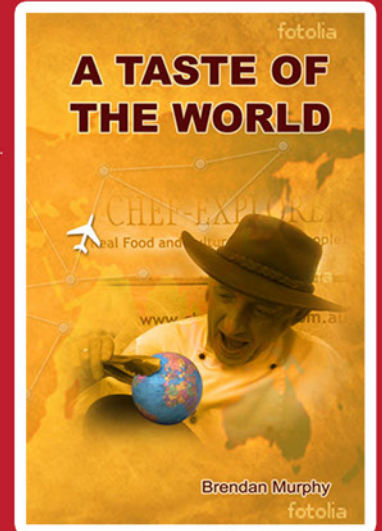


COOKING CLASSES

Come along and Explore the World with the Chef explorer!

Qualified Chef and TAFE Lecturer, and Author of 'A Taste of the World' Travel and Cook Book; Brendan Murphy has been cooking his way around the world for over 30 years!

At present he is teaching his 'Taste of the World' cooking classes for Adults and Children at the prestigious 'Taste Budds Cooking Studio' in Perth, and is now offering local Chef Explorer cooking classes in Ellenbrook. So if you are interested in cooking REAL food, Travel and Culture then sign up for 'A TASTE OF THE WORLD!'



Venue, Times and Costs: check out www.chefexplorer.com.au

THAI BEEF SALAD

So here is a recipe using the main flour elements of their cuisine, combined with the traditional Australian love of barbecued steak and an ideal salad for those hot summer nights.

Ingredients (4 Portions)

2-3 x 200g Sirloin steaks
 1 finely sliced Red onion
 1 finely chopped and pounded *Lemon grass stalk
 Half a small cucumber cut into julienne (thin strips)
 1 chopped Spring onion
 Handful of chopped Coriander leaves
 Selection of mixed leaves, eg: Iceberg lettuce, Rocket and Cress
 Mint & Basil leaves to garnish

Thai 'Dressing':

1-2 Red Chillies sliced into rings
 2 t-spoons Fish sauce
 10g grated palm sugar
 Juice of 2 Limes

Method

1. Pan fry or grill the steaks until medium rare. Allow to rest then slice into strips. (Remove fat)
2. Place in a large bowl and add the onions, cucumber, lemon grass, coriander and one chilli.
3. Make the 4 element dressing by grating the palm sugar (sweet) and dissolving in the lime juice (sour) and fish sauce (salty). Then add more chili (hot) or chili sauce.
4. Add to the bowl and toss all together.
5. Serve on a bed of leaves garnished with the mint and extra lime wedges, coriander and chili.



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