THAILAND / EXTREME FOOD ADVENTURES IN THAILAND

KAI PAM, BAKED EGGS IN BANANA LEAF

Kai pam is a Northern Thai baked egg: beaten eggs with shallot, fish sauce and a rough roasted chilli paste, wrapped in banana leaf and cooked over coals. It is served with nam prik ta daeng.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
2	15 min	15 min	30 min	Easy	Medium

INGREDIENTS

FOR THE PASTE

2 shallots

2 garlic cloves

3 dried chillies, dry-roasted

FOR THE EGGS

3 eggs

1 shallot, finely sliced

1/2 tsp salt

1 tsp fish sauce

2 tbsp water

TO WRAP

4 to 5 layers of banana leaf, softened over a flame

METHOD

MAKE THE PASTE

1 Pound the shallots, garlic and roasted chillies to a rough paste. It does not need to be fine.

MIX THE EGGS

2 Beat the eggs in a bowl. Add the paste, sliced shallot, salt and fish sauce. Stir in the water to loosen it.

WRAP AND COOK

3 Layer the banana leaf in 4 or 5 sheets and shape it into a cup. Pour in the egg mix and fold the leaf into a parcel, tying it with string or a skewer.

4 Cook over medium coals or in a 180 C oven for 10 to 15 minutes, turning once, until the egg is just set. The outside will char, which is right.

SERVE

5 Unwrap and serve hot with the nam prik ta daeng.

USEFUL SHORTCUTS FOR HOME COOKS

Use many layers of leaf. If the fire is high the outside burns and the inside still cooks.

No banana leaf? Bake the egg in a small oiled dish, covered, at 180 C for 15 minutes.

Eat it while it is hot and soft.

Will opens at a Chiang Mai food market, where he finds much of his inspiration. Northern Thai cooking, he says, uses fermented fish and beans as seasoning in dishes like nam prik and rustic soupy curries.He sends his friend Palm to find a homemade nam prik, and Palm turns up at Cotton Farm. There he cooks kai pam, eggs mixed...