

Spring 2022

Hi City of Scottsdale Students,

Welcome to your Vietnamese cooking class. Attached below you will find the recipes and supply lists you need for class:

- Vietnamese peanut sauce Recipe
- Southwest Asian Noodle Recipe
- Grocery and Supply List

Please carefully read through the recipe, and print it out before we get in the kitchen together. Next, use the grocery list and go shopping. Then, check you have all the necessary supplies in your kitchen to whip up a feast.

If you have any dietary restrictions, kitchen equipment concerns, or questions, please reach out. I'm happy to answer your questions, and make accommodations before class.

See you soon,

Chef Amber Sampson

[A.L.Sampson09@gmail.com](mailto:A.L.Sampson09@gmail.com)

The recipes and techniques in this class are courtesy of Thai Chef Mali Suvananbaufna, my first culinary instructor, and have been adapted to teach for this program.

## Chef Amber's Peanut Sauce

*Yield: approximately 2 cups...Prep Time: 10 minutes*

### Ingredients:

- 1 (13.5 ounce) can coconut cream
- 2 tbs HOT water
- $\frac{3}{4}$  cup smooth natural peanut butter
- 1 tablespoon fish sauce
- 2 teaspoons soy sauce
- 2 teaspoons toasted sesame oil
- 3 lime, juiced and zested
- 2 cloves garlic
- 1 teaspoon chili-garlic sauce (such as Sriracha or Sambal), or to taste
- 2 teaspoons ground ginger
- 4 stalks of green onion
- 1 bunch of chopped fresh cilantro, or to taste
- 2 teaspoons chopped peanuts, or to taste
- 6 bunches of Thai basil
- 6 bunches of mint

### Directions:

- 1) Pour coconut cream into large bowl and mix with peanut butter and hot water until smooth
- 2) Add in fish sauce, soy sauce, and sesame oil
- 3) Zest limes and add juice and zest
- 4) Mince garlic, and add chili and ginger
- 5) Chop green onion, Thai basil, mint and cilantro and add peanuts
- 6) Mix and taste until you get the desired flavor

### Chef tips:

\* Refrigerate if you're going to use as a dipping sauce. You may need to add some honey or agave to sweeten if it's going to be served cold. When made fresh it's slightly warm and perfect for pouring on noodles

\*\*You can buy pre ground ginger paste, to speed up this recipe.

\*\*\*While not preferred, you can use regular basil if you don't have thai basil

## Chef Amber's South East Asian noodles or Spring Rolls

*Yield: approximately 8 servings...Prep Time: 45 minutes*

### Ingredients:

- 1 package of frozen precooked shrimp
- 1 package of rice noodles
- 1 yellow bell pepper
- 1 red bell pepper
- ½ green cabbage
- 4 large carrots
- 1 large English cucumber
- 2 bundles of fresh mint
- 2 bundles of fresh Thai basil
- Rice paper wraps (three ladies is my favorite brand)

### Directions:

- 1) Thaw shrimp, remove tails if they are still on the package, and set aside
- 2) Soak Rice noodles according to package directions
- 3) While noodles are soaking, make chef Ambers peanut sauce
- 4) Cut peppers and cabbage into thin strips (mimicking the shape of noodles)
- 5) Grate carrots and cut cucumber into strips
- 6) Cook rice noodles and toss with 2 TBS of peanut sauce
- 7) At this point you can either mix everything together and have a great noodle dish which is lovely warm or cold the next day
- 8) Or you can soak the rice paper and roll them into spring rolls. I will show you how to do this in class, but here is a link for any students referencing this outside of class.
- 9) <https://www.youtube.com/watch?v=y31rUItaAnI>

### Chef tips:

- The rolling of the rice paper rolls is something you need to see once. Think burrito roll
- You can prep the ingredients before hand and then make a lot of rice paper wraps at once. Wrap in plastic they last for no more than 8 hours in the fridge.

## Supply List:

### Groceries:

- 1 (13.5 ounce) can coconut cream
- 2 tbs HOT water
- ¾ cup smooth natural peanut butter
- 1 tablespoon fish sauce
- 2 teaspoons soy sauce
- 2 teaspoons toasted sesame oil
- 3 lime, juiced and zested
- 2 cloves garlic
- 1 teaspoon chili-garlic sauce (such as Sriracha or Sambal), or to taste
- 2 teaspoons ground ginger
- (You can buy it pre ground at the store)
- 4 stalks of green onion
- 1 bunch of chopped fresh cilantro, or to taste
- 2 teaspoons chopped peanuts,
- 10 bunches of Thai basil (this is going to be able 2 boxes from the store)
- 10 bunches of mint
- 1 package of frozen precooked shrimp
- 1 package of rice noodles
- 1 yellow bell pepper
- 1 red bell pepper
- ½ green cabbage
- 4 large carrots
- 1 large English cucumber
- 2 bundles of fresh mint
- 2 bundles of fresh Thai basil
- Rice paper wraps (three ladies is my favorite brand)

### Kitchen Equipment:

Plastic wrap  
Large Bowls  
Plastic spatula  
Measuring Cups and Spoons  
Glass liquid Measuring Container, which can hold 4 cups of liquid  
Whisk  
Towel or paper towels  
Chef knife  
Cutting board  
Can opener  
Large quart size pan for boiling noodles  
Zester (micro plane)