

Na Ha Thai's Kitchen



The taste of Thai food comes mainly from a wide range of flavor ingredients. The blending of spices & herbs, fresh vegetables, variety of meats, coconut milk, fish sauce, soy sauce, palm sugar, and curry paste which vary from region to region contributes to the harmonious tastes unique for each dish.

As Australian chef David Thomson, a prolific chef and expert on Thai food said, "Thai cooking places emphasis on lightly prepared dishes with strong aromatic components and a spicy edge. It is known for its complex interplay of at least three and up to four or five fundamental taste senses in each dish or the overall meal: sour, sweet, salty, bitter and spicy"

NA-HA-THAI'S KITCHEN started as a small food business at the Guelph Farmers Market and Aberfoyle Farmers Market during the past 2 years under the name of "Love at First Bite by Naruemon". We are pleased to announce that our business is now officially registered under a new name, "NA-HA-THAI'S KITCHEN"

Take-out and catering services of authentic Thai food, the same products that you have come to love and more, are what we are offering. Along with our authentic Thai foods we offer many Thai-fusion foods, and mouth-watering desserts. For customers who have health concerns, we offer Gluten-free Thai foods, and Vegan Thai dishes.

Naruemon's BBQ Chicken Wings

Ingredients

- 1 Litre water
- 1 Tbsp salt
- 1 Tbsp mushroom seasoning
- 2 Kg chicken wings

Instructions

Put the water in a pot with medium-high heat. Add salt and mushroom seasoning powder and let it boil. When the temperature hits 100 C add the chicken wings and reduce heat to low-medium and let cook for 12-15 minutes. Take chicken wings out and rinse with cold water, dry and set aside.

BBQ Sauce Ingredients

Stir the following ingredients together and set aside.

- 5 Tbsp of oyster auce
- 5 Tbsp of Thai Sriracha Sauce
- 2 Tbsp of Golden Mountain Seasoning Sauce
- 1 Tbsp of light soy sauce - Healthy Boy Brand
- 2 Tbsp of Mega Chef Fish Sauce
- 1/2 cups of Organic coconut sugar
- 2 Tbsp of fine ground fresh ginger
- 2 Tbsp of garlic powder
- 1 Tbsp of mushroom seasoning powder
- 1 Tbsp of ground black pepper
- 3 Tbsp ketchup
- 2 Tbsp of sesame oil

Marinate

Add 3/4 of the BBQ sauce to the chicken wings, toss and let it sit for at least 1 hour.

On the Grill

With medium-low heat, put all chicken wings on the grill and let them cook both sides to perfection, adding bbq sauce as needed. They are very good with steamed sticky rice and papaya salad.

