if desired.

### **To make coconut rice on the stovetop:**

- 1 Rinse the jasmine rice a few times, until the water runs mostly clear. Drain it very well in a sieve.
- 2 In a heavy-bottomed pot, combine the water, coconut milk, sugar, salt and pandan leaf (if using). Turn the heat on low and stir it for a minute to make sure the sugar and salt are completely dissolved.
- 3 Add the rice, stir to break up any lumps, and cover. Allow the rice to simmer on low heat until all the liquid has been absorbed and the rice is fully cooked, about 20 minutes. To check if all the liquid has been absorbed, insert a rubber spatula against the side of the pot all the way to the bottom, and push the rice to reveal the bottom to see if it's still wet.
- 4 Turn off the heat immediately once the rice is done to avoid scorching the bottom. Let the rice rest for about 10 minutes before opening and fluffing the rice. If you notice that the bottom has browned slightly, it's okay to mix this into the rice, but if it's too dark, then try not to stir this part up.
- 5 Place in a serving bowl and garnish the top with toasted coconut, if desired.

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## **Notes**

- 1 The ratio of coconut milk to water can be modified to make the rice richer or lighter. Use more water for a lighter coconut rice, and more coconut milk for something richer. Keep the total volume of liquid the same.

*Find it online: <https://hot-thai-kitchen.com/coconut-rice/>*

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## Cashew Toffee Mocha Cake

Author: Pailin Chongchitnant Yield: About 16 squares

### Ingredients

#### Mocha Cake

- 2 Tbsp water
- 2 Tbsp instant coffee (see note)
- 4 oz. (115 g.) chopped semi-sweet chocolate
- 1/4 cup vegetable oil
- 1/4 cup unsalted butter
- 1 1/4 cup all-purpose flour
- 1 cup sugar
- 1/4 tsp baking soda
- 1/4 tsp baking powder
- 1/4 tsp + 1/8 tsp salt
- 2 eggs
- 1/4 cup plain yogurt (I use full-fat, but low fat should be fine)
- 1 tsp vanilla

#### Cashew Toffee Topping

- 1 3/4 cup roasted, unsalted cashews
- 1/4 cup evaporated milk
- 1 tsp instant coffee
- 1/2 cup unsalted butter
- 3/4 cup sugar
- 3 Tbsp flour

- 1/4 tsp salt

### ***Ingredients and Kitchen Tools I Use***

## **Instructions**

Preheat the oven to 350°F/180°C, set the rack in the middle. Grease the sides of a quarter sheet pan with oil or butter, and line the bottom with parchment paper.

### **For the cake:**

In a small pot, add the water and instant coffee and stir over medium heat until mostly dissolved. Add chocolate, vegetable oil and butter; stir over medium heat until melted and smooth. Remove from heat and set aside.

In a large mixing bowl, whisk together flour, salt, sugar, baking soda and baking powder until there are no more clumps.

In a small bowl, whisk together eggs, yogurt, and vanilla.

Pour the chocolate mixture into the flour mixture and stir with a wooden spoon or spatula until the flour is completely moistened. Add the egg mixture and whisk until smooth; it will be thick and hard to mix at first, but it will slowly loosen. Once the batter is smooth, pour into the prepared pan and bake for 18-20 minutes or until a toothpick inserted into the middle comes out clean. Let cool while you make the topping.

### **For the topping:**

Roughly chop the cashews until most of them have been cut at least in half. Then pick out the ones that are still whole or are very fat, and roughly chop them separately until you no longer have any whole or fat ones.

In a small pot set over medium low heat, stir together evaporated milk and instant coffee until mostly dissolved. Add butter and let cook until the butter is melted, stirring occasionally.

While the butter is melting, whisk together the sugar, flour, and salt in a small mixing bowl until well combined.

Once the butter completely melted, add the sugar-flour mixture, stirring constantly as you add. Keep stirring over medium heat, scraping the bottom, until it boils. Once boiled, turn off the heat and stir in cashews. Pour the topping over the cake and spread evenly to cover the entire cake.

Turn the oven broiler on "low" and set the rack so that the cake would be about 6" away from the element. Broil the cake until the topping has caramelized and browned (about 3-5 minutes). *Tip: Most broilers have a hot spot which creates uneven browning, so once the toffee starts to brown, move the pan around to even out the browning as much as you can.* Cool the cake completely in the pan before cutting

Once cooled, loosen the sides of the cake from the pan by running a thin knife or spatula all around the cake, being extra careful around corners. Place a cutting board on top of the cake

and flip the cake upside down onto the cutting board. Lift the pan, and the cake should come out (you might need to push the bottom a bit to help it release).

To cut the cake, use a knife with a long blade to "mark" the pieces by cutting just through the cake and stopping when the blade reaches the cashews. Then using a sharp chef's knife, go into the same cuts and cut through the cashews with one firm press. *Note: You can also just cut the cake all the way through in one go using a sharp chef's knife. I just find that I get straighter cuts if I first mark the cake using a knife that is long enough to cut across the cake in one go!*

This cake keeps for several days in the fridge. It also freezes very well. To reheat a frozen cake, let it thaw at room temperature for at least 15 minutes, then heat the cake in the microwave in 10-15 second increments.

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## Notes

- ① *I use Nescafe instant coffee, which is the most popular brand in Thailand. However, you can also use 1 oz (30 ml) of strong brewed espresso to replace the coffee AND the water. You can also use Starbucks VIA packets, although I have never tried it so I'm not sure how many packets you'd need (but I'm gonna guess 2).*

*Find it online: <https://hot-thai-kitchen.com/mocha-toffee-cake/>*

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# Coconut Ice Cream

*This coconut ice cream is so creamy, refreshing, sweet and delicious! It's only 4 ingredients, and has the perfect rich coconut flavor!*



4.75 from 12 votes

Prep Time	Cook Time	Total Time
5 mins	30 mins	35 mins

Course: Dessert Cuisine: American

Keyword: Coconut Ice Cream, Easy Servings: 8

Calories: 417kcal

## Equipment

- Large Mixing Bowl

## Ingredients

- 14 oz can coconut milk (unsweetened)
- 2 cups heavy cream (can sub half and half if needed)
- 1 cup sugar
- 1 tsp vanilla extract

## Instructions

1. Prepare ice cream maker bowl by freezing it overnight, or according to manufactures directions.
2. Combine coconut milk, cream, sugar, and vanilla in a large bowl.
3. Pour mixture into your prepared ice cream maker. Make sure to scrape the sides to get all the sugar.
4. Allow ice cream maker to run according to manufactures directions (mine is about 25-35 minutes, till creamy and mixed).
5. Enjoy a soft serve ice cream now, or scoop ice cream into a 1.5 quart container, cover with plastic wrap and place in the freezer for 6 hours, up to overnight, for a scoop-able ice cream.

## Notes

\*\*Total time does not include time to freeze the ice cream maker bowl, or additional freezing time for scoopable ice cream.