

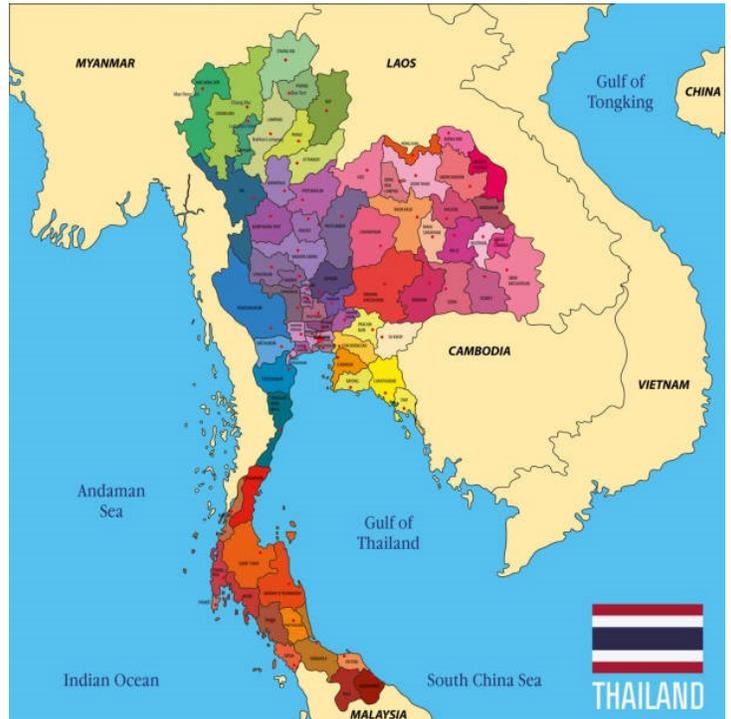
Virtual Welcoming Table August 2022

Thank you so much for participating in our virtual Welcoming Table! We are hoping to resume in-person gatherings later this year, but until then we are excited to share this Welcoming Table kit with you.



Our kit this month highlights the cuisine and culture of Thailand, which is located in the southeast part of Asia. Its capital is Bangkok and the country is made up of 76 provinces and one special administrative area. It shares borders with Myanmar, Laos, Cambodia, Malaysia, the Gulf of Thailand and the Andaman Sea.

Thailand is the only country in Southeast Asia that was not colonized by any European country or Western power. It acted as a buffer state between British and French territories, keeping the two European powers from conflict, as they both agreed to leave Thailand alone. This may be why the country's name "*Prathet Thai*", which means, "*Land of the Free*" in Thai.



Thailand has its own unique climate because it is surrounded by large bodies of water and it is affected by both summer and winter monsoons. They have six months of rain in the wet season, three months of dry and cool wind in the winter and three months of heat in the summer. The temperature across the country is relatively the same and it is hard to escape the heat as there are frequently 100-degree days. The people of Thailand are free to practice any religion they want but around 95% of its population practice Theravada Buddhism. You can find over 40,000 Buddhist temples but only 30,000 are currently being used. Dharma, which is one of Buddha's teachings focuses on generosity, compassion, kindness and patience.

Our meal this month is Thai Green Curry, a savory dish with rice and veggies and dessert is Kluai Buat Chi, a sweet banana pudding. Most of the ingredients for the meal are included, you will just need oil, salt, and sugar. Our activity this month is Pok Deng, a very popular Thai card game.

We hope you enjoy your Welcoming Table kit and would love to see photos or videos of your experience. We'd love to hear from you, email us at info@projectfine.org or text to 507-459-1190. Enjoy!

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GAENG KEOW WAN THAI GREEN CURRY

There's a common misconception that Thai green curry is green in color from all the Thai basil used in the recipe. While there is often Thai sweet basil tossed into the curry, the real green color of the curry comes from Thai green chilies that are the main ingredient of the Thai green curry paste used to make the curry.



This curry is known throughout Thailand as a sweeter tasting curry, rather than a spicy curry like Thai yellow curry. Some recipes add extra sugar to make green curry sweeter – if you prefer a sweeter dish, more sugar can be added or alternately less curry paste to decrease the spiciness.

INGREDIENTS

| | |
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| 1 cup basmati rice, rinsed | 2 tablespoon Thai green curry paste |
| 2 teaspoon oil | 1 can coconut milk |
| 1 onion, diced | ½ cup water |
| ¼ teaspoon ground ginger | 1 ½ teaspoon sugar |
| 2 cloves garlic, finely chopped | 2 cup packed baby spinach, roughly chopped |
| Pinch of salt | Juice of 1 lime |
| 1 c frozen peas, thawed | 1½ teaspoon soy sauce |
| 3 carrots, peeled and sliced into ¼-inch wide circles | |
| Optional Garnishes: handful of chopped fresh cilantro and red pepper flakes, to taste | |

DIRECTIONS

To cook the rice, bring a large pot of water to boil. Add the rinsed rice and continue boiling for 30 minutes, reducing heat as necessary to prevent overflow. Remove from heat, drain the rice and return the rice to pot. Cover and let the rice rest for 10 minutes or longer, until you're ready to serve.

While the rice is cooking, warm a large skillet with deep sides over medium heat, then add oil. Cook the onion, ginger and garlic with a sprinkle of salt for about 5 minutes, stirring often.

Add the peas and carrots and cook for 3 more minutes, stirring occasionally.

Add the curry paste and cook, stirring often, for 2 minutes.

Reduce heat to medium-low and add the coconut milk, ½ cup water and 1 ½ teaspoons sugar. Bring mixture to a simmer and into the pan and bring to a simmer. Continue to simmer for 5-10 minutes, stirring occasionally, until vegetables are tender.

Stir the spinach into the mixture and cook until wilted, about 30 seconds.

Remove the curry from heat and season with lime juice and soy sauce.

Divide rice and curry into bowls and garnish with cilantro and red pepper flakes, if desired.

KLUI BUAT CHI

This banana dessert that is very easy to prepare. It is simply soft bananas cooked in coconut milk. The taste is coconutty, pleasantly sweet and nutritious. If you are looking for a dessert that is easy to cook and screams “authentic Thai”, this is a must-make!

This recipe is delicious just as it is but if you're feeling creative or want to make it more substantial, try topping it with seeds, nuts, cacao nibs, or even granola.

INGREDIENTS

2 cans coconut milk
4 ripe large bananas sliced into 2-inch coins
2 Tablespoons sugar
¼ teaspoon salt or to taste



DIRECTIONS

In a medium saucepan, add coconut milk and sugar and stir to combine.

Add the sliced bananas and heat over medium-low heat until the mixture comes to a simmer. Cook until the banana pieces are tender but not falling apart, stirring occasionally, about 5 minutes.

Stir gently to ensure sugar is completely dissolved. Place in serving dish and sprinkle with salt. Serve warm.

Pok Deng ป๊อกแดง

Pok Deng is a Thai card game that is somewhat similar to Blackjack. Players aim for a hand whose ones digit beats the dealer's, taking into account pairs, three of a kinds, and flushes.

Setup

The game can be played with 3-17 players. To begin, players designate a dealer. One person may remain the dealer for several rounds or players can agree to switch off being dealer.

Each game is fairly short, lasting several seconds to a couple of minutes. Each player, except the dealer, places a bet using cash, chips, or small objects like wrapped candy and places that bet on the table. Each player plays versus the dealer only and is not competing with fellow players.

How to play

The players place their bets.

The dealer shuffles a standard 52-card deck of playing cards; determines whether to go clockwise or counterclockwise; and deals two cards face down, one at a time, to each player, ending on himself or herself. The remaining cards become the draw pile.

Play goes in the same order that the cards were dealt. During a player's turn, they can look at their cards and then must decide to draw a card (hit) or not (stay). A player may only draw one card from the top of the draw pile, meaning each player ends up with only two or three cards per game.

If a player's starting hand of two cards has a score of eight or nine, they have “pok” and must announce it then show their cards. This is a good hand, and they may not draw a third card.

The dealer's turn is last. If they have pok, those cards are turned face-up and all players' hands are compared to the dealer's. If they don't have pok, they can draw a card and then compare the rest of the players' hands to his or her own.

Scoring

Three aspects of a player's hand determine the scoring: (1) hand type, (2) score and (3) bet multiplier.

1. Hand Type – there are four types, in order of decreasing rank:

Pok: If a player's starting hand of two cards has a numerical value of eight or nine, that person has pok, announces it, and immediately shows those cards face-up. This is a better hand than any other non-pok.

Tong: If a player has three cards and they are all the same number or letter (three of a kind), that person has tong. This hand beats sam lueang and has a bet multiplier of five.

Sam lueang: If a player has three cards and they are all face cards (J,Q,K)— not necessarily matching, they have sam lueang (lueang means "yellow") This hand beats a normal hand and has a bet multiplier of three.

Normal: Any other type of hand is a normal hand.

2. Taem (Scoring)

If all the hands are normal, the hand's numerical score or taem is determined by the numerical values of the cards in hand, with the highest score being the winner. Ace = 1, and the 10, J, Q and K= either 0 or 10. The taem counts only the ones digit of the sum of the cards - for example a hand with a 3 and a 2 has a value of five taem. Likewise, a hand with a 7 and an 8 also has a value of five taem because the sum (15) has a one's digit of five. A hand with a J and a 5 is also five taem because the sum, (5 or 15) has a one's digit of five.

3. Deng (bet multiplier)

If any of the following apply, the bet payout is multiplied. A player with both pok (score of 8 or 9) and deng (a bet multiplier) has pok deng. This is desirable, as it is a winning hand.

Song deng: If a player has only two cards and they are the same suit or the same value, they have song deng (song means "two"). The payout of a winning song deng hand is two times the original bet.

Sam deng: If a player has three cards and they are all the same suit or the same value, they sam deng (sam means "three"). The payout of a winning sam deng hand is three times the original bet.

When comparing, or scoring, versus the dealer, the following rules apply.

- A player's hand may win, tie or lose against the dealer's hand.
- Players compete against the dealer only, not against other players.
- Compare hand types. The winning hand wins the bet times its deng.
- If tied, compare taem. The winning hand wins the bet times its deng.
- If tied, compare deng. The winning hand wins the bet times the difference in deng.
- If tied, neither hand wins.

Examples:

A pok deng of 9♠ 9♦, which has eight taem two deng, beats a normal hand of A♣ 4♣ 4♦, which has nine taem one deng, because the pok hand type beats the normal hand type. The payout is twice the original bet because the winning hand has two deng.

A pok of 5♠ 4♣, which has nine taem one deng, beats the pok deng of 9♠ 9♦. They are both pok, so the nine taem beats the eight taem, and the payout, one deng from the winning hand, is equal to the amount of the original bet.

A normal hand of 6♣ 4♣ 5♣, with five taem three deng, beats a normal hand of K♥ 2♠ A♣, with three taem one deng, and wins three times the original bet due to the three deng of the winning hand.