



SUPPORTED BY

THAILAND INTERNATIONAL COOPERATION AGENCY
(TICA)



THIS BOOK IS PUBLISHED FOR SHARING THE RECIPES OF THAI DISHES TO THE PEOPLE OF BENIN IN DJAKOTOMEY. THE PURPOSE IS FOR BENINESE PEOPLE TO TRY COOKING THAI DISHES WITH LOCAL INGREDIENTS FOUND IN BENIN.

CREATED BY SAKULKAN LIBLAB



SHARING THAI DISHES TO BENINESE

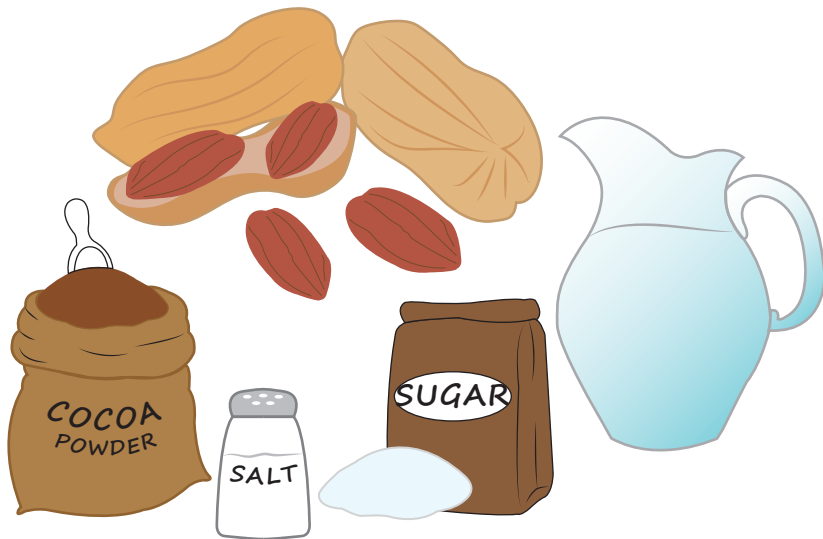


BY SAKULKAN LIBLAB
FRIEND FROM THAILAND VOLUNTEER

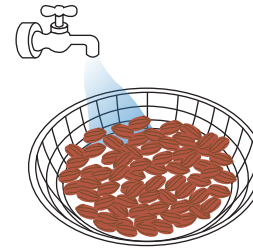
CANDIED PEANUTS

INGREDIENTS

Peanut 3 1/2 cups
Sugar 2 1/2 cups
Cocoa powder 2-3 tsp
Water 1 1/2 cups
Salt 1/2 tsp



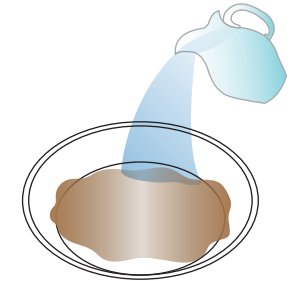
HOW TO COOK



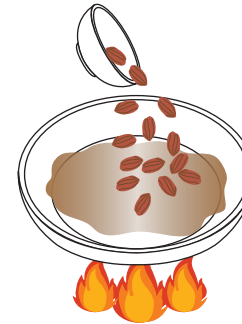
1. Wash peanuts and choose only good seeds.



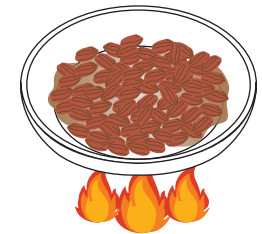
2. Put the sugar and cocoa powder in the pan.



3. Add water and stir together.



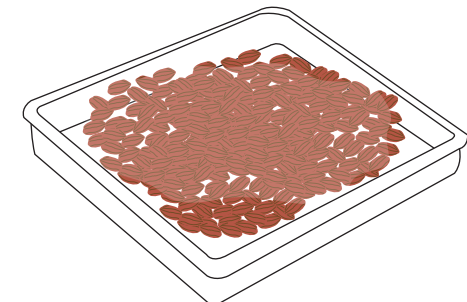
4. Turn on the stove and add peanuts.



5. Stir slightly until the sugar is boiling.



6. When the sugar becomes sticky, stir more often, adjust to low heat, stir for 2-3 minutes until the sugar becomes snow, turn off the stove and add a little salt.



7. Pour peanuts onto a tray leave to cool and keep in a container.

ORANGE CANDIES

INGREDIENTS

Orange 3 pieces

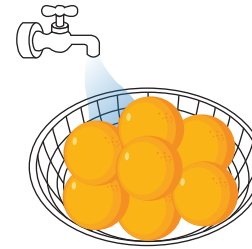
Sugar 1 cup

Water 1/2 cup

Honey



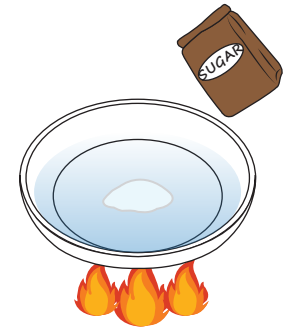
HOW TO COOK



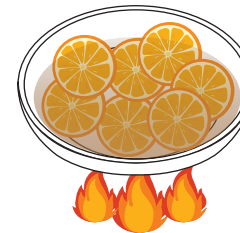
1. Wash orange.



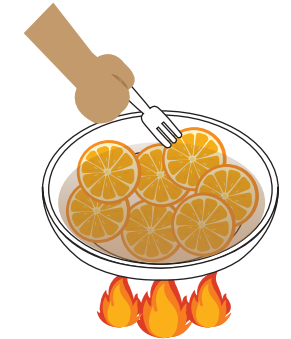
2. Slice 0.5 cm thick oranges.



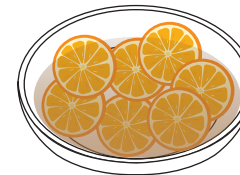
3. Boil sugar and water to boil and stir a little until sticky.



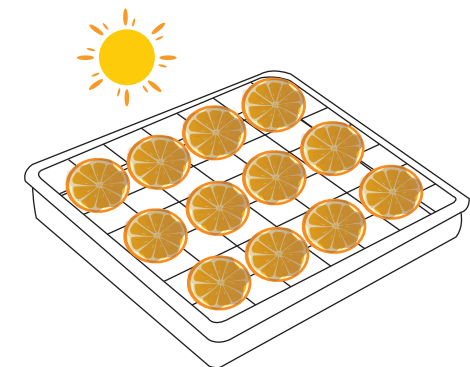
4. Add oranges and boil for 12-15 minutes.



5. Use a fork to check that the orange is soft (add honey) and turn off stove.



6. Soak oranges 2-3 hours or one night for absorbing sugar.



7. Arrange the oranges on grill for 1 day in the sun or solar oven for 2-3 hours.

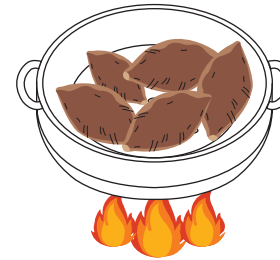
SWEET POTATO BALLS

INGREDIENTS

Sweet potato 2 cups
Cassava flour 1 cup
Wheat flour 2 tbsp
Salt 1/2 tsp
Sugar 2/3 cup
Water 1/2 tsp
Oil



HOW TO COOK



1. Steam sweet potatoes until cooked.



2. Peel the skin.



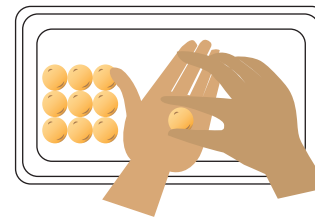
3. Smash sweet potatoes.



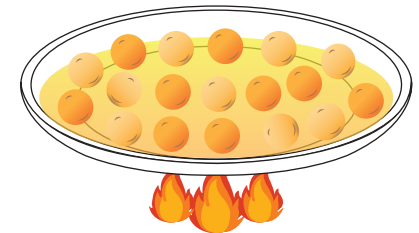
4. Put cassava flour, wheat flour, salt, sugar and sweet potatoes in the bowl.



5. Mix together then put a little water until dough.



6. Make a ball.



7. Heat the oil and put balls into the pan until yellow then scoop up.

ORANGE JAM

HOW TO COOK

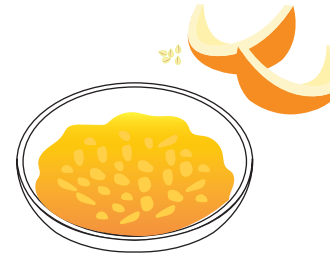
INGREDIENT

Pulpy orange 3 cups

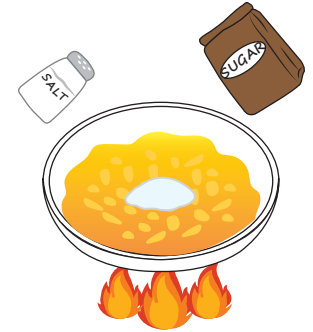
Sugar 1 cup

Salt 1/2 tsp

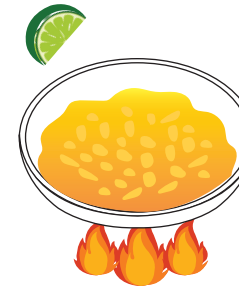
Lime 1/2 piece



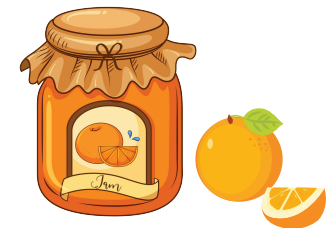
1. Peel skin, fiber and seed.
Use only pulp.



2. Boil the orange pulp with
sugar and salt until sticky.



3. Put lime (add some
ingredient that taste you like).



4. Before adding the
orange jam need to boil the
container. And then steam 15
minutes for keep one month.

BOTA CHIPS

INGREDIENTS

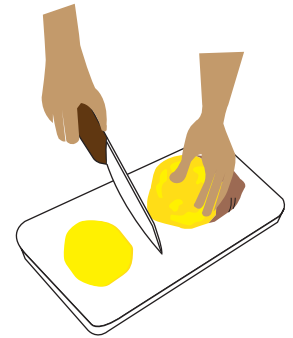
Bota
Salt
Pepper
Oil



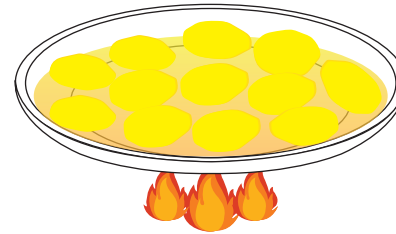
HOW TO COOK



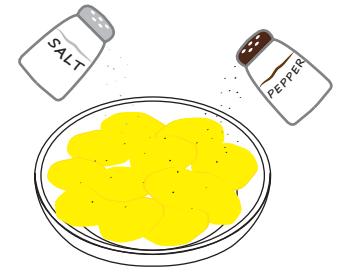
1. Peel the skin.



2. Slice botas to thin.



3. Heat the oil and put botas into the pan untill crispy then scoop out.



4. Put salt and pepper.

BANANA CHIPS

INGREDIENTS

Banana 10 pieces

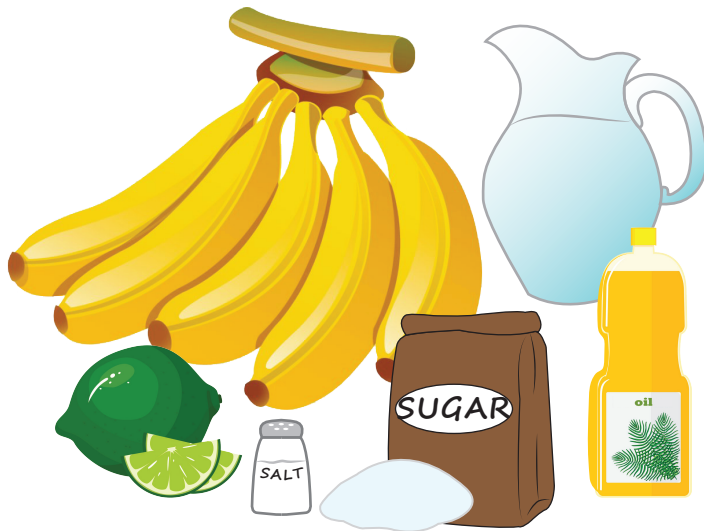
Salt 1 tsp

Oil

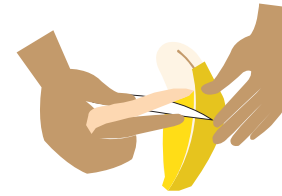
Sugar

Water

Lime



HOW TO COOK



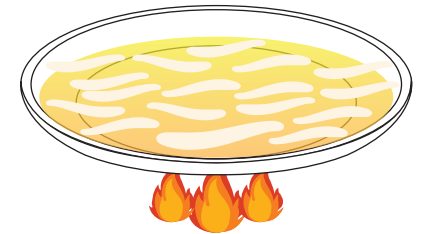
1. Peel the skin.



3. Slice bananas to thin.

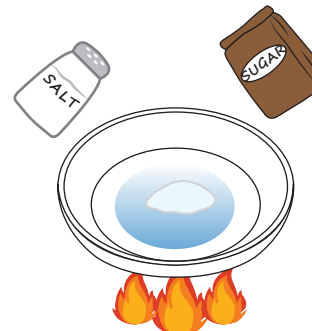


2. Soak in water mixed with salt or lime for washing rubber bananas.



4. Heat the oil and put bananas into the pan (if need salty, can add salt when fried).

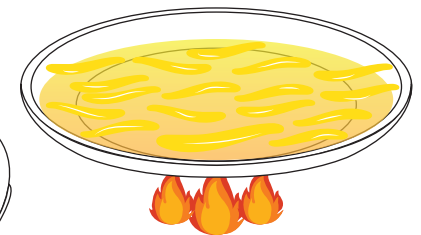
SWEET TASTE



1. Melt sugar, salt and small water.



2. Pour the sugar onto the fried bananas then mix.



3. Fry again make crispy.

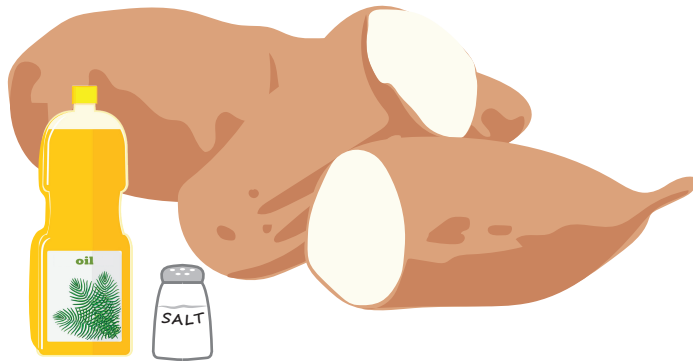
CASSAVA FRENCH FRIES

INGREDIENTS

Cassava 1 Kilogram

Salt

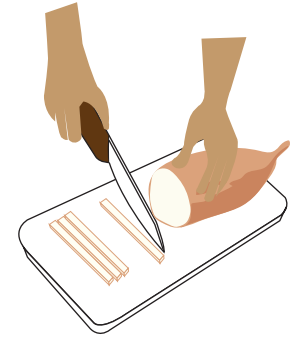
Oil



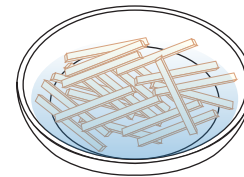
HOW TO COOK



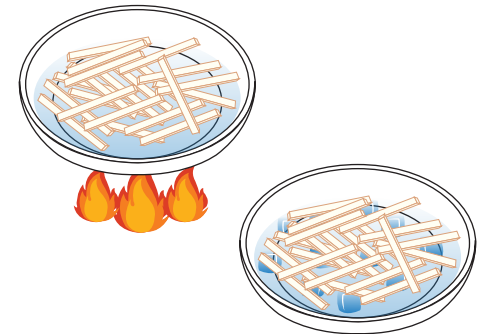
1. Peel the skin.



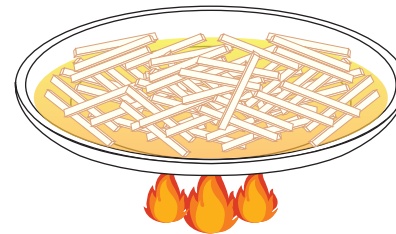
2. Cut cassava into sticks.



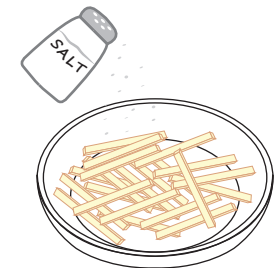
3. Wash to remove the starch.



4. Boiling water, add cassava to boil 4 minutes, scoop it out in cold water then removed and leave it.



5. Fried cassava for crispy and scoop out.

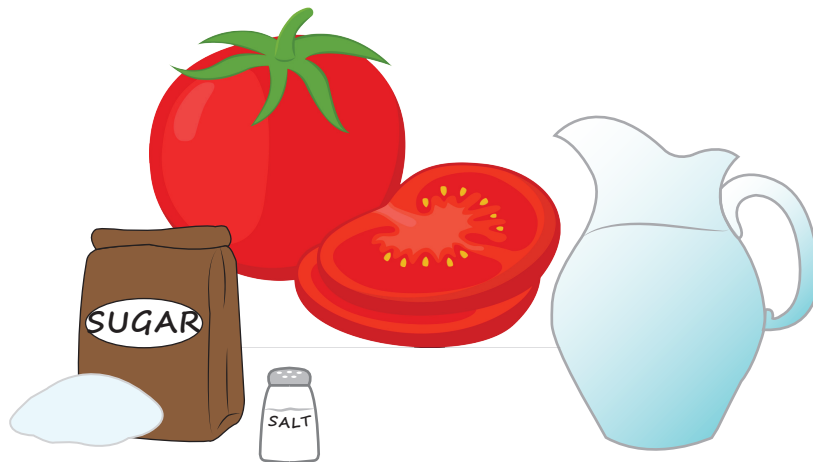


6. Put salt and mix it.

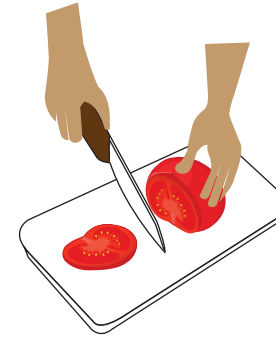
DRIED TOMATOES

INGREDIENT

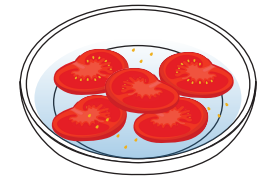
Tomatoes
Sugar
Salt
Water



HOW TO COOK



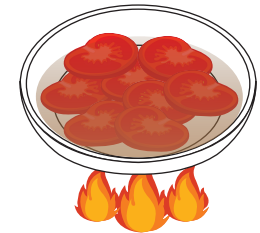
1. Cut tomatoes.



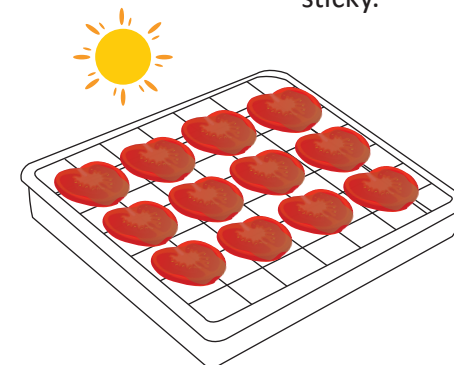
2. Wash tomatoes and remove seed out.



3. Boil sugar and water to boil.



4. Add tomatoes and boil until sticky.



5. Arrange the tomatoes on grill for 1 day in the sun or solar oven for 2-3 hours.

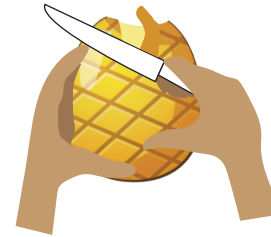
PINEAPPLE JAM

INGREDIENTS

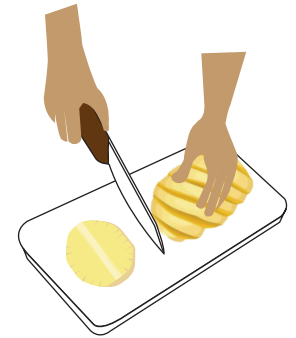
Pineapple
Salt
Sugar



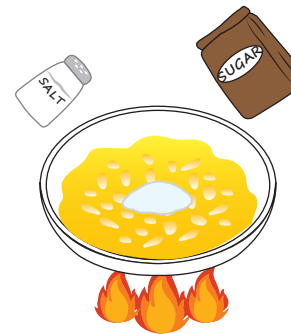
HOW TO COOK



1. Peel the skin.



2. Cut and chop pineapples.



3. Boil the pineapples with sugar and salt until sticky.



4. Before adding the pineapple jam need to boil the container. And then steam 15 minutes for keep one month.

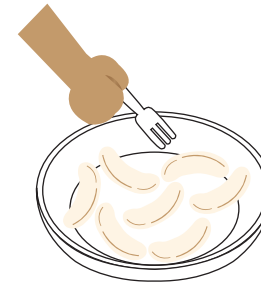
BANANA CAKE

INGREDIENTS

Ripe Banana 300 grams
Wheat flour 200 grams
Baking soda 1 tsp
Egg 2 pieces
Milk 1 tbsp
Vanilla extract 1 tsp
Lime 1 tsp
Baking powder 1 1/2 tsp
Salt 1 1/2 tsp
Sugar 120 grams
Oil 100 grams



HOW TO COOK



1. Peel the skin and smash bananas.

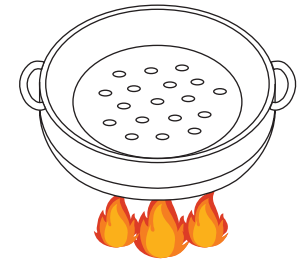


3. Add oil and stir then put bananas.

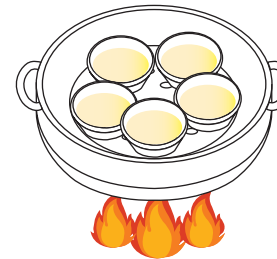
2. Put eggs, sugar and milk in the bowl then mix together.



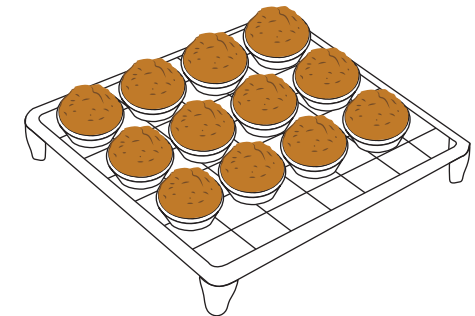
4. Sift wheat flour, salt, baking powder and baking soda then mix together.



5. Prepare steaming pot.



6. Pour the mixture into the mold or cup, and steam for 30 minutes.



7. Take to cool.

STEAMED BANANA CAKE

HOW TO COOK

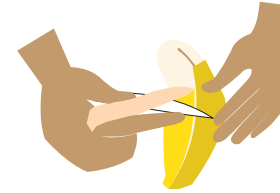
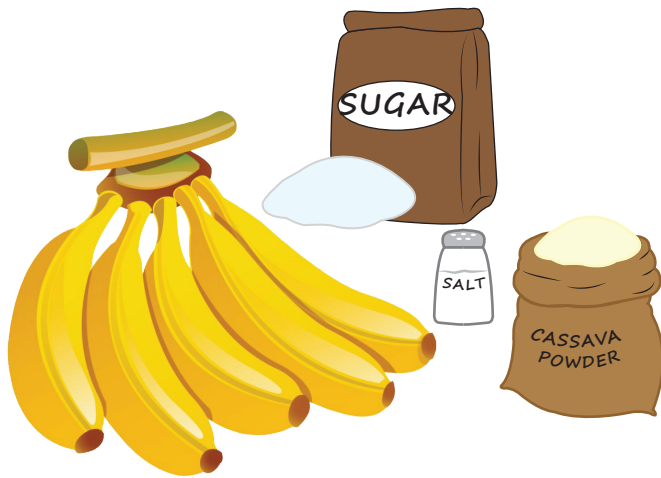
INGREDIENTS

Ripe Banana 10 pieces

Cassava flour 1/4 cup

Sugar 3/4 cup

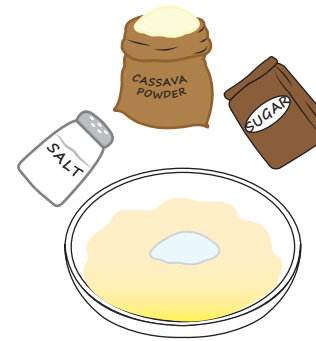
Salt 1/2 tsp



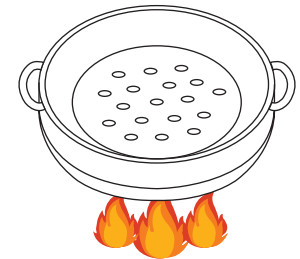
1. Peel the skin.



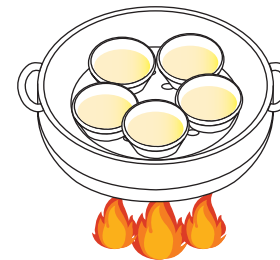
2. Smash bananas.



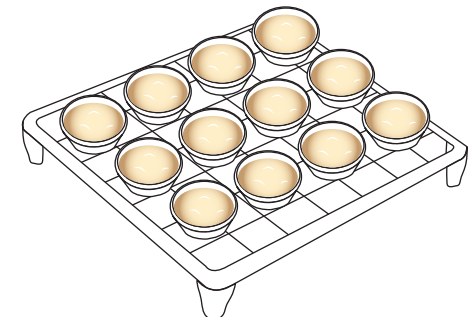
3. Put cassava flour, salt and sugar then mix together.



4. Prepare steaming pot.



5. Pour the mixture into the mold or cup, and steam for 30 minutes.



6. Take to cool.

CASSAVA IN SYRUB

INGREDIENTS

Cassava 4 pieces

Sugar 2 cups

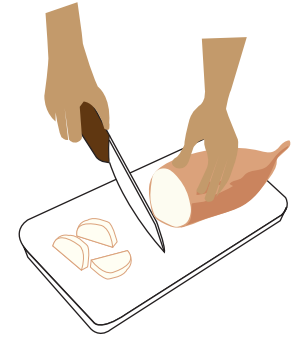
Water 5 cups



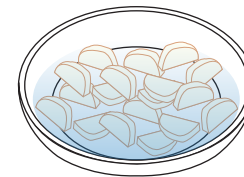
HOW TO COOK



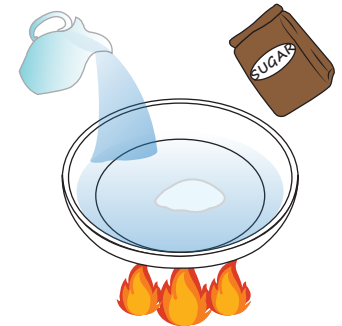
1. Peel the skin.



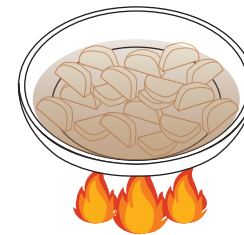
2. Cut cassava into pieces.



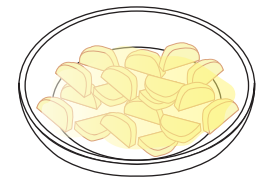
3. Wash to remove the starch.



4. Boil sugar and water to boil.



5. Put cassava and boil then use low heat boil for another 1-2 hours until it is soft (depending on size of piece) after that turn off the stove.



6. Serving or serve with sauce (melt milk with sugar and salt).

BANANA GRILLED

HOW TO COOK

INGREDIENTS

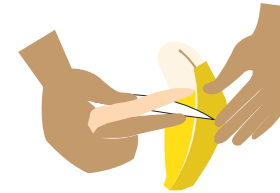
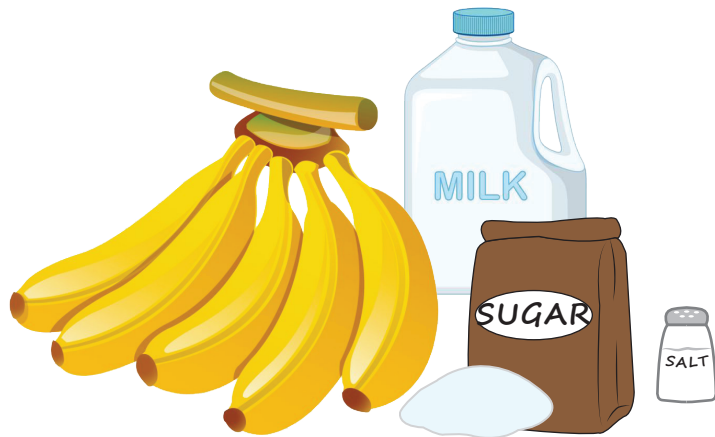
Medium Ripe banana

For sauce

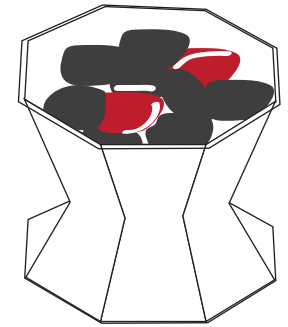
Milk 1 cup

Sugar 1 cup

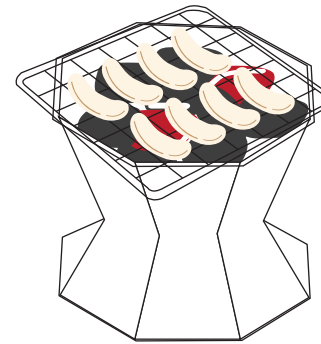
Salt



1. Peel the skin.



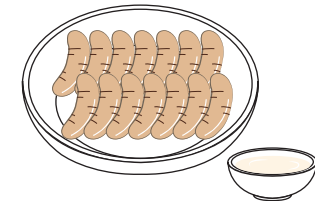
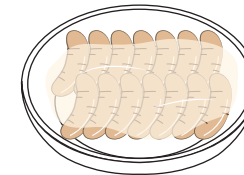
2. Prepare charcoal stove.



3. Grill bananas until brown.



4. Make sauce: melt milk with sugar and salt.



5. Serve bananas grilled with sauce (or separate).