



• KITCHEN TO KITCHEN. •  
FORK  
**THE CHEF  
& THE DISH**  
KNIFE  
• CULINARY EXPERIENCE. •

MULTI LOCATION CLASS  
FUNDAMENTALS OF THAI COOKING

# WELCOME TO THE CHEF & THE DISH

## How it works.

Get ready for a cooking experience you'll never forget! In your Multi-Location Cooking Class with The Chef & The Dish, you and your team will be joined by your Chef who will guide you through mastering a dish, native to their region. Your class will also be co-hosted by a Host from The Chef & The Dish.

During your Cooking Experience, you'll get to know your chef and teammates. Then, you'll begin to do work together. Just follow your chef's lead. Ask questions, share stories, and have some fun together as you whip up an amazing traditional dish. Watch your chef, and get personalized coaching as you learn the fundamentals of their nation's most important dishes.

At the end of the class, enjoy your first few bites, and then say goodbye to your chef and classmates so you can enjoy an epic meal.

## TRANSPORT YOUR KITCHEN FOR THE DAY™



# CHEF JOY

# PIADAMRONG

## KOH TAO | THAILAND



Chef Joy started her cooking career after high school to help finance her journalism degree. She began helping her family business, preparing traditional Thai breakfast and lunch for commuters at the nearby bus station. She later started her own food business - a noodle soup street food stall.

Thailand is synonymous to street food - choices are enormous and competition is fierce. Only the stalls with the tastiest food survive, and hers thrived. Soon her income surpassed what she ever could expect to earn as a journalist in Thailand.

After selling her business to travel, she returned to Thailand and began cooking again, including at a posh resort in Koh Tao and on a tourist yacht. She decided it was time to begin her own venture, a cooking school, Thai Cooking with Joy. With her hundreds of 5-star reviews, the rest is now history.

Now, she's excited to transport into your kitchen to teach you some of Thailand's most iconic dishes. Hang up the keys and get ready for a whole new way to enjoy some time in.



# GETTING READY CHECKLIST

- Watch your Kitchen Prep Video to get you ready!
- Review your Shopping List. If you have any questions, just email us!
- A few days before your cooking class, head to the grocery store, or arrange for delivery.
- 30 minutes before your cooking class**, organize your ingredients and equipment on your countertop
- Make sure your computer is charging!
- 10 minutes before your class, click on the link in your email or calendar to join your group conference.** Please be prompt, so we can ensure a great experience for you and your teammates! Please know, we admit everyone individually to check for audio and video, so if your class starts a few minutes late, we're helping your teammates!
- You will see you're one a few people! Say hello!
- Once everyone joins, your Host will get everyone ready to have some fun, and then your Chef will transport you into their kitchen to make something delicious.
- If you run into any problems at all, just email us! We're in front of our computer and ready to help.

[KitchenAssistant@TheChefandTheDish.com](mailto:KitchenAssistant@TheChefandTheDish.com)



# FUNDAMENTALS OF THAI COOKING

## SHOPPING LIST



### CLASS MENU

Thai Fried Rice with Egg, served with Prik Nam Pla Sauce

#### INGREDIENTS

#### HAVE IT

##### PRODUCE

Tomatoes - 1

White Onion - 1 medium

Green Onion/ Spring Onion - 1 bunch

Garlic - 2-3 cloves

Carrot - 1

Red or Green Fresh Chili - 1

Limes - 1-2

Pak Choi / Bok Choy, small head \*optional

Coriander/Cilantro - 1 bunch)\*optional

##### DELI/MEAT

Chicken Breast - 1 boneless skinless breast

#### INGREDIENTS

#### HAVE IT

##### SPICES

Salt & Pepper to taste

##### PANTRY

Jasmine Rice - 1 1/2 cups

Soy Sauce - a few tablespoons

Fish Sauce - a few dashes \*optional

Sugar - 1 tablespoon

Canola or Vegetable Oil, a couple tablespoons

##### DAIRY

Eggs - 2

##### SUGGESTED PAIRING



A cold beer like Chang, or a crisp white wine like a Dry German Reisling.

# FUNDAMENTALS OF THAI COOKING

## EQUIPMENT LIST



As with a chef, it's important to have your workstation in order in advance of cooking. This means having your ingredients prepped and cooking equipment on your countertop ready to go.

If you don't have any of the equipment below, please contact your Kitchen Assistant with The Chef & The Dish so we can ensure you have the best results possible.

### **EQUIPMENT:**

- One Large Skillet or Wok
- One Wooden Spoon or Spatula
- Sharp Chef's Knife
- Cutting Board
- Plate or bowls for organizing

Make sure to wash any produce before your class.  
Before your class, please place your ingredients on your countertop,  
and put the equipment in a convenient place.

**If you need anything at all, just email us!**  
**[KitchenAssistant@TheChefandTheDish.com](mailto:KitchenAssistant@TheChefandTheDish.com)**

**We can't wait to see what you cook up.**



# CONVERSIONS

## IMPERIAL TO METRIC CONVERSIONS



### WEIGHT

Ounces (oz)	Exact Metric Conversion (g)	Standard Metric Conversion (g)
1 oz	28.3 g	30 g
2 oz	56.7 g	55 g
3 oz	85.0 g	85 g
4 oz	113.4 g	125 g
5 oz	141.7 g	140 g
6 oz	170.1 g	170 g
7 oz	198.4 g	200 g
8 oz	226.8 g	250 g
16 oz (1 lb)	453.6 g	500 g
32 oz	907.2 g	1000 g (1kg)

*As you start cooking dishes from around the world, you'll notice that the units of measurements can vary. We've put together this handy conversion chart of some of the common conversions you'll need.*

*Don't panic, if you still need help or are unclear of how much ingredients you'll need, your Kitchen Assistant is only an email away.*

~ The Chef & The Dish

### VOLUME

Conventional Measure	Exact Metric Conversion (mL)	Standard Metric Conversion (mL)
1/4 teaspoon	1.2 mL	1 mL
1/2 teaspoon	2.4 mL	2 mL
1 teaspoon	4.7 mL	5 mL
2 teaspoon	9.4 mL	10 mL
1 tablespoon	14.2 mL	15 mL
2 tablespoons	28.4 mL	30 mL
3 tablespoons	42.6 mL	45 mL
1/4 cup	56.8 mL	50 mL
1/3 cup	75.6 mL	75 mL
1/2 cup	113.7 mL	125 mL
2/3 cup	151.2 mL	150 mL
3/4 cup	170.5 mL	175 mL
1 cup	227.3 mL	250 mL
4 1/2 cups	1022.9 mL	1000 mL (1L)

### OVEN TEMPERATURES

Fahrenheit (°F)	Celsius (°C)
175°	80°
200°	95°
225°	110°
250°	120°
275°	140°
300°	150°
325°	160°
350°	175°
375°	190°
400°	205°
425°	220°
450°	230°
475°	240°
500°	260°



# WEIGHING YOUR INGREDIENTS

## WEIGHT TO VOLUME CONVERSIONS



Many of our Chef's at **The Chef & The Dish** use weight measurements as their primary unit of measurement. It's standard in a lot of commercial kitchens around the world, especially where accurate and scalable measurements are needed.

You don't have to worry, the team at **The Chef & The Dish** has converted most of these weights into easy to measure volume measurements for you. However, as you further your culinary journey and start reading recipes and cooking dishes from around the world, you may want to buy a weight scale to translate some of the recipes for yourself. Weighing your ingredients remains the most accurate way to measure food.

We've attached a chart of some of the standard weight to volume conversions. This is only a guide, depending on the ingredients and how its packed, the volume can vary greatly.

We encourage everyone to keep thinking about food and cooking, and most importantly, keep exploring.

~ For the Love of Food | The Chef & The Dish

### DRY INGREDIENTS

INGREDIENT	GRAMS	CUPS
All-Purpose Flour	120 grams	1 cup
Whole Wheat Flour	113 grams	1 cup
Baking Powder	4 grams	1 tsp
Baking Soda	3 grams	1/2 tsp
Brown Sugar (packed)	213 grams	1 cup
Confectioners' Sugar	113 grams	1 cup
Granulated Sugar	198 grams	1 cup
Chocolate Chips	170 grams	1 cup
Cocoa Powder	42 grams	1/2 cup

### WET INGREDIENTS

INGREDIENT	GRAMS	CUPS
Butter	113 grams	1/2 cup
Buttermilk	227 grams	1 cup
Corn Syrup	312 grams	1 cup
Heavy Cream	227 grams	1 cup
Milk	227 grams	1 cup
Vegetable Oil	198 grams	1 cup
Vegetable Shortening	46 grams	1/4 cup
Eggs	50 grams	1 large
Vanilla Extract	14 grams	1 tbsp