

Burasari Heritage

LUANG PRABANG

From our kitchen to yours



Experience The Flavours of Laos & Thailand



Welcome to ...
Burasari Heritage's Cooking Class

This cooking class is designed so that you will discover the flavours of Thai and Lao cuisine. You'll get a hands-on experience learning to cook classic dishes from both regions.

The experience will take approximately three and a half hours. Morning classes will commence with a visit through Luang Prabang's lively morning market to learn about the exotic, fresh ingredients found in Lao and Thai cooking. Then we head back to The Terrace's open kitchen and Chef's table, set beautifully overlooking the Nam Khan River.

After a brief orientation of the kitchen, you'll roll up your sleeves and unleash your inner Iron Chef. You'll learn about the ingredients, their uses and substitutions if they're not available. Finally, you'll reap the rewards, feasting on each dish you make.

This cook booklet is yours to take with you so you can prepare these delicious meals for friends and family at home.

Uniquely Lao

Some Ingredients Used a Lot In Lao But Not Thai Cuisine:

Dill	Lao eggplant
Mint	Ginger flower
Local watercress	Betel leaves
Sticky Rice	Padek (Lao fish sauce)
Crispy rice	Khai Pene(dried riverweed, similar to Japanese seaweed)
Sa Khan (a peppery wood)	Dried buffalo skin/meat and dried pork skin/belly
Dried or toasted sticky rice	**Lao meals almost always are served with a plate of
Banana flower	leafy raw greens, herbs, cucumber and/or yard beans

Did you know:

Padek or Lao fish sauce is made by fermenting freshwater fish in a brine of water, salt and rice bran or husks for at least six months – but the longer the better. One year to five-year-old fish sauce is preferred!

Dill is used extensively in Lao cuisine, but the herb is not used in any other Southeast Asian country's cuisine.

Sticky rice is the staple in Laos and Isan (northeast Thailand). It is eaten with every meal.

A mortar and pestle is an essential piece of equipment in a Lao kitchen. Which is hotter: red or green chili? Small or large?

Can you tell the difference between galangal and ginger?

Khai pene is riverweed harvested from the Mekong, dried, then fried with garlic and sesame seeds. It's a delicious snack eaten with beer.

Lemongrass can be made into a tea and is known for its soothing and medicinal properties, fighting coughs and colds.



Tom Kha Gai

(Chicken in coconut soup)



Tom Kha Gai, which literally translates as “chicken galangal soup”, is a spicy hot soup popular in both Lao and Thai cuisine. The key to the soup is to get a balance between the flavours: sweet coconut milk and sugar; salty fish sauce; hot-spicy chili; earthy galangal, shallot and coriander; aromatic lemongrass; sour lime and kaffir lime leaf. In Lao-style tom kha gai, they would use also use dill.

Instead of chicken, this soup can be made with tofu (tom kha tao hu), mushrooms (tom kha het), pork (tom kha mu) or seafood (tom kha thale). This delicious dish is a crowd favourite and truly easy to make at home.

Ingredients:	Serving: 1 portion		
100 g	chicken breast	2 g	chili
150 ml	coconut milk	5 g	shallot
10 g	galangal	10 g	coriander
10 g	lemongrass	2 lime	limes
5 g	kaffir lime leaf	10 ml	fish sauce
10 g	straw mushroom	3 g	sugar

Note:



Som Tam

(Traditional green papaya salad)



You haven't truly been to Thailand or Laos unless you've tried spicy, savory green papaya salad – "som tam" in Thai, in Lao called "tam som" (pounded sour) or "tam maak hoong" (pounded papaya). This salad is a staple dish in Laos. Versions of this dish are also found in Cambodia and Vietnam.

The "pounded" part comes from the fact that it is always prepared in a mortar and pestle, the ingredients beaten to release, mix and absorb the flavors. Once again, the key to this dish is the balance of five tastes: hot, salty, sour, sweet, savory. If you order papaya salad from a street vendor, it is made in front of you according to your taste. But beware! The tiny Bird's Eye Chili they add are screaming hot.

The Thai version may include peanuts and rice paddy crabs. The Lao version would include Lao fish sauce "padek", made from long fermented freshwater fish. Thicker, darker and even more pungent than Thai fish sauce, it is not for the faint of heart, or palate.

Ingredients:	Serving: 1 portion		
150 g	green papaya	5 g	garlic
15 g	long bean	5 g	palm sugar
10 g	dried shrimp	5 ml	fish sauce
10 g	peanut	3 lime	limes
10 g	carrot	15 g	cabbage
10 g	cherry tomato	10 g	cucumber
5 g	chili	5 g	green lettuce

Note:



Gang Pa Nuea

(Jungle style beef curry)



Gang Pa/Kaeng Pa is a country style jungle curry using ingredients that would be grown and found in the forests of Laos and northern Thailand. The taste is distinctive to those regions: it is spicy, herbacious and full-flavoured.

We tend to associate “curry” with coconut milk but remember that coconut milk is an ingredient found and preferred in southern and central Thailand; it is not commonly used in Lao and northern Thailand cuisine, where sweet flavor is reserved for desserts.

Ingredients:	Serving: 1 portion		
120 g	beef tenderloin (local)	5 g	green pepper corn
30 g	red curry paste	10 g	long bean
30 g	apple eggplant	5 g	long red chili
10 g	pea eggplant	3 ml	fish sauce
3 g	hot basil leaf	5 g	sugar
3 g	sweet basil leaf	10 g	razor root
1 g	kaffir lime leaf	300 ml	chicken stock

Note:



Gang Buad Fakthong

(Warm pumpkin in coconut milk)



Easy, simple yet delicious, a dessert made by cooking something in sweetened coconut milk/cream is a homestyle, heartwarming dessert. Pumpkin is popular but that “something” can also be banana, taro, sweet potato, corn, tapioca pearls or sticky rice.

Ingredients:	Serving: 1 portion
200 g	pumpkin
240 ml	coconut milk
1 g	sugar
½ g	salt

Note:

The Flavours

HERBS & SPICES

Lemongrass

Kaffir lime leaves

Chili

Cilantro

Thai Basil

Coriander Root

Vietnamese Coriander

Pandan leaf

Galangal

Ginger

Garlic

Shallots



Galangal



Lemongrass



Lime



Chili



Garlic

PASTES & SAUCES

Shrimp paste

Chili paste

Fish Sauce

Lime juice

Soya sauce

NUTS & FRUITS

Nuts: peanuts, cashews

Sesame seeds

Coconut milk

Green papaya

Tamarind



Ginger



Coriander Root



Kaffir Lime Leaves

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LUANG PRABANG

Tripadvisor!



Red Rose Luang Prabang

We would appreciate it if you could leave us
a short review on TripAdvisor

Thank you for being at home with us.

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LUANG PRABANG



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