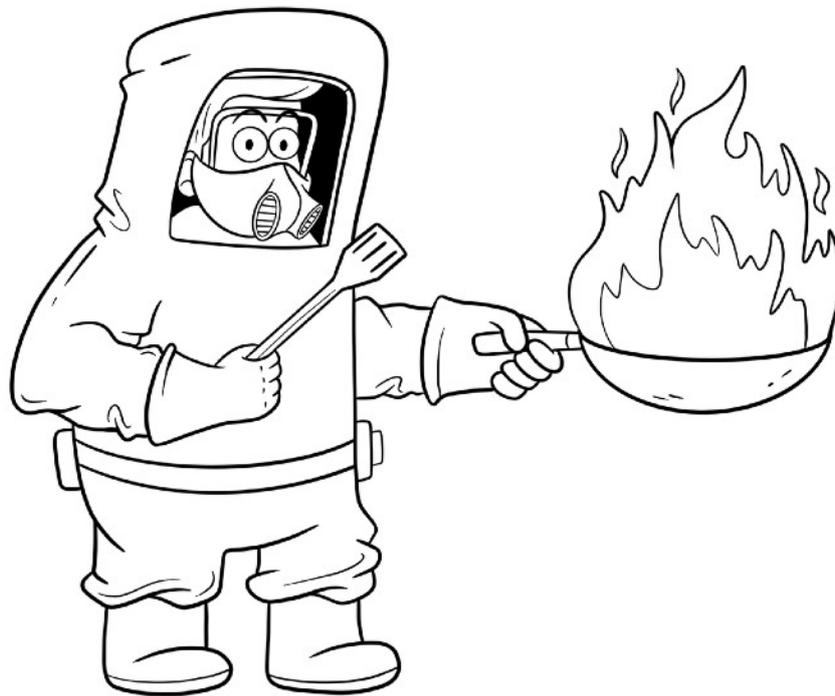


Self-Isolation Recipes



Grab your hand-gel and toilet paper, crack the lid on your newly bought deep freeze . . .

It's time for Spirit House to turn those hoarded goodies into something delicious.



Our Famous Coconut Soup

with Tea Smoked Salmon

Lockdown Notes:

Our most requested recipe - all yours to perfect over the next few weeks in isolation. Plus you get to teach your wok new tricks - in this recipe you will be using it to smoke the salmon - or chicken or pork too if you're feeling adventurous.

For the Smoked Fish

½ cup	jasmine rice
½ cup	brown sugar
½ cup	black tea
300 g	salmon fillet, skin off sugar
1 tbs	water
1 tbs	fish sauce
4 tbs	tamarind water

For the Soup

1 cups	chicken stock
2 sticks	lemongrass, bruised & cut into 3cm pieces
3 pairs	kaffir lime leaves, torn
8 slices	galangal
2 cups	coconut cream
2 tbs	roasted chilli paste (Thai chilli Jam)
1 tbs	palm sugar
3 tbs	fish sauce

To Smoke the Salmon

Place smoking mixture in aluminium foil, then place in the bottom of a wok.

Place a small rack or bamboo steamer over the foil and place on high heat. When the mixture starts to smoke place salmon on rack and cover with lid or foil.

Allow to smoke for 10 minutes then remove. If under cooked place in the oven to finish..

For the Soup

Place stock, lemongrass, lime leaves, galangal and shallots in a pot and bring to the boil. Reduce heat and simmer for 5 minutes.

Add chilli paste, palm sugar and fish sauce and simmer for a further 2 minutes. Add coconut cream and bring back to a simmer. Strain soup if desired . Add lime juice and adjust seasoning if needed.

Mix and serve immediately.

For the Soup

Shred smoked fish and place fish in soup bowls, garnish with coriander and chilli. Pour over the hot soup and serve.



Salad of Pork & Prawns

with Citrus Peel and Sweet Sour Dressing

Lockdown Notes:

It might be time for a sneaky trip to the supermarket because you're going to need Tamarind paste. The good news is this is not something that is likely to be hoarded because most of the doomsday preppers don't know what it is

Don't worry if you can't get pork belly or prawns, you can use chicken or even grilled beef for this.

Bonus Points: Because you're just using the peel, you can freeze or store the juice to fend off scurvy if you go into lockdown for long periods of time.

Salad dressing

½ cup	palm sugar
1 tbs	water
1 tbs	fish sauce
4 tbs	tamarind water

Ingredients

2 tbs	mixed citrus peel, cut finely
3	large prawns, cooked, cut finely
100g	pork belly, poached & sliced
1 tbs	lemongrass, inner core sliced finely
2 tbs	crispy shallots
1 tbs	crispy garlic
2 tbs	roasted peanuts, crushed.

For The Dressing

Over low heat, simmer the palm sugar with the water. Add fish sauce, tamarind paste and Simmer until the sauce thickens.

For The Salad

Poach the pork belly with pandan leaves and a pinch of salt for 20 mins.

Poach the shrimp in the same liquid and place in a mixing bowl together with the pork.

Add citrus peel, lemongrass, peanuts, shallots, garlic and the dressing.

Mix and serve immediately.



Braised Pork

with Sweet Soy, Cinnamon, Star Anise & Ginger

Lockdown Notes:

This is so simple to make - basically just throw it all in a pot, put on a lid and let it do its thing. More than that, it is simply DELICIOUS - and yes, it needs to be written in caps because it is sweet, sticky and porky and easy to make too.

You can freeze it into portions too and just reheat in a microwave or pan. Boo Ya! . . . it's so good there is no reason to even leave home anymore.

For the Pork:

- 2 tbs** vegetable oil
- 5** red shallots, peeled and sliced
- 5** cloves garlic, peeled & chopped
- 650 g** pork neck, cut into 2 cm cubes
- 1 knob** ginger, peeled and julienned
- 3 tbs** kecap manis
- 2 tbs** soy sauce
- 1 tspn** ground white pepper
- 2 cups** chicken stock
- a few** small red chillies, left whole
 - 1** cinnamon stick
 - 2** star anise

Method:

Heat oil in a wok. Add the shallots and garlic and sauté for 2 minutes over low heat.

Turn heat to high and add pork and cook until pork is sealed.

Add remaining ingredients and simmer over medium heat for about 45 minutes. When cooked there should be very little sauce left and the meat should have rich shine glaze. If it dries out too much during cooking add a little more chicken stock or water.

When cooked transfer to serving plates, serve with jasmine rice and steamed vegetables.



King Prawns

with Szechuan Butter & Herbs

Lockdown Notes:

You might be thinking, "Butter isn't a Thai ingredient", and you'd be right, but unless you have a desire to render down pork fat or have some lard lying around then let's forsake tradition and go with what the cool chefs are using in Thailand right now - which is butter.

For the Butter:

- 1 kg** prawns - the bigger the better
- 500g** unsalted butter
- 1/4 cup** Szechuan pepper, roasted & ground
- 3** green shallots, white part only finely chopped
- 4** cloves garlic grated
- 40g** ginger, grated
- 1 tbs** fish sauce

For the Garnish

- 2 tbs** ginger, peeled & finely julienned
- 1 stick** lemongrass, outer layers peeled & sliced finely
- 1** large red chilli, finely sliced
- 2 tbs** coriander
- 1** golden shallot, peeled & finely sliced
- 2** kaffir lime leaves, finely julienned

To Make the Prawns:

There is the easy way or the restaurant way.

We are going to focus on the easy way as this dish couldn't be simpler.

You are going to need a medium size pot and a lid. Large enough so the prawns can cook evenly but not so large you can't lift it to shake.

Place the butter in the pot over medium heat and melt it. Once melted, add the other ingredients in "for the butter" - except the prawns and fish sauce - and stir until everything starts to sizzle and become fragrant.

Turn the heat up high and add the prawns and fish sauce. Put the lid on the pot and using a tea towel or kitchen mitts, give the pot a shake every thirty seconds or so.

Depending on the size of the prawns you should be done in about 10 minutes. Once the prawns are cooked, take off the heat.

Finely slice all the garnish items. Put the prawns and hot butter in a bowl, pour over the garnish and serve.

Bonus Points:

Serve this with a bowl of rice, or better yet, some crusty bread.



Baked Chicken Wings

with Black Pepper Caramel

Lockdown Notes:

In times like these you don't need pets, you need chickens. The good thing about chickens is they don't fly - you know where I'm going with this - so they don't need their wings.

You could use pork, prawns or even slices of beef in this recipe. Essentially you're cooking the protein in the sauce and then baking it for 5 minutes or so to make a glaze.

- 1½ cups** white sugar
- ½ cup** water
- ¾ cup** fish sauce
- 1 kg** chicken wings, trimmed & cut in half
- 1 cups** golden shallots, roughly chopped
- 2 tbs** black peppercorns, coarsely crushed
- ⅓ cup** ginger, peeled & roughly chopped

To Make the Chicken Wings:

Preheat oven to 220C.

Place sugar and water in a large heavy based saucepan and bring to the boil without stirring and then continue boiling until the sugar caramelises.

Pour in the fish sauce then the chicken wings, shallots, peppercorns and ginger.

Bring back to the boil, then reduce to a simmer and cook for about 10minutes, stirring occasionally. Remove from caramel and place on a baking tray and cook in preheated oven for 5 minutes.



Slow Braised Lemongrass Pork

Lockdown Notes:

By now you may be thinking you should get rid of your chickens and getting a pig for the backyard. We've all read the horror stories about how people bought little teacup pigs only to find a year later they have a 100kg pig on their hands - but with a recipe like this your cute little piggy won't be around for long.

Pork Marinade:

4 cloves	garlic, crushed
2 Tbs	fish sauce
1 tsp	rice powder
1 tsp	white pepper, crushed
1 Tbs	vegetable oil
500g	pork neck, diced (or chicken thigh)

Method to the madness:

Heat oil in a wok & fry pork until sealed (this may need to be done in batches).

Add lemongrass, garlic & shallots, fry until soften.

Add palm sugar, fish sauce & chicken stock. Allow to simmer for 1 hour or until pork is tender adding more stock if needed. Sauce will reduce to coat the pork.

Adjust seasoning if needed & garnish with chilli & shallots

Rub marinade into pork & allow to marinate for min 2 hours.

To Cook

2 Tbs	vegetable oil
2 cloves	garlic
2	golden shallots, sliced
4 stalks	lemongrass, bruised & chopped
500ml	chicken stock
1 Tbs	fish sauce
1 Tbs	dark palm sugar
1	red chilli, deseeded & sliced
¼ cup	green shallots, sliced chillies, seeded and chopped



Got Chilli Jam?

All you need is Basil . . . and everything is delicious

Lockdown Notes:

If you're facing the zombie apocalypse then you're going to need Roast Chilli Jam/Paste - available in Asian stores or supermarkets - and basil . . . lots and lots of basil.

Stir Fry Stuff for your Chilli Jam:

- Mince** Beef, pork or chicken
- Meat** Sliced or diced - it doesn't matter what kind
- Prawns** Yup, they work too

For the Stir Fry

- Chilli Jam** Just add a spoonful at a time until the flavour comes through as you like
- Basil** Don't skimp, we're talking handfuls
- Oyster Sauce** for salt
- Fish Sauce** If you don't have oyster
- Chillies** for a burn - if that's your thing
- Sugar** Palm or white - just for taste
- Garlic** We've come this far, why not
- Greens** If you have some veg, chop it up fine and throw it in too -

Just wing it:

Chilli Jam loves basil - the more the better.

So here's how you play this recipe out.

Simply add a good dollop of oil in a wok and fry out your meat. If you have garlic and onions you want to use, throw those in as well.

Add in some chilli jam along the way. It's not spicy but more smokey. Don't be shy, give it a good dollop

If you are feeling healthy you can drop in a few sliced veg of your choice but try to keep this more on the meaty side - it should be oily.

Now tear up a good handful of basil and throw it in there, season with some fish sauce or oyster sauce, chilli and some sugar.

Not basilly enough? Throw in more. This dish can take lots of Basil.

It's great with pork, beef, chicken, prawns etc. Serve with jasmine rice.



MSG Fried Egg & Rice

an umami bomb.

Lockdown Notes:

This is our go to snack for the cooking school staff when they want something to eat that is quick and easy. All you need are 4 ingredients. This is not a recipe for anyone who is afraid of MSG - but let's be honest, MSG is the least dangerous thing we're facing right now.

MSG is the salt responsible for Umami, which is one of the five flavours. We don't know who the genius is who invented mushroom soya sauce but they should get a nobel prize.

Stir Fry Stuff for your Chilli Jam:

1 or 2 eggs - fried

a splash Mushroom Soya Sauce

Good Pinch White pepper (ground)

Jasmine Rice

This is child's play:

Fry some eggs - it doesn't matter how you do it.

Place some steamed jasmine rice on a plate, throw on the egg now give it a splash of the Mushroom Soya Sauce.

Throw on a good pinch or three of white pepper - don't be shy.

That's it - it should be salty with a huge burst of umami and fragrantly spicy from the white pepper.



How about a Vegetarian Recipe?

Does Dessert Count?

We're not ready for vegetarian yet - but we are hoarding seeds. So, start planting and if this self-isolation continues for a few months we will dig up our garden and create version 2 of this booklet.

In the meantime, here's a meat-free dessert recipe.



Coconut Slice

Lockdown Notes:

Grab a whisk then let the oven do all the work. Do this in the morning, get it in the fridge and fire up Netflix for the day. You've worked hard, you deserve some time off.

3 eggs
150g white sugar
200ml pouring cream
90g desiccated coconut sugar

This will be easy:

Whisk eggs & sugar until combined. Add cream, coconut & combine into a smooth paste.

Line a baking dish (small lamination dish) with baking paper & pour in mixture.

Pre heat a oven to 160c & bake for 50 mins. Allow to cool then place in the fridge over night. Slice & serve with ice cream or fruit..



Asian Ingredients Worth Hoarding

Take these to your bunker:

With pasta stripped from the shelves and baked beans scarce, head to the Asian Section of your local supermarket and get your hands on these Asian Essentials.

Can't get fresh herbs?

In the old days before supermarkets, people would actually grow stuff. Now is the time to think about that little herb patch. Dig up a patch of lawn - which, let's be honest, is totally useless in these times unless you have a goat - and plant some herbs. Better be quick before people start hoarding seeds.

♥	Basil - fresh or seeds
♥	Tamarind Pulp or paste
♥	Fish Sauce
♥	Sweet Soya Sauce
♥	Oyster Sauce
♥	Chilli Jam -
♥	Palm Sugar
♥	Light & Dark Soya Sauce
♥	Chicken Thighs
♥	Pork Neck
♥	Flame Thrower
♥	Mushroom Soya Sauce



We're still here

When this is all over . . .

Gift Vouchers:

While the restaurant and the cooking school are shut down until ScoMo waves his magic want you can still by [gift vouchers online](#) which are great for birthdays, anniversaries or anything else that you need to celebrate.

The vouchers are valid for 3 years . . . so you've got plenty of time to self-isolate, change the world in the process and reward yourself when you get out of your home/bunker.

Visit: spirithouse.com.au/vouchers

Frozen Meals:

During this time we believe self-isolation is the key to defeating the virus. So we have not been offering take-away. Instead, a small team of chefs has been busy making gourmet frozen meals that will be offered for sale . . . or donated for those in need, if it comes to that.

We will keep you posted once we build up stocks and feel it's ok to start selling these products.

Stay in touch: www.facebook.com/spirithouse.restaurant/

