



Ingredients :

- 300 g of rice noodles
- 3 tablespoons of oil
- 1 tablespoon of minced garlic
- 1 tablespoon of chopped dried shrimps
- 1 cup of tofu cut into small pieces (or chicken, shrimp)
- 2 eggs beaten
- 3 tablespoon of chopped roasted peanuts
- 1 cup of bean sprouts
- 2 lemons
- thai chives

Sauce

- 3 tablespoons of sugar
- 3 tablespoons of fish sauce
- 1 tablespoon of soy sauce
- 2 tablespoons of tamarind juice

Preparation :

Here is an authentic recipe found in the streets of Bangkok.

Put the rice noodles in warm water 10 to 15 minutes to rehydrate, drain and set aside.

Put oil in wok and fry garlic, the dried shrimp and tofu until the garlic becomes golden brown.

Then add the rice noodles and stir on high heat, cook until noodles are cooked. Reduce heat slightly and add all sauce ingredients : sugar, fish sauce, soy sauce and the concentrated of tamarind . Mix well.

Make a place on the right side of the wok, then add eggs and cook then mixed into the noodles. Add the peanuts then bean sprouts and let them cook 3 minutes, stirring occasionally.

Serve the noodles in plates or bowls and garnish with lime wedges, the thai chives or cilantro.

Tips : In Thailand, it is served with a piece of fresh banana flower beside.

There are variations with pork, or where the whole preparation is wrapped in the egg, or with what people have in their homes.

The recipe for Pad Thai served in Thai restaurants in Western countries is richer. Shrimp may be substituted with the chicken or chopped peanuts and accented with coriander, tamarind juice, red chili.

Anecdotes : The pad thai (sometimes Thai phad , Thai ??? ???) is a traditional Thai dish of noodles popular and very eaten throughout Thailand. Its name means literally "fried Thai style." The Pad Thai is one of the most famous dishes, outside the country. He became the national dish of Thailand after the economic recession to hit the country after World War II. To reduce the consumption of rice, the government, led by its Prime Minister Phibunsongkram, launched a campaign for the production of rice noodles, by distributing the recipe throughout the country.