Amazing Gastronomy of Thailand
CONTENTS

Discover the amazing tastes of Thai cuisine 4

Explore the exotic flavours of Thai cuisine 7

Thai Rice … Thai Way of Life 13

The use of Thai herbs in Thai cooking 14

Thai Fruits 16

Thai Desserts 19

Thai Beverages 21

Discover non-Thai culinary delights in Thailand 21

Street Food in Thailand 22

Dining in Paradise 26

Learning to cook Thai cuisine 28

Recipes of famous Thai dishes 35
Discover the amazing tastes of Thai cuisine

Thailand is considered a ‘paradise’ not only for its breathtaking beauty and inspiring culture but also for its culinary brilliance. From the dynamic lifestyle of Bangkok to the serene seaside towns in the South and tranquil villages along the Mekong River, Thai cuisine is as rich and diverse as its culture. Uniquely crafted to appeal to all tastes, Thai food combines the best of flavours, textures, colours, and presentation. Add this to the country’s wealth of ancient cooking secrets and Thai hospitality and you find a culinary treasure trove that offers an enriching and memorable dining experience.

Exquisite culinary heritage

Thai food is known for its flavours and use of herbs, spices, and market-fresh ingredients. An exciting combination of five fundamental tastes – hot, sweet, sour, salty, and bitter – brings contrasting yet complementary flavours and textures to each dish. Coconut milk, seafood, and fruit also play a key part in Thai cuisine. The essence of authentic Thai cuisine lies in its herbs and spices and they have contributed to the making of time-honoured dishes that reflects the true spirit of Thailand.

The art of Thai cooking consists of a unique local wisdom that has been passed down from generation
to generation and culinary skills by which Thai chefs meticulously transform local ingredients into beautifully presented and delicious dishes. Thai dishes are a sight to behold, decorated with graceful fruit and vegetable carvings, each with its own history and meaning.

**Having a Thai meal ... the Thai way**

For Thais, meals are informal affairs involving a circle of family and/or friends sitting around the table sharing a variety of dishes. A fork and a spoon are usually used throughout the meal but there are some exceptions. Chopsticks are ideal when eating noodles, while fingers are perfect for eating sticky rice or dipping raw vegetables in Nam Phrik (spicy dips).

A typical Thai meal consists of rice with many complementary dishes served concurrently. Dishes; such as, stir-fried vegetables, soup (Tom Yam Kung or Tom Kha Kai, for instance), and curry, spicy salads; such as, spicy minced pork salad (Lap Mu) or spicy vermicelli salad (Yam Wunsen), and one or more basic sauces usually appear in a full Thai meal. Rice, either ordinary or glutinous, is served on individual plates. The rest of the dishes are put in the middle of the table for everyone to share. Desserts may consist of fresh fruit or one of the many traditional Thai sweets.
Explore the exotic flavours of Thai cuisine

Although Thai cuisine is known across the world for its variety of flavours, it is better to consider Thai cuisine as an umbrella term that encompasses the cuisines of the country’s five regions – Central, Northern, North-eastern, Eastern, and Southern. Each region boasts its own distinct culinary specialties, providing you with a gastronomic adventure to explore the amazing diversity and exotic flavours of Thai cuisine.

Central Region

Food from the Central region is probably the most familiar and is closest to what people all around the world know as ‘Thai food’. Central region is home to the famous fragrant jasmine rice and people living in this region prefer to eat their food with steamed rice. This region is also the birthplace of some of the most classic Thai food; such as, Tom Yam Kung (hot and sour shrimp soup), Phat Thai (Thai-style stir-fried noodles), and Kaeng Khiao Wan (green curry), just to name a few. A wide range of Nam Phrik (chilli dip) served with an assortment of vegetables is widely consumed, particularly Namphrik Kapi (chilli dip made with shrimp paste) and deep-fried mackerel. Also, Sino-Thai food, which is the combination of Thai and Chinese cuisine in the form of noodle dishes, is also popular.

Some of the restaurants where you can enjoy the taste of Central region food, as well as some favourite dishes from other regions includes:

Baan Khanitha
Address: 36/1 Soi Sukhumvit 23, Khwaeng Khlong Toei Nuea, Khet Watthana, Bangkok
Tel.: +66 2258 4181, +66 2258 4128
Website: www.baan-khanitha.com

Blue Elephant
Address: 233 Sathon Tai Road, Khwaeng Yannawa, Khet Sathon, Bangkok
Tel.: +66 2673 9353-4, +66 2673 9356
Website: www.blueelephant.com

Issaya Siamese Club
Address: 4 Soi Si Akson, Chuea Phloeng Road, Khwaeng Thung Maha Mek, Khet Sathon, Bangkok
Tel.: +66 2672 9040-1, +66 2787 8768
Website: www.issaya.com

Krua Apsorn
Address: 503 Sam Sen Road, Khwaeng Dusit, Khet Dusit, Bangkok
Tel.: +66 2668 8788, +66 2241 8528
Website: www.kruaapsorn.com

Nahm
Address: Ground Floor, COMO Metropolitan, 27 Sathon Tai Road, Khwaeng Thung Maha Mek, Khet Sathon, Bangkok
Tel.: +66 2625 3388
Website: www.comohotels.commetropolitanbangkok/dining/nahm

Nara Thai Cuisine
Address: Lower Ground Floor, Erawan Bangkok Mall, 494 Ratchadamri Road, Khwaeng Pathum Wan, Khet Pathum Wan, Bangkok
Tel.: +66 2250 7707-8
Website: www.naracuisine.com

Patara Fine Thai Cuisine
Address: 375 Soi Thong Lo 19, Sukhumvit 55, Khwaeng Klong Tan Nuea, Khet Watthana, Bangkok
Tel.: +66 2185 2960-1
Website: www.patarathailand.com

Sala Rim Naam
Address: Mandarin Oriental Bangkok, 48 Oriental Avenue, Khwaeng Bang Rak, Khet Bang Rak, Bangkok
Tel.: +66 2659 9000 ext. 7330
Website: www.mandarinoriental.com/bangkok/chaophraya-river/fine-dining/restaurants/thai-cuisine/sala-rim-naam

Supanniga Eating Room
Address: 160/11 Soi Thong Lo 6, Sukhumvit 55, Khwaeng Klong Tan Nuea, Khet Watthana, Bangkok
Tel.: +66 2714 7508
Website: www.supannigaeatingroom.com

Thanying
Address: 10 Pramuan Road, Khwaeng Silom, Khet Bang Rak, Bangkok
Tel.: +66 2225 4011, +66 2235 0371
Website: www.thanying.com
Northern Region

The Northern Thai cuisine is generally milder than those of other regions and is usually eaten with Khao Niao (sticky rice). Some of the popular Northern food includes Sai Ua (spicy herbal pork sausage), Kaeng Hang Le (stewed pork curry), Namphrik Num (green chilli dip), Namphrik Ong (tomato and pork chilli dip), and Naem (fermented pork). Another famous dish is Khao Soi, which is a coconut-based curry with soft egg noodles and a choice of meat, usually chicken, and topped with crispy egg noodles, lime, onion, roasted chilli, and pickled cabbage. Visitors to the Northern region, particularly Chiang Mai province, should not miss a Khantok dinner, which involves the diners sitting in a circle around a Tok (pedestal tray), on which a variety of northern-styled dishes are served.

Some of the restaurants in the Northern region and also in Bangkok where you can enjoy the taste of Northern region food:

Khum Khantoke – Chiang Mai
Address: 139 Mu 4, Tambon Nong Pa Khrang, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +66 6428 8593
Website: www.khumkhantoke.com

Tong Tem Toh – Chiang Mai
Address: 11 Nimmanhemin Road Soi 13, Tambon Suthep, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +66 5389 4701
Website: www.facebook.com/TongTemToh

Sabunnga – Chiang Rai
Address: 226/50-55 Sankhongnoi Road Soi 6, Tambol Rop Wiang, Amphoe Mueang Chiang Rai, Chiang Rai
Tel.: +66 5371 2290, +66 5371 6440
Website: www.sabunngahostel.com

Huen Lumphun – Bangkok
Address: 64/233 Mu 5, Suan Phak Road Soi 35, Khwaeng Chim Phli, Khet Taling Chan, Bangkok
Tel.: +66 2448 4847, +668 1827 2525
Website: www.huenlumphun.com

Maan Muang – Bangkok
Address: 165/7 Ramkhamhaeng 112, Ramkhamhaeng Road, Khwaeng Saphan Sung, Khet Saphan Sung, Bangkok
Tel.: +66 2729 6275
Website: www.facebook.com/maanmuang
Northeastern Region

Also known as Isan, the Northeastern region is home to the famous Som Tam (green papaya salad). Isan food is enjoyed not only in the Northeastern region, but also everywhere in Thailand. Influenced by Lao cuisine, food from this region tends to be spicy and is often cooked with herbs and spice. An important ingredient, which is originated from Isan is the strong-smelled Pla Ra (fermented fish), in which the local Isan people love to put in their food. Khao Niao (sticky rice) is the staple diet and is often accompanied by Som Tam, Kai Yang (grilled chicken), and Lap (spicy minced meat salad). Another local menu is Saikrok Isan (Isan sausage), which has sour taste from fermented minced pork and sticky rice. It is usually eaten with fresh cabbage, sliced ginger, and chili.

Some of the restaurants in the Northeastern region and also in Bangkok where you can enjoy the taste of Northeastern region food:

**Somtum Pe Arht – Nakhon Ratchasima**
Address: Soi Khotchasarn, Thakoengphon Road, Tambon Suranari, Amphoe Mueang Nakhon Ratchasima, Nakhon Ratchasima
Tel.: +668 1548 0637
Website: www.facebook.com/Somtampearht

**Tong Pla Phao – Khon Kaen**
Address: 95 Si Nuan Road, Tambon Nai Mueang, Amphoe Mueang Khon Kaen, Khon Kaen
Tel.: +668 5014 4140

**VIP Somtum Club – Khon Kaen**
Address: Soi Adunyaram 1/3, Tambon Nai Mueang, Amphoe Mueang Khon Kaen, Khon Kaen
Tel.: +669 6332 2363
Website: www.facebook.com/teedanun

**Polo Fried Chicken – Bangkok**
Address: 137/1-2 Soi Sanam Khli (Soi Polo), Witthayu Road, Khwaeng Lumphini, Khet Pathum Wan, Bangkok
Tel.: +66 2252 2252

**Somtum Der – Bangkok**
Address: 5/5 Saladaeng Road, Khwaeng Silom, Khet Bang Rak, Bangkok
Tel.: +66 2632 4499
Website: www.somtumder.com
Southern Region

Food from the Southern region is characterised by the use of herbs, the intense spicy, sour, and salty flavours, and is often made from fresh seafood and coconuts. Sato or stink bean is widely consumed and is usually stir-fried with shrimp paste and shrimp. Other popular dishes include Kaeng Tai Pla (fiery and salty curry made from fish entrails, fish, and vegetables), Khua Kling (stir-fried minced pork with curry paste and herbs), Kaeng Som (spicy and sour yellow curry made from turmeric and tamarind), and Namphrik Kung Siap (spicy shrimp paste with crispy dried shrimp). A classic dish called Khao Yam (rice salad) is healthy and unique as it features an assortment of vegetables and herbs, tossing with rice, toasted coconut flakes, dried shrimp flakes, and salad dressing made from fermented fish called Budu.

Some of the restaurants in the Southern region and also in Bangkok where you can enjoy the taste of Southern region food:

Raya – Phuket
Address: 48 Dibuk Tat Mai Road, Tambon Talat Yai, Amphoe Mueang Phuket, Phuket
Tel.: +66 7621 8155

Tu Kab Khao – Phuket
Address: 8 Phang-nga Road, Tambon Talat Yai, Amphoe Mueang Phuket, Phuket
Tel.: +66 7660 8888
Website: www.facebook.com/tukabkhao

Nong Joke – Krabi
Address: 50/3 Mu 7, Khonka Road, Tambon Sai Thai, Amphoe Mueang Krabi, Krabi
Tel.: +66 7561 1639
Website: www.facebook.com/NongjokeKrabi

Khua Kling Pak Sod – Bangkok
Address: 21/32 Soi Sukhumvit 29, Sukhumvit Road, Khwaeng Khlong Toei Nuea, Khet Watthan, Bangkok
Tel.: +66 2259 5189, +66 95363 6364
Website: www.khuaclingpaksod.com

Prai Raya Phuket Cuisine – Bangkok
Address: 59 Sukhumvit Soi 8, Sukhumvit Road, Khwaeng Khlong Toei, Khet Khlong Toei, Bangkok
Tel.: +66 2253 5556, +66 1878 9959
Website: www.facebook.com/PraiRayaPhuket
Eastern Region

Eastern region cuisine is the least known cuisine, comparing with food from other regions. Endowed with abundant resources, particularly seafood and fruits, the eastern region is blessed with many unique dishes. Apart from fresh seafood, some popular dishes include Kaeng Mu Chamuang (pork stewed with aromatic Chamuang leaves), Kai Tom Rakam (spicy and sour chicken soup in which the sourness comes from salacca instead of lime), and Namphrik Khai Pu (chilli dip with crab roe). Chanthaburi province is the origin of Sen Chan (rice noodle used in making Phat Thai) and is famous for a dish called Sen Chan Phat Pu (stir-fried Sen Chan with crab meat). Another famous item from the Eastern region is Khao Lam (sticky rice mixed with coconut milk in bamboo tube) from Chon Buri province.

Some of the restaurants in the Eastern region and also in Bangkok where you can enjoy the taste of Eastern region food:

Chanthorn Restaurant – Chanthaburi
Address: 86/20 Maharat Road, Tambon Talat, Amphoe Mueang Chanthaburi, Chanthaburi
Tel.: +66 3932 7179
Website: www.facebook.com/Chanthornrestaurant

Krua Maneechan – Chanthaburi
Address: 110 Mu 11, Sukhumvit Road, Tambon Phlappha, Amphoe Mueang Chanthaburi, Chanthaburi
Tel.: +66 3937 3666, +66 1311 2952
Website: www.maneechan.com

Thiw Thara - Trat
Address: 185 Mu 3, Tambon Nong Sano, Amphoe Mueang Trat, Trat
Tel.: +66 0575 3598, +66 9608 1528
Website: www.facebook.com/BanThiwThara

Khrua Khu Mu – Rayong
Address: 139 Yom Chinda Road, Tambon Tha Pradu, Amphoe Mueang Rayong, Rayong
Tel.: +66 9404 9841, +66 3861 3725

Sri Trat – Bangkok
Address: 90 Soi Sukhumvit 33, Khwaeng Khlong Tan Nuea, Khet Watthana, Bangkok
Tel.: +66 2088 0968
Website: www.sritrat.com
Thai Rice … Thai Way of Life

Thailand has long been known as the “rice bowl of Asia”. Rice is the staple diet of Thai people and the soul of Thai meal. The phrase “kin khao” literally translates to “eat rice” but it actually means to “eat food” or “have a meal”. Thai meal typically consists of “khao” (rice) as the centre piece, with many accompaniment dishes, which are referred to as “Kap Khao” (things eaten with rice). Rice is such an important part of the Thai culture that a common greeting is “kin khao rue yang” which means “have you eaten (rice) yet?”.

There are many rice varieties that are indigenous to Thailand, but the most famous and most esteemed Thai rice is “Khao Hom Mali”, internationally known as “jasmine rice”. The long-grain rice with glossy exterior is unique for its delicate floral aroma and the colour that is as white as the jasmine flower. When cooked, Khao Hom Mali turns tender, light, and fluffy, and its aroma becomes stronger and appetising. Jasmine rice is best steamed and it is considered one of the best rice varieties to accompany Thai dishes.

Apart from Khao Hom Mali, “Khao Niao”, which literally translates to “sticky rice”, is widely eaten in Thailand. Khao Niao or glutinous rice has shorter grains than Khao Hom Mali, and as its name suggests, it is sticky. Often eaten by hands, Khao Niao is the mainstay of local cuisines in the Northern and Northeastern parts of Thailand. It is also used in making several Thai desserts, most importantly, the famous Khao Niao Ma Muang or sticky rice and mango.

One of the delicious and unique sticky rice is called “Khao Luem Phua”, literally translates to “forget husband rice”. The taste, fragrance, and softness of this black sticky rice contribute to make it so delicious that it is said the wife will eat it all and forget to leave some for her husband, hence the name “forget husband rice”. Khao Luem Phua is highly nutritious and is grown by Hmong hill tribes in the Northern region of Thailand.

Thai people also consume several kinds of brown rice. One of the notable varieties is “Khao Hang Ngok” or germinated brown rice, which is the result of the local wisdom of Thai people. Khao Hang Ngok is full of nutrients known as gamma-aminobutyric acid (GABA), which helps alleviating stress, and has softer texture and is easier to digest than regular brown rice.

Another kind of brown rice is “Khao Sang Yot”, a traditional variety that originated from Phatthalung province in Southern Thailand. The long and slim dark red grain of Khao Sang Yot gives gentle fragrance and produces soft and chewy texture, almost like Khao Niao, once it is cooked. Khao Sang Yot is also known to be great for health as it is high in vitamins and fibre.

The new variety of rice that is becoming a popular type of brown rice among Thai people nowadays is “riceberry”. This highly nutritious rice variety is a cross-breed of “Jao Hom Nin” (a non-glutinous purple rice) and “Khao Dok Mali 105” (a variety of Khao Hom Mali). The long and round whole grain is in deep purple colour and is soft and fragrant when cooked.

Cooking tips:

To maximize the fragrance and flavour of jasmine rice, the absorption or covered pan cooking method is recommended.

Ingredients (for 4-5 servings):

- 3 cups rice grain
- 4 cups water
- 3 pandanus leaves (optional)

```
Put jasmine rice in a large bowl and cover with cold water. Gently swirl the grains between the fingers. The water may become slightly cloudy.

Leave the rice to settle. Then drain the water away by slowly tipping the bowl. Repeat this rinsing step a few times to help remove excess starch and dust. Drain thoroughly.

To cook steamed rice, pour water into a pot and place the pot over high heat. When boiling, add the rinsed rice and cover with a lid. Stir occasionally.

To add more aroma to the rice place 3 chopped pandanus leaves in the pot when the water has almost evaporated.

Bring the heat down to the lowest setting and leave to steam for 15 minutes. Then leave to cook for about 5 minutes.
```
The use of Thai herbs in Thai cooking

Spices and fresh herbs have played an important role in Thai cuisine for centuries and not only have they added wonderful tastes and stunning aroma to the food, they have also given tremendous therapeutic value to the diner’s health. When used in combination, they help achieve a balance of the five fundamental Thai tastes. The following are some of the herbs commonly used in Thai cooking and are known and available worldwide.

Basil
Three varieties with different fragrances are used. The most common is Bai Horapha (Sweet Basil) which has a slight aniseed flavour and a reddish purple colour at the leafstalk. It is often sprinkled on curries. Others are Bai Kaphrao (Holy Basil), which has a hotter flavour and is slightly hairy and is often stir-fried with meat, and Bai Maenglak (Hoary Basil), a milder form often sprinkled over soups and salads. When these are not available, Western sweet basil may be used, though the taste is somewhat different.

Cardamom
The pods or large black seeds are used to flavour and garnish many dishes. It is also used in a ground form.

Chilli
Several different types of chilli (Phrik) are used in Thai cooking. As a general rule, the smaller the chilli, the hotter it is. The hottest of all is the tiny red or green Phrik Khi Nu, followed by the slightly larger Phrik Chi Fa. Dried chillies (Phrik Haeng) and ground chilli powder (Phrik Pon) are also used.

Coriander (Cilantro)
Called Phak Chi in Thai, this is essential to many Thai dishes. Not only are the leaves used but also the stems, roots, and seeds, all of which impart a different flavour.

Dill
Dill or Phak Chi Lao, often used in Northeastern cuisine, adds a pungent aroma as well as therapeutic value to the dish. Fresh dill leaves are widely used as a main ingredient in several soups and seasoning in fish dishes.

Galangal
A relative of the ginger root, galangal (Kha) imparts a delicate, unique flavour. It is used fresh, dried, or powdered.

Garlic
Thai garlic (Krathiam) is smaller and sweeter than the Western variety. It is used both fresh and pickled in a large number of classic dishes.

Ginger
In addition to galangal, two other varieties of ginger are used in Thai cooking. The usual one is Khing. The other is Krachai, which has a milder flavour.

Kaffir Lime
Both the fruit and leaves of this shrub, Makrut in Thai, lend a distinctive taste to many Thai dishes. There is no real substitute for it.

Lemongrass
This tall, grass-like plant, known as Takhrai, has small, bulbous roots and a lemony flavour and aroma. The bud and base leaves are chopped and pounded for use in many dishes, as well as for a refreshing herbal tea.
Peppercorns
Used in both fresh green, dried black, and ground form, these are called Phrik Thai and add a peppery flavour to many dishes.

Tamarind
The pulp of the pod of the tamarind tree (Makham) adds a sour taste to a number of meat and fish dishes and soups.

Turmeric
Khamin in Thai, this is another member of the ginger family and provides a bright yellow colour to some Thai curries and Sa Te.

Lime
Used principally as a garnish for fish and main dishes, lime (Manao in Thai) is also freshly squeezed and mixed with water and sugar syrup as a beverage.

Mint
Fresh leaves of this plant (Saranae) are used for flavouring and for garnishing in a number of dishes.

Onions
In addition to the large, bulbous common variety (Hom Yai), shallots (Hom Lek or Hom Daeng) and scallions (Ton Hom) are used.
Thai Fruits

Homegrown tropical fruits from Thailand have become legendary all over the world. Even more memorable is their heady fragrance, ripe colours, and succulent flavours. Although some fruits are seasonal in Thailand, there is always a wide choice available. Visitors may rest assured of ample opportunity to enjoy a mouth-watering variety all year round.

Year-round fruits
Banana (Kluai)
Approximately twenty different varieties are grown in Thailand. The three most popular are Kluai Hom, Kluai Nam Wa, and Kluai Khai. These can be eaten raw when young and green as a vegetable with a spicy sauce. Unripe bananas are sliced, dried in the sun, and then fried for a snack. In addition, they can be grilled and soaked with syrup, boiled in coconut milk with salt and sugar, boiled in syrup, smoked in their skins, or cooked as golden fritters.

Pineapple (Sapparot)
This fruit with light yellow flesh can either be eaten fresh (a pinch of salt enhances the flavour), or used as an ingredient in cooking; such as, in a spicy soup called Kaeng Khua Sapparot. Alternatively, pineapple can be squeezed to produce a refreshing and fragrant juice.

Coconut (Maphrao)
Coconut makes a refreshing drink and the soft white flesh of a young fruit is delightful as a snack. As desserts, coconut is cooked as custard, or as a candy, as crispy strips cooked in brown syrup and in countless other forms. Coconut flesh and milk is also widely used in Thai cooking, especially in soups and curries.

Jackfruit (Khanun)
The fruit may have a strong smell but is blessed with a sweet taste. It can be eaten raw as a snack, with ice cream, or mixed with other fruits and coconut milk. The cooked seeds are also found in many dishes.
Watermelon (Taeng Mo)
Watermelon is known for its sweet and refreshing taste. It is often eaten dipped in salt following a spicy dinner and the juice can be used as a beverage.

Pomelo (Som O)
Pomelo is much sweeter and may need a touch of salt to bring out the best taste, when compared to grapefruit. This Thai version of grapefruit can be eaten fresh or as a dessert. It is also used as an ingredient in several salads or squeezed to make a perfect refreshing drink.

Seasonal fruits
Mango (Mamuang)
One of Thailand’s most diverse and popular fruits, Thai mango is traditionally eaten ripe. Slice it open lengthwise, remove the large seed, and scoop out the delicious juicy flesh with a spoon. It can also be eaten unripe in many Thai salads. As Thailand’s signature dessert, mango is accompanied by sticky rice and coconut milk. Alternatively, raw green mangos can be sliced and dipped into Nam Pla Wan (sweet fish sauce).
Season: February to May

Mangosteen (Mang Khut)
Regarded as the ‘Queen of Fruits,’ this delicious fruit has a thick, dark red skin, and creamy white segments inside with a sweet, slightly tart flavour. It can be eaten raw, made into tarts, or added to seafood curries.
Season: March to November

Rambutan (Ngo)
An exotic fruit with a bright red skin covered in green tipped hairs, rambutan is a delicious, white fleshy fruit, particularly known for its sweetness. It can be eaten fresh by squeezing the skin open by hand or by cutting it with a knife. Alternatively, it can be made into jams, ice cream, and even used to make delicious salads.
Season: May to October
**Rose Apple (Chomphu)**
Rose apple is a bell-shaped fruit with a glossy, edible skin that can be either green or pink. It is crisp and slightly acidiy in taste, and can be eaten fresh or added to several salad dishes.
*Season:* January to June and September to October

**Sapodilla (Lamut)**
La-mut is similar in shape to a small mango. It is eaten when ripe by removing the skin and slicing the reddish brown flesh, and is most usually eaten with other fruits as a cocktail. Avoid the hard brown seeds inside.
*Season:* March to June

**Durian (Thurian)**
Regarded as the ‘King of Fruits,’ durian is famous for its distinctive aroma. The creamy golden flesh within the spiny exterior is regarded by many as a delicacy. Mangosteen is often eaten after durian to eliminate the durian’s smell.
*Season:* May to July

**Jujube (Phutsa)**
Known locally as Thai apple, this small, round, sweet fruit can be eaten fresh, processed for fruit juice, or dried.
*Season:* October to February

**Lychee (Linchu)**
Common in the North, lychee comes in various forms. Small and round, with a hard seed inside, they can be peeled, seeded, and eaten. The flesh has a sweet and juicy taste.
*Season:* April to June

**Custard Apple (Noina)**
A heart-shaped fruit with a lumpy green skin covering masses of sweet scented white flesh, Noina is eaten ripe, in coconut milk, or used as a base for a refreshing ice cream.
*Season:* May to August

**Marina Plum (Maprang)**
Peel off the skin and discover a firm, sweet fruit inside. Maprang is eaten ripe. It is often carved because of its firm texture.
*Season:* March to September

**Fruits for health**

**Guava (Farang)**
One of the most popular snacks, guava is high in vitamin C and can be eaten when ripe or still green. It is best eaten when dipped in salt and sugar.

**Orange (Som Khiao Wan)**
High in vitamin C, Thai orange is sweeter than those usually found in the West, and is eaten as a between-meals snack, as dessert, or squeezed for the juice.

**Papaya (Malako)**
There are two main varieties found in Thailand, one with red and the other with yellowish-orange flesh. Unripe papaya is used as a main ingredient in Som Tam, Thailand’s most recognised salad. The ripe fruit is also eaten fresh with a few drops of lime juice.
Thai Desserts

There are a variety of Thai desserts, all of which are unique, colourful, and flavoursome. The main ingredients of Thai desserts are flour, sugar, and coconut, while other desserts adapted from foreign countries to suit the Thai taste are made from eggs. Several Thai desserts require exquisite skills as well as extensive care and time while preparing, and numerous desserts with meaningful names are used in rituals and ceremonies. Many names of desserts include the word ‘Thong’ meaning gold and signifying prosperity and glory.

Thai people use natural herbs and plants to add colour to the desserts; such as, red from rose petals, green from pandanus leaves, purple or blue from Blue Pea Blossoms, and yellow or orange from egg yolk. Thai desserts are full of sweet fragrances acquired from soaking jasmine in the water or smoking the dessert with ‘thian op’ (traditional Thai incensed candle used for cooking).

Examples of famous Thai desserts are ‘Khao Niao Mamuang’ (Sweet Sticky Rice with Mango), ‘Luk Chup’ (Green Bean Miniature Fruit), ‘Bua Loi’ (Rice Balls in Coconut Milk), ‘Thapthim Krop’ or ‘Crunchy Red Ruby’ (Water Chestnut Glazed with pink-coloured flour in Coconut Syrup), and ‘Thong Yip’ (Golden Pinch), ‘Thong Yot’ (Golden Droplet) and ‘Foi Thong’ (Golden Thread) which are all made from egg yolk and often served together.
Amazing Gastronomy of Thailand
Thai Beverages

Thailand also features numerous unique and refreshing beverages; such as, ‘Nam Bai Toei’ (pandanus drink), ‘Nam Makham’ (tamarind drink), ‘Namtan Sot’ (sugar palm sap drink), ‘Kafae Boran’ (Thai-style iced-coffee), and ‘Cha Yen’ (the famous Thai Tea). Other herbal drinks which are healthy beverages include ‘Nam Takhrai’ (lemongrass drink), ‘Nam Matum’ (Bael drink), and ‘Nam Krachiap’ (Roselle drink). Another refreshing traditional Thai beverage worth trying is ‘Nam Ya Uthai’, water with a drop of red-coloured ‘ya u-thai’, a medicinal herb with cardio tonic and blood tonic property. Thai fruits; such as, guava juice, tamarind juice, and watermelon juice, are also made into flavoursome drinks.

Discover non-Thai culinary delights in Thailand

Thailand is opening a new world of tastes to travellers, with a vast range of world-class restaurants providing traditional and/or contemporary non-Thai food – from traditional Italian to grand Cantonese and from contemporary Japanese to modern alternative diets – in some of the country’s vibrant cities. Capture the essential elements of the East and West in major cities and prime tourist destinations; such as, Bangkok, Chiang Mai, Phuket, Ko Samui, and Pattaya. There are many choices of dining options to please all tastes. Whether you are thinking in terms of a restaurant by the river or by the sea, a popular meeting place in the city, or colourful street-side food stalls, you are sure to find what you are looking for.

Thailand also provides a wide array of gourmet options for travellers from all walks of life. All types of Asian food; such as, Chinese, Japanese, Vietnamese, and Indian, or non-Asian cuisine; such as, Italian, French, and Mediterranean, are prepared by experienced chefs from the dishes’ countries of origin. For Muslim travellers, Halal food is easy to find as many Thai Muslim restaurants are available throughout the country. Fusion food is becoming increasingly popular in Thailand and many Thai restaurants are now offering Western or Japanese dishes, laced with Thai flavour. On the other hand, several Western and non-Asian restaurants also have Thai-style dishes on their menus.
Street Food in Thailand

Bangkok is regarded as one of the best cities in the world for street food, but street food is a part of the Thai way of life and it can be found not only in Bangkok, but just about anywhere and anytime in Thailand. Street food is not only convenient but is also inexpensive and as delicious as those in the restaurants. Food stalls, push carts, and food vendors on the street offer everything from light snacks to full meals. Apart from Bangkok, in which street food can be found on almost every street, you can also find street-side culinary delights from the walking streets and night markets in the other major cities around the country. Followings are some of the recommended area in Bangkok and major cities that are known for the delicious street food.

Chinatown – Bangkok
Also known as Yaowarat, Chinatown is undoubtedly the most famous place for street food in Bangkok. 24 hours is not enough time to explore all the gastronomic delights Chinatown has to offer, as both sides of the Yaowarat Road are busy during the day and get even more lively at night. You can enjoy a variety of Thai and Chinese food; such as, buns and dumplings, noodles with fish balls, Kuai Chap (rice noodle rolls with pork entrails and crispy pork in peppery soup), seafood dishes, roasted chestnuts, and chilled tapioca and cantaloupe in coconut milk.

Khao San Road – Bangkok
A world-famous place and the go-to destination for backpackers, Khao San Road is also known for a selection of street food and where visitors can get the introductory taste of Thai food; such as, spring rolls, Phat Thai (Thai-style stir-fried noodles), Khao Khai Chiao (steamed rice topped with Thai-styled omelette), Phat Kaphrao Mu Rat Khao (steamed rice topped with stir-fried pork with holy basil), as well as fried chicken with sticky rice.
Silom – Bangkok
Silom is a major business district of Bangkok where you can find countless food stalls catering for hungry tourists and office workers, especially during breakfast and lunch time. Some of the food you can find at Silom area, particularly at Silom Soi 20, Soi Lalai Sap (Silom Soi 5), Soi Convent, and Soi Sala Daeng, includes Khao Kaeng (rice with curry), Bami Kiao Mu Daeng (egg noodles with barbecued pork and wonton), Khao Man Kai (rice with steamed chicken), and Somtam (green papaya salad).

Sukhumvit – Bangkok
Sukhumvit is a long road with many adjoining sois (small streets), and along the main Sukhumvit Road as well as in the sois are food vendors and push carts selling an amazing array of delicious food. Some of the most prominent sois for street food are Soi Sukhumvit 55 (Thong Lo) and Soi Sukhumvit 63 (Ekkamai), in which you can find such street food as Khao Niao Mu Ping (sticky rice and grilled pork skewers), Mu Sa Te (pork satay), Kai Thod (deep-fried chicken), Kluai Ping (grilled banana), and Khao Niao Mamuang (sticky rice with mango).

Phra Nakhon – Bangkok
The Phra Nakhon district is the historical centre of Bangkok with the most famous areas for street food being the Three Junctions on Atsadang Road (Phraeng Phuthon, Phraeng Nara, and Phraeng Sanphasat). Around the Three Junctions, you can find a wide range of delectable street food; such as, Lukchin Mu Ping (grilled pork balls), Kai Yang (grilled chicken), grilled squid, toasted bread with fresh milk, Khanom Bueang (Thai-style crispy crepe), and coconut ice cream.

Wang Lang Market and Tha Prachan – Bangkok
Located on the Thonburi side of the Chao Phraya River, Wang Lang Market is an open-air market famous for mouthwatering street food. Across the river on the Bangkok side is Tha Prachan, an area near a university that is full of food stalls serving hungry university students. Both these areas are famous for a variety of scrumptious food ranging from Mu Thot (deep-fried pork) to Kai Yang (grilled chicken), Po Pia Sot (fresh spring rolls), Roti and Mataba (roti stuffed with savoury fillings), and an array of bakery delights.
Talat Nat Rotfai Ratchada – Bangkok
The Ratchada Train Night Market, locally known as Talat Nat Rotfai Ratchada, is a night flea market located on Ratchadaphisek Road. Talat Nat Rotfai Ratchada is equipped with unique street shopping experience and countless delicious selections including Phat Thai (Thai-style stir-fried noodles), Somtam (green papaya salad), grilled seafood, Mu Ping (grilled pork skewers), Lukchin Ping (grilled meatballs), burgers, and desserts.

Walking Streets in Chiang Mai – Amphoe Mueang Chiang Mai
There are two walking streets in Chiang Mai, on Saturday, Chang Khlan Road is closed to traffic and turned into Wua Lai Walking Street, whereas on Sunday, the area from the Tha Phae Gate extending along Ratchadamnoen road becomes Tha Phae Walking Street. At these two walking streets, visitors can enjoy exploring local handicrafts and souvenirs, as well as discovering a variety of local Thai as well as local Northern cuisine; such as, Kai Yang (grilled chicken), Sai Ua (spicy herbal pork sausage), Miang Kham (betel leaf wrap), and local desserts.

Night Bazaars in Chiang Mai – Amphoe Mueang Chiang Mai, Chiang Mai
Situated opposite to one another on Chang Khlan Road, Chiang Mai Night Bazaar and Kalare Night Bazaar are famous night markets in Chiang Mai where you can enjoy shopping and exploring many delicious food options. The selection of street food at these night bazaars ranges from Northern culinary delights; such as, Khao Soi (egg noodles in curry broth) and Sai Ua (spicy herbal pork sausage) to other famous Thai dishes including Mu Ping (grilled pork skewers), Tom Yam Kung (hot and sour shrimp soup), and Khao Niao Mamuang (sticky rice with mango).

Pai Walking Street – Amphoe Pai, Mae Hong Son
Amphoe Pai is a popular small town in Mae Hong Son province and in the evening the Chai Songkhram Road in the heart of Amphoe Pai becomes Pai Walking Street where visitors can find numerous souvenirs, handicrafts, and countless delicious items. Apart from typical Thai dishes found at most walking streets; such as, Phat Thai (stir-fried Thai noodles), Lukchin Ping (grilled meat balls), spring rolls, and roti, you can also find some unique snacks including Khao Puk Nga Dam (grilled black glutinous rice) and Khao Khaep Pai (crispy rice sheet).
Chiang Khan Walking Street – Amphoe Chiang Khan, Loei
Chiang Khan Walking Street is located along the Chai Khong Road and in the evening, the wooden shop-houses become alive with stalls selling local handicrafts, souvenirs, and scrumptious local delicacies. Visitors to Chiang Khan Walking Street should not miss to try Khao Piak Sen (rice noodle soup), as well as snacks; such as, grilled river shrimp, Khao Chi (grilled sticky rice coated with egg), Pa Tong Ko Yat Sai (deep-fried dough stuffed with various fillings; such as, minced pork, or banana) and Miang Kham (betel leaf wrap).

Khon Kaen Walking Street – Amphoe Mueang Khon Kaen, Khon Kaen
Every Saturday evening, the Na Sun Ratchakan Road is closed for traffic and turned into Khon Kaen Walking Street, which is full of local products, souvenirs, and delicious food and snacks for visitors to choose from. Not-to-be-missed menus when browsing through the Khon Kaen Walking Street include Somtam (green papaya salad), Kai Yang (grilled chicken), Mu Sa Te (pork satay), grilled squid, and a variety of local desserts.

Pattaya Walking Street – Pattaya
Stretching from the south end of Beach Road to Bali Hai Pier, Pattaya Walking Street not only features all kinds of nighttime entertainments, but you can also find numerous restaurants, as well as food vendors and push carts. The impressive collection of mouthwatering street food on offer here include a wide selection of fresh seafood, Mu Ping (grilled pork skewers), barbecued skewers, fresh fruits, Khanom Bueang (Thai-style crispy crepe), ice cream, and coconut juice.

Hua Hin Night Market – Amphoe Hua Hin, Prachuap Khiri Khan
Every night, Decha Nuchit Road is turned into Hua Hin Night Market, which becomes the most famous attraction for people who visit Hua Hin. Not only it is a place where you can enjoy shopping and find several restaurants offering delicious seafood items, Hua Hin Night Market is a mecca for street food. Recommended street food items to try here include Roti, Phat Thai (Thai-style stir-fried noodles), Hoi Thot (crispy mussels omelette), grilled sweet corns, Khao Niao Mamuang (sticky rice with mango), and a variety of Thai desserts.

Phuket Walking Street – Amphoe Mueang Phuket, Phuket
Also known as Lardyai (shorten for Talat Yai, which means ‘big market’ in Southern Thai dialect), Phuket Walking Street is organised every Sunday evening on Thalang Road, which is right in the middle of Phuket Old Town. Here, visitors can discover some delicious Thai snacks and food; such as, Tom Yam Kung (hot and sour shrimp soup), Som Tam (green papaya salad), barbecued skewers, grilled seafood, and some of Phuket’s special delicacies including O-aeo (jelly made from O-aeo seeds), and A-pong (rolled crepe that is crispy on the outside and soft on the inside).

Tips to enjoy roadside food stalls
- Bring enough cash, as most of the street vendors do not accept credit cards.
- Beware of pickpockets, as roadside food stalls are often crowded.
- Avoid raw seafood, such as oysters, and pre-cooked food that has been sitting in pots all day.
Dining in Paradise

While the street food options in Bangkok is second to none, Bangkok is also full of stylish restaurants and bars serving delectable cuisine in sophisticated settings that boast picturesque views. Rooftop restaurants on high-rise buildings provide 360-degree view of the city scape, whereas restaurants by the Chao Phraya River offer a magnificent view of sunset over the river. Another great dining in paradise option Bangkok has to offer is a dinner cruise along the Chao Phraya River, where diners get to indulge in the spectacular scenery of both sides of the Chao Phraya River while enjoying an extensive selection of delightful Thai and international cuisine. Combining relaxing and remarkable atmosphere with delicious food, Bangkok awaits you to come and enjoy the unforgettable dining experience.

The followings are some of the recommended rooftop restaurants, restaurants by the river, and dinner cruise operators in Bangkok.

**Rooftop Restaurants**

**Octave Rooftop Lounge & Bar**
Address: 45th Floor, Bangkok Marriott Hotel Sukhumvit, 2 Sukhumvit Road Soi 57, Khwaeng Khlong Tan Nuea, Khet Watthana, Bangkok
Tel.: +66 2797 0000
Website: www.marriott.com/hotel-restaurants/bkkms-bangkok-marriott-hotel-sukhumvit/octave-bar-and-lounge/5428678/home-page.mi

**Park Society**
Address: 29th Floor, Sofitel So Bangkok, 2 North Sathorn Road, Khwaeng Silom, Khet Bang Rak, Bangkok
Tel.: +66 2624 0000
Website: www.so-sofitel-bangkok.com/wine-dine/park-society

**Red Sky**
Address: 55th Floor, Centara Grand & Bangkok Convention Centre at CentralWorld, 999/99 Rama 1 Road, Khwaeng Pathum Wan, Khet Pathum Wan, Bangkok
Tel.: +66 2100 1234
Website: www.centarahotelsresorts.com/centaragrand/cgcw/restaurant/redsky
Sirocco
Address: 63rd Floor, Lebua at State Tower, 1055 Silom Road, Khwaeng Silom, Khet Bang Rak, Bangkok
Tel.: +66 2624 9555
Website: www.lebua.com/sirocco

Vertigo
Address: 61st Floor, Banyan Tree Bangkok, 21/100 Sathon Tai Road, Khwaeng Thung Maha Mek, Khet Sathon, Bangkok
Tel.: +66 2679 1200
Website: www.banyantree.com/en/thailand/bangkok/dining/vertigo

Restaurants by the Chao Phraya River

Eat Sight Story Deck
Address: 45/1 Soi Tha Tian, Maharat Road, Khwaeng Phra Borom Maha Ratchawang, Khet Phra Nakhon, Bangkok
Tel.: +66 2622 2163
Website: www.eatsightstorydeck.com

Riverside Terrace
Address: Mandarin Oriental Bangkok, 48 Oriental Avenue, Khwaeng Bang Rak, Khet Bang Rak, Bangkok
Tel.: +66 2659 9000 ext. 7390-3
Website: https://www.mandarinoriental.com/bangkok/chao-phraya-river/fine-dining/buffets/international-cuisine/riverside-terrace

Sala Rattanakosin
Address: 39 Maharat Road, Khwaeng Phra Borom Maha Ratchawang, Khet Phra Nakhon, Bangkok
Tel.: +66 2622 1388
Website: www.salahospitality.com/rattanakosin/dine

The Deck by the River
Address: Arun Residence, 36-38 Soi Pratu Nok Yoong, Maharat Road, Khwaeng Phra Borom Maha Ratchawang, Khet Phra Nakhon, Bangkok
Tel.: +66 2221 9158-9
Website: www.arunresidence.com/dining-experience

Tonmakok
Address: Baan Wanglang, 342 Soi Wat Rakhang, Prannok Road, Kwaeng Siriraj, Khet Bangkok Noi, Bangkok
Tel.: +662 412 7234, +668 3895 3510
Website: www.baanwanglang.com/Tonmakok-Thai-Cuisine.php

Chao Phraya River Cruise
Chao Phraya Cruise
Tel.: +66 2541 5599
Pier: River City Pier, 23 Charoen Krung 24, Khwaeng Talat Noi, Khet Samphanthawong, Bangkok
Website: www.chaophrayacruise.com

Chao Phraya Princess Cruise
Tel.: +66 2860 3700
Pier: River City Pier, 23 Charoen Krung 24, Khwaeng Talat Noi, Khet Samphanthawong, Bangkok
Website: www.thaicruise.com

Horizon Cruise
Tel.: +66 236 7777
Pier: Shangri-La Hotel Bangkok, 89 Soi Wat Suan Phlu, Khwaeng Bang Rak, Khet Bang Rak, Bangkok
Website: www.shangri-la.com/bangkok/shangrila/dining/restaurants/horizon-cruise

Manohra Cruises
Tel.: +66 2476 0022
Pier: Anantara Riverside Bangkok Resort, 257/1-3, Charoennakhon Road, Khwaeng Samre, Khet Thon Buri, Bangkok
Website: www.manohracruises.com

Supanniga Cruise
Tel.: +66 2714 7608, +669 7238 8284
Pier: River City Pier, 23 Charoen Krung 24, Khwaeng Talat Noi, Khet Samphanthawong, Bangkok
Website: www.supannigacruise.com
Learning to cook Thai cuisine

Thai cuisine is about balancing the flavours to create a harmonious, complex, and refined dish. Visitors to Thailand are invited to take Thai food exploration further and learn to cook Thai food from the Thai chefs and culinary experts.

All over the country, particularly at major tourist destinations, there are several cooking schools and cooking classes that provide you with the tips and techniques of cooking traditional Thai dishes, as well as local specialties. Numerous major hotels also offer cooking class as part of the hotel activities for their guests, some of which based their curricula on the menus served at their restaurants.

The following is the list of a few Thai cooking schools in Thailand in the major tourist destinations including Bangkok, Chiang Mai, Ko Samui, Phuket, Krabi, and Hua Hin.

List of Thai cooking schools

**Bangkok**

The Thai Cooking School at the Oriental Hotel
Mandarin Oriental Bangkok, 48 Oriental Avenue, Khwaeng Bang Rak, Khet Bang Rak, Bangkok
Tel.: +66 2659 9000
Website: www.mandarinooriental.com/bangkok/chao-phraya-river/luxury-hotel/cooking-classes
Le Cordon Bleu Thailand
946 The Dusit Thani Building, Rama IV Road, Khwaeng Silom, Khet Bang Rak, Bangkok
Tel.: +66 2237 8877
Website: www.cordonbleu.edu/thailand

Baipai Thai Cooking School
8/91 Ngam Wongwan Road Soi 54, Khwaeng Lat Yao, Khet Chatuchak, Bangkok
Tel.: +66 2561 1404, +66 89660 6535
Website: www.baipai.com
E-mail: thaicooking@baipai.com

UFM Baking & Cooking School
593/29-39 Soi Sukhumvit 33/1, Sukhumvit Road, Khwaeng Khlong Tan Nuea, Khet Watthana, Bangkok
Tel.: +66 2259 0620-30
Website: www.ufmeducation.com
E-mail: ufmeducation@ufmeducation.com

Modern Women Cooking School
45/6 Setsiri Road, Khwaeng Samsen Nai, Khet Phayathai, Bangkok
Tel.: +66 2279 2831, +66 2279 2834
Website: www.mwthaicook.com
E-mail: master@mwthaicook.com

Blue Elephant Cooking School and Restaurant
Blue Elephant Restaurant
233 Sathon Tai Road, Khwaeng Yannawa, Khet Sathon, Bangkok
Tel.: +66 2673 9353-8
Website: www.blueelephant.com/school/
E-mail: cooking.school@blueelephant.com

Issaya Cooking Studio
Lower level, Central Embassy, 1031 Ploenchit Road, Khwaeng Lumpini, Khet Pathum Wan, Bangkok
Tel.: +66 2160 5636
Website: www.issayastudio.com
E-mail: booking@issayastudio.com
Website: www.bangkokthaicooking.com
Silom Thai Cooking School
68 Silom Soi 13, Silom Road, Khwaeng Silom, Khet Bang Rak, Bangkok
Tel.: +66 8 4726 5669
Website: www.bangkokthaicooking.com
E-mail: info@bangkokthaicooking.com

Chef Leez Thai Cooking Class in Bangkok
4/1206 Seri Thai Road, Soi 57 Yaek 65, Khwaeng Bueng Kum, Khwaeng Bueng Kum, Bangkok
Tel.: +668 6568 1311
Website: www.chefleez.com

House of Taste Thai Cooking School
318/32 Soi Sukhumvit 22, Khwaeng Khlong Tan, Khet Khlong Toei, Bangkok
Tel.: +669 3392 3615
Website: www.houseoftastecooking.com
E-mail: houseoftastecooking@gmail.com

Wandee Culinary Art School
294/16-17 Padiphat Road, Khwaeng Samsen Nai, Khet Phayathai, Bangkok
Tel. +66 2279 9845, +668 1442 8956
Website: www.wandeethaicooking.com
E-mail: wandeesschool@hotmail.com

Thai Home Cooking Class
364 Sukhumvit Soi 79, Khaeng Phra Khanong Nuea, Khet Watthana, Bangkok
Tel.: +668 1455 5808
Website: www.thaihomecooking.com
E-mail: angsana@thaihomecooking.com

Bangkok Thai Cooking Academy
1940 Sukhumvit Soi 60, Khwaeng Bang Chak, Khet Phra Khanong, Bangkok
Tel.: +66 2020 6233, +668 0770 6741
Website: www.bangkokthaicookingacademy.com
E-mail: ron@bangkokthaicookingacademy.com

Chiang Mai
Thai Cookery School
47/2 Mun Mueang Road, Tambon Phra Sing, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +66 5320 6388, +66 5320 6315, +66 5320 6833
Website: www.thaicookeryschool.com
E-mail: booking@thaicookeryschool.com

A Lot of Thai
165 Soi 9 Chiang Mai-Lamphun Road, Tambon Nong Hoi, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +66 8 9954 4930
Website: www.alotoftai.com
E-mail: alotoftai@gmail.com

Air’s Thai Culinary Kitchen
9/1 Nong Prathip Road, Tambon Nong Pakhrang, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +66 8 1993 6564
Website: www.airthaikitchen.com
E-mail: sales@airthaikitchen.com

Baan Thai Cookery School
9 Phra Pokklao Road Soi 9, Tambon Phra Sing, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +66 5335 7339
Website: www.cookinthai.com

Gap’s School of Thai Culinary Art
3 Ratchadamnoen Soi 4, Tambon Phra Sing, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +66 5327 8140, +668 4644 1454
Website: www.gaps-house.com
E-mail: info@gaps-house.com

Pantawan Cooking School
201 Mu 2, Tambon Mae Hia, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +66 5311 1274, +668 5032 2007
Website: www.pantawancooking.com
E-mail: pantawancooking@gmail.com
Thai Farm Cooking School
Mun Mueang Road Soi 9, Tambon Si Phum, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +668 1288 5989, +668 7174 9285
Website: www.thaifarmcooking.com
E-mail: thaifarmcooking@gmail.com

Four Seasons Cooking Class
Four Seasons Resort Chiang Mai, 502 Mu 1, Old Mae Rim-Samoeng Road, Tambon Rim Tai, Amphoe Mae Rim, Chiang Mai
Tel.: +66 53 298 181
Website: www.fourseasons.com/chiangmai

Thai Akha Cooking School
15/1 Soi 4, Arak Road, Tambon Phra Sing, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +666 1325 4611
Website: www.thaiakhakitchen.com
E-mail: office@thaiakhakitchen.com

Zabb-E-Lee Thai Cooking School
6 Si Phum Soi 8, Tambon Si Phum, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +669 3267 9572-3
Website: www.zabbeleecooking.com
E-mail: zabbeleecooking@gmail.com

Benny’s Home Cooking Chiang Mai
63/4 Mu 5, Ban Thai Mai I Soi 6, Tambon Pa Daet, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +669 4468 9377, +669 4736 4078
Website: www.bennyhomecooking.com
E-mail: bennycooking@gmail.com

The Best Thai Cookery School
100/01 Ban Pa Khoi Nuea, Tambon San Phisuea, Amphoe Mueang Chiang Mai, Chiang Mai
Tel.: +668 9755 2632
Website: www.thebestthaicookeryschool.com
E-mail: thebestthaicookery@gmail.com

Ko Samui – Surat Thani
Samui Institute of Thai Culinary Arts (SITCA)
46/6 Mu 3, Chaweng Beach, Tambon Bo Phut, Amphoe Ko Samui, Surat Thani
Tel.: +66 7741 3172, +666 5351 9636
Website: www.sitca.com
E-mail: reception@sitca.com
Ying’s Thai Cooking Class
102/1 Mu 2, Tambon Maret, Amphoe Ko Samui, Surat Thani
Tel.: +668 9524 9039
Website: www.thai-cooking-samui.com
E-mail: ying@thai-cooking-samui.com

Lamai Thai Cooking School
126/92 Mu 3, Tambon Maret, Amphoe Ko Samui, Surat Thani
Tel.: +669 9196 4351, +668 4096 4994
Website: www.lamaithaicookingschool.com
E-mail: info@lamaithaicookingschool.com

Phuket
Dusit Thani Laguna Phuket
390 Si Sunthon Road, Tambon Choeng Thalae, Amphoe Thalang, Phuket
Tel.: +66 7636 2999
Website: www.dusit.com/dusitthani/lagunaphuket
E-mail: dtlp@dusit.com

The Boathouse Phuket
182 Koktanot Road, Kata Beach, Tambon Karon, Amphoe Mueang Phuket, Phuket
Tel.: +66 7633 0015-7
Fax: +66 7633 0561
Website: www.boathouse-phuket.com
E-mail: info@boathouse-phuket.com

Baba Cooking School
Sri Panwa Phuket, 88 Mu 8, Sakdidet Road, Tambon Wichit, Amphoe Mueang Phuket, Phuket
Tel.: +66 7637 1000
Website: www.babaphuket.com/baba-cooking-school/
E-mail: chill@sripanwa.com

Phuket Thai Cookery
39/4 Thep Prathan Road, Tambon Ratsada, Amphoe Mueang Phuket, Phuket
Tel.: +668 2474 6592, +669 8196 6393, +669 9298 5636
Website: www.phuketthaicookery.com
E-mail: info@phuketthaicookery.com

Kata Thai Cooking Class
1/3-5 Patak Road, Tambon Karon, Amphoe Mueang Phuket, Phuket
Tel.: +66 7628 4510, +669 4151 9646
Website: www.katathaicooking.com
E-mail: katathaicooking@gmail.com

Phuket Thai Cooking
83/1 Mu 2, Patak Road, Tambon Karon, Amphoe Mueang Phuket, Phuket
Tel.: +668 1710 5250
Website: www.phuketthaicooking.com
E-mail: thai(cookingclassphuket@gmail.com

Phuket Thai Cooking Academy
81/23 Soi Chang, Tambon Kathu, Amphoe Kathu, Phuket
Tel.: +669 2962 6076
Website: www.phuketthaicookingacademy.com
Phuket Easy Thai Cooking
51/6 Mu 4, Soi Matsayit, Wiset Road, Tambon Rawai, Amphoe Mueang Phuket, Phuket
Tel.: +66 8765 9731, +66 9693 0876
Website: www.phuketeasythaicooking.com
E-mail: easythaicookingclass@gmail.com

Krabi
Thai Charm Cooking School
21/1 Watchara Road, Tambon Pak Nam, Amphoe Mueang Krabi, Krabi
Tel.: +66 7032 0320, +66 3204 8543
Website: www.thaicharmcooking.com

Smart Cook Thai Cookery School
32/1 Mu 5, Tambon Ao Nang, Amphoe Mueang Krabi, Krabi
Tel.: +66 7566 1147, +66 6186 3468
Website: www.smartcookthailand.com
E-mail: smartcookthailand@yahoo.com

Ya’s Cookery School
269 Mu 2, Tambon Ao Nang, Amphoe Mueang Krabi, Krabi
Tel.: +66 1979 0677
Website: www.yacookeryschool.com
E-mail: krabicookeryschool@hotmail.com

Hua Hin
Thai Cooking Course Hua Hin
19/95 Phetkasem Road, Soi Hua Hin 19, Tambon Hua Hin, Amphoe Hua Hin, Prachuap Khiri Khan
Tel.: +66 81572 3805, +66 97135 0468
Website: www.thai-cookingcourse.com
E-mail: info@thai-cookingcourse.com

Hua Hin Thai Cooking Academy
210/4 Phetkasem Road, Soi Hua Hin 82, Tambon Hua Hin, Amphoe Hua Hin, Prachuap Khiri Khan
Tel.: +66 86004 0839
Website: www.huahinthaicookingacademy.com
E-mail: ron@huahinthaicookingacademy.com

Spice Spoons
Anatara Hua Hin Resort, 43/1 Phetkasem Road, Tambon Hua Hin, Amphoe Hua Hin, Prachuap Khiri Khan
Tel.: +66 3252 0250
Website: www.anantara.com/en/hua-hin/restaurants/spice-spoons
E-mail: hua.hin@anantara.com

Cooking Class at Intercontinental Hua Hin Resort
33/33 Phetkasem Road, Tambon Hua Hin, Amphoe Hua Hin, Prachuap Khiri Khan
Tel.: +66 3261 6999
Website: www.huahin.intercontinental.com/cooking-class
E-mail: concierge@ichuahin.com
Recipes of famous Thai dishes

Learn to prepare your favourite Thai dishes by following these easy-to-make, step-by-step instructions of some of the renowned Thai menus. Not only will you be able to cook Thai food at home in your own kitchen, but you will also unfold the secret of Thai cooking, which is the use of several condiments; such as, fish sauce, palm sugar, lime juice, and chilli, to create different flavours to your dishes. You will also discover that Thai herbs play an important role in Thai cooking as they add flavours as well as therapeutic value to the dishes. You will then realise that preparing authentic Thai culinary delights is fun and not as difficult as you think.

Tom Yam Kung
(Hot and Sour Shrimp Soup)
Possibly the most famous Thai food that has always been in the top ten most favourite Thai dishes among foreigners and Thais, Tom Yam Kung (also spelled as Tom Yum Goong) is a type of soup that delivers an explosion of exotic flavours in one bowl. Tom Yam Kung is loved by many for its distinct but balanced flavours of spiciness and sourness, as well as the aromas of lemongrass, kaffir lime leaves, and galangal. Apart from Kung (shrimp), Tom Yam can be made with other choice of meat or mushrooms and vegetables for those who are vegetarians.

Ingredients

- 3 cups (24 fl.oz./750 ml.) water or light chicken stock
- 8 oz. (250 g.) shrimps/prawns, shelled and deveined
- 5 kaffir lime leaves (Bai Makrut)
- 3 thin slices fresh or dried galangal (Kha)
- Fish sauce (Nam Pla) to taste
- 2 stalks of lemongrass/citronella (Takhrai), lower 1/3 portion only, cut into 1 in. (2.5 cm.) lengths, coarsely pounded
- 2 shallots, coarsely pounded
- (optional) 5 hot green bird's eye chilli (Phrik Khi Nu)
- 1/2 cup sliced straw mushrooms
- 1/4 cup (2 fl.oz. /60 ml.) lime juice
- 1 teaspoon roasted chilli paste (Nam Phrik Phao)
- 1 tablespoon chopped cilantro/coriander leaves (Bai Phak Chi).

Method

Use medium heat to bring the stock to boil. Add lime leaves, galangal, fish sauce, lemongrass and shallots, then mushrooms and bird's eye chilli (if used). Let the stock simmer for at least 2 minutes or until fragrant. Add the shrimps and cook until they turn pink, opaque, and firm. This should be done within a minute. Set aside. Put 1-2 teaspoons of lime juice and the chilli paste in a serving bowl. Pour the soup into the bowl, stir, and garnish with coriander (cilantro) leaves.
Kaeng Massaman Kai
(Chicken Massaman Curry)

Dubbed as the king of curries, Kaeng Massaman is a rich coconut-based curry that has a perfect combination of spicy, savoury, and sweet flavours, and infused with a variety of aromatic roasted spices. The curry is usually made with Kai (chicken), with the addition of onions, peanuts and potatoes, but beef, lamb, or other meat can also be used. Kaeng Massaman is best served with steamed rice and accompanied by Achat (cucumber relish).

**Ingredients**

- 1 leg and 2 thighs chicken
- 1/2 cup massaman curry paste
- 4 cups coconut milk
- 2 1/2 cups chicken soup
- 1/2 cup vegetable oil
- 4 tablespoons fish sauce
- 1 cup peeled and sliced white potatoes
- 1 cup peeled onions
- 1 tablespoon cardamom pods
- 1/2 cup roasted peanuts
- 3 cups coconut milk
- 1/2 cup palm sugar
- 2 1/2 tablespoons tamarind juice
- 1 tablespoon cardamom
- 3 tablespoons kaffir lime rind
- 1/2 teaspoon salt
- 2 bay leaves
- 1/2 teaspoon salt

**Method**

Pour 1/4 cup of vegetable oil into a pot, add the chicken and fry over high heat. Upon giving out a pleasant aroma, pour in 3 cups of coconut milk, 2 1/2 cups of chicken soup, cardamom, bay leaf and cover the pot. Leave to simmer for 2 hours over low heat. Spoon off the oil that rises to the top of chicken pot, and pour into a sauce pan and place over medium heat. Add remaining oil, coconut milk and curry paste and fry for a little while then pour into the chicken pot and stir until mixed well. Add onion, boiled potato, peanut, and stir gently until cooked. Pour in the salt, fish sauce, palm sugar and tamarind juice. Stir and leave till boiled, remove from the pot. Serve with cucumber sauce, pickled garlic, pickled onion and cashew nut or salted egg.

**Massaman Curry Paste**

**Ingredients**

- 12 roasted dried red chilli
- 1/4 cup galangal, coarsely and roasted
- 1/2 cup lemon grass, thin sliced and roasted
- 1 tablespoon kaffir lime rind and finely sliced
- 1/4 cup coriander, seed and roasted
- 2 tablespoons roasted cummin
- 2 tablespoons ground cinnamon
- 2 tablespoons ground nutmeg
- 1 tablespoons ground clove
- 1 cup shallot, grilled, peeled, coarsely chopped
- 1/2 cup garlic, grilled and peeled
- 1 teaspoon salt

**Method**

Slice, lengthways the dried chillies and deseed. In a mortar or blender, grind all the ingredients until finely blended.
**Kaeng Khiao Wan**

*(Green Curry with Chicken, Pork, Beef, or Shrimp)*

One of the most well-known Thai curries, Kaeng Khiao Wan derives its name from the colour of the curry, in which Khiao (green) comes from the main ingredient of the curry paste which is green chilli, while Wan (sweet) refers to the creamy and sweet green colour, not the taste of the curry. The spiciest of all the curries, Kaeng Khiao Wan can be made with a variety of meat and can be eaten with steamed rice, Khanom Chin (thin rice noodle), or Roti.

**Ingredients**

- 1 lb. (450 g.) chicken thigh fillets, pork, beef, or shrimp cut into bite-sized pieces
- 3 cups coconut milk
- 3 tablespoons vegetable oil
- 1/2 cup green curry paste
- 1/2 egg plant, sliced into chunks
- 1 potato, boiled, peeled, diced
- 1/2 cup small round green eggplants
- 4 kaffir lime leaves, shredded
- 5 green-red spur chillies, diagonally sliced
- 1 cup sweet basil leaf
- 2 tablespoons fish sauce
- 1 tablespoon palm sugar
- 1 1/2 cups chicken broth

**Method**

Stir-fry chicken thigh fillets, pork, beef, or shrimp in a pot until fragrant. Add 1 cup of coconut milk, chicken broth to mix over low heat. Use low heat to warm the oil in a saucepan or wok, and then add the green curry paste and sauté until fragrant. Add another cup of coconut milk and continue to stir gently until well mixed. Transfer the curry paste mixture to a chicken broth pot. Add boiled potatoes, egg plant chunks, and small round green eggplants. Leave until cooked, and then add the remaining coconut milk. Adjust the seasonings as desired using the fish sauce, sugar, kaffir lime leaves, spur chillies, sweet basil leaves. Leave until boiling.

**Green Curry Paste**

**Ingredients**

- 1/2 cup green hot chilli, clipped
- 1/2 cup green spur chilli, clipped
- 2 tablespoons galangal root, sliced across finely
- 4 tablespoons lemongrass, sliced across finely
- 1 tablespoon kaffir lime rind, sliced finely
- 2 tablespoons coriander seed, roasted
- 1 tablespoon cumin, roasted, ground
- 1/2 tablespoon pepper
- 1 tablespoon shrimp paste
- 2 teaspoons salt
- 4 tablespoons peeled garlic cloves, chopped
- 5 tablespoons peeled shallots, sliced

**Method**

Grind all ingredients until finely blended using a mortar or blender.
Phat Kaphrao
(Stir-Fried Chicken, Pork, or Beef with Holy Basil)
Phat Kaphrao is inevitably the most popular go-to dish among Thais and it can be found just about anywhere in Thailand. Packed with robust flavours and mouth-watering aroma, Phat Kaphrao consists of a choice of meat stir-fried with chillies, garlic, and Bai Kaphrao (holy basil leaves). It is eaten with steamed rice and often topped with Khai Dao (sunny side up fried egg) and served with Nampla Phrik (fish sauce with lime juice and slices of bird’s eye chilli).

Ingredients
- 3 tablespoons vegetable oil
- 1 lb. chicken breast, pork, or beef sliced or minced
- 2 tablespoons garlic, chopped
- 3 tablespoons fish sauce
- 3/4 cup Thai Holy Basil leaves, thinly sliced
- 2 tablespoons sugar (palm sugar is preferred)
- 2 Phrik Khi Nu (bird’s eye chilli), crushed
- 2 tablespoons water

Method
Stir-fry the chopped garlic until it turns golden brown. Add ½ cup of basil and chillies and stir-fry for about 1 minute or until wilted. Add chicken, pork, or beef and stir-fry for another 3 minutes. Add fish sauce, water, and sugar and stir-fry until sauce slightly thickened. Add the remaining ¼ cup of basil and stir-fry for 5 seconds. Serve with rice, accompanied by Nam Pla Phrik (fish sauce with red or green bird’s eye chilli).

Phat Thai
(Thai-style Stir-fried Noodles)
Another world-renowned Thai menu, Phat Thai (also spelled Pad Thai) is much-loved for its variety of flavours and textures in one dish. Phat Thai is made with Sen Chan (thin rice noodles from Chanthaburi province) stir-fried with various ingredients including eggs, bean sprouts, dried shrimps, tofu, and chopped preserved radishes. Served with finely-ground peanuts, chilli powder, and a wedge of lime for seasoning, Phat Thai can be made with other type of noodles and with the addition of meat but prawn is the most popular choice.
**Tom Kha Kai**  
*(Chicken Coconut Soup)*  
Known as Chicken Coconut Soup, Tom Kha Kai literally translates to Chicken Galangal Soup (Tom is to boil, Kha is galangal, Kai is chicken). It is a light but rich soup that delicately infused the broth of coconut milk with the aromas of galangal, lemongrass, and kaffir lime leaves. Tom Kha Kai is made with tender pieces of chicken and flavoured with lime juice, fish sauce, sugar, roasted chilli paste, and chilli to create a perfectly spicy, sour, salty, and sweet hearty soup.

**Ingredients**

- 2 cups (16 fl.oz./500ml.) coconut milk
- 6 thin slices young galangal (Kha On)
- 2 stalks lemongrass (Takhrai), lower portion cut into 1 in. (2.5 cm.) lengths, crushed
- 5 fresh kaffir lime leaves (Bai Makrut), torn in half
- 8 fl.oz. (250 g.) boned chicken breast, sliced
- 5 tablespoons fish sauce (Nam Pla)
- 2 tablespoons sugar
- 1/2 cup (4 fl.oz./125 ml.) lime juice
- 1 teaspoon roasted chilli paste (Nam Phrik Phao)
- 1/4 cup cilantro/coriander leaves (Bai Phak Chi), leafstalk clipped
- 5 green bird’s eye chilli (Phrik Khi Nu), crushed

---

**Tom Kha Kai**  
*(Chicken Coconut Soup)*  
Known as Chicken Coconut Soup, Tom Kha Kai literally translates to Chicken Galangal Soup (Tom is to boil, Kha is galangal, Kai is chicken). It is a light but rich soup that delicately infused the broth of coconut milk with the aromas of galangal, lemongrass, and kaffir lime leaves. Tom Kha Kai is made with tender pieces of chicken and flavoured with lime juice, fish sauce, sugar, roasted chilli paste, and chilli to create a perfectly spicy, sour, salty, and sweet hearty soup.

**Ingredients**

- 2 cups (16 fl.oz./500ml.) coconut milk
- 6 thin slices young galangal (Kha On)
- 2 stalks lemongrass (Takhrai), lower portion cut into 1 in. (2.5 cm.) lengths, crushed
- 5 fresh kaffir lime leaves (Bai Makrut), torn in half
- 8 fl.oz. (250 g.) boned chicken breast, sliced
- 5 tablespoons fish sauce (Nam Pla)
- 2 tablespoons sugar
- 1/2 cup (4 fl.oz./125 ml.) lime juice
- 1 teaspoon roasted chilli paste (Nam Phrik Phao)
- 1/4 cup cilantro/coriander leaves (Bai Phak Chi), leafstalk clipped
- 5 green bird’s eye chilli (Phrik Khi Nu), crushed

---

**Ingredients**

- 3 cups narrow rice noodles (Sen Chan) soaked in warm water till flexible
- 1 cup sliced chicken meat, small strips
- 4 shrimps
- 2 eggs
- 1/2 cup cooking oil
- 1/3 cup soya bean curd, cut into small slivers
- 1 tablespoon pickled white radish (Chai-Po), chopped
- 1 teaspoon garlic, chopped
- 1 teaspoon shallot or onion, chopped
- 1 teaspoon ground dry red chilli or paprika
- 4 tablespoons sugar
- 4 tablespoons fish sauce
- 2 tablespoons vinegar
- 1/2 cup bean sprouts
- 2 tablespoons tamarind juice (substituted by vinegar)
- 1/3 cup spring onions, chopped to 1 1/2 in. lengths
- 1 lime
- 2 tablespoons ground roasted peanuts for garnishing

**Method**

Fry the chopped garlic and onion until they turn yellow. Add the chicken and fry until well cooked. Add the shrimp, pickled white radish, and soya bean curd, then add the eggs and scramble. Put in sugar, fish sauce, vinegar, and tamarind juice and stir until cooked. Add the noodles, stir-fry until all the ingredients are mixed well, and then add the spring onions and half a cup of bean sprouts (the rest is for garnishing) and stir-fry until cooked. Garnish with ground roasted peanuts, ground dry red chilli, bean sprouts, a lime wedge, and the remainder of the spring onions.
Method

Combine half the coconut milk with the galangal, lemongrass, and lime leaves in a large saucepan, and bring to boiling. Add the chicken, fish sauce, and sugar and let it simmer for some 4 minutes, or until the chicken is cooked. Add the remaining coconut milk and heat until boiling. Place the lime juice and chilli paste in a serving bowl and pour the soup over them. Stir well and garnish with cilantro leaves and crushed bird’s eye chilli.

Yam Nuea

(Spicy Thai Beef Salad)

Yam Nuea or spicy Thai beef salad is easy to cook and gives diners an amazing synergy of tastes including sour, salty, sweet, and spicy. Yam means mix, and all the ingredients and dressing are tossed just before serving to keep the flavour and ingredients fresh. Yam Nuea is a versatile dish as you can change from Nuea (beef) to Mu (pork) or other kind of meat, and can add your choice of vegetables and herbs in the menu; such as, lemongrass, or cucumber, to suit your preference.

Method

Roast the beef until well done or as preferred, and cut into small thin slices. Set aside. Mix the chopped garlic, 2 chopped coriander leaves, sugar, fish sauce, lime juice, salt, and ground black pepper. Add the beef and stir for another minute. When served on a plate, sprinkle the chillies on top and garnish with the remaining coriander leaves, the spring onions, and mint leaves. This salad is best accompanied by assorted vegetables.

Ingredients

- 450 g. prime beef tenderloin
- 2 garlic cloves
- 6 fresh coriander leaves
- 1/4 cup sugar
- 2 teaspoons fish sauce
- 2 teaspoons fresh lime juice
- freshly ground black pepper
- 2 spring onions, thinly sliced
- 6 fresh red chillies, thinly sliced
- mint leaves
- assorted vegetables


**Sa Te**
*(Skewered Barbecued Chicken, Pork, or Beef with Spicy Peanut Sauce)*

Sa Te or Satay is easily found on the streets in Thailand and is usually made of pork, but chicken or beef can also be used. The meat is marinated in the coconut milk with turmeric powder to create tender meat with tantalising yellow colour. The equally important aspects of Sa Te, apart from the skewered meat, are the spicy peanut sauce and Achat (cucumber relish), both of which gives an amazing contrast of flavours and texture to the barbecued meat.

**Ingredients**
- 1 1/2 lbs. chicken breast, pork, or beef
- 1/4 teaspoon roasted coriander seed powder
- 1/4 teaspoon pepper
- 1/4 teaspoon turmeric root powder
- 1/2 teaspoon curry powder
- 3 slices galangal
- 1/2 tablespoon finely chopped lemongrass
- 1 tablespoon salt
- 5 garlic cloves
- 1 cup coconut milk
- 2 tablespoons vegetable oil
- 2 tablespoons sugar
- small wooden skewers

**Method**

Slice the chicken breast, pork, or beef finely, approximately 1 1/2 inches in width. Pound together, or blend in a blender, the coriander, pepper, turmeric, curry powder, galangal, lemongrass, salt, and garlic. Pour the blended ingredients into the coconut milk. Add sugar and vegetable oil and blend again until all ingredients are well mixed. Add the chicken, pork, or beef slices and marinate for 2 hours. Thread the chicken, pork, or beef slices onto the skewers and put them over a charcoal grill (barbecue) and apply the marinade sauce to the chicken, pork, or beef slices while turning them over. Best served with Sa Te sauce and cucumber relish.
Sa Te Sauce

**Ingredients**
- 2 tablespoons massaman curry paste
- 4 tablespoons crushed peanut or peanut butter
- 1 1/2 teaspoons salt
- 5 tablespoons sugar
- 2 tablespoons cooking oil
- 1 1/2 cups coconut milk

**Method**
Combine oil, 1/2 cup of coconut milk and curry paste and place over medium heat. Cook until the coconut milk thickens. Add the remaining 1 1/2 cups of coconut milk, sugar, crushed peanut or peanut butter and stir until mixed well. Pour in the lime or tamarind juice, stir and remove from heat.

Cucumber Relish

**Ingredients**
- 6 tablespoons sugar
- 3 tablespoons sugar
- 1 1/2 teaspoons salt
- 2 peeled shallots, finely sliced
- 1 cup sliced cucumber, small pieces
- 1 tablespoon red spur chillies, sliced into fine rings
- 2-3 coriander leaves
- 1 cup hot water

**Method**
Use medium heat to boil the water, add sugar. When sugar is entirely melted, add vinegar and salt and stir. Mix. Set aside to cool. Add the cucumber, shallots and chilli and sprinkle with coriander leaves.

Kai Yang

*(Grilled Chicken)*
Kai Yang is Thai word for grilled chicken and there are several recipes, according to the regional location as well as the family recipe. Usually cooked using a whole chicken, Kai Yang is marinated for delicious flavour and tender meat, and when grilled to perfection, get crispy skin. Kai Yang is typically served with Namchim Kai (sweet chilli sauce) or Chao (dried chilli sauce) and is commonly eaten alongside Somtam (green papaya salad) and Khao Niao (sticky rice).

**Ingredients**
- 1 whole chicken, about 3 lb. (1.5 kg.), cut in half
- 2 lemongrass stalks, chopped
- 1 tablespoon ginger and galangal chopped
- 1 tablespoon coriander root, chopped
- 20 garlic cloves, peeled
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 tablespoon fish sauce
- 2 tablespoons sugar
- 1/4 cup cooking oil
**Method**

Rub the chicken all over with salt and pepper. Set aside. Blend all marinade ingredients and mix with coconut milk in a marinade bowl. Add fish sauce, sugar, and oil and stir until well mixed. Apply the mixture all over the chicken. Alternatively, pour the marinade over the chicken, cover, and leave for at least 2 hours. Charcoal-grill the chicken over low heat for 30-40 minutes or until cooked. Turn and baste regularly with the remaining boiled marinade. Leave the chicken for 5 minutes before chopping it into small pieces. Ideal accompanying dishes are green papaya salad (Som Tam), steamed sticky rice (Khao Niao), and chilli sauce dip.

**Som Tam**

*(Green Papaya Salad)*

Undeniably the most internationally recognised Thai salad, Som Tam is an Isan (northeastern) dish that is made of raw papaya with an addition of cherry tomatoes and yardlong beans. Made by using a mortar and pestle, the light and tangy dish is flavoured with fish sauce, tamarind juice, lime juice, palm sugar, and fresh chilli. There are many different types of Som Tam; such as Som Tam Thai (Som Tam with dried shrimp and roasted peanuts), Som Tam Pu (Som Tam with salted crab without dried shrimp and roasted peanuts), or Som Tam Pu Plara (Som Tam Pu with fermented fish).

**Ingredients**

- 1 medium dark green papaya (unripe papaya)
- 4 garlic cloves
- 6 green bird’s eye chilli (Phrik Khi Nu)
- 2 cherry tomatoes, cut into wedges
- 1/2 cup snake beans (yardlong beans), chopped into 1/2 in. (1 cm.) pieces
- 2 tablespoons anchovy sauce
- 1/2 tablespoon palm sugar
- 1/4 cup (2 fl.oz/60 ml) lime or tamarind juice

**Method**

Peel the papaya and rinse under running water. Roughly grate the papaya flesh or cut it into shreds. Remove the seeds. Set aside. In a mortar, pound the garlic cloves, chillies, chopped yardlong beans, and cherry tomatoes to a rough puree. Add the papaya, fish sauce, sugar, lime juice, and dried shrimps. Gently pound them until roughly mixed. Add the chopped peanuts and garnish with dried shrimps. Tip: serve cold accompanied by sticky rice.
Ingredients

- 10 g. lemongrass, finely sliced
- 10 g. shallots, finely sliced
- 10 g. coriander leaves, finely sliced
- mint leaves, 2 garlic cloves, chopped
- 5 chillies, chopped
- 2 tablespoons fish sauce
- 1 tablespoon lime juice
- 1/2 teaspoon sugar
- 100 g. pork meat, sliced
- 10 shrimps, shelled

Method

Slice the pork meat into squares. Shell, de-vein, and clean the shrimp. Boil a small pan of water and cook the pork and shrimp for 1 minute. Slice the lemongrass, coriander leaves, and shallots finely. Blend the chillies and garlic in a blender until they are finely chopped, and mix with all the other ingredients and garnish with mint leaves.

Nam Takhrai
(Lemongrass Honey Drink)

Can be served hot or cold, Nam Takhrai is a healthy and refreshing drink that delightfully blends the flavours and aromas of lemongrass and honey. Apart from quenching your thirst, Nam Takhrai has many therapeutic values as it can help relieve sore throats, cold, and flu, as well as, soothe your stomach and keep your digestive systems in check. Pandan leaves or lime juice can also be added to add more flavour and aroma to Nam Takhrai.

Yam Takhrai
(Lemongrass Salad)

A light and refreshing salad, Yam Takhrai is often made with minced pork and prawns and is bursting with intense flavours of fish sauce, lime juice, sugar, chilli, and the most important ingredient, which is finely sliced fresh Takhrai (lemongrass). Not only the lemongrass is great for health, but the fragrant herbal notes of the lemongrass make this salad even more appetising.
Ingredients

- 1 handful fresh lemongrass leaves, or 12 green lemongrass stalks, top half only, cleaned, trimmed
- 3-5 cups cold water
- 1-2 teaspoons mild-flavoured honey
- 1/4 teaspoon salt

Method

Cut the leaves or tops into 2-inch lengths and peel tough outer layers from lemongrass. Trim off and discard any discoloured or dry parts of root ends. Measure out 1 1/2 cups, loosely packed. Boil over medium-high heat in a 3- to 4-quart pot. Let it simmer for 10-15 minutes. Add salt. Remove from heat and leave until slightly cooled. Pick out and discard lemongrass and let it cool completely. Add honey before drinking.

Glossary

1 cup = 8 fl.oz./250 ml.
Young galangal = Kha On
Lemongrass = Takhrai
Kaffir lime leaf = Bai Makrut
Fish sauce = Nam Pla
Roasted chilli paste = Nam Phrik Phao
Cilantro/coriander leaf = Bai Phak Chi
Bird’s eye chilli = Phrik Khi Nu
Kuaitiao Sukhothai
(Sukhothai - style Noodle)