

COOKING TO CONNECT

Everyone has a story to share.

PAD KRAPAW GAI

(Spicy Thai Basil Chicken)

Ingredients

1/3 cup chicken broth

1 tbsp oyster sauce

1 tbsp soy sauce (add more or less to your taste)

2 tsp fish sauce

1 tsp white sugar

1 tsp brown sugar

2 tbsp vegetable oil

500g skinless boneless chicken thighs coarsly chopped into small chunks

1/4 cup sliced shallots

4 garlic cloves minced

2 tbs minced thai chillies or red capsicum if you don't want it spicy

1 cup very thinly sliced fresh basil leaves

2 cups hot cooked rice to serve the Pad Krapaw Gai with

Method

1. Whisk chicken broth, oyster sauce, soy sauce, fish sauce, white sugar, brown sugar together in a small bowl until well blended
2. Heat large skillet over high heat. Drizzle in oil, add chicken and stir fry until it loses it's raw colour (2-3 minutes). Stir in shallots, garlic and chillies. Continue cooking on high heat until some of the juice start to caramelize in the bottom of the pan (about 2-3 minutes). Add about a tablespoon of the sauce mixture to the skillet. Cook and stir until sauce begins to caramelize (about 1 minute).
3. Pour in rest of the sauce. Cook and stir until the sauce has deglazed the bottom of the pan. Continue to cook until sauce glazes onto the meat (1 or 2 more minutes). Remove from heat.
4. Stir in basil until basil wilts (about 20 seconds). Serve with the rice and enjoy!



OUR KATANNING RESIDENT MOOLAY TALON

My Name is Moolay Talon and I'm Karen. I was born in Pauk Kone in Myanmar. I have 9 brothers and sisters, I am the middle child, and my parents could not afford to send us to school. We were very poor. My parents decided to send me to live with my Aunty in Mae La refugee camp on the Thai border when I was 9 so I could have an education and a better life. I also helped my Aunty look after my cousins. My father gave me the choice to go or not but I wanted to go. I wanted to learn and there were no opportunities in Myanmar for poor Karen people.

When I lived with my Aunty she always loved to cook and share meals with us. Her favourite recipe to cook was Pad Krapaw Gai (Spicy Thai Basil Chicken). She loved to cook this for a birthday celebration or thankgive ceremony. I learnt to cook this from her and I really love the taste!

I came to Australia in 2009 when I was 20 years old. My Uncle already lived in Australia and he supported me to come here. I never dreamed I would live in Australia in my life! I lived in Melbourne for 4 years. I met my husband in Melbourne, we married in 2012 and now we have 4 beautiful children.

In 2012 we moved to Katanning. My husband had work at WAMMCO and he knew people living in Katanning from Myanmar. I knew nobody. When we first came I didn't go anywhere for 2 weeks, I stay at home. I was so lonely. I didn't know anyone or where to shop or how to go to the doctor or what schools there were. We didn't have a car then either. It was so scary and overwhelming. I had to try and find new friends and met other Karen people at our church and on our street. Now I have many friends and we love to do things together like take our children to the Piesse Park playground.

I find it hard sometimes in Australia because all my family are still in Myanmar and I miss them and worry about them. Things are bad in Myanmar. I feel lucky to be here. We are safe and I am happy my children can go to school and uni and have a better job. I want to go back to school, improve my English and get a qualification so I can get a better job.

I love this recipe and hope you enjoy sharing it with your family and friends as much as I do. Enjoy!