

Thai cuisine (high level of cooking) is one of the most famous cuisines in the world.

Thai food is softly prepared with a strong aroma (pleasant smell) and often spicy.

Thai people like various and well balanced food.

The main 5 taste senses are:



bitter



salty



sour



sweet



spicy



Thai food (ahaan Thai) typically has of a main single dish served with several separate dishes.

Thai cooking is not simple but is a mix of many elements (parts) with much attention to details such as colour, how it feels and looks, taste and ingredients with medicinal benefits. Of course (Thai) rice comes with most dishes.

Cutlery



Generally spoon and fork are used.

Fork held in left hand used to shovel food into the spoon.

Chopsticks are mostly used for eating noodles.



Northern people eat sticky (compressed/clumped by a special cooking technique) rice with their right hands. They make small balls that are dipped into side dishes and then eaten.



Thai food has some influences from other countries:



Chinese

noodles and techniques of wok cooking



Spanish Chili for Thai paste



Indian curries; yellow, green, red



Top 10 Thai Dishes

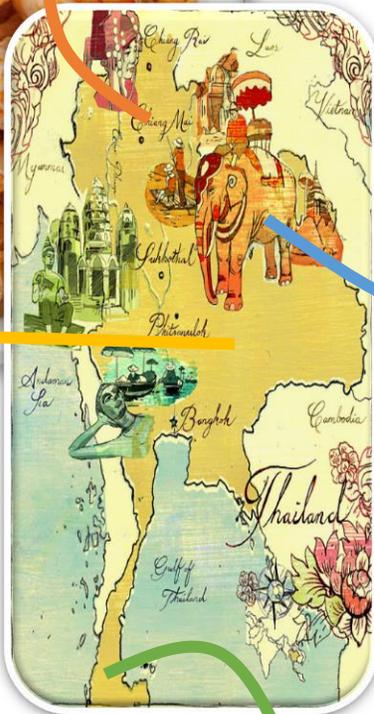
1. Tom Yam Kung; a spicy shrimp soup: 99%.
2. Kaeng Khiao Wan Kai: chicken green curry: 85%.
3. Phat Thai: fried noodles Thai style: 70%.
4. Phat Khrapao: meat fried with sweet basils: 52%.
5. Kaeng Phet Pet Yang: roast duck curry: 50%.
6. Tom Kha Kai: chicken in coconut soup: 47%.
7. Yam Nua: spicy beef salad: 45%.
8. Mu or Kai sa-te: roast pork or chicken with turmeric: 43%.
9. Kai Phat Met Mamuang Himmaphan: chicken fried with cashew nuts: 42%.
10. Phanaeng: meat in coconut cream: 39%.





The North
 Less spicy than in other regions. There is an influence from Myanmar. Sticky rice is favourite. Coconut milk is often used for preparing food.

The Central Region
 The Central Region is home to many of the dishes that have been changed and are served in Thai restaurants all over the world. Coconut curries and varying flavors with different types of meat and seafood are favourite in this region. Tom Yum, a spicy and sour soup made with lemon grass and galangal is a favored dish in Bangkok.



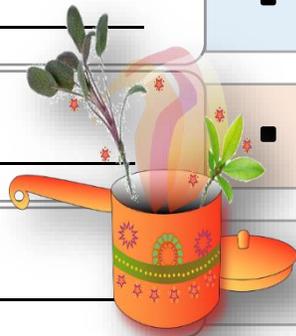
The Northeast
 The Northeast has its own approach to food and is also influenced by its neighbor Laos. The food tastes salty and bitter. Sticky rice is also here preferred to Jasmin. Som Tom is a delicious salad. People from the Northeast don't really like their food prepared in coconut milk

Because of the Muslim population preparing food in the South has Middle Eastern and Indian ethnic influences. It is also very spicy. Thai noodles and coconut curries are very popular in the deep South.

	Tom Yam Kung		Pat Khrapao		Khaeng Khiao Wan Kai
	<i>A spicy shrimp soup.</i>				
	Phat Thai		Kaeng Phet Pet Yang		Tom Kha Kai
	Yam Nua		Kai Phat Met Mamuang Himmaphan		Mu Sa-te

The main 5 taste senses of Thai food are: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

<i>Phanaeng</i>	▪ 1. meat in coconut cream
_____	▪ 2. chicken fried with cashew nuts
_____	▪ 3. spicy beef salad
_____	▪ 4. roast duck curry
_____	▪ 5. roast pork or chicken with turmeric
_____	▪ 6. chicken in coconut soup
_____	▪ 7. a spicy shrimp soup
_____	▪ 8. meat fried with sweet basils
_____	▪ 9. fried noodles Thai style.
_____	▪ 10. chicken green curry



Meat in Thai food

Meats used in Thai cuisine are usually pork and chicken and sometimes duck, beef or water buffalo.

Different kinds of meat in English.

1. **Chicken** meat from the chicken
2. **Pork** meat from the pig
3. **Lamb** meat from a young animal (mostly sheep)
4. **Beef** meat from cattle (cow)



Lunch time at a Thai school

Minced pork is meat (usually beef) that has been cut up into very small pieces, often using a special machine.

Beef is not often used in local Thai food as many people do not care for the taste of beef.

Pork is a common meat ingredient in many types of Thai food. Ground pork is used in stir-fries, soups and even salads.

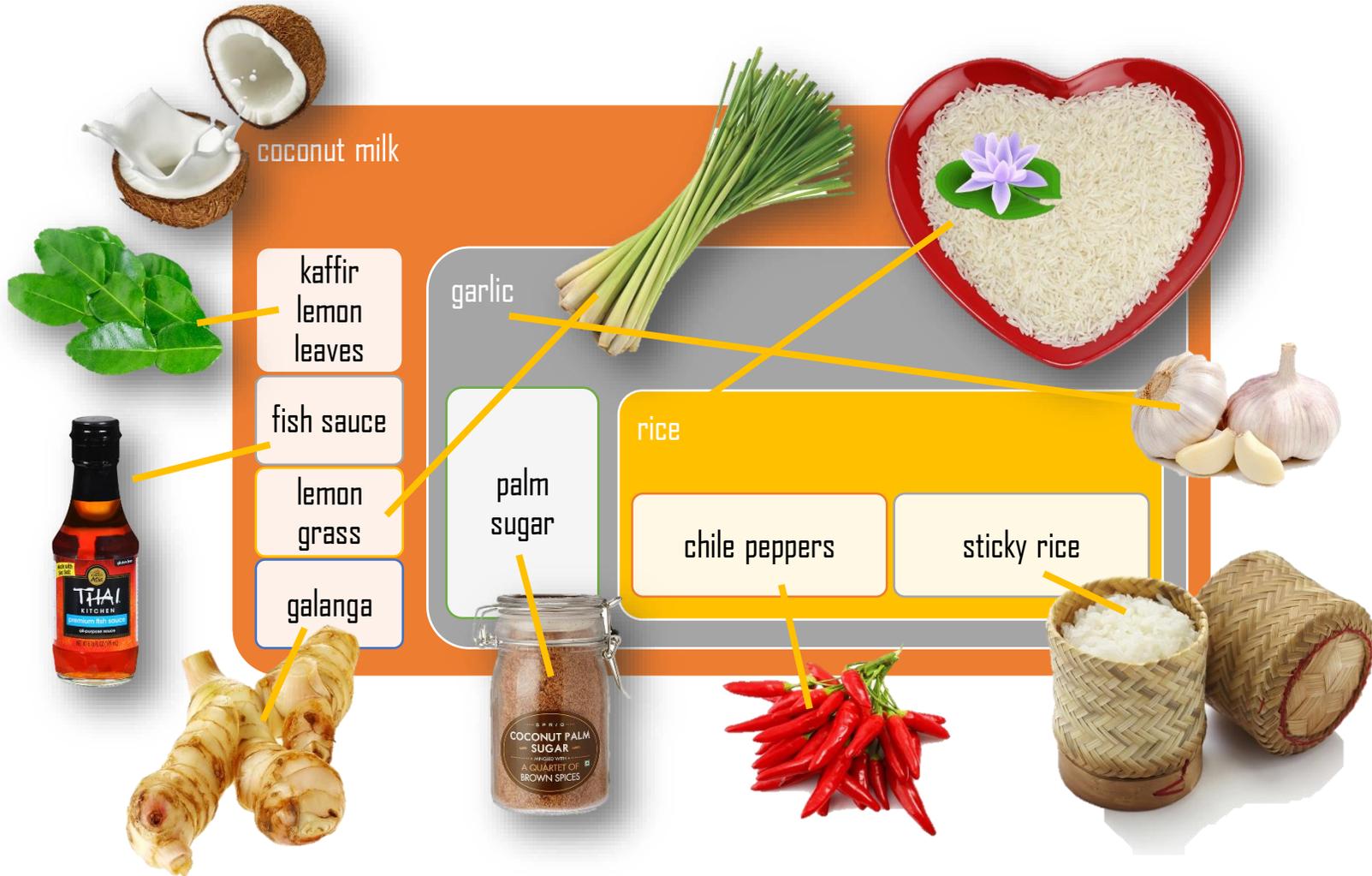
Crispy deep-fried pork belly slices (Moo Grob) are used in several Thai dishes. Pad Prik Pao Moo Grob is a delicious one dish meal with roasted chili sauce.



Pad Prik Pao

Moo Grob

Pork belly is a boneless cut of fatty meat from the pig's belly. Pork is popular in Thailand but is not widely seen on Thai restaurant menus outside Asia.



RECIPE

- 60 prawns, medium, shelled
- 2 liter shrimp stock
- 500 grams mushrooms, halved
- 3 stems Lemon grass
- 100 grams Galangal roots
- 1 bundle coriander greens
- 150 ml lemon juice
- 2 tbsp chile paste oil
- 30 grams Coriander

Additional items shown: JUMBO Crevette Shrimp, 4 Vitamins A, a jar of chili paste, a bowl of Tom Yam Kung, mushrooms, galangal roots, lemongrass, coriander, a notebook labeled 'Recipes', and a bottle of ITALIA LEMON JUICE.

Reading: Thai Food; Aroj Maak



1. Spicy or not?

Many people think Thai food is the most delicious (having a good taste) food in the world.

It is light, healthy, and full of vegetables and has a nice aroma (strong pleasant smell) too.

Thai food is not too hot.

Don't be afraid of the chilies! You will find chilies in just about every dish (meal) but they're not always hot.

The bigger ones are just another vegetable, so mild (soft of taste) that children will eat them easily. They are full of vitamin C so just eat them. But be careful for the little ones. You can add fish sauce (Nam Pla) or vinegar, ground dried chilies and pastes.

Restaurants often think that farangs (Thai for foreigners) don't like the hot food. So if you want to have more chili (Prik in Thai) you have to ask for it.



2. Soups

Thai soups are served (brought to you) as part of the main meal, not as a starter. They are filling enough in themselves. This means that only eating soup could be enough to satisfy (take away) your hunger. However many Thai people order rice as a side dish.

Your soup will have sticks and leaves, you do not really need to eat them, although very young kaffir lime leaves are yummi.

You can just take out the pieces of lemon grass, galangal, lime leaves, tamarind pods etc.

The two main soups you'll find are Tom Yum and Tom Kha.

Tom Yum

Many people think Tom Yum is the best soup there is.

It has a fiery (strong) hot taste from chilies and is sour from lime. It normally doesn't have coconut; so you can easily see what is in it.

Tom Kha

Tom Kha is a highly fragrant (strong smelling) thin coconut soup. It can be totally spice or chilly free.

The key parts (ingredients) are galangal and lemon grass. Kaffir lime leaves and fresh basil add more fragrance. Tom Kha has often delicious Asian mushrooms.

3. Various (different kinds of) Fried Noodles

Pad Siew (or Pad See Ew)

Fat, slippery rice noodles fried with soy sauce (the siew) and vegetables; with or without meat.

Pad Siew has greens, kale, Chinese broccoli or similar (the same).

Pad Thai

Probably the most eaten food by the Thai people and tourists.

A real Pad Thai has thin rice noodles, stir-fried with eggs and small pieces of tofu. Its flavor comes from tamarind, fish sauce, tiny dried shrimps, garlic or shallots, chilies and sugar. There should also be lime and peanuts in it.

Know the Thai Curries

What is a curry?

A curry is a dish of meat, vegetables, cooked in an Indian-style sauce of strong spices and turmeric and served with rice.

All Thai curries are coconut milk based. Coconut milk isn't the clear liquid inside a drinking coconut. That is coconut water. Coconut milk is made from the flesh of the coconut and can be thick or thin. The colours of the curry come from the curry paste. It is full of chilies and smells strongly. The curries also have protein or straight vegetables.

Green Curry

The green curry paste is green because of the green chili, fresh coriander, basil and kaffir lime leaves. Green curry is normally sweeter than red curry. It often has green aubergines too.

Red Curry

Thai red curry paste is made from fresh and dried red chilies.

Yellow Curry

Yellow curry is creamier than red or green curries because it has coconut cream. The yellow comes from fresh turmeric in the paste, making it Indian-like.

Massaman Curry

Massaman is one of the world's top dishes or maybe the absolute number 1. Massaman means Muslim. This curry has much potatoes, lots of sugar and peanuts; a very heavy dish.

Penang Curry

Penang Curry is similar to red curry, but sweeter. Coconut cream makes it heavier and richer.

Various Fried Dishes

These are usually mixed with chicken, vegetable, prawn or tofu. The sauces contain a little garlic, soy and sugar.

Chicken with basil and chili

This dish really needs chili.



Chicken with Cashewnuts

This dish often has also many vegetables or tofu.



Omelet Rice

Omelet Rice is very cheap. It's often the cheapest item on the menu but it is very good food.



Larp or Larb

Larp is a meat salad.



Chopped meat, tofu or mushrooms, usually cooked and mixed with herbs. The meat is sometimes served raw, Larp has also mint, lime juice and fish sauce. If your larp is crunchy or grainy, it contains chopped, roasted rice. It is normally served with sticky rice, raw vegetables and chilies.

1. What means 'Cuisine'?

2. Name the main 5 taste senses in Thai food.

1. _____
2. _____
3. _____
4. _____
5. _____

3. What cutlery do the Thai use?

4. Northern Thai people like sticky rice. What means 'sticky'?

5. Thai food has influences from China, Spain, and India. What are those 3 influences?

1. Chinese _____
2. Spanish _____
3. Indian _____

6. Name 3 food characteristics for each region:

1. North: _____
2. Northeast: _____
3. Central Region _____
4. The South _____

7. Name 5 famous Thai dishes

1. _____
2. _____
3. _____
4. _____
5. _____



8. Which 3 meats are usually eaten by Thai people?

- 1. _____
- 2. _____
- 3. _____

9.
Lamb is meat from the _____
Pork is meat from the _____
Beef is meat from the _____

10. What is minced pork?

11. Name 6 essential ingredients of Thai food.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

12. What are the 2 main basic soups eaten in Thailand?

- 1. _____
- 2. _____

13. What is a curry?

14. What means Massaman?

15. What is Larp?

