

Thai Harmoni

Wednesday, March 18, 2026

6:30pm CT

What to expect in your cooking class:

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!

How to prepare for your class:

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

Kristyn Slick

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Thai Basil Chicken with Coconut-Lime Jasmine Rice

Ingredients

Basil Coconut Ginger-Lime Rice

1 (14 ounce) can coconut milk

1 cup jasmine or basmati rice

1 tablespoon fresh ginger, grated

1 lime juiced + zest

Curry

4 tbsps extra virgin olive oil

1 lb boneless, skinless chicken, diced

2 bell peppers, chopped

1 zucchini, chopped

2 cups frozen corn

1 tablespoon fresh ginger, grated

2 cloves garlic, grated or minced

2-3 tablespoons Thai red curry paste

1 (14 ounce) can coconut milk

1 tablespoon fish sauce

1/2 cup fresh basil chopped

1 mango, diced

1 jalapeño, seeded + diced

fresh naan and goat cheese, for serving

*Vegan option- sub chickpeas for chicken
and leave off goat cheese*

Instructions

Rice:

1. Add the coconut milk to a medium size pot. Bring to a low boil and then add the rice, salt, and ginger. Stir to combine and then place the lid on the pot and turn the heat down to the lowest setting possible.
2. Allow the rice to cook ten minutes on low and then turn the heat off completely and let the rice sit on the stove, covered for another 20 minutes. After 20 minutes remove the lid and add the lime juice + zest.

Curry:

1. Heat a little olive oil in a large skillet over high heat. Add the chicken and cook until browned and cooked through, about 5-10 minutes.
2. Add another drizzle of olive oil to the skillet. Add the peppers, zucchini, corn, ginger and garlic. Cook the veggies for 5 minutes or until they just begin to soften.
3. Add the coconut milk, curry paste, and fish sauce. Stir to combine, bring the mixture to a boil, cook for 5 minutes or until the sauce thickens slightly. Remove from the heat and stir in the basil.
4. In a small bowl toss together the mango and jalapeño.
5. Serve the curry over the rice. Add a spoonful of the mangos and a sprinkle of goat cheese. Eat with Naan!

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Mango Sticky Rice Dessert

Ingredients

2-3 fresh mangoes
1 cup glutinous/sweet rice (**the type of rice is important!**)
1 cup coconut milk
1 tbsp coconut milk
1/4 cup sugar
1/4 tsp salt
1/2 tsp corn starch
1/2 tsp sesame seeds

Instructions

Soak glutinous/sweet rice for 2 hours, or up to overnight. Drain the rice very well and place it on a moist (not wet!) muslin or tea towel, then fold the edges of the cloth over the rice. Using a steamer, steam sticky rice for 20-30 minutes. Check on the 20 minute mark. If rice is soft and not hard in the middle, it is done.

While waiting for rice to cook, slice mangoes.

Prepare the sweet coconut sauce by bringing 1 cup of coconut milk, sugar and salt to boil. Once it reaches a boil, set aside 1/2 of the sauce into a small bowl.

Combine 1 tbsp of coconut milk and corn starch, then add that into the pot to thicken the sweet coconut sauce. Boil for a few minutes until sauce is thickened.

When rice is done, add the non-thickened sweet coconut sauce (the sauce set aside) to rice and mix well. Set aside and let it cool for 15-20 minutes.

Once cool, place rice onto serving plate(s), pair with mangoes, and drizzle the thickened sweet coconut sauce onto rice. Garnish with sesame seeds.

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