

FEEL GOOD

WHAT: Vaalia Feel Good Program of free fitness classes
WHEN: Tuesdays, Thursdays and Saturdays until November 24
WHERE: South Bank Parklands

FILMMAKER

WHAT: Filmmaker and writer John Waters performs his one man show, *This Filthy World*.
WHEN: October 26, 7.30pm
WHERE: Powerhouse Theatre, Brisbane Powerhouse

THINGS TO DO

abw 25

Thai favourite that grabs the senses

THIS week we are travelling to the exotic orient for a meal (at least in this column anyway).

Asian cuisine is a regular part of Australian daily life. It's hard to imagine our suburbs without a Chinese takeaway or Thai restaurant.

The cuisine has had a major impact on Australian eating habits.

And generally the quality is very high.

I love cooking Thai food.

The ideal Thai meal aims at being a harmonious blend of the spicy, the sweet and the sour.

RAY NALDER



TIPS FROM BEHIND THE BUTCHER'S COUNTER

It is meant to be satisfying to the eyes (remember the first bite is always with the eye), the nose and importantly the palate.

The following recipe is one of the first Thai dishes I learned to cook: Grilled pork with chilli sauce, or Kaw Moo Yang.

This tasty little dish stands

out as one of my all-time favourites.

The common Thai seasonings of garlic, black pepper and coriander root are partnered with oyster sauce and soy sauce to marinate the pork, which is then grilled and served with a spicy sauce.

I always use pork fillet for this recipe, although you can experiment with pork ribs or pork neck.

➔ Ray is the owner of Brisbane Bulk Meats at the Rock N Roll Market Place, 500 Logan Rd, Greenslopes Phone 3394 3365 raynalder@hotmail.com

discs about 1 cm wide. Mix with marinade and set aside for at least 2 hours. While the pork is marinating, mix the chilli sauce ingredients together and set this aside. Cook the pork in a wok, on a medium heat, until browned and cooked through, normally around 10 minutes. Serve with rice, Asian-style vegies with chilli sauce on the side.

GRILLED PORK WITH CHILLI SAUCE (KAW MOO YANG)

INGREDIENTS

1 kg pork fillet
 Marinade
 3 tbspsn crushed garlic
 2 tbspsn crushed coriander root
 1 tspn freshly ground black pepper

METHOD

Slice the pork fillet straight down, in

3 tbspsn oyster sauce
 3 tbspsn soy sauce
 2 tbspsn sugar
 Chilli sauce
 6 shallots, thinly sliced
 3 tspns chilli flakes
 1 tbspn fish sauce
 3 tbspsn lime juice

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Business at Sunrise

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