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Beginner's PAD T



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Pad thai or phat thai, or phad thai as the official transliteration has it, is listed at number 5 on the World's 50 most delicious foods readers' poll conducted by CNN Go in 2011. It is a stir-fried rice noodle dish commonly served as a street food and at casual local eateries in Thailand. It is made with soaked dried rice noodles, which are stir-fried with eggs and chopped firm tofu and flavoured with tamarind pulp, fish sauce, dried shrimp, garlic or shallots, red chili pepper and palm sugar, served with lime wedges and often chopped roast peanuts. It may also contain other vegetables like bean sprouts, garlic chives, coriander leaves, pickled radishes or turnips and raw banana flowers. It may also contain fresh shrimp, crab, chicken or another protein. Vegetarian versions may substitute soy

sauce for the fish sauce and omit the shrimp. It's quick street food, a little spicy, a little sweet and utterly delicious.

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know how to cook.

THE PAN

A large, flat pan is recommended for optimal results: the larger surface area encourages evaporation, which is the key to creating noodle strands that are well-seasoned and entirely cooked through while retaining a bit of chewiness.



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