



## Quick and Easy Thai: 70 Everyday Recipes

*Nancie McDermott, Alison Miksch*

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Now busy home cooks can bring the fantastic flavors of Thai cuisine into the kitchen with a simple trip to the grocery store. Nancie McDermott, experienced cook, teacher, and author of the best-selling cookbook *Real Thai*, presents this collection of 70 delicious recipes that focus on easy-to-find ingredients and quick cooking methods to whip up traditional Thai. With recipes like Crying Tiger Grilled Beef, Grilled Shrimp and Scallops with Lemongrass, Sticky Rice with Mangoes, and Thai Iced Tea, along with McDermott's highly practical array of shortcuts, substitutions, and timesaving techniques, anyone can prepare home-cooked authentic Thai meals -- as often as they like.

## Quick and Easy Thai: 70 Everyday Recipes Details

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## From Reader Review Quick and Easy Thai: 70 Everyday Recipes for online ebook

### Jess Miller says

Really good-everything is simple, and easily adaptable. Great for someone beginning to cook Thai, or just beginning to cook. Or for people like me, who learned to cook from books, and hence is very bad at weeknight, just-get-it-over-with cooking.

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### Margo says

Wow! I got this for Christmas and have made several delicious recipes already. With a few different ingredients such as fish sauce, curry paste, and coconut milk, it's great to have the restaurant come to you. Lots of pictures.

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### Jenna (Falling Letters) says

#### Review originally posted 3 May 2015 on Falling Letters.

Whoo, my first cookbook review! It's been awhile since I read one straight through. The last time must have been in high school, when we were traveling through South Dakota and I purchased a fall recipes book. I remember making some delicious, comforting foods from it... I should go back to it!

Anyway. I chose this cookbook because I love Thai food and I really want to make it accessible in my home. I think it'll be best for me to start small, learn the basics through a simplified cookbook like this, then build up my Thai cooking repertoire. Once upon a time, I was interested in making curries. I got a book from the library with recipes from around the world and I made one, but I quickly realized it was a tad ambitious for my abilities. :P So, after some exhaustive research (I saved a number of Thai cookbooks on GoodReads, not all as simple as this one), I chose this book as a starting point. I think that was a good idea. I felt reassured to know she lived in Thailand for a few years at least. In the introduction, she recounts her experience with Thai cooking and previously published cookbooks. McDermott decided to write this book in particular as her family began to grow and she "want[ed] to enjoy the dazzling flavors of Thai food even on a weeknight, to be able to cook Thai dishes as easily and happily and quickly as I make other favourite dishes". She chose recipes for three different classes of food: A) intrinsically easy Thai food that Thai people cook at home, B) street food and restaurant dishes that Thai people don't cook because they can easily buy them, and C) some complex dishes for which she found "reasonable shortcuts to a simpler but still wonderful version". I had this book for over a year but I was always too busy with studying, and then preparing to move to Japan...soon I'll be home with time on my hands to devote to cooking!

I like the cultural notes McDermott includes alongside each recipe, including the recipe's name in Thai. One day if I feel more ambitious, I could look up McDermott's other books to find perhaps more 'authentic' versions of these recipes. I also really appreciated the informative sections, which include "Useful Utensils for Cooking Thai Food", "Techniques", "A Thai Pantry" and "Mail-Order Sources for Thai Ingredients". I made many highlights throughout the book, colour coding for general information, practical tips, and recipes

to try. The recipes themselves seem clear and easy to follow. I saved 35 of the 70 recipes to try, which I think is a good proportion given that I skipped all the recipes that include fish or seafood (creatures from water = blechy) Here are some of the recipes I'm eager to make:

- Meatballs in panaeng curry sauce (panaeng look chin neua sahp)
- Rice soup with chicken, cilantro and crispy garlic (kao tome gai)
- Beef and zucchini in red curry sauce (neua paht peht)
- Pork with spicy green beans (moo paht prik king)
- Rice noodles with lettuce and ground beef gravy (kwaytiow neua sahp)
- Roasted eggplant salad with cilantro and lime (yum makeua yao)
- Nun bananas in coconut milk (gluay buat chee)

I only spotted one odd thing – a beef salad recipe that called for chicken stock. It caught my eye because Pollan gripped about excess use of chicken stock in Cooked. I agree with him. Novice that I am, I think there must be better ways to get flavour than through tossing chicken stock in everything. At the very least, why add chicken stock to dishes that don't contain chicken? When I make this recipe, I will probably just use water.

Can I review a cookbook without having made any of the recipes? I've done it anyhow. It's hard enough for me to find familiar ingredients in Japanese store, let alone Thai ones. You know I'll hit the ground running in September, when I'm back in familiar territory!

**The Bottom Line:** If you love Thai food and want to learn how to enjoy it your own home, this is a good place to start.

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### **Bianca says**

This cookbook is awesome. The recipes are legitimate, authentic Thai food but it's so "quick and easy" to make it seems like it will never taste as good as it does. I love this cookbook. It is regularly used in my kitchen.

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### **Bernie says**

If you only buy one Thai cookbook (as a non-Thai person), let it be this one. There are stunning photographs, and the instructions are straightforward and simple. I can't tell you how much I love the recipe for the Roasted Eggplant with Cilantro and Lime. All you do is roast your eggplant in the oven for 15 minutes, mix the sauce which is brimming with fresh flavors like scallions, cilantro, lime, shallots, then combine the two.

Who doesn't love a low-maintenance dish that tastes fantastic at room temperature? I know this is a side dish, but I have often put this on a bed of butter lettuce and called it a day. A good day.

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### **Allison says**

All of the recipes I've tried have been very easy and have turned out wonderfully!

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### **brendan says**

The biggest selling point here is that these recipes are simplified (or already simple) versions of Thai food, for those of us who don't feel like tackling something that calls for a table's worth of ingredients, an hour of prep work, and a trip to the Asian market.

Most recipes are easy enough to veganize - in some cases the exact type of protein is even said to be wildly interchangeable. The author's white North Carolina PTA-mom roots occasionally shine through in her suggestions for serving baked potato or buttered bread on the side, but you can just ignore that.

This cookbook's layout has some nice touches, like a mini table of contents at the beginning of each section, beautiful photos, and inclusion of each dish's Thai name under the recipe title. There are helpful indices too, including cooking techniques and guides to ingredients and utensils.

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### **Gina says**

Didn't find one thing I wanted to make without buying a bunch of special ingredients.

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### **Beka says**

This had lots of wonderful ideas and yummy pictures. I've definitely got some new recipes to try.

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### **Mary Diesen says**

I have never really learned to cook, but love Thai food so got this book. It is wonderful! What I especially love about this book is she uses ingredients that are available in my grocery store. I don't have an Asian store anywhere close so this is especially important. I find the recipes easy to follow and very tasty. Last night I made 5 different recipes for a dinner I gave and everyone loved the food.

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### **Jennifer James says**

I only tried two recipes from this cookbook (masaman curry and a sweet potato-coconut milk custard) but they were both delicious. I will be trying more recipes in the future. I was somewhat distressed to learn that the characteristic flavor in Thai food is fish sauce, which means that some of the Thai food in restaurants that I've eaten and thought was vegetarian may not have been.

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### **Rikelle says**

I know that this is not completely authentic but it is a great introduction to Thai flavors. I love Thai food and one of the hardest things in making authentic Thai is the huge amounts of ingredients and many of them hard to find. McDermott takes classic Thai recipes and streamlines them and then lists authentic ingredients you can use but also great substitutions if you don't have or can't find the original. The recipes are yummy and easy. One of my family's favorite is Hidden Chicken. It's quick to put together - just throw everything in your rice cooker and push start- I am getting hungry thinking of this.

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### **Judy says**

The title is correct - except that not only are these dishes quick and easy (relatively speaking - I'm not a fact cook/prep person), they are delicious! One short cut that she recommends is to buy curry paste, rather than making it from scratch - although she does include a recipe for making it. I have experimented with different curry pastes from H-Mart (an Asian grocery store near me), and found the brand I really like. She includes a list of sources for ingredients, which is helpful. I'm looking forward to making more!

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### **C says**

Good for an overview of Thai cooking in an American home, but I really feel her "Quick & Easy Chinese" is the better book, thus far.

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### **Julie Davis says**

McDermott really does take the pain and fussiness out of producing authentic tasting ethnic foods, in this case Thai cuisine. Leafing through this I discovered that I had already read it once because her grilled chicken with garlic recipe is a staple of my kitchen.

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