

# Completely Keto™ Thai Recipes

— By Harlan Kilstein



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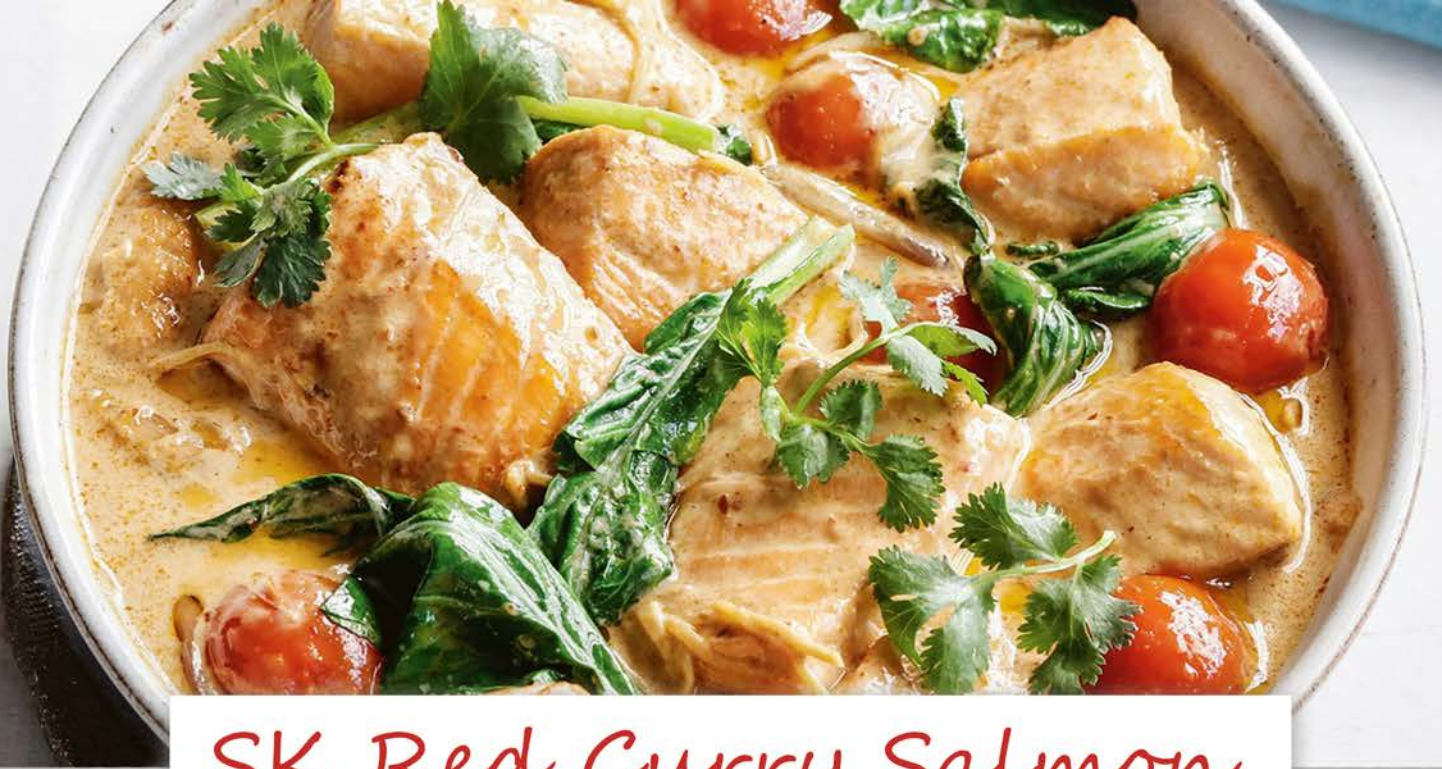
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# Meals





## SK Red Curry Salmon

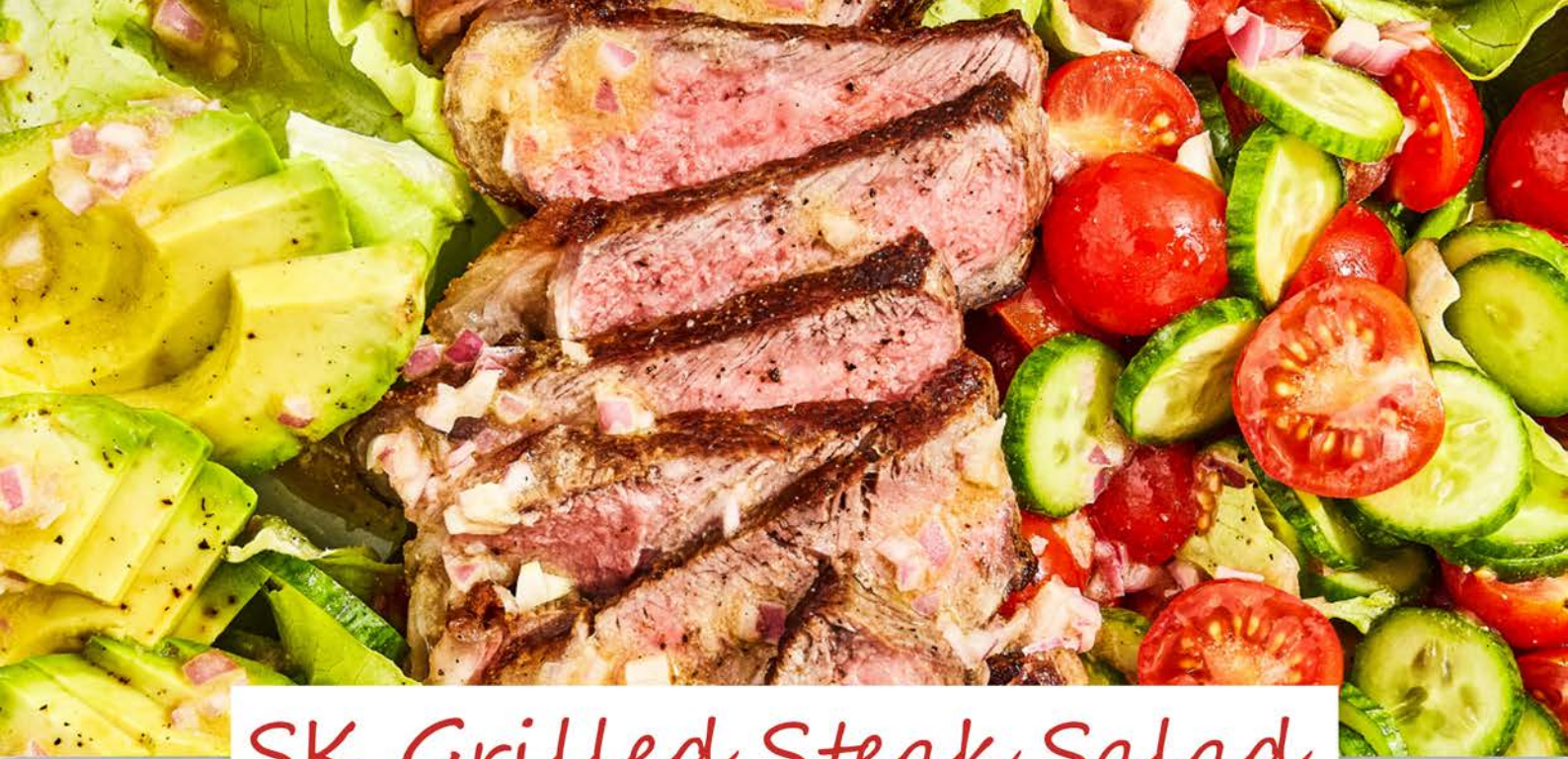
( 4 servings )

### Ingredients -

-  1 Tbsp coconut oil
-  2 Tbsp red curry paste
-  1/2 cup water
-  1/2 cup unsweetened canned coconut milk
-  2 teaspoons fish sauce
-  2 teaspoons Stevia, granulated
-  1 teaspoon lemon zest
-  24 oz salmon filets
-  1 bay leaf
-  1 Thai chile, sliced

### Instructions -




1. Warm wide saute pan with oil and add curry paste and unsweetened coconut milk about 2 minutes
2. Once the oil separates slightly stir in the water, fish sauce and sweetener and cook another 2 minutes
3. Add salmon filets, bay leaf and chile, cover and cook for 5-6 minutes until flaky
4. Sprinkle with lemon zest and serve with roasted green beans or your favorite vegetable



## SK Grilled Steak Salad

( 4 servings )

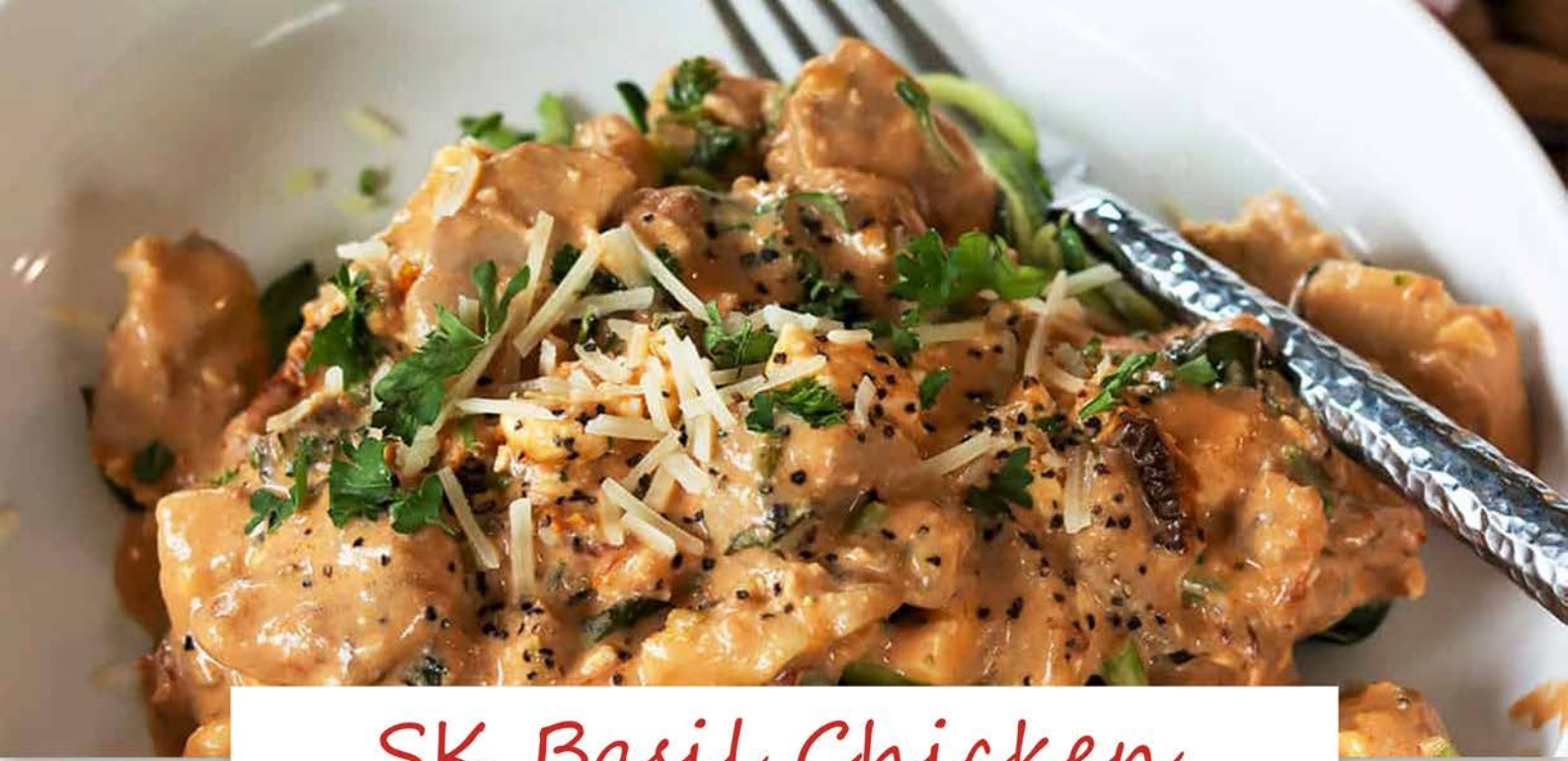
### Ingredients -

-  12 oz sirloin steak, marinated
-  1 Tbsp olive oil
-  2 Tbsp lime juice
-  1/2 teaspoon black pepper, ground
-  1 Tbsp coconut aminos
-  2 teaspoons fish sauce
-  1/2 teaspoon Stevia, granulated
-  1 teaspoon red chile powder
-  1/2 cup shallots, julienned
-  1/2 cup cucumber, chopped
-  1/2 cup tomato, diced
-  1/4 cup cilantro, chopped

### Instructions -

1. Marinate meat for 4-6 hours or overnight in coconut aminos, pepper and oil
2. Heat a greased grill and cook steaks until they are medium rare, about 140°F internal temp and then cover and let rest for 10 minutes
3. Mix lime juice, fish sauce, sweetener and chile powder in a salad bowl and then add sliced steak and juices, tossing well
4. Add tomatoes, shallots, cucumber, cilantro and toss again to serve immediately





## SK Basil Chicken

( 4 servings )

### Ingredients -

-  1 1/2 lb ground chicken    3 Tbsp olive oil    1/2 cup shallots, sliced
-  Optional: 2 bird's eye chiles, sliced    2 Tbsp coconut aminos
-  1/2 teaspoon Stevia, granulated    1/2 cup basil, chopped
-  2 teaspoons fish sauce    1/2 cup chicken broth    4 garlic, minced

### Instructions -

1. Over high heat warm oil and saute shallots, chiles and garlic for 30 seconds
2. Add chicken and fry another 2-3 minutes until cooked through, stirring frequently
3. Add sweetener, coconut aminos, chicken broth and fish sauce and cook another 2 minutes until liquid is absorbed
4. Remove from heat, add basil and allow to wilt slightly
5. Serve warm with Sweet mash or your favorite vegetable



# Crispy Laab Meatballs

( 4 servings )

## Ingredients -

-  1 1/2 lbs ground pork    1" ginger, grated    1/4 cup shallots, diced
-  1/2 cilantro with stems, chopped    1 teaspoon coconut aminos
-  Optional: crushed red pepper, to taste    1 teaspoon oregano
-  2 Tbsp fish sauce    3 Tbsp lime juice    1 Tbsp Stevia, granulated
-  2 teaspoons lemon zest    5 Tbsp pork rinds, ground
-  1 Tbsp olive oil

## Instructions -

1. Mix together first 10 ingredients and shape into meatball and set aside
2. Toast pork rinds gently with lemon zest 30-60 seconds and then coat meatballs in mix
3. Warm oil in pan over medium-high heat and fry meatballs in batches about 5 minutes until golden brown
4. Serve warm with Fragrant riced cauliflower and Sweet Chile sauce



# SK Ground Chicken Wraps

( 4 servings )

## Ingredients -

- |   |   |   |
|---|---|---|
|  3 cups shallots, sliced thin |  2 Tbsp fish sauce         |  2 Tbsp lime juice |
|  1 Tbsp red chile powder      |  1" ginger, quartered      |  1/2 cup water     |
|  1 1/2 lbs ground chicken     |  1/2 cup cilantro, chopped |   |
|  1/2 cup mint, chopped        |  1 head leaf lettuce       |   |

## Instructions -

1. Mix shallots, chile powder, fish sauce and lime juice in a large bowl and set aside
2. Toast ginger in a dry saute pan for about 1 min and then add to salad bowl and toss all ingredients
3. Add water and chicken to a pan over medium heat and cook through
4. Remove from heat and pour both water and chicken into salad bowl and toss well
5. Garnish with mint and cilantro and serve in portions of leaf lettuce with Fragrant riced cauliflower



# SK Mushroom Ginger Stir Fry

( 4 servings )

## Ingredients -

-  2 Tbsp olive oil
-  3 garlic, minced
-  1/2 cup mushrooms, sliced
-  1 1/2 lbs chicken thighs, thin pieces
-  1/2 cup chicken broth
-  1/2 teaspoon Stevia, granulated
-  2 Tbsp fish sauce
-  1/4 cup green onions, quartered
-  1 Tbsp oyster sauce
-  2" ginger, julienned

## Instructions -

1. Warm oil in a wok and then cook garlic about 30 seconds
2. Add chicken, sauces and sweetener and saute another minute
3. Add white part of onions, ginger, mushrooms and broth and cook another 2 minutes, until chicken reaches internal temp of 180°F
4. Remove from heat and serve with diced green onions for garnish



# Shrimp Pad Thai

( 4 servings )

## Ingredients -

-  8 oz Palmini noodles, cooked
-  1 Tbsp Stevia, granulated
-  1 teaspoon fish sauce
-  3 garlic, minced
-  2 Tbsp dried shrimp
-  1/2 cup scallions
-  1/2 cup peanuts, roasted
-  Lime wedges
-  1 lb shrimp, peeled
-  1 Tbsp lime juice
-  2 Tbsp olive oil
-  1/4 cup shallots, diced
-  2 eggs, whisked
-  1/2 cup bean sprouts
-  1/4 cup cilantro, chopped

## Instructions -

1. Mix together sweetener, lime juice and fish sauce until sweetener dissolves
2. Warm 2 Tbsp oil in the pan and then add garlic, shallots and dried shrimp to cook for 1 min
3. Add noodles and mixed lime sauce to the oil and stir noodles until well coated, add shrimp and cook until pink about 1 min
4. Make a well in the middle of the noodles and cook whisked eggs scrambling gently and mixing well with noodles
5. Fold in scallions and bean sprouts and remove from heat
6. Serve with lime wedges, peanuts and fresh cilantro



# SK Naked Shrimp

( 4 servings )

## Ingredients -

- |  |   |
|--|---|
|  18-20 jumbo shrimp, tail intact |  1 Tbsp fish sauce               |
|  4 Red Thai chiles               |  1/4 teaspoon Stevia, granulated |
|  4 garlic, sliced thin           |  1/2 cup mint leaves             |
|  4 Tbsp lime juice               |  1 cucumber, diced               |

## Instructions -










1. Clean and butterfly shrimp and set aside in refrigerator
2. Combine chilis, garlic, lime juice, fish sauce and sweetener and then pour over butterflied shrimp
3. Let sit for 10-15 minutes to allow lime juice to marinate and to turn the shrimp partially pink
4. Garnish with mint leaves and serve with fresh cucumber



## SK Pan-Fried Fishcakes

( 4 servings )

### Ingredients -

-  4 Tbsp avocado oil
-  24 oz white fish filets, cubed
-  3 Tbsp Red Curry paste
-  1 Tbsp + 1/4 cup cilantro, chopped
-  Optional: Lettuce garnish and bean sprouts
-  1 Tbsp fish sauce
-  1 Tbsp lime juice
-  1 egg
-  Lime wedges

### Instructions -





1. Mix together fish, curry paste, 1 Tbsp cilantro, fish sauce, lime juice and 1 egg in a food processor
2. Warm oil in a hot skillet and drop 1/4 cup of mix in the oil and flatten slightly
3. Cook until brown, approximately 2-3 minutes and then flip and brown the other side another 2-3 minutes
4. Serve with Sweet Chile Dipping Sauce on a bed of lettuce greens and bean sprouts and garnish with remaining cilantro



## SK Crying Tiger Salad

( 4 servings )

### Ingredients -

-  1 Tbsp olive oil
-  2 garlic, minced
-  1/2 Red Thai chile, sliced
-  1 teaspoon lime juice
-  1/4 cup basil, chopped
-  24 oz beef filet steak
-  Sea salt and black pepper, to taste
-  1/2 teaspoon lime zest
-  1/2 teaspoon Stevia, granulated
-  1 head romaine lettuce
-  1/2 tomatoes, diced
-  2 Tbsp cilantro, chopped
-  1 Tbsp avocado oil

### Instructions -

1. Combine first 7 ingredients for dressing and set aside
2. In a hot skillet, add avocado oil and cook steak on the first side for 5-6 minutes and flip
3. Cook another 5 minutes or until rare to medium rare and then let rest 5 minutes before slicing
4. Toss lettuce, tomatoes, basil, cilantro, salt, pepper, steak and dressing together and serve immediately





# SK Chicken Curry

( 4 servings )

## Ingredients -

- |   |  |
|---|--|
|  1 1/2 lbs chicken thighs           |  1 Tbsp olive oil          |
|  1/2 cup white onion, sliced       |  4 garlic, minced          |
|  3 Tbsp Thai Curry Spice           |  1/2 cup chicken broth     |
|  1 Tbsp fish sauce                 |  1/4 cup cilantro, chopped |
|  1/2 cup red bell pepper, chopped  |  1 teaspoon sea salt       |
|  Cracked black pepper, to taste    |  1 teaspoon lime juice     |
|  1 canned unsweetened coconut milk |  1/4 cup basil, chopped    |

## Instructions -

1. Warm oil in a saute pan and brown chicken briefly on both sides and then add onions until they become transparent
2. Add garlic and curry spice for 30 seconds, until fragrant
3. Add chicken broth, fish sauce, basil, salt and pepper over medium heat until simmering until chicken reaches internal temperature of 180°F
4. Lower heat and add unsweetened coconut milk, bell pepper and lime juice for 2 more minutes and then remove from heat. Garnish with chopped cilantro.
5. Serve with Fragrant Riced cauliflower or Konjac noodles



## SK Train Chicken

( 4 servings )

### Ingredients -

- |   |   |
|---|---|
|  4 Tbsp Three Flavor Paste         |  2 teaspoons coriander, ground |
|  3 Tbsp fish sauce                 |  2 Tbsp oyster sauce           |
|  1 Tbsp turmeric, ground           |  1/2 Tbsp Stevia, granulated   |
|  1 1/2 lbs chicken thighs, cubed    |  1/2 Tbsp olive oil            |
|  2 cups fragrant riced cauliflower |   |

### Instructions -

1. Marinate chicken in first 6 ingredients for at least 1 hour
2. Grease grate with olive oil and grill chicken over hot coals
3. Once chicken cooked through 180°F internal temperature, let rest and then chop
4. Serve warm over fragrant riced cauliflower



## Jicama Som Tam Salad

( 4 servings )

### Ingredients -

- |   |   |
|---|---|
|  3 garlic, minced              |  2 Tbsp dried shrimp     |
|  1 Red Thai chile, sliced      |  1/2 cup peanuts, salted |
|  1 teaspoon Stevia, granulated |  2 Tbsp fish sauce       |
|  2 cups jicama, shredded       |  2 Tbsp lime juice       |
|  1 cup cucumber, shredded      |  1 teaspoon sea salt     |

### Instructions -

1. Pound or grind garlic, chile, sweetener in a mortar until it forms a paste
2. Add dried shrimp and peanuts until decreased in size
3. Add jicama, cucumber and gently smash with tongs until lightly bruised and softened
4. Add fish sauce, lime juice, salt and mix well
5. Serve with Chicken Satay or your favorite protein



# Sweet Ginger Chicken Mash


( 4 servings )

## Ingredients -

 2 Tbsp olive oil 3


 2 garlic, minced

 1 1/2 lbs chicken thighs


 3 green onions, 1" pieces

 3" ginger, sliced thin

 2 Tbsp fish sauce

 1 Tbsp oyster sauce

 1/4 teaspoon Stevia, granulated

 4 Tbsp chicken broth

 2 cups Sweet Mash

## Instructions -

1. Heat oil in the wok and saute garlic for 30 seconds
2. Add chicken, fish/oyster sauces and sweetener and stir for 1 min
3. Add ginger, onions and broth and cook chicken to internal temp of 180°F
4. Serve warm on top of a bed of Sweet Mash



# SK Shrimp Curry Stir Fry

( 4 servings )

## Ingredients -

- |   |  |
|---|--|
|  2 eggs                          |  4 Tbsp chicken broth     |
|  1/2 cup heavy cream             |  2 Tbsp olive oil         |
|  1 Tbsp Red curry paste          |  3 garlic, minced         |
|  1 teaspoon sea salt              |  1 lb shrimp              |
|  1/2 teaspoon Stevia, granulated |  1/2 cup white onion      |
|  1 Red Thai chile, sliced        |  1 Tbsp cilantro, chopped |

## Instructions -














1. Whisk together eggs, cream, curry spice, salt, sweetener and broth
2. Heat oil in skillet and add onion until it softens and then add garlic and shrimp until shrimp begins to turn pink
3. Add chiles and egg mix and stir until the pink is fully pink and egg starts to scramble, about 2 minutes
4. Serve immediately with cilantro



# Zucchini Fritters

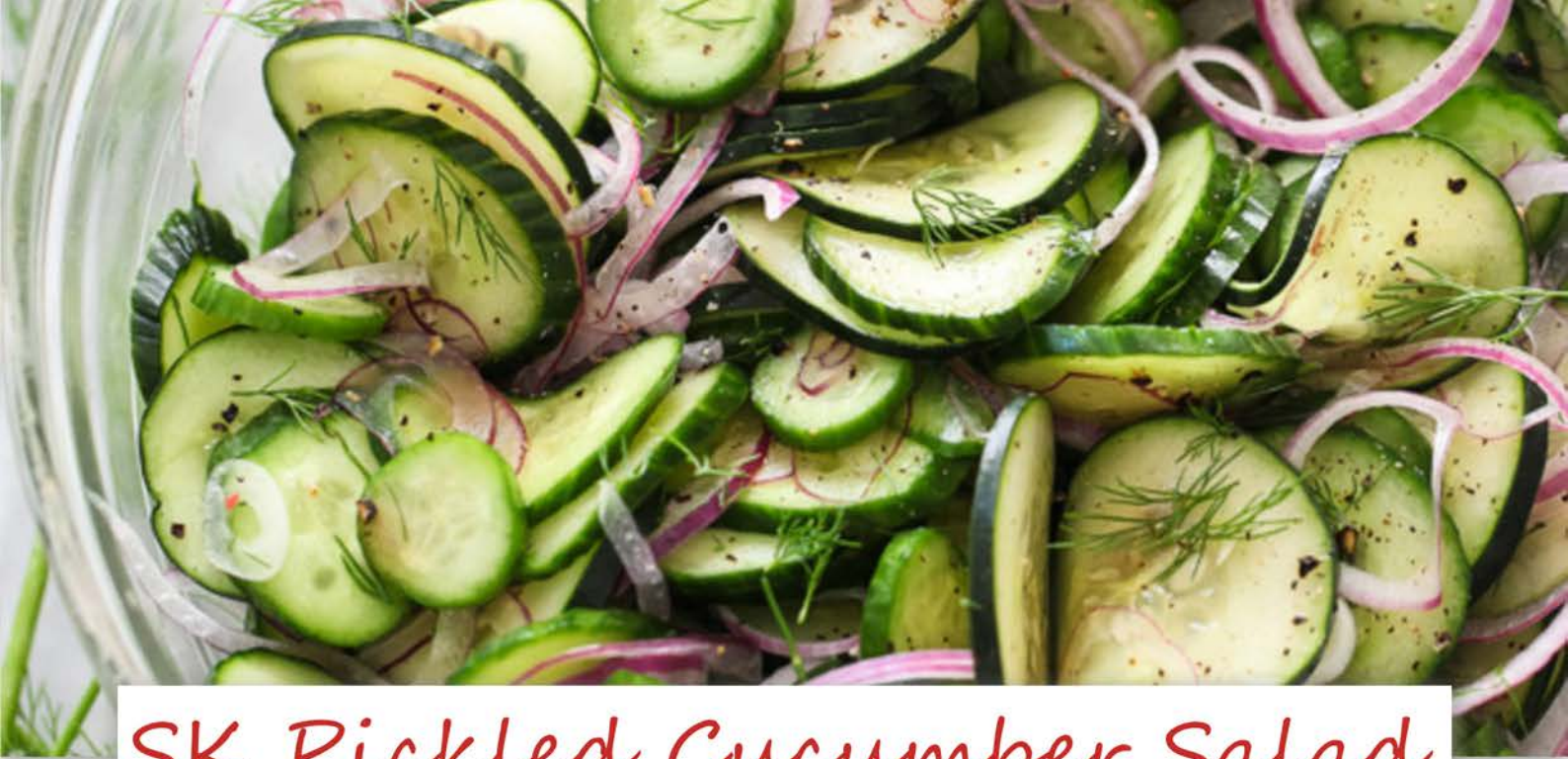
( 4 servings )

## Ingredients -

- |  |   |
|--|---|
|  3 medium zucchini, shredded           |  1/2 Tbsp black pepper, ground   |
|  1 Tbsp sea salt                       |  1/4 cup cilantro stems, chopped |
|  2 large eggs                          |  2 scallions, diced              |
|  1 teaspoon sea salt                   |  1 Tbsp sesame seeds             |
|  1 Tbsp fish sauce                     |  4 Tbsp olive oil                |
|  3 garlic, minced                      |  1/2 cup Sweet Peanut sauce      |
|  1/4 cup unsweetened coconut, shredded |   |

## Instructions -

1. Salt the zucchini and let macerate for 10 minutes and drain well
2. Whisk eggs, salt, fish sauce, garlic, pepper, cilantro, coconut and sesame seeds together and then add zucchini and mix well
3. Scoop 1/4 cup portions onto a hot skillet with oil and let caramelize on each side and then flip, about 6 minutes on each side
4. Serve warm with dipping sauce and scallions



# SK Pickled Cucumber Salad

( 4 servings )

## Ingredients -

- |  |   |
|--|---|
|  2 Tbsp Stevia, granulated        |  1 Red Thai chile, sliced thin |
|  4 Tbsp white vinegar             |  1/2 teaspoon sea salt         |
|  2 Tbsp water                     |  1/4 teaspoon garlic powder    |
|  1/4 cup white onion, sliced thin |  3 cucumbers, sliced thin      |
|  1 Tbsp cilantro, chopped         |   |

## Instructions -

1. Combine sweetener, vinegar and water in a saucepan until sweetener disintegrates, set aside and cool
2. Mix together onion, cilantro, cucumber, chile, salt and garlic powder
3. Once ready to serve, pour syrup mix over salad, mix well and serve immediately with Chicken Satay



## SK Three Flavor Fish

( 4 servings )

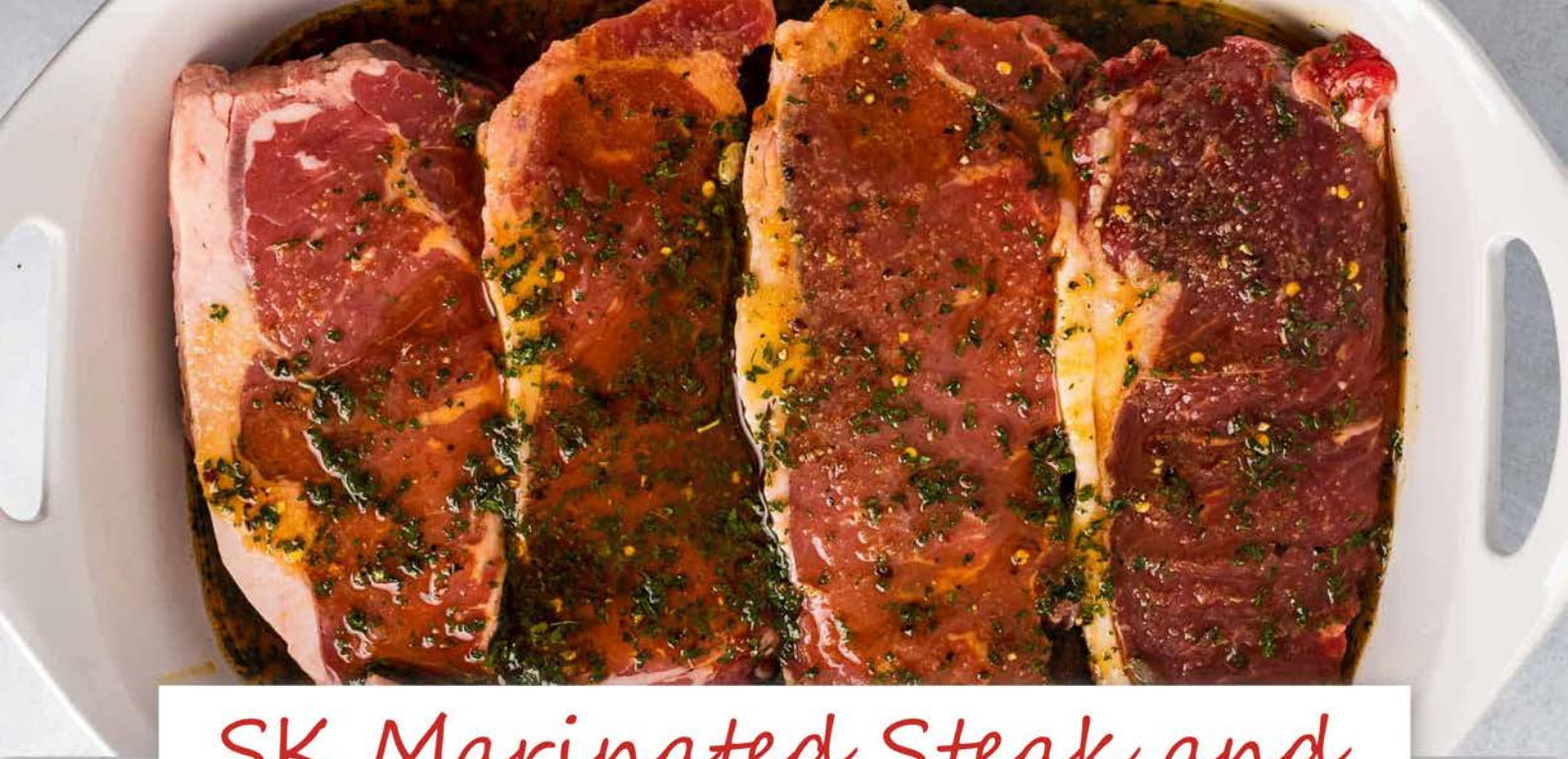
### Ingredients -

- |   |   |
|---|---|
|  2 Red Thai chiles, chopped |  1 Tbsp Stevia, granulated           |
|  1 Tbsp Three Flavor Paste  |  1 1/2 lbs white fish file, seasoned |
|  2 Tbsp fish sauce          |  3 cups shallots, julienned          |
|  1 Tbsp water               |  1 Tbsp basil, chopped               |
|  1 Tbsp + 1 Tbsp olive oil  |  1 Tbsp lime juice                   |

### Instructions -

1. Smash paste and chiles together and then add fish sauce, water, olive oil, lime juice and sweetener
2. Heat oil in a wok and then add chile paste for 30 seconds or once softened and then set aside and cool
3. Stir fry shallots in a pan until charred and keep warm
4. Bake fish at 350°F for 8-10 minutes until flaky and garnish with basil, salsa and shallots





# SK Marinated Steak and Scallions

( 4 servings )

## Ingredients -

- |  |   |
|--|---|
|  1 Tbsp coconut aminos      |  1 bunch scallions, charred  |
|  1 Tbsp oyster sauce        |  1 Tbsp olive oil            |
|  1 Tbsp avocado oil         |  24 oz rib-eye steaks        |
|  1/2 teaspoon ground pepper |  Sea salt / pepper, to taste |
|  1/2 cup Meat dipping sauce |   |

## Instructions -



1. Mix first 4 ingredients in a wide, shallow bowl
2. Add steaks and marinate at least 1 hour
3. Brush scallions in olive oil, salt and pepper
4. Grill steaks until they reach preferred temp and char scallions
5. Let rest 10 minutes and serve with dipping sauce



# SK Hot Prawn Soup

( 4 servings )

## Ingredients -

- |   |   |
|---|---|
|  1 Tbsp olive oil              |  1/2 teaspoon lime zest    |
|  1/4 cup shallots, diced       |  1 bay leaf                |
|  1 teaspoon crushed red pepper |  1 lb mushrooms            |
|  2" ginger, sliced             |  2 Tbsp chile paste        |
|  4 cups chicken broth          |  2 Red Thai chiles, sliced |
|  4 Tbsp fish sauce             |  3 Tbsp lime juice         |
|  1 lb shrimp                   |  2 Tbsp cilantro, chopped  |

## Instructions -

1. Warm soup pan with oil and add shallots, crushed red pepper and ginger for 30 seconds and then add broth
2. Once boiling add lime zest and bay leaf to simmer on lower heat for 2 minutes
3. Add mushrooms, chile paste, fish sauce, chiles and shrimp for 2-3 minutes until shrimp turn pink
4. Remove from heat, remove ginger pieces and bay leaf and serve with lime juice and cilantro



# Chicken Buddha Bowl

( 4 servings )

## Ingredients -

- |   |  |
|---|--|
|  1 Tbsp olive oil                          |  2 teaspoons fish sauce    |
|  2 garlic, minced                          |  1 teaspoon white vinegar |
|  1" ginger, grated                         |  1 teaspoon sea salt      |
|  Optional: 2 Red Thai chiles, diced        |  4 Tbsp basil, diced      |
|  1 lb ground chicken                       |  1/2 cup bean sprouts     |
|  2 Tbsp scallions, diced                   |  1/2 cup carrots, diced   |
|  4 Tbsp coconut aminos                     |  Lime wedges              |
|  2 cups Fragrant riced cauliflower, cooked |  |

## Instructions -

1. Warm pan with oil and add garlic, ginger and chiles for 2 minutes
2. Add chicken, scallions, coconut aminos, fish sauce, vinegar and salt and cook until browned
3. Stir in fresh basil and remove from heat
4. Divide evenly between 4 bowls with riced cauliflower, carrots, bean sprouts and lime wedges



# Rainbow Wraps

( 4 servings )

## Ingredients -

- |  |   |
|--|---|
|  16 iceberg lettuce leaves     |  2 avocados, sliced          |
|  1/2 cup peanut dipping sauce |  1 cup red cabbage, shredded |
|  3 carrots, julienned         |  1/4 cup basil, diced        |
|  1 cucumber, julienned        |  1/4 cup mint, diced         |

## Instructions -

1. Arrange chilled ingredients on a platter for serving
2. Wrap each lettuce leaf with a spoonful of sauce and remaining ingredients to taste



# SK Sticky Chicken

( 4 servings )

## Ingredients -

- |   |  |
|---|--|
|  1 Tbsp olive oil + 1 Tbsp sesame oil      |  4 Tbsp white vinegar       |
|  1 cup Sweet Chile Dipping sauce          |  2 Tbsp fish sauce         |
|  2 Tbsp Stevia, granulated                |  2 Tbsp lime juice         |
|  4 Tbsp coconut aminos                    |  1 Tbsp lime zest          |
|  3 garlic, minced                         |  1/4 cup cilantro, chopped |
|  2 lbs chicken thighs (bone-in with skin) |  2 scallions, diced        |
|  1 teaspoon sea salt / pepper to taste    |  |

## Instructions -












1. Bring first 9 ingredients to a low simmer in a saucepan until it begins to thicken, 5 minutes
2. Arrange seasoned chicken on a baking sheet and coat well with half the glaze
3. Bake at 400°F for 15 minutes and then rotate and flip to bake another 10 minutes
4. Add remaining glaze and switch oven to broil until chicken is crispy and shiny, about 5 minutes
5. Remove from oven, add more glaze, cilantro and scallions and serve with Sweet Mash



# Pad Thai Chicken

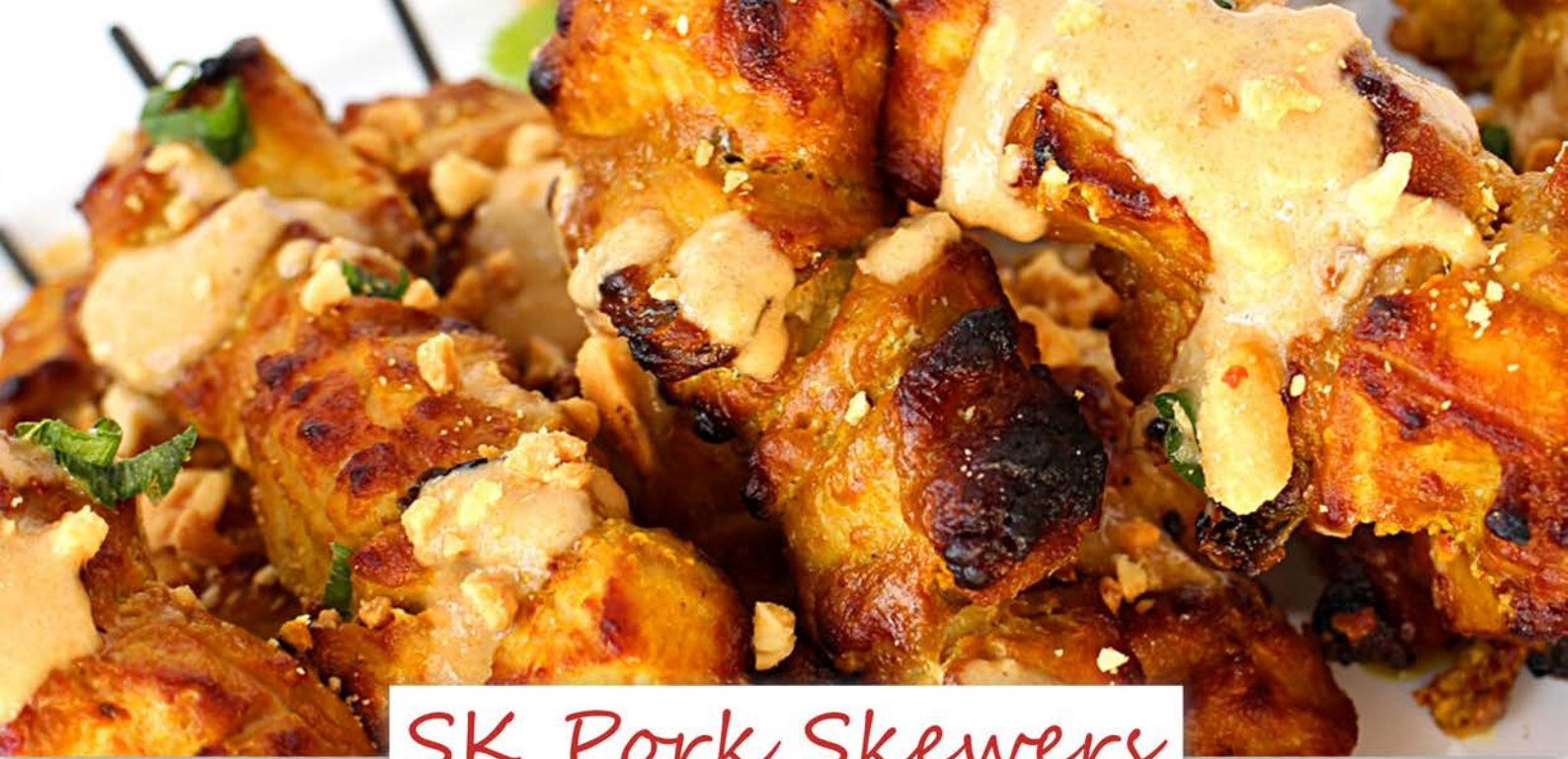
( 4 servings )

## Ingredients -

-  1 1/2 lbs chicken (white/dark mix)
-  2 Tbsp + 2 Tbsp olive oil
-  2 Tbsp fish sauce
-  1 Tbsp lime juice
-  1/2 Tbsp Stevia, granulated
-  1 Tbsp peanut butter, no sugar added
-  2 eggs, beaten
-  3 garlic, minced
-  1/4 cup scallions, diced
-  2 cups Shirataki noodles, cooked
-  Optional: roasted peanuts, bean sprouts, chives, lime wedges

## Instructions -














1. Boil chicken for 20 minutes over medium heat until internal temperature reaches 165°F and then allow to cool slightly and shred
2. Allow oil to heat in a hot wok, add eggs and stir fry until 80% scrambled
3. Push eggs to side of pan, add more oil and saute garlic and scallions for 30 seconds
4. Add fish sauce, lime juice, sweetener and peanut butter to the pan and stir well
5. Add chicken, bean sprouts, peanuts and noodles and stir another 2 minutes until sprouts are slightly wilted
6. Serve warm with optional garnishes



## SK Pork Skewers

( 4 servings )

### Ingredients -

- |  |   |
|--|---|
|  1 cup red bell peppers, chopped         |  1 teaspoon sea salt         |
|  2 Tbsp cilantro stems, diced            |  2 teaspoons oyster sauce   |
|  1/2 teaspoon black pepper, ground       |  3 teaspoons coconut aminos |
|  1/2 teaspoon white pepper, ground       |  1 Tbsp Stevia, granulated  |
|  1 lb pork shoulder, thin strips         |  1 Tbsp olive oil           |
|  2 Tbsp unsweetened coconut milk         |  4 garlic, minced           |
|  1/2 cup canned unsweetened coconut milk |   |

### Instructions -

1. Combine first 10 ingredients in a bowl and add pork to marinate at least 4-5 hours
2. Skewer the pork slices with bell peppers and then coat with unsweetened coconut milk
3. Grease grill and warm to high heat and then add skewers
4. Flip after 3 minutes and baste with more unsweetened coconut milk
5. Continue basting and flipping every 2 minutes until cooked to internal temp of 145°F
6. Serve over a bed of lettuce with Sweet Chile sauce or Sweet Mash



# SK Chicken Satay

( 4 servings )

## Ingredients -

-  1 1/2 lbs chicken thighs
-  2 teaspoons turmeric
-  1 teaspoon cumin
-  1 Tbsp lime juice
-  1 cup canned unsweetened coconut milk
-  1 Tbsp sesame oil
-  1 teaspoon coriander
-  1 Tbsp erythritol
-  1/2 cup water

## Instructions -

1. Marinate chicken with turmeric, coriander, cumin, sweetener, 1/2 cup unsweetened coconut milk and lime juice for at least 2 hours
2. Warm skillet to smoking with sesame oil and then skewer the meat and brown on both sides, about 3-5 minutes
3. Turn down heat and baste with 1/2 cup of unsweetened coconut milk combined with 1/2 cup water until internal temp reaches 175°F
4. Serve warm with with pickled cucumber salad



# Breakfast





## Thai Iced Tea

( 2 servings )

### Ingredients -

- |  |   |
|--|---|
|  2 Tbsp black tea                |  2 cups boiling water          |
|  4 Tbsp heavy cream              |  1 teaspoon Stevia, granulated |
|  2 Tbsp unsweetened coconut milk |  8 oz crushed ice              |

### Instructions -






1. Warm heavy cream, unsweetened coconut milk and Stevia over low heat, stirring frequently for 3-4 minutes and then remove from heat
2. Steep tea leaves in hot water for 5 minutes and let cool
3. Once ingredients are cool, divide ice between two glasses
4. Pour 1 cup tea over ice in each glass and then add 2 Tbsp heavy cream to each



# SK Sweet Coconut Custard

( 4 servings )

## Ingredients -

-  1 teaspoon of vanilla extract
-  4 eggs
-  1 cup canned unsweetened coconut cream
-  1 Tbsp coconut oil
-  1 teaspoon Stevia, granulated

## Instructions -


1. Whisk eggs and then add coconut cream, vanilla and sweetener
2. Grease ramekins with oil and divide mix between 4 ramekins
3. Place ramekins on a baking sheet and then surround ramekins with 1" of boiling water
4. Bake in oven for 20-30 minutes at 350°F until temperature of custard reaches 170°F
5. Allow to cool and serve



# Sweet Roti Pita

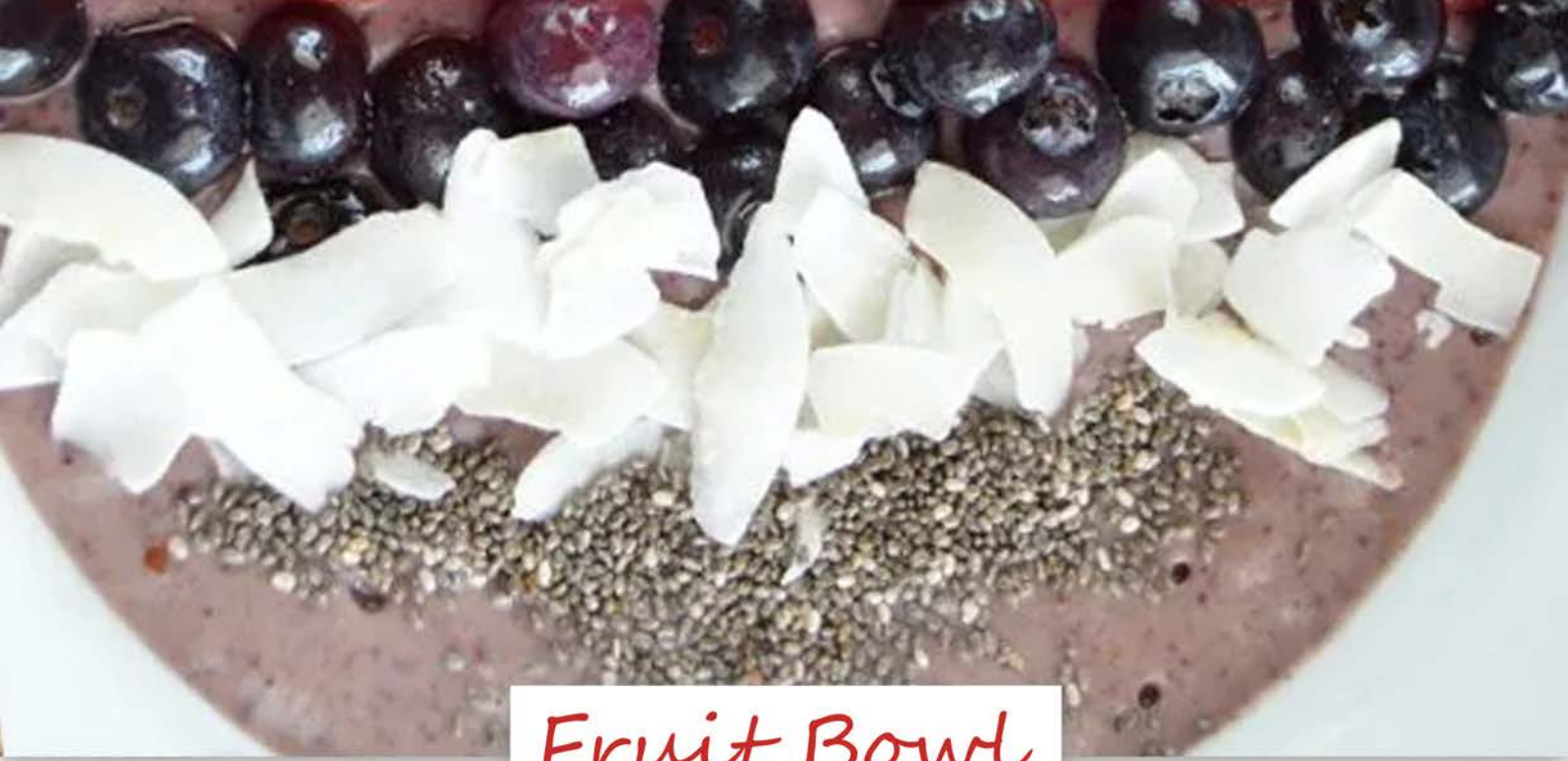
( 4 servings )

## Ingredients -

-  1 1/2 cups shredded unsweetened coconut, ground
-  1/2 cup flax seed, ground
-  2 teaspoon Stevia, granulated
-  1/2 teaspoon baking powder
-  1/4 cup unsweetened coconut milk, warm
-  1 Tbsp coconut oil, melted
-  1/4 cup water, warm
-  Optional: heavy cream to whip
-  1 teaspoon salt
-  2 Tbsp butter

## Instructions -


1. Mix dry ingredients coconut, flax, Stevia, salt, baking powder
2. Add oil, water and milk and knead until a smooth dough forms (add water if too dry) and let rest 30 minutes
3. Form 6 balls from dough and flatten to 1/8"
4. Heat pan with butter and add each portion until the first side browns and then flip and brown again
5. Serve warm with fresh strawberries and your homemade whipped cream




## Fruit Bowl


( 2 servings )

### Ingredients -

 2 cups yogurt, unsweetened

 1/2 cup blackberries, diced

 1 Tbsp shredded unsweetened coconut

 10 drops Stevia

 1 teaspoon lime juice

### Instructions -

1. Mix together all ingredients
2. Divide between two bowls and garnish with coconut



# Shredded Coconut Pancakes

( 2 servings )

## Ingredients -

- |   |  |
|---|--|
|  14 oz canned unsweetened coconut milk |  4 eggs                    |
|  2 Tbsp shredded unsweetened coconut   |  4 Tbsp coconut flour      |
|  4 oz cream cheese, softened           |  1 Tbsp Stevia, granulated |
|  1 Tbsp coconut oil, melted            |  3 egg whites              |
|  1 1/2 teaspoons baking powder          |  1/2 teaspoon salt         |
|  1 teaspoon vanilla                     |  1 Tbsp butter             |

## Instructions -

1. Leave the unsweetened coconut milk in the refrigerator overnight so it thickens
2. Add all ingredients to the blender to mix well and then let rest for 5 minutes while pan is warming
3. Add butter to the pan and then pour 1/4 cup portions to the pan until browned and then flip




# SK Traditional Thai Omelet


( 4 servings )

## Ingredients -

 8 eggs

 ¼ cup green scallions, chopped

 4 Tbsp olive oil

 2 teaspoons fish sauce

 2 cups Wilted Cabbage

 1 teaspoon Sriracha, to taste

## Instructions -

1. Working in batches whisk 2 eggs, 1/2 teaspoon fish sauce and 1 Tbsp scallions together in a bowl
2. Warm 1 Tbsp oil in a hot skillet and when sizzling hot, add egg mix and fry until golden, about 1 minute
3. Flip and cook second side another minute
4. Keep warm while cooking the next batch
5. Serve on a bed of wilted cabbage and sriracha



# Thai Iced Coffee

( 2 servings )

## Ingredients -

-  4 cups coffee, brewed
-  1/4 cup heavy cream
-  1 teaspoon almond extract
-  2 teaspoons cardamom
-  20 drops Stevia, liquid
-  8 oz ice

## Instructions -

1. Brew coffee with cardamom and let cool
2. Divide extract between 2 cups over ice
3. Mix together cream and sweetener and then pour over coffee, to taste





## SK Sweet and Sour Eggs

( 4 servings )

### Ingredients -

-  8 eggs, hard-boiled
-  1 cup shallots, sliced
-  1 Tbsp lime juice
-  2 Tbsp water
-  3 Red Thai chiles, whole
-  3/4 cup avocado oil
-  1 Tbsp fish sauce
-  1/2 Tbsp Stevia, granulated
-  1/4 cup cilantro, chopped

### Instructions -

- 1.** In hot oil, cook the eggs until the skin browns, about 5 minutes and remove from oil and set aside
- 2.** In same hot oil, cook the chiles until they darken, about 2 minutes and then remove from oil
- 3.** Now add shallots to oil and cook until golden about 5 minutes and then remove from oil (and discard oil)
- 4.** In the same warm pan, add fish sauce, lime juice, sweetener and water and cook 3-5 minutes
- 5.** Plate eggs cut in half, drizzled with sweet and sour sauce, peppers and cilantro



# SK Crispy Egg Shakshuka

( 4 servings )

## Ingredients -

-  1 cup avocado oil
-  2 garlic, minced
-  2 Tbsp chile paste
-  4 cups crushed tomatoes
-  1" ginger, grated
-  1 teaspoon sea salt
-  Cracked black pepper, to taste
-  1 Tbsp garlic oil
-  8 eggs
-  1/4 cup cilantro, chopped

## Instructions -

1. Warm avocado oil in a skillet and add garlic and chile paste for 30 seconds, until fragrant
2. Add crushed tomatoes, ginger, salt and pepper and cook 8 minutes stirring frequently and then remove from heat
3. In a separate pan warm garlic oil over medium heat, add eggs in batches and start spooning hot oil over the eggs to cook until crispy, to desired doneness
4. Divide shakshuka sauce between plates and serve two eggs over each, sprinkled with cilantro

# Staples







## SK Fish Sauce

( 2 cups )

### Ingredients -

-  4 garlic, minced
-  2 Tbsp + 1 teaspoon sea salt
-  3 bay leaves
-  2 teaspoons black pepper, whole
-  2 teaspoons lemon juice
-  1/2 lb herring or sardines, rinsed and chopped
-  1 cup water

### Instructions -

1. Mash the garlic, 2 Tbsp salt and lemon juice together
2. Add fish and toss well and then add pepper and bay leaves
3. Add mix to glass jar and then fill with water until 90% full, pushing down the ingredients until fully submerged
4. Add additional salt to the jar and cover tightly, fermenting for 2-3 days at room temperature
5. Move to refrigerator for 3-4 weeks and then strain and store up to 4 months
6. Serve with Naked Shrimp or Crying Tiger salad





## SK Wilted Cabbage

( 4 servings )

### Ingredients -

 2 Tbsp garlic oil

 1/2 cup onion, diced

 3 cups cabbage, shredded

 1 Red Thai chile

 1 teaspoon sea salt

### Instructions -


1. Warm oil in a large skillet and add onion until translucent
2. Add cabbage, salt and chile and cook until it starts to wilt
3. Remove from heat and serve warm




## SK Garlic Oil

( 1 cup )

### Ingredients -

 2 heads garlic, divided and peeled

 1 cup olive oil

### Instructions -












1. Separate and peel cloves and chop roughly until equivalent in size
2. Over medium heat, add garlic to oil once hot
3. Cook garlic 2-3 minutes until golden brown, watch carefully not to burn
4. Strain oil and reserve separately up to 5 weeks and use in any recipe to enhance flavor



# SK Red Curry Paste

( Makes 1 cup )

## Ingredients -

-  6 Thai red chiles, deseeded
-  1 teaspoon lime zest
-  5 garlic, minced
-  1/2 teaspoon coriander seeds, toasted
-  1 Tbsp cilantro stems, chopped
-  1/2 teaspoon cumin seeds, toasted
-  1/2 cup water, warmed
-  1/2 Tbsp ginger, grated
-  1 Tbsp shrimp paste
-  1 teaspoon salt
-  1/2 cup shallots, sliced

## Instructions -

1. Soak chiles in warm water until softened, drain and reserve water
2. Mix all ingredients together in a food processor, until it forms a paste
3. Reserve in the freezer up to 3 months



# SK Fragrant Riced Cauliflower

( 4 servings )

## Ingredients -

-  1 Tbsp olive oil
-  1 1/2 cups canned unsweetened coconut milk
-  1" ginger, quartered
-  1/2 teaspoon lemon zest
-  2 teaspoons basil, chopped
-  2 cups riced cauliflower, raw
-  1/2 cup water
-  2 teaspoons coconut aminos
-  1 bay leaf
-  1 Tbsp scallions, chopped

## Instructions -

1. Warm oil in a saute pan and add cauliflower, stirring for 1 minute
2. Add unsweetened coconut milk, ginger, coconut aminos, lemon, bay leaf and water and cook about 8-10 minutes
3. Once cauliflower is softened, remove from heat and add basil and scallions
4. Serve warm with Train Chicken or Marinated Steak and Scallions






## SK Three Flavor Paste

( Makes 1/2 cup )

### Ingredients -

 6 garlic, minced

 1/2 cup cilantro stems, packed

 2 Tbsp white pepper, ground

### Instructions -

1. Ground all ingredients in a food processor
2. Conserve in the refrigerator up to 10-15 days or freezer up to 30 days and serve with Three Flavor Fish or Train Chicken



# Sweet Mash

( 2 servings )

## Ingredients -

-  1 Tbsp olive oil
-  2 Tbsp curry spice
-  1 cup chicken broth
-  2 Tbsp coconut, unsweetened
-  1 teaspoon sea salt
-  4 Tbsp cilantro, chopped
-  2 garlic, minced
-  2 cups cauliflower, riced
-  1/2 teaspoon Stevia, granulated
-  1 Red Thai chile, diced
-  1/2 cup coconut cream

## Instructions -

1. Heat oil in a skillet and add garlic and curry spice for 30 seconds and then add cauliflower for 1 minute
2. Add broth, sweetener, coconut, chile and salt and cook 10-12 minutes until cauliflower is very soft
3. Mix in coconut cream and cilantro and serve with Sweet Ginger Chicken



## SK Oyster Sauce

( Makes 1 cup )

### Ingredients -

- |  |   |
|--|---|
|  2 cups mushrooms, sliced           |  1" ginger, sliced           |
|  1 Tbsp olive oil                   |  2 teaspoons sea salt        |
|  1/2 Tbsp + 1/2 Tbsp coconut aminos |  1 1/2 cups chicken broth    |
|  1 Tbsp fish sauce                  |  1/2 Tbsp Stevia, granulated |

### Instructions -

1. Warm oil in pan and saute mushrooms, ginger and a pinch of salt for 5 minutes
2. Add 1/2 Tbsp coconut aminos and cook another minute and then remove from heat
3. Blend broth, sweetener, mushrooms and ginger, salt and 1/2 Tbsp coconut aminos until smooth
4. Keeps well in the refrigerator up to 4-6 weeks



# Sweet Peanut Sauce

( Makes 1 cup )

## Ingredients -

-  3/4 cup Sweet Chile Dipping sauce
-  5 Tbsp peanuts, chopped
-  2 Tbsp cilantro, chopped
-  Optional: 1/4 teaspoon cayenne pepper

## Instructions -

1. Mix all ingredients together
2. Serve with Zucchini Fritters



# SK Thai Curry Spice

( Makes 1 cup )

## Ingredients -

- |  |   |
|--|---|
|  4 Tbsp coriander, ground        |  5 Tbsp turmeric, ground                       |
|  2 Tbsp cumin, ground            |  1 teaspoon ginger, ground                     |
|  1 teaspoon black pepper, ground |  1 Tbsp cinnamon, ground                       |
|  1 teaspoon cloves, ground       |  Optional: 1 teaspoon cayenne pepper, to taste |

## Instructions -

1. Mix all ingredients well
2. Keep cool in a sealed jar for up to 60 days




# SK Meat Dipping Sauce


( Makes 1 cup )

## Ingredients -


 1 Tbsp shallots, sliced

 1/4 teaspoon ginger, grated

 3 Tbsp lime juice

 1 Tbsp chile powder, to taste

 4 Tbsp cilantro, chopped

 1/3 cup fish sauce

 1 teaspoons Stevia, granulated

## Instructions -

1. Combine all ingredients and stir well
2. Reserve in refrigerator 5-7 days and serve with Marinated Steak



## SK Chile Paste

( Makes 1 cup )

### Ingredients -

- |  |   |
|--|---|
|  2 Red Thai chiles, deseeded   |  1/2 cup olive oil       |
|  2 garlic, sliced              |  1 Tbsp shallots, sliced |
|  1/2 Tbsp dried shrimp         |  1 teaspoon shrimp paste |
|  1 teaspoon Stevia, granulated |  2 teaspoons lime juice  |
|  1 teaspoon fish sauce         |   |

### Instructions -


1. Warm pan with 1 Tbsp oil and cook chiles until crisp and set aside chiles
2. In the same oil brown garlic, shrimp and shallots for 2 minutes and set aside with chiles
3. Add all cooked ingredients to a food processor with shrimp paste until ground well
4. Warm remaining oil and add mix plus all remainings ingredients, stir frequently for 10-15 minutes
5. Reserve mix with oil in refrigerator up to 20 days and serve with Hot Prawn soup





# SK Sweet Chile Dipping Sauce

( Makes 2 cup )


## Ingredients -

 1/2 cup + 1 Tbsp cold water

 1/2 cup white vinegar

 4 garlic, minced

 1/3 cup Stevia, granulated

 1/4 teaspoon xanthan gum

 2 Red Thai or sweet chile peppers

 1" ginger root, diced

 3 teaspoons sea salt

## Instructions -

1. Mix 2 Tbsp cold water and xanthan gum together
2. Blend 1/2 cup water with vinegar, peppers, garlic, ginger, sweetener and salt
3. Bring to boil and then lower heat and let simmer for 5 minutes until garlic and peppers have softened
4. Add thickener and cook another 2 minutes
5. Cool and keep refrigerated up to 7-9 days and use with Train Chicken









# Peanut Dipping Sauce

( Makes 1 cup )

## Ingredients -

- |   |  |
|---|--|
|  1 teaspoon garlic, minced |  1/2 cup creamy peanut butter, no sugar added |
|  2 Tbsp coconut aminos     |  1 Tbsp Stevia, granulated                    |
|  1 Tbsp rice vinegar       |  1 teaspoon Sriracha, to taste                |
|  2 Tbsp water              |  |

## Instructions -

1. Whisk together all ingredients until smooth
2. Add additional water to thin out to your preference
3. Serve with Rainbow Wraps and reserve in refrigerator up to 10 days



## Satay Sauce

( Makes 3 cup )

### Ingredients -

-  1 cup unsweetened coconut milk
-  1 cup creamy peanut butter, no sugar added
-  1/2 cup water
-  2 Tbsp Stevia, granulated
-  2 Tbsp Red Curry paste
-  1 teaspoon sea salt
-  2 Tbsp vinegar

### Instructions -

1. Combine milk, paste, peanut butter, salt, sweetener, water and vinegar in a saucepan and bring to a boil
2. Turn down heat and whisk continuously for 3 minutes
3. Cool down and serve with Chicken Satay