BEST OF CHILD’S DREAM
INTERNATIONAL CUISINE
All of us at Child’s Dream love food that can be joyfully shared among friends! Therefore, we have collected our favourite recipes and designed this wonderful booklet for you. Hopefully it is an entertaining way of introducing our team to you and of highlighting our diversity.

Many thanks to Gene Lorca who was responsible for the design of this 2nd edition of the Child’s Dream Cookbook.

We hope you all enjoy testing our culinary recommendations which you can then share with family and friends.

Your Child’s Dream Team
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Drunken Chicken

Ingredients
1.5 kg whole chicken
2 slices ginger (or as much as you like)
2 green onions (or as much as you like)
2 tbsp salt rice wine
(a good rice wine or sherry wine will do the trick)
Cooking oil (for warm dish)

First, Directions
1. Wash the whole chicken and set it aside.
2. Bring a large pot of water to the boil.
3. Put the ginger, green onion, and salt into the boiling water and let boil for another 5 minutes.
4. Put the whole chicken into boiling pot and simmer for 30 minutes.
5. Drain the chicken, cut into big chunks, set aside and let cool.
6. While waiting for chicken to cool, prepare a big jar and fill with wine, just enough to accommodate the chicken chunks, but make sure that everything is soaked with wine.
7. Keep refrigerated for several days.

Second, Directions
1. Rinse the chicken chunks to wash off excess wine, drain and add salt to taste.
2. Put oil, ginger in wok and stir until you can smell the aroma.
3. Add chicken, stir a little, add wine and let simmer for about 30 minutes.
4. Remove from heat and add more sherry wine before serving.

Note: A glass of white wine will complement this dish, but you shouldn’t be more drunk than the chicken!
Kai Ho Bai Toei
(Chicken Wrapped in Pandanus Leaf)

Ingredients
5 cilantro roots (cleaned and roughly chopped)
4 to 5 garlic cloves
1 tsp ground white pepper
1/4 tsp salt
700 gr skinless chicken breast fillet (cut into 25 cubes)
2 tbsp oyster sauce
1 1/2 tbsp sesame oil
1 tbsp plain, all-purpose flour
25 pandanus leaves, cleaned and dried
Vegetable oil for deep-frying
Plum sauce or a chili sauce, to serve

Directions
1. Using a motar and pestle or a small blender, pound or blend the cilantro roots, garlic, white pepper, and salt into a paste. In a bowl, combine the paste with the chicken, oyster sauce, sesame oil, and flour. Cover with plastic wrap and marinade in the refrigerator for at least 3 hours, or overnight.
2. Fold one of the pandanus leaves, bringing the base up in front of the tip, making a cup. Put a piece of chicken in the fold and, moving the bottom of the leaf, wrap it around the chicken to create a tie and enclose the chicken. Repeat until you have used all the chicken.
3. Heat oil in a wok or deep frying pan over medium heat. When the oil seems hot, drop a small piece of leaf into it. If it sizzles immediately, the oil is ready. Lower some parcels into the oil and deep-fry for 7 - 10 minutes, or until the parcels feel firm. Lift out with a slotted spoon and drain on paper towels. Keep the cooked ones warm while deep-frying the rest. Transfer to a serving plate, and serve with plum sauce or a chili sauce.

ARM
Programmes / Projects

Eight hours a day of administration projects and IT related work, but it never makes me feel like I’m just doing a job... because I am very happy the way we work and the way we help each other.

"Whose name is called out loudly by far the most often in our office...our IT man!"
Borlotti Beans

Ingredients
- 300 gr dried (not canned!) Borlotti beans
- 150 gr diced beef
- 3 tbsp of olive oil
- 1 onion
- 3 cloves of garlic
- 1 small sprig of fresh rosemary
- 1 large tomato and / or tomato puree
- 1 tsp of curry
- 1 cube of chicken stock
- Red wine

For those who like it spicy:
- (1 or more) freshly chopped red chilies

Directions
1. Soak beans in cold water overnight; beans must be covered with water.
2. Drain before cooking.
3. Heat olive oil in a pot.
4. Add chopped onion and garlic and cook until they shine.
5. Add diced beef.
6. Add 1 glass of red wine for aroma.
7. Add diced tomato / tomato puree.
8. Add beans.
9. Add chicken stock and spices.
10. Cook on very low heat until beans are done (this might take up to 2 hours).
Spaghetti with Pork Fillet Medallions

Ingredients
1 large pork fillet
1 onion (chopped)
2 garlic cloves (finely chopped)
2 red peppers (cut in thin strips without peeling)
1 cube of pork stock
200 ml cream or sour cream
400 gr spaghetti or linguine
100 ml red wine
Olive oil
Seasoning: pepper, salt, ground paprika, chili powder, curry powder and soy sauce

Directions
1. Cut the pork fillet into medallions (about 4 cm thick).
2. Pan-fry the medallions in hot olive oil for about 2 minutes on each side and put them aside.
3. Finely chop the onion and the two garlic cloves and pan-fry them in hot olive oil until golden.
4. Cut the two red peppers into thin strips and add them to the onion and garlic.
5. Add the red wine.
6. Add one cube of pork stock and let the sauce simmer on low heat for about 10 minutes.
7. Add some water if the sauce gets too dry.
8. Season the sauce with pepper, salt, chili powder, a bit curry powder, a tbsp of soy sauce and a lot of ground paprika and let it simmer for 5 minutes.
9. Boil spaghetti or linguine with some salt until al dente.
10. Add the cream to the sauce and cook until sauce gets thick.
11. Add pork fillet medallions to the sauce and let it simmer for about 3 minutes. Ready to be served!

Note: The chef recommends cabbage salad with parma ham (or air-dried ham) and some red wine such as Shiraz or Merlot.

Daniel
Co-Founder

Since I supervise and evaluate implementation of all our projects and programmes, I spend about 60% of my time travelling in the field. I love to travel because it connects me to our colleagues and our beneficiaries.

“Daniel likes to eat spicy food but often gets hiccups from it!”
Blackberry Crumble

Ingredients
150 gr of flour (preferably whole wheat)
150 gr of oatmeal
100 gr of unrefined brown sugar
200 gr butter cubed at room temperature
(or other form of fat to allow the ingredients
to bind together)
Knob of butter for greasing the ovenproof dish

For the filling
450 gr blackberries
50 gr unrefined brown sugar
1 tbsp whole wheat flour
1 pinch of ground cinnamon

Directions
1. Preheat the oven to 180C/350F/Gas 4.
2. Place the flour and sugar in a large bowl and mix well.
   Take a few cubes of butter at a time and rub into the
   flour mixture. Keep rubbing until the mixture resembles
   breadcrumbs.
3. Place the fruit in a large bowl and sprinkle with
   the sugar, flour and cinnamon. Stir well, being careful
   not to break up the fruit.
4. Butter a 24cm/9 in ovenproof dish.
   Spoon the fruit mixture into the
   bottom, then sprinkle the crumble
   mixture on top.
5. Bake in the oven for 40 - 45
   minutes until the crumble is
   browned and the fruit mixture
   is bubbling.
6. Serve with thick cream or custard.

Notes: You can combine the blackberries
with other fruit, especially apples and
you can also vary the amount of sugar
to taste.

This dessert is easy to make, hard to
get wrong... and always delicious!
Thai Seafood Salad

Ingredients
200 gr glass or "cellophane" noodles
400 gr mixed fresh or frozen seafood
   (shrimp, squid, clams, cuttlefish, mussels, etc.)
1 stalk lemongrass, thinly sliced
1 cup of loose, fresh coriander
1 cup of loose, fresh basil
   (both Thai holy basil and sweet Italian basil will work)
3 spring onions (scallions), sliced
1 fresh tomato, cut into small wedges
1 small cucumber, cut into matchstick-like pieces

Salad Dressing
Juice of 1 lime
4 tbsp fish sauce
2 tbsp regular soy sauce
1 - 3 tbsp chili sauce or
   1 - 3 minced fresh red or green chili peppers
5 cloves minced garlic
1/3 cup fresh chopped coriander

Directions
1. Soak the noodles in cool water for 1 hour, or boil them for about 10 minutes until they are very soft.
2. While noodles are soaking (or boiling), place all salad dressing ingredients together in a cup. Stir well to combine and set the dressing aside.
3. Rinse noodles with cold water, drain them and put them into a large bowl.
4. Bring 3 - 4 cups water to boil in a deep pot.
5. Add the lemongrass slices and boil them for 1 - 2 minutes.
6. Add the seafood and boil for another 1 - 2 minutes, or as long necessary until seafood is cooked.
7. Drain seafood, including lemongrass and rinse with cold water.
8. Add the drained seafood lemongrass mixture to the bowl with the noodles.
9. Add to the bowl the following ingredients:
   fresh coriander, basil, spring onions, tomato, and cucumber.
10. Now pour the salad dressing over the top. Do a taste test and add more fish sauce if it is not salty enough. If not spicy enough, add more chili sauce or fresh chili. If too sour for your taste, add a little sugar.
Adobo

Ingredients
350 gr pork, cut into 1 ½ inch cubes
350 gr chicken legs (or chicken breast fillet, cut in 1 ½ inch cubes for those who don’t like meat on the bone)
6 tbsp regular soy sauce (or to taste)
6 tbsp vinegar
4 cloves of garlic (crushed)
1 whole medium onion (quartered)
2 red chillis (halved)
Pinch of paprika
3 bay leaves
Olive oil, corn oil or vegetable oil for frying and marinating
700 ml water
1 tsp fresh ground black pepper
Coarse salt to taste

Directions
1. Wash meat and drain.
2. In a bowl mix meat, soy sauce, vinegar, garlic, onion, chili, paprika, bay leaves, salt, pepper and drizzle with oil (you can also add spices like rosemary or sliced lemon to give the dish a little twist).
3. Toss with your hands to mix well, transfer to plastic container with lid or ziplock plastic bag, seal and pop in the fridge for 1 - 3 hours.
4. Preheat pan on stove top, add oil, add marinated meat and sauce, sauté until meat is brown.
5. Add water and let it simmer on a medium fire. Stir occasionally and do not cover pan.
6. Wait until the sauce thickens to consistency of light gravy - about 45 minutes.
7. Serve on top of steaming rice. Drizzle adobo sauce on top, but make sure your rice is not mushy and let adobo sauce do the trick.

Quick Fact: Adobo is from the Spanish, “adobar” (to stew). This recipe was brought to the Philippines from Mexico by sailors en route from Acapulco to China.
Laab

Ingredients
1 tbsp toasted rice
1/4 shallot, thinly sliced
1 - 2 limes
250 gr ground pork
1/4 tbsp ground dried chili pepper
3 tbsp fish sauce
5 sprigs cilantro
3 sprigs spearmint
1 sliced green onion

Directions
1. Squeeze juice from 1/3 of the lime on to the ground pork.
   Mix well and let it marinate for just a couple of minutes
   until you are ready to cook it. Heat up a pan on high until
   it is very hot.
2. Add two tbsp of water and then immediately add your
   marinated pork and stir. The pork will stick to the pan at
   first, but then the juice will come out and the meat will
   loosen from the bottom. Keep stirring until the pork is
   well done.
3. Put the pork in a large mixing bowl that will hold all the
   ingredients. Add fish sauce, green onion, shallot, cilantro,
   the rest of the lime juice, ground chili pepper and
   almost all the toasted rice. Save some toasted rice to
   sprinkle on top for garnish.
4. Mix well and taste. It should be a little bit hot.
   You should be able to taste tartness from the lime
   juice and the fish sauce. If you need to add more
   fish sauce or lime juice, don't be afraid. Getting the
   flavour balance right is a trial and error process.
5. Put the mixed ingredients in a serving bowl,
   garnish with spearmint and sprinkle the rest of
   the toasted rice. Serve with vegetables like cabbage,
   green beans, lettuce and Thai basil.

Notes: For this dish, people normally use a small pot;
I use my cast iron pans because they can be heated up
really hot and they retain heat evenly and well.

Traditionally, the pork is undercooked, but I do
not recommend undercooking pork for health
reasons.
Tea Leaf Salad

Ingredients
5 tsp laphet (fermented tea leaves)
2 tsp crispy fried garlic
2 tsp crispy fried yellow beans
2 tsp roasted peanuts
1 tsp toasted sesame seeds

Optional Ingredients
Chopped tomato
Chopped cabbage
Dried prawns
Peeled garlic
Green chili
Dressing: 1/2 tsp lime juice and 3 tsp peanut oil

Directions
1. Put laphet (fermented tea leaves) into a bowl.
   If you want your laphet to be spicy, pound laphet and
   green chili together in a mortar until it becomes a paste.
2. Pour in 3 tsp of peanut oil. Leave it for a while so that
   laphet can soak up the oil.
3. Put in crispy fried garlic, crispy fried yellow beans,
   roasted peanuts and sesame seeds.
4. Mix them together. You can also add chopped tomato,
   chopped cabbage, dried prawns, peeled garlic and
   green chili as you like.
5. Add 1/2 tsp of lime juice, and some soy sauce
   to your liking.

Notes: For those who do not like everything
mixed, ingredients can be arranged
separately on a flat dish.

Everyone can then take a little bit of
each ingredient and combine them
to his or her taste.

"Brings along tasty
home cooked meals
every day!"
Stir-Fried Pork with Holy Basil

Ingredients
1 tbsp vegetable oil
1 tbsp garlic and small Thai chilies to taste
1/2 cup (100g) ground pork (or chicken or beef)
1 tbsp fish sauce
1 tsp black soy sauce
1/4 tsp white sugar
2 tbsp water

Directions
1. Crush chilies in a mortar with pestle, set aside.
2. Pick basil leaves and flowers off the stalk, discard stalk, rinse leaves and flowers, set aside.
3. Heat oil in a skillet until very hot.
4. Add, stir fry chilies and garlic until brown. Be sure to open your window!
5. After the garlic is cooked, add pork and stir with spatula to make sure meat is cooked evenly. Fry meat until no longer red.
6. Add sugar, soy sauce, fish sauce, basil leaves and flowers. Stir and let absorb for few minutes.
7. If the dish is getting dry, add more water. Stir until basil is wilted, and serve with rice or, if you wish, you can top with fried egg.

JOY
Children’s Medical Fund Assistant Coordinator

I work as a nurse at Chiang Mai Hospital, looking after the seriously ill children brought here by Child’s Dream. The work is difficult, but also exciting due to the many challenges and rewards.

“Joy only knows the food shop in front of Chiang Mai Hospital as it’s the only one she uses.”
Khanomjin Nam Ngeaw
(Thin fermented rice noodles with tomato and pork sauce)

Ingredients
1 kg rice noodles
500 gr spareribs (small pieces)
500 gr curdled pig’s blood (small pieces)
500 gr minced pork
500 gr tomatoes
2 tbsp of salt
2 tbsp of crushed soybean paste
1/4 cup vegetable oil

For the Curry Paste
7 dried chilies without seeds
1 tsp minced coriander root
5 pieces minced galangal
3 pieces fresh turmeric (1 cm each)
2 tbsp minced lemongrass
7 shallots
1 tsp salt
3 garlic (30 gr)
1 tbsp shrimp paste

Directions
1. Pound all curry paste ingredients together.
2. Soak spareribs in cold water.
3. Put vegetable oil into the pan and, when hot, add curry paste and fry until it smells good.
4. Add some pork, fry it and mix together again.
5. Add some water (¼ cup), add the tomatoes, spareribs, curdled pig’s blood and crushed soybean.
6. Boil it until it smells good and the spareribs are soft. Season with salt and eat with rice noodles.
Italian “Risotto”
grandmother Bianchi style

Ingredients and Directions for Chicken Stock
Bring a big pot of water to the boil then add:

- One whole chicken in pieces (without entrails)
- 1 beef bone (if available)
- 2 dried laurel leaves
- 1 tomato
- 2 stalks of celery, in chunks
- 2 carrots, in chunks
- Parsley
- 1 onion, in chunks
- Salt

Bring to a boil, skim the fat and impurities that come to the top, simmer for 3 - 4 hours on low heat. Strain stock and discard vegetables.

Ingredients and Directions for Risotto
1. Take 1/2 tea cup of Italian carnaroli rice per person (you may take arborio, if carnaroli is not available, but carnaroli is the best).
2. Take a big pot and heat olive oil.
3. Add 1 finely chopped onion and stir.
4. Then add carnaroli rice and stir.
5. Stir fry very briefly until onions and carnaroli rice shine.
6. Pour 1 glass of dry white wine into the pan and stir.
7. Then, step by step, add the remaining prepared ingredients. Stir constantly. The rice must always be slightly covered by liquid.

You may add one small packet of ground saffron and/or dried or fresh porcini mushrooms after about 20 minutes of simmering; if the porcini mushrooms are dried, soak them in advance in a mixture of 2/3 water and 1/3 white wine.

8. Stir for about 20 - 25 minutes until rice is cooked; towards the end of the cooking process, only add small amounts of stock, to prevent the rice from being too liquid when cooked.

9. Set on a plate and garnish with a small amount of freshly grated Parmesan cheese (never buy Parmesan that is grated already, or you will run the risk that I will never ever speak to you again).
Bündner Pazöggel

Ingredients
500 gr flour
2 eggs
1 heaped tsp of salt (and some Aromat if available)
1 tsp of olive oil
2 tbsp Parmesan cheese
Some water and milk

Directions
1. Take a big bowl and make a viscous dough out of all the ingredients by gradually adding the water/milk mix. This takes a while and you have to make sure that the dough is not too liquid, but also not too viscous.
2. You can correct the dough's texture by adding either flour or milk (or even a little bit of liquid cream).
3. Take a big pan and boil a lot of water (same as you would boil spaghetti). Add some chicken stock to the water as seasoning. Reduce the heat.
4. Put some dough on a cutting board, use the back side of a knife and cut thumb sized pieces into the hot water.
5. Wait until all the pieces swim to the surface and then take them out into a baking pan (keeping the water hot).
6. Use a sizeable baking pan so that the first serving of cooked Pazöggel covers the bottom of the baking pan. Season the first layer with Parmesan cheese.
7. Repeat this until you have 3 - 4 layers of Pazöggel in the baking pan. Keep the baking pan in the oven (100 degrees) while boiling the next pieces of dough.
8. After you have 3 - 4 layers, with Parmesan cheese in between the layers, heat a lot of butter and completely melt it. Pour all the butter over the Pazöggel.

Notes: If you want to add some 'excitement', then I suggest that you go for spinach Pazöggel. Make the exact same dough as described above but do the following:

Buy either some fresh spinach or frozen, chopped spinach. If you use fresh spinach, you have to cook it first and then chop finely.

Finely chop an onion and cook in olive oil, add the finely chopped spinach and cook it for a little while. Add seasoning such as pepper and salt and add another 3 tbsp of Parmesan cheese to the spinach.
Vermicelli Spicy Salad
(Rice noodle salad)

Ingredients
10 shrimps, medium-sized and skinned
100 gr of ground pork
20 gr of celery (sliced into 1 inch pieces)
1 onion
2 tomatoes
20 gr sliced red onion
1 - 5 sliced chilies
40 gr vermicelli (thin rice noodles)
4 tbsp of fish sauce
1 tbsp of sugar
5 tbsp of lemon juice

Directions
1. Fry ground pork and shrimps and drain.
2. Boil vermicelli until it is soft and then drain.
3. Mix all ingredients in big bowl together with fish sauce, sugar, lemon juice and the chilies.
4. Decorate with vegetables such as slices of cucumber lettuce and cabbage.

I work with 2 legs (yes, together with two hands!), one for Administration and one for Projects. This gives my busy life balance, with accounting, bookings and the database on one side and frequent travel to Mae Sot and Phang Nga projects on the other side.

“She loves everything purple”
Thai Fried Rice

Ingredients
3 cloves garlic (minced)
1/2 yellow onion (finely chopped)
1 tbsp red curry paste
1 cup sliced mushrooms
1/2 cup shredded carrots
4 cups cold leftover cooked rice
1 tbsp vegetarian fish sauce (optional)
1 tbsp vegetarian oyster sauce or stir-fry sauce
2 tbsp soy sauce
1 tsp sugar
2 medium tomatoes, cubed, or 10 cherry tomatoes, halved
1/2 cup thawed peas
1/4 cup chopped green onions
1/4 cup chopped cilantro
Lime wedges to garnish

Directions
1. Take a large wok or pan and cook the onion and the garlic in a little water until they are soft.
2. Add curry paste and cook until onion is coated. Add additional water if necessary.
3. Add the mushrooms and carrots and cook until vegetables are tender.
4. Stir the fish sauce, oyster sauce, soy sauce and sugar together in a cup and add to the pan and mix well.
5. Add the cold rice and stir well to break up lumps.
6. Add tomatoes, peas, green onions and cilantro and toss well to mix.
7. Cook until it is heated through. Serve with lime wedges on the side.

Note: Fried rice is very delicious when it is eaten with clear soup or sour and spicy soup.

I've worked on health related programmes for many years, the last few with Child's Dream. I also join project trips to our construction sites in Thailand, Laos and Cambodia. I've had amazing experiences on these trips and feel so happy when I see the children with big smiles on their faces.

“She has three famously fantastic sons!”

MONG
Senior Coordinator
Health Programmes
Omelette

Ingredients
2 eggs
Butter for the pan
Dash of black pepper
1/8 tbsp salt
1 tbsp water

Directions
1. Combine eggs, water, salt and pepper in a medium-sized bowl.
2. Melt a little butter (1 or 2 tbsp) over medium-high to high heat.
3. When the butter stops foaming, pour the egg mixture into the skillet and, without moving the skillet, allow the eggs to set on the bottom (this should only take a few seconds).
4. As eggs set, take a spatula and push the edges of the egg mixture in, allowing the uncooked egg on top to flow underneath and make direct contact with the skillet. Repeat the procedure at various spots around the edge of the setting egg mixture.
5. When eggs are set, but still shiny, remove the omelette from the heat. The whole process should take just 2 or 3 minutes.
6. Fold the omelette in half and slide it onto a warm plate.

Note: In Thailand omelette can be accompanied by rice or rice and meat.
Tom Kha Kai
(Coconut milk soup with chicken)

Ingredients
2 cups coconut milk
1 cup chicken stock
2 - 3 medium pieces fresh galangal (peeled and sliced)
3 chicken breast fillets (cut into pieces)
2 tsp chilies, finely chopped
1 tbsp fish sauce
1 tsp sugar
1/2 cup fresh coriander leaves
5 coriander leaves for garnish

Directions
1. Put coconut milk, chicken stock and galangal in a pan.
2. Bring to boil and simmer over low heat for 8 minutes, stirring occasionally.
3. Add chicken pieces and chili to pan and simmer for another 6 minutes. Continue stirring until cooked and all ingredients are mixed well.
Grilled Beef

Ingredients
1 kg lean beef
1 whole garlic (peeled fresh cloves)
2 tbsp sugar
Salt
Black pepper (whole)

Directions
1. Mix garlic, sugar, salt, and pepper in a mortar and pound with pestle until well mixed.
2. Cut beef into 1/2 inch wide strips.
3. Mix spice and meat in a big bowl, and let it sit for few minutes.
4. Grill beef over high heat until medium rare, and complement with beer.

SINOEUY
Assistant
Field Coordinator

I work in Child’s Dream’s Cambodia office. My job is to make sure that our various programmes are successfully completed. To do that, I and my colleagues have to work closely with everyone involved in the projects here.

“Funny, handsome and new dad to a baby boy”
Gung Ob Wuin Sen
("Baked prawns with mung bean noodles")

Ingredients
8 - 10 prawns
2 strips bacon
2 small packs mung bean noodles
4 - 5 cloves fresh garlic
4 - 5 slices of fresh ginger
1 tbsp whole peppercorns
2 tbsp thin soy sauce
1 tbsp dark soy sauce
2 tbsp oyster sauce
2 tbsp sugar
1 Chinese celery
1 cup chicken broth

Directions
1. Preheat oven to 400° F.
2. Soak mung bean noodles about 10 minutes or until soft and drain.
3. Clean prawns (peeling the shell and deveining is optional).
4. Peel garlic, cut Chinese celery stem, wash clean, then crush garlic, pound whole peppercorns and chop Chinese celery.
5. Mix thin soy sauce, dark soy sauce, oyster sauce, sugar, chicken broth, sliced ginger, pounded garlic and peppercorns in a bowl.
6. Add drained mung bean noodles; let them absorb sauces for about 5 minutes.
7. Cover dish and bake for 25 - 30 minutes or until prawns cook.
8. Top with chopped Chinese celery, cover, and bake for another 2 minutes.
9. Let the dish stand 5 minutes before serving.

Our children’s medical team works closely with 4 NGO’s along the Thai-Myanmar and Thai-Laos borders to provide surgery in Thailand for 40-50 children a month born with congenital defects. We all work together as a team of friends to do our best for the children.

“She knows a lot about herbal medicine!”

TA
Children’s Medical Fund
Assistant Coordinator
Som Tam
(Papaya Salad)

Ingredients
1 1/2 tbsp palm sugar
3/4 lime
2 cups green papaya (shredded)
6 green beans
1 clove garlic
1 1/2 tbsp fish sauce
1 tbsp dried shrimp
2 chili peppers
5 cherry tomatoes
2 tbsp peanuts (toasted optional)

Directions
1. Crush a clove of garlic first. Then add green beans and halved cherry tomatoes.
2. Pound a few times just to bruise the beans and get the juice out of the tomatoes. Add chili peppers and crush them just enough to release some of the hotness, unless you like your salad really hot.
3. Add the green shredded papaya, dried shrimp, toasted peanuts, fish sauce, lime juice and palm sugar.
4. Use the pestle to push the mixture up in the mortar and the spatula to push it down so that the mixture is mixed well.

Note: Many Asian supermarkets have shredded green papaya and that is what I use. However, if you can only find whole green papaya, the papaya can be peeled and shredded using a regular cheese grater.

TAI
Senior Field Coordinator

My job includes overall management responsibilities for the Basic Education Team, and for all projects, programmes and activities running under Basic Education in all our target countries.

"Whose Thai nickname is rabbit"
Shan Salad

Ingredients
100 gr cooked basmati rice
1 tsp chilli & dried shrimp oil
4 large floury potatoes, peeled & cut into 1 cm slices
100 gr cooked egg noodles
100 gr cellophane noodles
100 gr cooked flat rice noodles
100 gr cooked rice vermicelli
150 gr fine shredded white cabbage
100 gr deep-fried tofu (or even Shan tofu if you find it)

Garnish
125 ml onion oil
1 onion
50 gr roasted chickpea powder
20 gr dried shrimps (pounded into floss)
3 limes (quartered)
75 gr tamarind pulp
200 ml hot water
Handful of fresh chopped coriander,
extra fish sauce & dried chili flakes

Directions
1. Prepare the garnishes first. Fry the onions in oil
till crispy; pound the dried shrimps into floss;
chop the coriander; set out the roasted chickpea
powder and cut the limes.
2. Add the hot water to the tamarind and leave for
few minutes to soften.
3. Use a fork to mash the pulp and strain through
a sieve to remove any seeds or fibres.
Next prepare the base ingredients.
Cook the rice as you would normally, then mix
in the chilli and the dried shrimp oil.
4. Cook the different types of noodles, following their
packet instructions.
5. Boil the potatoes for 7 - 10 minutes until they are
tender, drain and leave to cool.
6. Finally shred the cabbage and slice the fried tofu
into 1/2 cm cubes.
7. Take a small handful of each of the base
ingredients to make your individual portion /
serving. Add a tsp of crispy fried onions,
chickpea powder, dried shrimps and coriander.
8. Add then a tbsp of oil, a drizzle of tamarind liquid
and a dash of fish sauce. Finally, sprinkle chili flakes,
queze some lime juice, and mix well.

Note: The Shan salad’s taste should be salty,
sour and spicy.
Apple Crisp

Ingredients
8 cups sliced apples
1 1/4 white sugar
1 1/2 cups brown sugar
1 cup flour
1 cup rolled oats
1 1/2 tsp cinnamon
1 1/2 tsp nutmeg
2/3 cup butter

Directions
1. Place apples in greased oblong pan.
2. Sprinkle apples with white sugar and cinnamon and dot with butter.
3. If apples are sour, sprinkle more sugar before adding crumbly mixture on top.
4. If you prefer a juicier recipe or apples are not juicy, add 1/4 cup of water to the apples in the pan before sprinkling with crumbly mixture.
5. Blend rest of mixture (brown sugar, flour, oats, cinnamon, nutmeg, butter) until crumbly and spread on apples.
6. Bake at 180 C for 30 - 35 min.

THOMAS
Senior Field Coordinator

I enjoy applying both my education background in geography, economics, and social development with my practical work experience in a way that genuinely helps people. I enjoy figuring out with people what they want to do with their lives and how we can help to make that happen; sometimes it is simple, sometimes complicated, sometimes total chaos, all of which make work exciting!

“The one who knows how to stuff a turkey!”
Khao Soi
(Yellow noodle soup)

Ingredients
2 tbsp oil
3 cloves of garlic (crushed)
3 chopped shallots
1 litre coconut milk
4 tbsp red curry paste
4 - 6 large chicken legs
3 tbsp fish sauce
60 gr palm sugar
1 tbsp turmeric
1 tbsp lime juice
750 ml water
185 gr fresh egg noodles
1 sliced spring onion
1/4 cup chopped coriander

Garnish
1/2 cup oil
60 gr egg noodles (crispy fried)
1/2 lime

Directions
1. Into a wok, place the oil and fry the crushed garlic and shallots for 30 seconds. Then add the Thai red curry paste and fry for about 3 minutes.
2. Now add the coconut milk. As soon as it starts boiling, reduce the heat and add the chicken legs and leave on a very low simmer for 45 minutes.
3. Add the fish sauce, turmeric, palm sugar and lime juice and stir until mixed through and simmer gently for another 10 minutes.
4. To prepare the egg noodle garnish, place oil in another wok or skillet and once hot, add the egg noodles and fry until crispy.
5. Bring water to the boil in a pan and cook the fresh egg noodles for 1 minute - not longer. Drain the noodles and place them in a serving bowl.
6. Pour the curry sauce with chicken legs over the noodles and garnish with crispy noodles, spring onions and coriander.

Serve immediately.

Note: According to the Thais, too much khao soi will make you “pum pui” or chubby. That being said, khao soi is a delicious Northern Thai dish that you should try.
Green Chicken Curry with Roti

Curry Paste Ingredients
1 tbsp lemongrass
20 green guinea-peppers (or as much as you like)
1 sliced goat pepper (Chinese capsicum)
Pepper corn (as much as you like)
Garlic (as much as you like)
A little galangal
A little kaffir skin
1/2 tsp cumin
1/2 tsp parsley
1 tbsp shrimp paste

Rest of ingredients
1/2 cup of diced eggplant
1 sliced goat pepper
10 sweet basil leaves
2 cups coconut milk
100 gr chicken

Directions
1. If you make the curry paste from scratch, mix the ingredients all together.
2. Boil one cup of coconut milk in the pot.
3. Put the chicken in the pot.
4. Add the curry paste.
5. Add the second cup of coconut milk and the vegetables and let it boil for about 10 minutes.
6. Roti is a kind of pancake. It can be found in every supermarket. Just roast it a little in a pan.

Note: If you are short of time or cannot find all necessary ingredients, don’t worry. The ready-to-cook curry pastes are of excellent quality.
Goong Pad Pong Kari
(Stir-fried shrimp with curry powder)

Ingredients
300 gr of fresh shrimps
(peeled, deveined and keep shrimps' heads)
2 tbsp of roasted chili paste
1 tbsp curry powder
Red spur chili (sliced)
1 tbsp chopped garlic
1/4 cup diced Thai celery
1/4 cup diced spring onion
2 eggs
1/2 cup milk
1/2 cup diced onion
1 tbsp oyster sauce
1 tbsp sugar
1/2 tbsp soy sauce
1/2 tbsp salt

Directions
1. Mix the eggs with the milk.
2. Put the roasted chili paste and 2 tbsp of diced vegetables in the bowl, then mix well.
3. Add 2 tbsp of the vegetable oil in the skillet and heat.
4. Stir-fry garlic. Afterwards, add 2 tbsp of curry powder, the onion and shrimp, then stir fry to mix them.
5. Continue by adding the roasted chili paste, stir-fry and set aside.
6. Add the egg-milk-mixture to the skillet, stir-fry for 1 minute and add the seasoning made out of oyster sauce, soy sauce, sugar and salt.
7. Add red spur chili and remaining vegetables, and continue to stir fry around 1 minute.
8. Use low heat and cook for a while.
9. Put on a plate and garnish with Thai celery and spring onion and serve it with rice.
Zopf

Ingredients
1 kg bread flour
2 packs dry yeast
120 gr melted butter
1 egg
1 tsp sugar
1 tbsp salt
600 ml lukewarm milk

Directions
1. Mix all the ingredients together.
2. Set aside for about 50 minutes.
3. Knead the dough and form it to a plait.
4. Ice it with cold water.
5. Set it aside again for 20 minutes.
6. Brush egg yolk on the plait.
7. Bake at 200 C for 50 minutes.

Note: In German-speaking countries Zopf is eaten for breakfast (usually with some butter and jam) and accompanied by coffee or tea.
Vegetable Curry
(Hin-thi Hin-ywet)

Ingredients
3 potatoes (peeled and cubed)
5 carrots (peeled and diced)
1 eggplant / aubergine (sliced)
7 oz okra
3 1/2 tbsp vegetable oil
4 garlic cloves (peeled and crushed)
1 onion (peeled and pounded)
One 2 inch piece of ginger root (peeled and crushed)
1 1/2 tsp chili powder
1/2 tsp turmeric powder
4 tomatoes (quartered)
4 tbsp coriander leaves

Directions
1. In a large bowl with cold water, soak the potatoes, carrots, eggplant / aubergine. Set aside.
2. Heat oil in a heavy saucepan.
3. Sauté garlic, onion, ginger, chili powder and turmeric until aromatic.
4. Stir in tomatoes and coriander leaves.
5. Add potatoes and enough water to cover.
6. Bring to boil, reduce heat and simmer gently for 8 minutes.
7. Stir in okra and simmer for another 6 minutes.
8. Add some water if required, bring to boil, reduce heat and simmer for 6 minutes.
9. Stir in okra and simmer for another 6 minutes.
10. Serve hot with boiled fragrant rice or coconut rice.
Khao Tom
(Mixed Boiled Rice)

Ingredients
1 litre pork or chicken stock or water
2 cups cooked jasmine rice
150 gr ground pork or chicken (up to you)
1 tsp galangal powder
1/4 tsp ground white pepper, salt or fish sauce to taste
1/4 cup fried garlic in oil
1/4 cup green onions, thinly sliced
1/4 cup coriander sprigs, chopped

Directions
1. Heat up the stock or water in a large pot.
   Add the pork in little tiny bits.
2. Simmer until cooked through.
3. Add the galangal powder, the white pepper
   and the cooked rice.
4. Let boil for 5 - 15 minutes, depending on how thick
   you like your soup. The rice will expand as it cooks
   until it is almost porridge-like.
5. Season it with salt or fish sauce. You might
   not need any, depending on how salty
   your stock is.
6. Serve in deep bowls. Let the guests add fried garlic,
   pickled jalapenos, green onions and coriander,
   to their taste.

Note: Among Western people this dish is known as
Asian breakfast even though it is not exclusively
served as breakfast.
Ginger Shrimp and Broccoli Stir-Fry

Ingredients
0.5 kg fresh broccoli florets
0.2 kg medium shrimps peeled and deveined
1 tbsp peanut oil
1 tsp sesame oil
2 tsp minced ginger
2 cloves garlic (minced)
1/4 cup water or chicken broth
1 tbsp soy sauce
1 tsp hot oil (optional)

Directions
1. Heat peanut oil in a large skillet.
2. Stir in broccoli florets and garlic.
3. Pour water or chicken broth over the top.
4. Cover and cook for 15 minutes or until the broccoli is slightly tender.
5. Stir in remaining ingredients and cook until the shrimp are just cooked through; about 5 minutes.

Wonderful with a beer. Enjoy!

YEM
Country Director
Cambodia

I am quite flexible, working in the office or travelling. I have a very important task to make sure that our projects and programmes in Cambodia are going well by working closely with beneficiaries, building collaboration with all educational authorities and with different stakeholders in the area. Working with Child’s Dream is a chance to extend my desire to help children to access education.

“Always quiet but a good leader”
Child’s Dream is a charitable, not-for-profit organisation dedicated to empowering marginalised children and youth in the Mekong Sub-Region, which includes Myanmar, Laos, Thailand and Cambodia. We achieve this by working in partnership with communities to improve the educational and health situation for their children and youth.

Our highly motivated staff in Chiang Mai, Thailand and Siem Reap, Cambodia goes the extra mile to identify the most needy communities and beneficiaries. Our down-to-earth, bottom-up approach allows us to implement, evaluate and monitor our projects to address health and educational needs in the most efficient and effective way.

Our activities include health interventions for children to reduce child mortality, construction of educational facilities to provide universal basic education, youth employment centres to high school and university scholarships.