

Secrets to Thai Cooking



FOREWORD

Thai cuisine has become globally popular as a result of its unique characteristics and its rich flavours, derived from a huge variety of ingredients. Each dish has its own flavour from different signature ingredients as well as the delicate and detailed process of preparation and cooking. The ingredients and the cooking process contribute to dishes that are a feast for the senses, with a vast array of flavours, be they sourness, saltiness or sweetness, not to mention the richness of coconut milk and the fiery heat of chillies. They all add to the colour and flavour of Thai food as well as the popularity of this cuisine among Thais and foreigners alike.

The variety of ingredients, in terms of both herbs and spices, in the dishes has also led to Thai cuisine being widely accepted in foreign circles as a healthy cuisine. Thus, the massaman curry, through its rich, spicy flavours that appeals to the tastes of foreigners, has become the most popular dish on the menus of Thai restaurants overseas. Apart from the famous massaman curry, there are other dishes that have been acclaimed overseas for a long time and have since become signature dishes of Thai cuisine. These include Tom Yum Gung (spicy sour prawn soup), Pad Thai (Thai-style stir-fried flat rice noodles), Som Tam (papaya salad), Gaeng Khiao Wan (green curry), Khao Pad (Thai-style fried rice) and Nam Tok Moo (Thai-style spicy pork salad). And the list keeps growing as more and more people explore Thai cuisine, for example, Pad See Ew (Thai-style stir-fried noodles with sweet soya sauce) is currently gaining widespread popularity.

In addition, Thai cuisine has four regional variations corresponding to the four geographical regions of Thailand. Each has its own unique characteristics, derived from local wisdom and tastes. Southern Thai cuisine has a strong, spicy flavour with turmeric as the signature ingredient in almost every dish - this spice also assists in the healing of stomach ulcers. The North, with its mountainous topography and its cooler climate, calls for dishes that are more fattening to warm the body.

The Northeast or Isaan region, has two main flavours: saltiness and spiciness. Sticky rice is also the main accompaniment to meals in this region. Finally, the Central region is the most gastronomically blessed, with access to ingredients from across the country, leading to a wide variety of dishes, such as snacks, chilli sauces, dips, various curries (both with and without coconut milk), Yums (spicy salads) and Thai desserts.



Smiling faces, the “wai” greeting, Thai food, Thai boxing, Thai massage and exotic Thai architecture are examples of the universally known hallmarks of Thai culture. Among all these, Thai food has perhaps established itself as a “global brand”. As an exporting country of agricultural and food products, the Thai Food to the World project is a key priority for the Thai Government in its overseas promotional campaigns.

In recent years, the Thai government has put a lot of energy and resources into promoting Thailand as a “Kitchen of the World”. It managed to increase the number of Thai restaurants overseas and raise the export volume of Thai food ingredients and other related products. To build up the momentum the nation has created, the Thailand Foundation, in collaboration with the Ministry of Foreign Affairs of Thailand, wishes to introduce to food lovers around the world Secrets to Thai Cooking, a simple, user-friendly cook book.

Secrets to Thai Cooking presents some of the dishes recommended by CNNGo in its list of the “World’s 50 Most Delicious Foods” by four renowned chefs in Thailand (three Thai and one Australian). All the dishes are delicious and easy to cook. Most of the ingredients can be easily found in Asian supermarkets.

Secrets To Thai Cooking is published in three languages: English, French and Spanish and now it is published in this bilingual English-Czech edition. Copies are available free of charge at Royal Thai Embassies and Consulates General around the world. We hope from now on you will be able to enjoy Thai flavours not only at your local Thai restaurant, but also in your own home.

Thailand Foundation
30 September 2012

CONTENTS

Gaeng Massaman Nua (Massaman Beef Curry).....	6
Pad Thai Gung Sod (Thai Fried Noodles with Prawn).....	8
Som Tam (Thai Papaya Salad).....	10
Tom Yum Gung (Hot and Sour Prawn Soup).....	12
Nam Tok (Hot and Spicy Grilled Pork Salad).....	14
Gaeng Khiao Wan (Green Chicken Curry)	16
Pad See Ew Gai (Rice Noodles with Chicken and Dark Soya Sauce).....	18
Khao Pad Pu (Crab Fried Rice).....	20
Tom Ka Gung (Prawn, Coconut and Galangal Soup)	22
Pu Ja (Fried Crab Meat).....	24
Chu Chee Pla (Fried Fish with Red Curry Paste)	26
Yum Nua Yang A-ngun (Hot and Sour Grilled Beef Salad with Grapes).....	28
Gung Pad Prik Daeng (Prawns with Red Chillies)	30
Bua Loy Sam Si (Three-Colour Rice Dumplings in Coconut Milk)	32
Pla Pla Salmon (Thai Salmon Salad).....	34
Yum Yai (Traditional Thai Salad).....	36
Tom Jiew Nua (Spicy Thai Beef Soup).....	38
Tod Man Pla (Fried Fish Cakes)	40
Gai Yang (Thai Grilled Chicken).....	42
Guay Tiew Sukhothai (Sukhothai-style Noodles).....	44
Tub Tim Grob (Water Chestnuts in Coconut Milk)	46
Gaeng Hung Lae Moo (Northern Style Curry of Pork and Ginger with Pickled Garlic)	48
Pad Cha Talay (Mixed Seafood Stir-fried with Chillies, Grachai, Holy Basil and Cumin Leaf)	50
Nam Prik Prik Thai Orn (Chilli Relish of Fresh Green Peppercorns, Shrimp Paste and Dried Fish)	52
Yum Makhua Yao Gung Maenam Pao (Grilled Aubergine Salad with River Prawn).....	54
Yokmani (Pandanus Infused Tapioca Pearls).....	56
Larb Ped (Spicy Minced Duck)	58
Mi Grob Chao Wang (Fried Noodles in Sweet and Sour Sauce).....	60
Gung Pad Nam Makham Med Mamuang Himmaphan (Prawns with Tamarind Sauce and Cashew Nuts).....	62
Pla Sam Rod (Fried Fish with Sweet, Hot and Sour Sauce).....	64
Ma Ho (Galloping Horses).....	66
Kanom Maw Gaeng (Baked Mung Beans and Coconut Custard).....	68
Chef's Profiles	70
Ingredients	78

GAENG MASSAMAN NUA

Massaman Beef Curry

INGREDIENTS FOR THE CURRY

300 g Top round beef
40 g Massaman curry paste
100 g Coconut cream
300 g Coconut milk
250 g Stock
50 g Roasted peanuts
100 g Potatoes
100 g Onions
30 g Palm sugar
2 tbsp Tamarind juice
1 tsp Salt
3 g Cardamom
2 g Bay leaves

INGREDIENTS

FOR THE MASSAMAN CURRY PASTE

100 g Dried chillies
2 tsp Ground pepper
 $\frac{1}{2}$ cup Chopped shallots
4 tsp Roasted ground coriander seeds
 $\frac{1}{4}$ cup Chopped garlic
2 tsp Roasted ground cumin
2 tsp Chopped galangal
 $\frac{1}{2}$ tsp Roasted ground cloves
 $\frac{1}{2}$ cup Chopped lemongrass
 $\frac{1}{2}$ tsp Roasted ground nutmeg
2 tsp Grated kaffir lime peel
 $\frac{1}{2}$ tsp Roasted ground cinnamon
2 tsp Chopped coriander roots
 $\frac{1}{2}$ tsp Roasted ground cardamom
4 tsp Salt
12 g Mace
2 tsp Grilled shrimp paste

PREPARATION

- Simmer the coconut cream until it just starts to separate. Then add the massaman curry paste and stir until an aroma develops. Separate the coconut milk into two halves; mix the first half with the coconut cream and massaman curry paste mixture. After it has come to the boil, add the beef and the rest of the coconut milk.
- Add the stock and bring to the boil. Add the following: cardamom, bay leaves, roasted peanuts and potatoes. Simmer until the beef and potatoes are tender and then season with salt, palm sugar and tamarind juice.
- Add the onions and simmer until the curry thickens.

Sweet potatoes



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Tip

You can use other meat such as chicken, lamb or pork instead of beef.

PAD THAI GUNG SOD

Thai Fried Noodles with Prawn

INGREDIENTS

1 Small pack of medium flat noodles or soya bean-flour noodles (soaked in water until soft)
½ cup Bean sprouts
1 Egg
1 tsp Chopped roasted peanuts
1 tsp Chopped preserved turnip
¼ cup Garlic chives (cut into 1 inch lengths)
¼ cup Tofu (cut into small cubes)
½ tsp Fried garlic
1 tsp Fried dried shrimps
2 tsp Soybean oil for frying

INGREDIENTS FOR THE SAUCE

2 tsp Lemon juice
4 tsp Sugar
2 tsp Tamarind juice
2 tsp Fish sauce
½ tsp Ground chillies

PREPARATION

1. Drain the noodles.
2. To the saucepan, add the sugar, fish sauce, tamarind juice, lemon juice and ground chillies. Simmer until the sauce thickens.
3. In a frying pan, heat the oil. Add the fried garlic, fried dried shrimps, tofu and chopped preserved turnip. Stir until an aroma develops. Put the ingredients to one side of the pan.
4. Break the egg into the frying pan and stir thoroughly. Then add the noodles and pour some of the prepared sauce into the pan. Stir until the noodles become dry. Mix all the ingredients together. Pour the remaining sauce into the pan. Then add the bean sprouts, garlic chives and chopped roasted peanuts. Serve on a plate.



Garlic chives



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Tip

When frying the egg,
it is recommended to
cook until crispy, with
a slight "burnt" aroma.

SOM TAM

Thai Papaya Salad

INGREDIENTS

200 g Grated raw green papaya
4 g Small garlic cloves
3 g Small chillies
40 g Cherry tomatoes
30 g Green beans
2 tbsp Roasted peanuts
1 tbsp Dried shrimp
1 tbsp Fish sauce
20 g Palm sugar
1½ tbsp Lemon juice

PREPARATION

1. Using a pestle and mortar, blend the small chillies and garlic together. Add the green beans, palm sugar, fish sauce, dried shrimp and lemon juice.
2. Add the green papaya and halved cherry tomatoes and pound them together with the other ingredients.
3. Serve on a plate with fresh salad.



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Tip

It is recommended to shred the green papaya into thin strips so that the spicy sauce is better absorbed. The shredded papaya will become crispy by being cooled in a refrigerator before preparation.



TOM YUM GUNG

Hot and Sour Prawn Soup

INGREDIENTS

4 Prawns
100 g Straw mushrooms
1 stick Chopped lemongrass
2 pieces Galangal, thinly sliced crosswise
1 Coriander root
3 Old Kaffir lime leaves
625 ml Stock
10-15 Pounded small chillies
5 tbsp Fish sauce
5 tbsp Lemon juice
1 bunch Coriander

PREPARATION

1. Wash the prawns. Remove the shells. Keep the shells, prawn oil and prawns separate.
2. Bring the stock to the boil, and then add the shells. Bring back to the boil.
3. In a frying pan, heat a little bit of oil. Then add the prawn oil and stir. Set aside.
4. Devein the prawns.
5. Bring the stock to the boil. Add the following: sliced galangal, chopped lemongrass and coriander root.
6. When the stock is simmering, add the straw mushrooms, kaffir lime leaves, deveined prawns and stirred prawn oil. Stir until cooked through and garnish with coriander leaves.

NOTE

The best hot and sour prawn soup should have a sour, salty and spicy taste. The prawns should be fresh. The prawn oil must not burn.

Lemongrass



Tip

Hot and sour prawn soup without Thai chilli paste and milk is the traditional recipe. The shells can be roasted before being added to the boiling water. If you do not like too much oil in the soup, it is not necessary to fry the prawn oil separately as in stage 3. Freshly-squeezed lemon juice can be frozen for future convenience. The soup should be sour, salty and hot, with a subtle fragrance of lemon juice and small red chillies. The prawns should be opaque and the prawn oil must not burn.



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NAM TOK

Hot and Spicy Grilled Pork Salad

INGREDIENTS

120 g Good quality pork
(loin or rump would be nice)
5 sliced Thai shallots
2 tbsp Chiffonnade long leaf coriander
2 Apple aubergines cut in half and thinly sliced lengthways
3 tbsp Freshly picked coriander
2 finely sliced spring onions
3 tbsp freshly picked mint
about 1 tbsp roasted chilli powder
about 1 tbsp ground toasted rice
about 4 limes the juice
about 2 tbsp good quality fish sauce

INGREDIENTS FOR THE GARNISH

Toasted rice
Cabbage
Snake beans
Cucumber
Vietnamese mint

PREPARATION OF NAM TOK

1. Briefly marinate the pork in fish sauce with a small amount of roasted chilli powder. Grill over a medium heat until the pork is cooked. Allow to rest.
2. Meanwhile, make the dressing by mixing all the ingredients together in a separate bowl. It should be hot, salty, sour and fragrant. Set aside.
3. In a larger bowl mix the fresh herbs, Thai shallots and aubergines.
4. Once the pork is rested cut into elegant slices (remember to cut across the grain) and add to the salad mix.
5. Very gently add the dressing to the salad and carefully toss together without bruising the herbs.
6. Place on the plate and garnish with toasted rice, on the side place the fresh whole vegetables and herbs. These are soothing when the intensity and heat of the salad become too much.



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Tip

This is a delightfully simple salad however it is very important to select the best fresh ingredients possible and treat them with care.

Pea aubergine



GAENG KHIAO WAN

Green Chicken Curry

INGREDIENTS FOR THE GREEN CURRY PASTE

- 7–10 Small prik khi nu (green Thai bird's eye chillies)
- 10 Toasted coriander seeds
- 5 Toasted cumin seeds
- 10 Whole white peppercorns
- zest of 1 kaffir lime
- 2 Coriander roots
- 1 tbsp Peeled and sliced galangal
- 2 tbsp Finely sliced lemongrass
- 2 cm Peeled red turmeric
- 2 tbsp Peeled Thai shallots
- Gapi (shrimp paste) to taste
- A pinch of salt

INGREDIENTS FOR THE CURRY

- 2 tbsp Hand pounded green curry paste
- 2 Chicken legs, bone in and cut into folk and spoon size pieces
- 1 cup Fresh coconut cream
- about 1 tbsp fish sauce
- about a cup fresh coconut milk
- about a cup fresh stock
- 2 tbsp Picked pea aubergines
- 2 Apple aubergines stem removed and cut into 8 wedges
- 2 tbsp Young palm heart cut into elegant slices
- 4 Lime leaves, stem removed and torn in half
- 2 Each long red and green chillies cut lengthways removing seeds and sliced into 3–4cm strips
- 2 tbsp Finely sliced white turmeric
- 2 tbsp Thai basil Leaves

PREPARATION OF GREEN CURRY PASTE

To make the paste pound all the ingredients together in a stone mortar and pestle one at a time, in the order listed, until a fine paste is achieved. It is important that you obtain a very fine paste before adding each ingredient to achieve a well-rounded and uniform flavour and texture.

PREPARATION OF CURRY

1. In a pot with a heavy base bring the fresh coconut cream to the boil and simmer gently until the fat begins to separate.
2. Add the green curry paste and fry over a medium heat, stirring regularly until you can smell the fragrance of the white pepper (Some say that you know your green curry paste is ready when you begin to sneeze).
3. Add the fish sauce and cook briefly before adding the coconut milk, a small amount of stock and the chicken pieces. Bring back to the boil and then turn down the heat to achieve a gentle simmer.
4. Add the aubergines, lime leaf and young palm heart, and continue to simmer until cooked but not soft. Finish by adding the white turmeric, Thai basil and chillies. Avoid boiling for too long at this stage as you want the Thai basil to retain its colour and fragrance.





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Tip

It should be hot and salty, with a subtle fragrance of dried spices and a lingering sweetness from the fresh coconut cream.

PAD SEE EW GAI

Rice Noodles with Chicken and Dark Soya Sauce

INGREDIENTS

120 ml Vegetable oil
400 g Broad, flat, rice noodles
200 g Kale
300 g Chicken breast (cut into small pieces)
4 Eggs
45 g Sugar
60 g Oyster sauce
80 ml Light soya sauce
30 ml Dark soya sauce
4 g Ground pepper
30 g Small garlic cloves

PREPARATION OF THE INGREDIENTS

Broad flat rice noodles: The fresh rice noodles are often pressed together, and so it is recommended to separate the noodles before cooking. Dried rice noodles are also available. Soak the dried noodles in room temperature water until they are soft. (If dried noodles are soaked in hot water, they can break into small pieces during cooking.) **Kale:** If you have big Thai kale, peel off some of the outer leaves. Cut the remaining leaves into suitable size pieces. Use a peeler to peel the stems and cut into pieces. Then soak the kale in hot water until it is cooked. Small kale can be used whole. **Chicken breast:** Remove the skin and any fibrous tissue. Chop the chicken into small pieces. **Small garlic cloves:** Peel the garlic. Pound with a pestle and mortar.

PREPARATION OF PAD SEE EW GAI

(RICE NOODLES WITH CHICKEN AND DARK SOYA SAUCE)

1. In a frying pan, heat the oil. Then add the pounded garlic and fry until golden brown. Add the chicken and stir until cooked.
2. Add the eggs and rice noodles. Stir together over a high heat. Then add the dark soya sauce and stir again. Reduce the heat.
3. Add the boiled kale and then season with light soya sauce, sugar, oyster sauce and ground pepper.
4. Stir until cooked through.
5. Serve with a set of four condiments: sugar, ground chillies, ground pepper and chopped chillies in rice vinegar.



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Tip

This dish is salty and spicy. The colour of rice noodles should be brown.

KHAO PAD PU

Crab Fried Rice

INGREDIENTS

150 g Lard (or vegetable oil)
3 Eggs
200 g Crab meat
800 g Cooked rice
100 g Onions
2 tbsp Chopped spring onions
3 tbsp Light soya sauce
 $\frac{3}{4}$ tbsp Ground pepper

SIDE DISH

Small cucumber, cherry tomatoes, halved lime, spring onions and coriander.

PREPARATION OF THE INGREDIENTS

Lard: Use fresh lard. Cut the lard into small pieces and fry over a medium heat until it starts to separate and turns goldenbrown. Do not fry for too long otherwise the oil will become bitter.
Eggs: Use fresh eggs. **Rice:** Cook the jasmine rice and let it cool and dry so that the grains do not stick together when the rice is fried. **Onions:** Do not use old onions which may not be sufficiently moist and may lack aroma. Cut the onions in half and chop lengthwise. **Spring Onions:** Chop the green stalks finely before frying along with the rice. Serve the white bulbs on the side.

PREPARATION OF KHAO PAD PU (CRAB FRIED RICE)

1. In a frying pan, heat the oil. Add the eggs and chicken. Stir together over a high heat. Add the chopped onion and stir until it is cooked through. Then add the rice and crab meat.
2. Add the following: light soya sauce, salt, ground pepper and sugar. Stir and mix thoroughly over a high heat. Add the chopped spring onions.
3. Serve on a plate with spring onions, wedges of green lime, cherry tomatoes and cucumbers.

PREPARATION OF THE SIDE DISH

Cucumbers: Serve the cucumbers with the fried rice. Wash and cut into small pieces. Cool in the refrigerator before serving. **Cherry tomatoes:** Wash the cherry tomatoes and remove their stems. Cut in half and cool in the refrigerator before serving. **Limes:** Wash and cut into pieces suitable for squeezing. **Coriander:** Wash the coriander. Separate into individual stalks and chill.

Rice



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Tip
Fry the rice over
a high heat to
prevent it from
sticking to the pan.



1

TOM KA GUNG

Prawn, Coconut and Galangal Soup

INGREDIENTS FOR THE STOCK

38 g Crosswise sliced galangal
25 g Pounded lemongrass
3 Kaffir lime leaves
10 g Pounded coriander roots
1.4 l Hot water
600 g Coconut cream
100 g Fish sauce
100 g Lime juice

INGREDIENTS FOR THE PRAWN, COCONUT AND GALANGAL SOUP

900 ml Stock
400 g Deveined tiger prawns
10 g Peeled young galangal, chopped finely
8 g Chopped lemongrass
100 g Boiled halved straw mushrooms
2 Chopped kaffir lime leaves
4 g Pounded small red chillies
20 g Chopped shallots
100 ml Boiled coconut milk

PREPARATION OF THE INGREDIENTS

Galangal: Choose fresh pink galangal. Peel the galangal and slice crosswise into several pieces. Chop with a knife and then add to the stock. **Lemongrass:** Use Thai lemongrass. When cut in half lengthwise, the inside should be violet. (If the inside is white, pound the lemongrass before adding to the stock). **Kaffir lime leaves:** Choose tender light-green leaves. Remove the stems. Put the leaves into layers and chop thinly lengthwise with a sharp knife. **Coriander roots:** Use small roots. If you can find only big roots, remove the stem and chop finely. Wash the roots of any dirt. Chop the roots and then pound with a pestle and mortar. **Coconut cream:** Shake before use. **Tiger prawns:** Remove the shell, devein and wash.

PREPARATION OF THE STOCK

1. Bring the water to the boil. Add the sliced galangal, pounded lemongrass and pounded coriander roots. Simmer until an aroma develops. Then add the coconut cream. Bring the stock back to the boil over a medium heat.
2. When the stock is boiling, season with the fish sauce, lime juice and kaffir lime leaves. Remove from the heat and strain the stock.

PREPARATION OF TOM KA GUNG (PRAWN, COCONUT AND GALANGAL SOUP)

1. Heat the stock and bring it to the boil. Add the deveined tiger prawns, chopped galangal, chopped lemongrass, boiled halved straw mushrooms and chopped shallots. Bring the soup to the boil again.
2. Add the coconut milk, pounded small red chillies and chopped kaffir lime leaves.
3. Check the seasoning. Remove from the heat and pour into a bowl. Garnish with Thai chilli paste, coriander leaves and chopped long red chillies.



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Tip

This prawn, coconut and galangal soup is a dish from the central part of Thailand. It is sweet, sour and salty. The boiled shallots give a sweet taste and the galangal adds a distinctive aroma.

PU JA

Fried Crab Meat

INGREDIENTS

400 g Blue crab meat
300 g Finely chopped chicken breast
10 g Pounded coriander roots
10 g Peeled garlic, pounded
2 Eggs (60-65 g each)
3 tbsp Coconut cream
4 tbsp Light soya sauce
1 tbsp Fish sauce
1 tsp Ground pepper
10 g Chopped Spring onions

FOR EGG MIXTURE

3 Eggs
½ tsp Fish sauce

INGREDIENTS FOR THE A JAD (DIP)

250 g Sugar
155 g Rice vinegar
11 g Salt

PREPARATION OF THE INGREDIENTS

Crab meat: Also use the meat from the legs. Slice the ginger crosswise into several pieces or pound the ginger. Place the crab meat over the ginger and spring onions in a steamer. Steam for four minutes and set aside. **Chicken breast:** Remove the skin and any fibrous tissue. Finely chop the chicken. **Coriander roots:** Use only small roots. If you can find only big roots, remove the stems and pound them. Wash the roots of any dirt and finely chop. Pound the chopped roots with pestle and mortar. **Garlic:** Use small garlic cloves. Peel the garlic and pound together with the coriander roots.

PREPARATION OF PU JA (FRIED CRAB MEAT)

1. Mix the finely chopped chicken, coriander roots, garlic and ground pepper in a bowl. Knead the mixture gently. Then add the light soya sauce, fish sauce, eggs and coconut cream. Mix all the ingredients together.
2. Add the steamed crab meat and chopped spring onions. Knead until all the ingredients are blended.
3. Shape the mixture into suitable size pieces.
4. In another bowl, mix the eggs and fish sauce. Dip the crab meat pieces into the bowl. Deep-fry at 170 degrees Celsius until golden brown.
5. Serve on a plate with dip.

PREPARATION OF A JAD (DIP)

1. In a saucepan, mix all the ingredients and stir until thoroughly blended.
2. Bring the mixture to the boil. Simmer over a low heat and stir gently until it has the consistency of thin syrup.
3. Set aside to cool.
4. Add the sliced cucumber and garnish with the slivers of large chillies and shallots.



Tip

This dish should be a little salty and have the fragrance of coriander roots, garlic, ground pepper, coconut cream and fried eggs.





CHU CHEE PLA

Fried Fish with Red Curry Paste

INGREDIENTS FOR THE RED CURRY PASTE

6 g Galangal
38 g Dried long chillies
10 Dried small chillies
12 g Lemongrass
36 g shallots
36 g Garlic
1 g Salt
14 g Shrimp paste
1 g Grated kaffir lime peel
2 g Sweet basil flowers
10 g Coriander roots
1 g Mixed spices
8 g Grachai (finger root)

INGREDIENTS FOR THE SPICY SAUCE

80 g Palm sugar
120 g Fish sauce
150 g Red curry paste
500 g Coconut cream
1.25 l Coconut milk
125 g Hot water

INGREDIENTS FOR THE FRIED FISH WITH RED CURRY PASTE

200 g Spicy sauce
120 g Fried fish
4 g Chopped grachai
1 g Chopped kaffir lime leaves

Dried long chillies



PREPARATION

Galangal: Choose fresh pink galangal. Peel the galangal and thinly slice crosswise. **Dried long chillies:** Choose red ones and avoid chillies that have a wrinkled skin or black spots. Slit the dried chillies lengthwise and remove some of the seeds. Then soak them in warm water and drain. Using a pestle and mortar, pound the chillies. **Dried small chillies:** choose bright red ones and avoid chillies that have a wrinkled skin or black spots. The preparation of the dried small chillies is the same as for the dried long chillies. **Lemongrass:** Use Thai lemongrass. When cut in half lengthwise, the inside should be violet. **Shallots:** Use small red shallots usually found in Thailand. It is not recommended to use European shallots because they lack juice and aroma. Peel the shallots and chop finely. Then pound by using a pestle and mortar. **Garlic:** Use small garlic cloves that have a strong aroma. Peel them but leave the last layer. **Grated kaffir lime peel:** Use old kaffir lime. Grate the peel with a sharp knife. Chop into small pieces before pounding with the other ingredients. **Sweet basil flowers:** Use sweet basil flowers. Remove the stem. **Coriander roots:** Wash the roots of any dirt. If you can find only big roots, remove the stems and chop finely. **Grachai (finger root):** Wash and peel with a sharp knife. Then finely chop crosswise. **Mixed spices:** roasted ground coriander seeds, roasted ground cumin, roasted ground cardamom.

PREPARATION OF THE RED CURRY PASTE

1. Using a pestle and mortar, pound the galangal and dried long chillies together to make a smooth paste.
2. Add the following: lemongrass, salt, grated kaffir lime peel, sweet basil flower and coriander roots. Pound all the ingredients together.
3. Then add the shallots, garlic and mixed spices. Pound again.
4. Add the coconut milk to the mixture and set aside.

PREPARATION FOR THE SPICY SAUCE

1. In a saucepan, heat the coconut cream and red curry paste. Add the hot water if the coconut cream is too thick. Stir the coconut cream until it starts to separate.
2. Add the fish sauce and palm sugar. Stir thoroughly to mix. Then add the coconut milk. Simmer the mixture and bring to the boil.
3. Then add the fried fish. When the fish is warmed through, add the chopped grachai and grated kaffir lime peel.



Tip

This fried fish with red curry paste is naturally sweet and salty. Grachai and kaffir lime leaves add a distinctive aroma.

YUM NUA YANG A-NGUN

Hot and Sour Grilled Beef Salad with Grapes

INGREDIENTS FOR THE SPICY PASTE

20 g Mint leaves and stems
10 g Small garlic cloves
5 g Small red chillies
Lemon juice

INGREDIENTS FOR YUM NUA YANG A-NGUN THE (HOT AND SOUR GRILLED BEEF SALAD WITH GRAPES)

20 g Fish sauce
20 g Lemon juice
10 g Syrup
30 g Spicy paste
150 g Grilled sirloin or tenderloin
(cut into small pieces)
15 g Chopped lemongrass
5 g Chopped mint leaves
1 g Chopped kaffir lime leaves
40 g Red grapes

PREPARATION OF THE INGREDIENTS FOR THE SPICY PASTE

Mint: Choose only fresh leaves and soak in water. Choose stems that are tender. The colour of the tender stem should be dark violet. Chop finely. **Small garlic cloves:** Use the small garlic clove that is a variety grown in Thailand; peel. **Small red chillies:** Remove the stems and wash.

PREPARATION OF THE SPICY PASTE

1. Using a pestle and mortar, pound the chopped mint stems. Then add the peeled garlic followed by the small red chillies.
2. Blend all the ingredients together. Add the lemon juice to keep the paste green.

PREPARATION OF THE INGREDIENTS FOR YUM NUA YANG A-NGUN

Syrup: In the saucepan, add equal portions of sugar and water. Bring the mixture to the boil. Simmer until the liquid thickens slightly. **Beef sirloin or tenderloin:** Cut into 1/3 centimetre thick strips and grill. Then cut into smaller pieces. **Lemongrass:** Peel away the tough outer layers and wash. Cut off the lower bulb. Finely cut the pale section crosswise. **Kaffir lime leaves:** By looking at the colour, choose leaves that are neither too old nor too tender. Wash and dry. Remove the stems. Fold the leaves into layers of 5-6 and chop thinly lengthwise with a sharp knife. Place the chopped leaves in a container with a lid. **Red grapes:** It is recommended to use seedless red grapes. Cut into quarters.

PREPARATION OF YUM NUA YANG A-NGUN

1. In the big bowl, mix the fish sauce, lemon juice, syrup and spicy paste. Blend all the ingredients together.
2. Add the lemongrass, mint leaves, kaffir lime leaves and grapes. Mix all the ingredients together.
3. Serve on a plate.





GUNG PAD PRIK DAENG

Prawns with Red Chillies

INGREDIENTS

4 Deveined tiger prawns
20 g Small garlic cloves
15 g Chopped long red chillies
15 bulbs Chopped pickled garlic
4–5 Small Red chillies
30 ml Fish sauce
40 g Oyster sauce
25 g Palm sugar
40 ml Vegetable oil
 $\frac{1}{2}$ cup Stock
15 g Green peppercorns
1 Chopped kaffir lime leaf
Sweet basil leaves to taste

PREPARATION OF THE INGREDIENTS

Tiger prawns: Remove the legs. Cut the prawns in half lengthwise but do not remove the shell. Remove the heads and set aside the oil. Wash and drain. (Deep-fry the prawns in hot oil before mixing with the other ingredients.) **Garlic:** Use small garlic cloves. Peel them but leave the last layer. **Long red chillies:** Cut the chillies in half lengthwise and remove the seeds. Then chop them finely. **Pickled garlic:** Remove the stem and chop finely. **Small red chillies:** Wash the chillies and pound them. **Kaffir lime leaf:** By looking at the colour, choose a leaf that is neither too old nor too tender. Wash and dry. Remove the stem. Fold the leaf into layers of 5–6 and chop thinly lengthwise with a sharp knife. Place the chopped leaf in a container with a lid. **Sweet basil leaves:** Wash and then choose only the fresh leaves.

PREPARATION OF GUNG PAD PRIK DAENG (PRAWNS WITH RED CHILLIES)

1. In a frying pan, heat the oil. Then add the chopped garlic and fry until golden brown. Add the oil from the prawn heads and stir until cooked.
2. Add the following: chopped pickled garlic and chopped long red chillies. Mix all the ingredients together. Then add the fish sauce, palm sugar, oyster sauce and stock.
3. Add the green peppercorns, fried tiger prawns, sweet basil leaves and chopped kaffir lime leaf. Gently mix all the ingredients together.
4. Serve on a plate.

Green peppercorns







BUA LOY SAM SI

Three-Colour Rice Dumplings in Coconut Milk

INGREDIENTS FOR THE COCONUT MILK MIXTURE

- 2 Coconuts juice and chopped coconut flesh (use young coconut)
- 500 ml Coconut cream
- 300 m Coconut milk
- 250 g Sugar
- 10 g Salt

INGREDIENTS FOR THE THREE-COLOUR RICE DUMPLINGS

INGREDIENTS OF THE GREEN RICE DUMPLINGS

- ½ cup Glutinous rice flour
- ¼ cup Boiled water and pandanus juice extract

INGREDIENTS OF THE YELLOW RICE DUMPLINGS

- ½ cup Glutinous rice flour
- 20 g Boiled pumpkin
- ½ cup Boiled water

INGREDIENTS OF THE WHITE RICE DUMPLINGS

- ½ cup Glutinous rice flour
- ½ cup Black glutinous rice flour
- ¼ cup Boiled taro
- ½ cup Boiled water



PREPARATION OF THE INGREDIENTS

Coconut: To obtain a fragrant coconut milk mixture, it is recommended to use aromatic coconut. **Coconut meat:** Drain the coconut and then cut in half. Use a spoon to scrape out the meat. Cut into small pieces.

PREPARATION OF THE COCONUT MILK MIXTURE

1. In a saucepan, mix all of the ingredients together (except the coconut flesh), stirring constantly until the sugar dissolves. Heat the mixture and bring it to the boil. Then remove from the heat and strain.
2. Add the chopped coconut meat. Simmer the mixture and set aside.

PREPARATION OF THE GREEN RICE DUMPLINGS

1. In a bowl, mix the glutinous rice flour and pandanus juice extract together. Knead the dough until the ingredients are blended.
2. Pour the boiled water gently onto the dough and knead until firm.
3. Shape into a number of small balls. Then place into a bowl of rice flour to keep them from sticking together.

PREPARATION OF THE YELLOW RICE DUMPLINGS

1. In a bowl, mix the glutinous rice flour and boiled pumpkin together. Knead the dough until the ingredients are blended.
2. Pour the boiled water gently onto the dough and knead until firm.
3. Shape into a number of small balls. The size of the small yellow balls should be the same as the green ones.

PREPARATION OF THE WHITE RICE DUMPLINGS

1. In a bowl, mix the glutinous rice flour and boiled taro together. Knead the dough until the ingredients are blended.
2. Pour the boiled water gently on to the dough and knead until firm.
3. Shape into a number of small balls and set aside.

PREPARATION OF THREE-COLOUR RICE DUMPLINGS IN COCONUT MILK

1. Shake the small balls gently in a strainer to get rid of excess flour.
2. Plunge into the boiling water.
3. As they cook, the dumplings will rise to the surface.
4. Strain the cooked balls and place in the coconut milk mixture.
5. Ladle into small bowls and serve warm.

Tip

The best coconut mixture should be not only sweet but should also have a slightly salty taste. It should also have the aroma of young coconut.



PLA PLA SALMON

Thai Salmon Salad

INGREDIENTS

250 g Salmon
60 g Shallots
3 Stalks lemongrass
6 g Small chillies
15 g Chopped garlic
5 g Chopped coriander roots
30 g Lemon juice
15 g Sugar
30 g Fish sauce
5 Kaffir lime leaves
2 Long red chillies
Coriander for garnish

PREPARATION

1. Clean the salmon and slice it into thin strips.
2. Mix the sugar, fish sauce and lemon juice together in a bowl and stir until the sugar is dissolved. Then add the chopped garlic and chopped coriander roots.
3. Place the salmon in the sauce mixture. Add the following: shallots, lemongrass and small chillies; gently mix all the ingredients together.
4. Place the salmon salad on a serving plate. Top with chopped long red chillies, chopped kaffir lime leaves and coriander, serve with fresh salad.



Lemongrass





Tip

Refrigerate the fish to
1–2 degrees Celsius
before cooking.

YUM YAI

Traditional Thai Salad

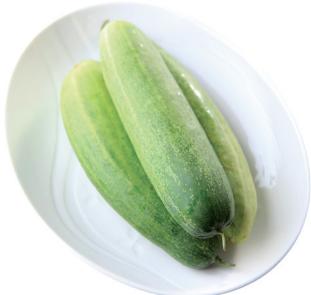
INGREDIENTS

100 g Boiled chicken breasts torn into small pieces
100 g Boiled shrimps in their shells
100 g Boiled pork liver
16 g Chopped wood ear mushrooms
30 g Long cucumber, sliced thinly
40 g Chopped Chinese cabbage stalks
10 g Spring onions, sliced thinly
8 g Chopped coriander
8 g Chopped celery stalks
10 g Fried garlic
3 tbsp Lemon juice
8 g Red chillies, sliced thinly
4 tbsp Sugar
4 tbsp Vinegar
3 tbsp Fish sauce
2 g Coriander roots
4 g Garlic
4 g Long yellow chillies

PREPARATION

1. Put all the ingredients onto a dish.
2. Sprinkle the fried garlic over the boiled chicken breasts and the boiled shrimps.
3. Using a pestle and mortar, pound the coriander roots and the long yellow chillies and mix together thoroughly.
4. Chop the raw garlic finely.
5. Heat the fish sauce, sugar and vinegar in a saucepan. Add the chopped garlic, pounded coriander roots and long yellow chillies. Stir well and bring the mixture to the boil. Then remove the saucepan from the heat and set aside to cool.
6. Pour the sauce into a bowl. Add the lemon juice and sprinkle with the sliced red chillies.

Cucumber





Tip

To prepare the prawns, remove the shells and devein. Then plunge in hot water.

Do not cook the prawns for too long because they will become tough.

TOM JIEW NUA

Spicy Thai Beef Soup

INGREDIENTS

100 g Beef sirloin or tenderloin
100 g Beef shank
100 g Sweet potatoes
4 Thai shallots
10 Small chillies
5 g Sweet basil leaves
5 g Holy basil leaves
15 g Tamarind juice
10 g Lemon juice
15 g Fish sauce
Stock

PREPARATION

1. In a saucepan, bring the stock to boil.
2. Wash the meat and remove the fibrous tissue. Cut the meat into small cubes. Place the beef sirloin or tenderloin and shank in a saucepan and simmer over a low heat.
3. Peel the sweet potatoes, wash, and cut them into small cubes. Put them in the saucepan with the beef and boil until tender.
4. Add the tamarind juice, fish sauce, sliced shallots, sweet basil leaves and holy basil leaves.
5. Remove the saucepan from the heat. Add the chillies and lemon juice.



Sweet basil





Tip

Simmer the beef shank for around 20 minutes before adding to a saucepan in stage 2.

TOD MAN PLA

Fried Fish Cakes

INGREDIENTS

200 g Featherback fish meat
40 g Roasted curry paste
6 g Chopped kaffir lime leaves
1 Egg
 $\frac{1}{4}$ tsp Salt
 $\frac{1}{2}$ tbsp Sugar

INGREDIENTS OF THE DIP

$\frac{1}{2}$ cup Sugar
 $\frac{1}{2}$ cup Vinegar
 $\frac{1}{2}$ tsp Salt
4 g Pounded red chillies
60 g Cucumbers
20 g Pounded roasted peanuts
Coriander leaves for garnish

PREPARATION

1. Knead the fish meat until firm.
2. Add the egg, salt, sugar and roasted curry paste to the fish meat. Mix and knead together by hand until all ingredients are blended. Once the mixture becomes sticky, add the chopped kaffir lime leaves and mix together again.
3. Shape the mixture into small balls. Flatten them slightly. Deep-fry them over a medium heat, until they turn golden brown. Serve on a plate with the dip.

PREPARATION OF THE DIP

1. Blend the sugar, vinegar and salt thoroughly in a saucepan. Heat the mixture over a low heat and bring it to the boil. Add the pounded red chillies and bring to the boil again. Remove from the heat and set aside to cool.
2. Place the sliced cucumbers in a serving bowl and pour the sauce over the top. Add the pounded roasted peanuts and garnish with coriander leaves. Serve in a small bowl with the fried fish cakes.



Tip

It is possible to use Spanish mackerel instead of featherback.

Knead the meat until the mixture thickens. A food procesor can be used.



GAI YANG

Thai Grilled Chicken

INGREDIENTS

2 Chicken legs 250 g
30 g Garlic
15 g Coriander roots
15 g Black peppercorns
15 g Lemongrass
15 g Ginger
10 g Sugar or condensed milk
50 ml Seasoning sauce
15 g Turmeric powder

PREPARATION

1. In a mortar and pestle, pound the garlic, coriander roots, black peppercorns, lemongrass and ginger. Then blend all the ingredients together to make a smooth paste.
2. Wash and clean the chicken. Drain thoroughly.
3. To make the marinade, mix the condensed milk, seasoning sauce and turmeric powder together.
4. Marinate the chicken for about 15 minutes.
5. Grill the chicken over a low heat until the meat is thoroughly cooked.



Turmeric powder



Tip

Grill the chicken over a low heat so that it is thoroughly cooked. The grilled chicken will be more fragrant if a charcoal brazier is used.



GUAY TIEW SUKHOTHAI

Sukhothai-style Noodles

INGREDIENTS FOR THE SOUP

1 l Plain water
1 kg Pork bones
10 g Coriander roots
20 Black peppercorns
1 tbsp Salt

INGREDIENTS FOR THE NOODLES

20 g Flat rice noodles
1 tsp Sliced salted white radish
1 tsp Dried shrimp
1 tsp Shredded tofu
4 Pieces barbecued pork
1 tbsp Minced pork
3 Pork meatballs
 $\frac{1}{2}$ tsp Fish sauce
1 tsp Grounded peanuts
 $\frac{1}{2}$ tsp Sugar
 $\frac{1}{2}$ tsp Grounded chillies
 $\frac{1}{2}$ tsp Pickled cabbage
 $\frac{1}{2}$ tbsp Lime juice
1 tsp Fried garlic
1 tsp Long beans
1 tsp Cabbage
1 tbsp Bean sprouts

Long beans



PREPARATION OF THE SOUP

Place all ingredients into a pot, bring to a boil and then simmer over medium heat for 2 hours.

PREPARATION

- Cook the noodles in boiling water until soft. Boil the long beans and cabbage leaves (these should be thinly sliced before being placed into the boiling water).
- Place the noodles in a bowl and arrange the boiled vegetables on top. Add the bean sprouts according to taste. Season with the fish sauce, peanuts, sugar, grounded chillies, lime juice and pickled cabbage for a rich sweet and sour flavour.
- Garnish with sliced salted white radish, dried shrimp, tofu, minced pork, barbecued pork and pork meat balls. Finish by ladling the soup over the mixture.
- Serve piping hot.



Tip

The key to the flavour of this dish lies in the broth. Chinese cabbage can also be added for a sweeter-flavoured broth.



TUB TIM GROB

Water Chestnuts in Coconut Milk

INGREDIENTS

150 g Water chestnuts
(Cut into small cubes)
100 g Red syrup
80 g Tapioca flour
80 g Sugar
80 g Water
100 g Coconut cream
¼ tsp Salt

PREPARATION

1. To make the syrup, mix the water and sugar and bring to the boil. Remove from the heat, allow to cool slightly and place in a container with a lid.
2. Bring the coconut cream to the boil over a low heat. Add the salt and stir until the salt dissolves. Remove from the heat and allow to cool.
3. Soak the cubed water chestnuts in the red syrup for about 5–7 minutes.
4. Drain the cubed water chestnuts. Put them in a bowl with the tapioca flour. Make sure that each piece is thoroughly coated with flour on all sides. Then, shake them gently in a strainer to get rid of excess flour.
5. Bring the water to the boil. Add the flour-coated water chestnuts to the boiling water. Once the water chestnuts are cooked, plunge them immediately into cold water. Then, drain them and put them in the cold syrup.
6. Serve the water chestnuts and cold syrup in a bowl. Top with coconut cream and serve with crushed ice.

Water chestnuts



Tip
Do not boil the
flour-coated water
chestnuts too
long because the
flour coating will
disintegrate.



Cardamom



INGREDIENTS FOR CURRY PASTE

A pinch of salt
½ cup Large dried red chillies, seeds removed finely sliced and soaked in water
5 Toasted cumin seeds
10 Toasted coriander seeds
3–5 Toasted Thai cardamom pods (use seeds only)
1 Toasted star anise
1–2 cm Toasted gassia bark
¼ cup Finely sliced lemongrass
1 cm Fresh red turmeric (peeled)
¼ cup Fresh ginger
⅓ cup Small red Thai shallots
¼ cup Small Thai garlic
Good quality gapi (shrimp paste) to taste

INGREDIENTS FOR THE CURRY

200 g Pork belly cut into large cubes
about 2.5x2.5 cm
200 g Pork shoulder cut into pieces
about 2.5x2.5 cm
2 tbsp Rendered pork fat
¼ cup Hung lae curry paste
¼ cup Finely sliced ginger
2 tbsp Pickled garlic (single cloves)
½ cup Whole peeled Thai shallots
1 tbsp Unrefined cane sugar
2–3 tbsp Coconut sugar

GAENG HUNG LAE MOO

Northern Style Curry of Pork and Ginger with Pickled Garlic

PREPARATION OF CURRY PASTE

To make the paste, pound all the ingredients together in a stone mortar and pestle one at a time, in order listed, until a fine paste is achieved. It is important that you obtain a very fine paste before adding each ingredient so as to achieve a well rounded and uniform flavour and texture.

Note

This recipe makes roughly enough paste for four portions of the curry below.

PREPARATION OF THE CURRY

1. Before making the curry place the pork belly and shoulder in a large pot and cover with cold water, as quickly as possible bring to the boil and discard the water. Repeat the process, drain and set aside.
2. In a heavy-based pot heat the rendered pork fat before adding the pounded curry paste.
3. Gently fry at a medium heat until the paste is slightly fragrant before adding the twice-blanchered pork and continue to fry until the paste is cooked and the fat is beginning to render out of the pork belly. Be careful when stirring so as not to break up the pork too much.
4. The paste is ready to be seasoned when you can smell the fragrance of the dried spices. To season add the sugars and continue to stir, allowing the spice to become quite intense before adding the fish sauce.
5. Add the sliced ginger and the shallots and allow to brown ever so slightly before adding stock, covering the pork by about 2 cm.
6. Bring to the boil and add the pickled garlic cloves (and the peanuts if desired).
7. Allow to simmer gently until the curry becomes quite thick with a layer of oil on top and the pork is well cooked.



Tip
It should be rich and aromatic, slightly sour from the garlic and with the fragrance of ginger.



PAD CHA TALAY

Mixed Seafood Stir-fried with Chillies, Grachai, Holy Basil and Cumin Leaf

INGREDIENTS FOR THE PASTE

- 4 Prik kee nu (bird's eye chillies)
- 1 tbsp Fresh green peppercorns, picked and washed
- 6 Cloves unpeeled Thai garlic
- 2 tbsp Grachai
- 3 Coriander roots (cleaned)

INGREDIENTS

- 80 g Fresh white-fleshed fish, (barramundi, sea bass or monkfish) cut into slices about 1 centimetre thick
- 80 g Cleaned squid cut into spoon sized pieces (wings and tentacles are especially nice in this dish)
- 3–5 Small white prawns shelled and deveined, head on
- 1 tbsp Fish sauce
- ½ tsp White sugar
- 1–2 tsps Roasted chilli powder
- 2 Each red and green chillies thinly sliced lengthways removing the seeds
- 4 Kaffir lime leaves, stem removed and torn in half
- 2 tbsp Fresh grachai thinly sliced
- 3 Whole peppercorns stems, cut into 2 centimetre lengths
- 1 Large handful fresh holy basil leaves
- 1 Large handful fresh cumin leaves (bai yee raa)
- Stock
- Oil for stir-frying

PREPARATION OF THE PASTE

In a mortar and pestle pound the above ingredients into a coares paste and set aside

PREPARATION

1. Before stir-frying it is important to season your wok properly. This is easily done; place the wok on an extremely high heat for about five minutes or until the wok glows red. Rinse with cold water and the wok is ready.
2. Add the oil and over a fairly fierce heat stir-fry the paste with the mixed seafood, being careful not to burn the paste, but with enough heat to allow the smoke from the wok to infuse the fish and prawns.
3. Stop the cooking with a splash of stock and season with fish sauce and roasted chilli powder. It may require a small amount of sugar but in general this dish is not sweet.
4. Add the grachai, peppercorns, lime leaf and chillies and cook briefly.
5. Finish with the holy basil leaf and the cumin leaf.



Grachai



Tip

It should be smoky,
hot and salty,
and fragrant form
the fresh herbs.



NAM PRIK PRIK THAI ORN

Chilli Relish of Fresh Green Peppercorns,
Shrimp Paste and Dried Fish

INGREDIENTS

2 tbsp Rendered pork fat
120 g Fresh pork belly cut into batons about 1 centimetre thick
Chilli garlic paste (see recipe)
Nam Prik paste (see recipe)
2 tbsp Coconut palm sugar
1–2 tbsp Good quality fish sauce a little stock
2 tbsp Grachai (finger root)
2 tbsp Fresh green peppercorns
6 Bruised bird's eye chillies
2 tbsp Sliced green mango
1 tbsp Tamarind water
Zeat of one som saa (optional)
Som saa is a round dark green citrus fruit. Its thick and aromatic skin is used for flavouring. It can be very difficult to find outside of Thailand so a squeeze of mandarin juice can be an appropriate substitute.

INGREDIENTS FOR THE NAM PRIK PASTE

2 Scraped coriander roots
10 cloves Unpeeled Thai garlic
10 cloves Roasted garlic
15 Roasted red Thai shallots
2 Fresh young tamarind pods, brown skin removed
2–3 tbsp Good quality gapi (shrimp paste)
1 tbsp Dried prawns
1–2 tbsp Pla grop (dried freshwater fish)
10 Prik kee nu (bird's eye chilies)
½ tbsp Picked green peppercorns, washed and drained
A pinch of salt

PREPARATION

1. In a heavy-based pot or brass wok heat the pork fat to a medium heat before adding the pork belly. Cook until golden.
2. Add the garlic and chilli paste and fry until golden before adding the nam prik paste.
3. Cook until you can smell the fragrance of pla grop (dried fish).
4. Season with palm sugar and fish sauce.
5. Loosen with a small amount of stock.
6. Add the sour fruits, peppercorns, chillies and som saa zest and simmer until the sourness of the fruits begins to permeate the relish.
7. Finish with the tamarind water.
8. It should be hot and fragrant, rich and redolent of peppercorns and slightly sour.





Tip

This relish is best eaten with rice as part of a balanced Thai meal and should be accompanied by various fresh and blanched vegetables, sweet pork, grilled fish and soft boiled duck eggs.

YUM MAKHUA YAO GUNG MAENAM PAO

Grilled Aubergine Salad with River Prawn

INGREDIENTS

- 1 River prawn (if fresh water river prawns are unavailable lobsters can be a wonderful alternative and if all else fails then some wild tiger prawns can work equally as well grilled)
- 2 Grilled long green aubergines (or long purple aubergines)
- 1 Soft boiled duck egg
- 15–20 Fresh mint leaves
- 15–20 Fresh coriander leaves
- 5–8 Thai shallots (thinly sliced)
- 2 Kaffir lime leaves (chiffonade)

INGREDIENTS FOR THE GARNISH

- 1 tbsp Ground toasted rice
- 1 tbsp Dried prawn floss
- 3 Deep-fried small dried chillies

INGREDIENTS FOR THE DRESSING

- 2–3 tbsp Lime juice
- 1 tbsp Toasted chilli powder
- 2 tbsp Sugar
- 3 tbsp Fish sauce

PREPARATION

1. Grill aubergine until the outside is blackened and the inside is cooked through. Let it cool before peeling.
2. Cut the river prawn in half lengthways and remove the lungs from just below the tomalley (liver). Grill prawn until the flesh is medium-well cook and the tomalley is just cooked. Allow to rest whilst preparing the remainder of the salad.
3. To make the dressing mix the sugar, lime juice and fish sauce together before adding the chilli powder. It should be hot, sour, salty and only slightly sweet as the aubergines themselves will be quite sweet once grilled.
4. Toss all the remaining salad ingredients together including the prawn meat, (leave the heads to the side) in a bowl and generously drizzle with the prepared dressing.
5. Gently place the salad on serving plate, leaving the grilled heads to the side of the salad.
6. Garnish by placing the soft boiled duck egg next to the salad and sprinkle the salad with the prawn floss, toasted rice and a couple of the deep-fried chillies.



Tip

Make a spring onion brush and dip in garlic oil to brush the prawn whilst grilling.



YOKMANI

Pandanus Infused Tapioca Pearls

INGREDIENTS FOR THE PANDANUS CONCENTRATE

100 g Fresh pandanus leaf
50 ml Water

INGREDIENTS FOR THE YOKMANI

½ cup Small tapioca pearls
45 ml Pandanas concentrate
50 g White sugar
1 Pandanus leaf
1 Freshly grated young coconut
1 Small pinch of salt

PREPARATION OF THE PANDANUS CONCENTRATE

Finely slice fresh pandanus leaf and place in a blender with water. Blend into a fine paste and strain through muslin or cheesecloth.

PREPARATION OF THE YOKMANI

1. Bring a large pot of water to the boil with the knotted pandanus leaf and the tapioca pearls.
2. Simmer until almost cooked.
3. Drain well and then return to the pot. Using a low heat add the sugar remember to stir continuously, it should bind together and become sticky.
4. Add enough pandanus concentrate to make it bright green but be careful not to make it to wet.
5. Remove and set aside to cool.
6. To serve take a spoonful of the tapioca mix at a time and roll in the freshly grated coconut.

Pandan leaf





Tip
It should be sweet
with the fragrance
of panandus.

LARB PED

Spicy Minced Duck

INGREDIENTS

½ Duck
1 tbsp Boiled fermented fish sauce
3 tbsp Fish sauce
¼ cup Lemon juice
2 tsps Sugar
3 tbsp Roasted ground rice
2 tbsp Roasted ground small chillies
¼ cup Chopped shallots
2 tbsp Chopped long (or sawtooth) coriander
2 tbsp Chopped spring onions
2 tbsp Chopped corianders
1 tbsp Chopped kaffir lime leaves
5 pieces Galangal (sliced crosswise into pieces)
1 stick Lemongrass
(cut into 2.5 centimetre lengths)
3 Shredded kaffir lime leaves

PREPARATION

1. Bring a pot of water to the boil. Add the following: lemongrass, shredded kaffir lime leaves and duck. Bring back to the boil. After the few minutes, remove the duck and peel off and chop the skin. Do not boil it too long; otherwise it will overcook and the dish will be too moist.
2. Cut the duck meat into several large pieces. Chop the duck meat, skin and lemongrass together. In a frying pan, heat the mixture until it is cooked through. Remove from the heat.
3. Season with fish sauce, boiled fermented fish sauce, lemon juice and sugar.
4. Add the roasted ground rice and roasted ground small chillies. Mix all the ingredients together. Then add the mint leaves, long corianders, corianders and chopped kaffir lime leaves. Mix well. Serve on a plate with fresh salad.

Lime





Tip

Fry some
of the duck skin
until it becomes crispy
and sprinkle over the dish.
The dish can also be topped
with fried kaffir lime leaves.

Pickled garlic



MI GROB CHAO WANG

Fried Noodles in Sweet and Sour Sauce

INGREDIENTS

1 small pack of rice vermicelli noodles
50 g Pork meat (cut into small cubes)
2 Prawns (cut into small cubes)
 $\frac{1}{2}$ cup Tofu (cut into small cubes)
 $\frac{1}{4}$ cup Garlic chives
(cut into 2.5 centimetre lengths)
2 tbsp Pickled garlic
(sliced crosswise into several pieces)
1 cup Bean sprouts
1 tbsp Chopped som saa zest
1 tbsp Chopped shallots
1 tbsp Chopped garlic
1 tbsp Rice vinegar
(for sprinkling over the noodles)
 $\frac{1}{2}$ cup Water
1 Egg (for frying)
Palm oil (for frying)
Julienned long red chillies and coriander
for garnishing

INGREDIENTS FOR THE SAUCE

2 tbsp Palm sugar
1 tbsp Sugar
2 tbsp Fish sauce
2 tbsp Lemon juice
2 tbsp Tamarind juice
1 tbsp Som saa juice
2 tbsp Soya bean oil (for frying)

PREPARATION

1. Soak the dried rice vermicelli noodles in warm water until soft. Drain the noodles. In a bowl, blend the half cup of water and rice vinegar together and set aside.
2. Sprinkle the noodles with rice vinegar. Drain the noodles again and set aside about 10–15 minutes.
3. Peel the shallots and garlic. Wash and finely chop.
4. Cut the pork, tofu and prawns into small cubes. Then fry in hot oil until they turn golden brown and become crispy.
5. In the frying pan, heat the oil. Add the chopped shallots and garlic. Fry until golden brown. Then add the fried cubed pork, tofu and prawns. Stir all the ingredients together.
6. Season with the palm sugar. Stir until the sugar is dissolved. Add the tamarind juice, lemon juice, sugar and fish sauce.
7. Add the som saa juice. Check the seasoning and pour the sauce into a bowl. Peel the som saa zest and finely chop for garnishing.
8. In a frying pan, heat the oil over a high heat. Put a handful of noodles into the pan. The noodles should puff up and spread out quickly. Cook for a few seconds and then remove and drain. Cook the rest of the noodles in the same way. Allow to cool slightly and place in a container with a lid.
9. Heat the fried noodles over a low heat. Pour the sauce onto the noodles. Mix the sauce and noodles together.
10. Heat the oil in a pan over a medium heat. Spoon in some of the beaten egg so that it fries in a long thin strip. Repeat the process.
11. Mix the fried noodles with egg strips, raw bean sprouts, garlic chives, pickled garlic, som saa zest, coriander and julienned long red chillies.





Tip

It is recommended to soak the dried rice vermicelli noodles in warm water. If they are soaked in cold water, they can break into small pieces during the cooking process. Som saa can be difficult to find outside of Thailand, so a squeeze of mandarin juice can be an appropriate substitute.

GUNG PAD NAM MAKHAM MED MAMUANG HIMMAPHAN

Prawns with Tamarind Sauce and Cashew Nuts

INGREDIENTS

700–800 g River prawns
10 g Cashew nuts
 $\frac{1}{2}$ cup Chopped onions
2 tbsp Fried dried chillies
2 tbsp Fried shallots
 $\frac{1}{2}$ cup Palm sugar
2 tsps Salt
 $\frac{1}{2}$ cup Tamarind juice
1 cup Vegetable oil
 $\frac{1}{2}$ cup Water
Coriander leaves for garnishing

PREPARATION

1. Wash the prawns and remove the shells. Devein. Do not remove the heads.
2. Heat the oil. Add the cashew nuts and fry until golden brown. Drain and set aside.
3. Fry the chopped onions over a medium heat until brown. Then add the prawns and stir gently. Add the water and stir until nearly cooked. Add the tamarind juice and fried dried chillies. Season with palm sugar and salt. Stir until the prawns are opaque. Remove from the heat.
4. Serve on a plate and garnish with coriander leaves and fried shallots.

Tamarind





Tip

It is recommended you check the tamarind juice to make sure that it is appropriately sour. The final dish should be sweet, sour and salty.

PLA SAM ROD

Fried Fish with Sweet, Hot and Sour Sauce

INGREDIENTS

1 Grouper fish
1 tbsp Red chillies
1 Long yellow chilli
2 tbsp Fish sauce
1 tbsp Palm sugar
1 tbsp Sugar
1 tbsp Rice vinegar
2 tbsp Tamarind juice
1 tsp Pounded coriander root
 $\frac{1}{2}$ –1 tbsp Fried garlic
2 tbsp Wheat flour
2 tbsp Soya bean oil or palm oil (for frying the fish)
Coriander and long red chillies for garnish

PREPARATION

1. Wash the fish and drain. Using a sharp knife, score the fish diagonally on both sides. Coat the fish with the wheat flour. Fry the fish in the oil over a medium heat. Do not fry over a low heat because the fish will absorb too much oil. Do not fry over a high heat either because it may not cook through before it burns.
2. Using a pestle and mortar, blend the coriander root, garlic and long red chilli. Heat the oil in a frying pan. Add the mixture to the pan and stir until an aroma develops.
3. Season the mixture with pineapple, tamarind sauce, rice vinegar, fish sauce, sugar and palm sugar. Simmer the sweet and sour sauce over a medium heat.
4. Place the fried fish on a serving plate. Then pour the sauce over the fish. Garnish with coriander and slivers of chopped long red chillies and coriander.

Long red chilli





Tip

Using balsamic vinegar instead of rice vinegar can improve the taste of the dish.

MA HO

Galloping Horses

INGREDIENTS

1 cup Minced pork
½ cup Minced prawns
1 tbsp Pounded garlic, coriander roots and peppercorns
1 tsp Salt
150 g Palm sugar
¼ cup Chopped peanuts
2 tbsp Soya bean oil for frying
1 Pineapple
Julienned red chillies and coriander leaves for garnishing

PREPARATION

1. Heat the soya bean oil in frying pan, add the minced pork and minced prawns and fry until they are cooked through and the mixture is dry. Remove from the pan and set aside. Peanuts
2. Place the preserved turnip, pounded garlic, coriander roots and peppercorns into the frying pan with soya bean oil and fry until fragrant. Then add the palm sugar and salt. Simmer until the mixture thickens.
3. Add the fried minced pork and prawns. Stir all the ingredients together. Then add the chopped peanuts and simmer until it is reduced to a sticky paste. Remove from the heat and allow to solidify.
4. Peel the pineapple. Remove any 'eyes' and the woody core. Then cut into bite-sized pieces about 1.25 centimetres thick. Top them with the solidified paste and serve on a plate.
5. Garnish the pineapple pieces with a coriander leaf and strip of chillies.



Peanuts





Tip

Do not use a fully ripe pineapple.

A vegetarian version of this dish can be prepared by using chopped preserved turnip instead of pork and prawns.

KANOM MAW GAENG

Baked Mung Beans and Coconut Custard

INGREDIENTS

250 g Mung beans (or taro, lotus seeds, etc)
4 cups Water
1 cup Coconut cream
250 g Palm sugar
 $\frac{1}{4}$ tsp Salt
3 Duck eggs
3 bulbs Finely chopped shallots
3 Pandanus leaves

PREPARATION

1. In a frying pan, heat the oil. Then add the finely chopped shallots and fry over a low heat until golden brown.
2. Soak the peeled mung beans in water. Then steam in a steamer until cooked.
3. If you use taro instead of mung beans, peel the taro before steaming. Then cut into small pieces.
4. Put the eggs, palm sugar and salt in a medium size bowl. Add the pandanus leaves and blend all the ingredients until the sugar is dissolved. Then add the coconut cream. Blend again. Strain the mixture through muslin or cheesecloth.
5. Add the steamed mung beans (or steamed taro) into the mixture. Add the oil which was used to fry the shallots (around 2 tbsp). Blend all the ingredients together.
6. In a brass pan (or a teflon pan), mash the mixture over a medium heat. Stir the mixture until it thickens. Be careful not to stir too long or the coconut cream will separate.
7. Pour the mixture into a baking pan, and bake in an oven at 180 °C (360°F) for 30–40 minutes. Then sprinkle the fried shallots over the top. Return to the oven for about 5 minutes.

Mung beans





Tip

If the large pan is used, cut the custard into small squares and serve.



Chef Vichit Mukura

With rich experience in the culinary industry spanning nearly three decades, Chef Mukura has worked both in Thailand and abroad, including in Japan where he taught Japanese chefs at the Yamaha Hotel in Osaka to cook Thai food. In Thailand, he ran his own restaurant in Pattaya and also worked as Thai Chef at the Mandarin Hotel in Bangkok. Today, as Executive Thai Chef and Senior Advisor of the Mandarin Oriental, Bangkok, he is in charge of the hotel's Thai food restaurants. Chef Mukura has helped promote Thai food in many countries, including Japan, Germany, the Czech Republic, the UK, the Russian Federation and the US. On several occasions he has cooked for royalty and world-famous celebrities. In October 2003, he was entrusted by the Royal Thai government to cook for 21 Heads of State and Heads of Government who took part in the Asia-Pacific Economic Cooperation Summit in Thailand.

"Thailand has a very long history and is well endowed with a rich heritage, including a world-famous food culture, which has been passed on from generation to generation. Thai food is known for its use of fresh and natural ingredients particularly vegetables and herbs to create a harmonious blend. The delicate Thai art of fruit and vegetable carving, which graces the formal presentation of Thai food, should also be promoted to Thai food lovers overseas."





Asst. Prof. Dr. Naruemon Nantaragsa

Dr. Naruemon has had extensive experience as a consultant and commentator on the food industry and has conducted much research in this area. She has been involved in restaurant management courses for Thai restaurant owners, Thai cookery courses for professional chefs and is regarded as an important part of the "Thai Food to the World" campaign under the oversight of the Ministry of Commerce, the Ministry of Culture, the Department of Skill Development of the Ministry of Labour, the Ministry of Foreign Affairs and other state agencies. At present, she is the president of the Management Committee of the Food Industry and Service Course at the School of Culinary Arts at Suan Dusit Rajabhat University.

"If you do not try, you will never know. If you do not look, you will never see the food that is meant for the eye as well as the soul. With this book, you will be able to taste Thai flavours and touch Thai food with your own hands; but if you want to touch the Thai atmosphere, then I would like to invite you to come and visit Thailand."





Chef Dylan Jones

Dylan started his career in Australia before moving abroad and honing his skills in London, where he fell in love with Thai food and culture. In 2009, Dylan, with his partner Bo, opened their first restaurant Bo.lan, which is on Newsweek magazine's list of the world's 101 best places to eat. Since opening Bo.lan, they have received much praise from both the local Thai and international community. Dylan regularly travels around Thailand in search of new and exciting ingredients and forgotten recipes, even learning the language so he can unlock lost recipes within ancient Thai texts.

"For me, Thai Food is more than Pad Thai and Massaman, it's diverse and bold, and I implore everyone to try more potent offerings such as Nahm Phrik Gapi (chilli shrimp paste), obviously eaten as part of a balanced Thai meal with rice."





Chumpol Jangprai

Born in May, 1973, and raised at his family's renowned Thai restaurant, Sa Nguan See, which first opened in 1955 and is located at 59/1 Wireless Road in Bangkok, it could be said that Thai cuisine has been in Chef Chumpol Jangprai's blood since the day he was born.

Chef Chumpol began his career at the tender age of 13 in the kitchen of his family's restaurant and later moved to Copenhagen, Denmark, as the first chef of the Blue Elephant Restaurant in 1993. He moved again in 1994, when he became the Assistant Head Chef of the original Blue Elephant Restaurant in Brussels, Belgium, becoming its Executive Chef in 1995.

In 2000, he was named Corporate Chef of the Blue Elephant Group worldwide. Two years later, he returned to his native Bangkok and opened the Blue Elephant Cooking School and Restaurant. In addition to these new commitments, Chef Chumpol also worked on the Blue Elephant's production side as the project manager for curry paste production, as well as for the Blue Elephant brand of Ready Meal products.

Outside the kitchen, Chef Chumpol is renowned on the Thai speaking circuit, having been involved in numerous state-organised and private seminars and events in Thailand since 1993. He has been involved in the SME Seminar for Thai Foods and a series of events organised by the Ministry of Labour and the Ministry of Public Health. He has also lectured on Thai cooking overseas and been involved in exhibitions such as the Thailand International Food Exhibition & Thailand International Muslim Exhibition.

Chef Chumpol's reach also extends to the mass media. He has been asked to host several TV programmes, including his own Golden Hand Chef show, which ran every Monday afternoon on Channel 5 and TGN (the Thai Global Network) from 2004-2005, and is back on air now. He is also the Thai food champion of Fanpantae (The Real Fan), one of the most popular game shows in Thailand, where contestants are tested on their knowledge of various subjects. He won through his thorough knowledge of Thai food. In addition, he is a regular contributor to various food magazines.

Throughout his career, Chef Chumpol has won numerous accolades and in October, 2003, was named "The Best Young Chef in Bangkok" for his traditional and innovative approach to food by Saveur, the international gourmet magazine.



THE HEALTH PROPERTIES OF THAI HERBS AND SPICES



MINT

Mint has a chilled yet spicy flavour. The stalks and leaves are popularly used to counter the fishy smell of some dishes, such as Yum (spicy salad), and Larb (spicy minced meat salad). Mint has cooling properties and is often used to alleviate fevers, build-up of gas, sweatiness and cold symptoms. It can also be prepared as a lozenge to refresh the oral and esophagus region and can help relieve the effects of headaches, toothaches, sore throats and insect bites.



SHALLOTS

Apart from its culinary uses, its leaves and seeds have additional medicinal uses. Shallots help in reducing gas in the digestive system and can help in alleviating colds, blocked nose, fevers and some oral diseases. It is also effective in helping with hangovers, hiccups and diarrhoea. Shallots can also be used as a laxative and emetic, as well as for strengthening the blood.



GARLIC

Popularly used in food preparation as a whole bulb or in individual cloves for its pungency, garlic can also be used for increasing the appetite, alleviating stomach aches and indigestion. It is also effective for killing bacteria in the throat and for treating tonsillitis, as well as halitosis. Garlic is also effective in reducing the level of cholesterol in the blood and in improving blood circulation.

THAI CHILLI (BIRD'S EYE CHILLI OR PRIK KEE NU)

Thai Chilli is an indispensable part of the Thai cuisine. It is easy to grow, but difficult to maintain. Its main use is as an ingredient to enhance flavour. It is commonly used in chilli sauce, Yum (spicy salad) and spicy fermented fish sauce. Thai chilli is also effective in stimulating the appetite and can be used externally as an ointment to alleviate joint infections and nausea.





CHINESE GINGER

This herb has a spicy flavour. The root is commonly used in food preparation. It has some anti-bacterial properties and can alleviate stomach pains, diarrhoea, indigestion, hemorrhoids and the build-up of gas in the digestive system. It can also stimulate the appetite, strengthen the heart, and can be used to treat some oral diseases. By itself, it is sometimes regarded as an anti-ageing medicine.



GINGER

Ginger is a versatile spice, where all parts of the plant from the root to the buds can be used in food preparations. Ginger is considered to be a "warm" ingredient, and so is useful for increasing sweat, expelling the cold sensations and dealing with indigestion. Ginger is also useful for stimulating the appetite and keeping the body warm. It is commonly used as a medicine, where it is believed that if the ginger is old, then it will be spicier and more fibrous.



PEPPER

Pepper is another spice that helps to add an appetising fragrance to dishes. It has preservative qualities, while having multiple medicinal properties. It can alleviate the inflammation of blood vessels, asthma, weakening senses, some skin diseases and weak digestion in children.



CLOVES

The leaves of the clove plant can be used to alleviate nausea. The flowers can be eaten to alleviate gas build-up in the digestive system. Dried flowers that have not been processed for oil have a spicy taste and are also effective in treating gas build-up in the digestive system, indigestion, numbness, asthma and coughs. They are also useful post-pregnancy for helping expel amniotic fluid, as well as for counteracting the build-up of gas in the digestive system, sputum, halitosis and bleeding gums. Oil of cloves can also be used to alleviate toothache symptoms.



CUMIN

The leaf of the cumin plant is full of vitamin C and calcium. It can be used to encourage sweating and to balance the humours of the body. Furthermore it can stimulate the appetite, counteract indigestion, nausea, relieve tension in the digestive system and destroy harmful bacteria. If used as a food ingredient, it can enhance the smell of the dish, counteract meaty smells and act as a preservative.



GALANGAL

This spice is used in food preparation to counteract strong, meaty smells and is a common ingredient in chilli and curry pastes. It can be used to treat excessive wind, indigestion, diarrhoea and nausea. Extracts of galangal can be used to treat multiple conditions, such as wounds and aching joints.



LIME

The leaves of the plant can be boiled into a tea to counteract coughs, build-up of sputum, indigestion, diarrhoea, excessive gas in the digestive system and stimulate the appetite. The fruit can be processed for its juice or eaten fresh to counteract thirst, mouth ulcers and bleeding gums. If the lime has been pickled in salt (to a brownish colour), the fruit can be used as a medicine to counteract build-up of sputum and refresh the throat. The dried peel can also be used to brew a tea to treat indigestion, excessive gas in the stomach, excessive sputum, or used generally as a tonic for the stomach and the digestive system.



LEMONGRASS

The plant can be used to treat asthma, stomach pains, or can be processed into a massage oil. The bulb can be used to treat bacterial skin diseases and indigestion. The stalk can be used to treat excessive wind, stimulate the appetite, treat split ends and disorders in the urinary tract such as stones, as well as to balance the bodily humours.



KAFFIR LIME

The leaf of the Kaffir Lime is used to counteract fishy smells. The fresh fruit is used in food preparation. Alternatively, it can be pickled and eaten as a blood cleanser for women. Furthermore, it can be used to counteract the build-up of gas in the digestive system, cure indigestion, prevent scurvy and relieve period pains. The fresh fruit can also be grilled and then blended with honey as an alternative form of medicinal application for young children.



CORIANDER

Coriander can be used to treat excessive sputum, measles and rashes. It can also encourage sweating and counteract wind and indigestion. Its fruit can also be used to maintain a healthy stomach, to stimulate the appetite and treat measles, dysentery and hemorrhoids. It can also be used to relieve the symptoms of toothache, sore throats and can be used to counteract strong fishy or meaty smells.



CINNAMON

Cinnamon is considered to be a "warm" spice, and is used to encourage sweating and to give refreshment and relieve fatigue. Cinnamon oil can be used to counteract wind, indigestion and has some antibacterial properties. If the guills are boiled or ground, they can be used to relieve the symptoms of gonorrhea. In medicine form, cinnamon can be delivered nasally and can relieve headaches. As a drink, cinnamon can be energising. The leaves are fragrant and can be used to counteract dizziness and indigestion.



STAR ANISE

Star Anise is a Chinese spice. The part that is mainly used is the dried fruit. It has a soft, fragrant smell and a spicy-sweet taste. Its medicinal properties include counteracting wind, sputum, indigestion and imbalances in the body.



CORIANDER SEEDS

Coriander seeds are round small, and brownish yellow in colour with a fragrant smell. Its taste is quite similar to liquorice. It is often used to counteract fishy or meaty smells and to enhance the fragrance of dishes. As a medicine, it can be used to stimulate the appetite and to maintain a healthy stomach.



LONG AUBERGINE

The fruit is popularly eaten. The dried fruit can be turned into medicinal lozenges to treat intestinal bleeding and blood in the stool. The fresh fruit can also be pounded into a paste and used to treat infected wounds, skin diseases and rashes.



SPARKLING LIME (SOM SAA)

The peel of the Sparkling Lime (Som Saa) can be used to alleviate dizziness and indigestion. The juice has a sweet and sour taste and can be used in counteracting build-up of sputum and coughing. It can also be used to help purify blood. The leaf is also effective in treating some skin diseases.



CARDAMON FRUIT

The dried fruit is used as a spice and has a very pungent smell with a strong, spicy taste. The entire fruit is often used in curries. Otherwise, its seeds are often grounded to counteract strong, meaty smells in certain dishes. The spice can also help in balancing the bodily humours and counteracting wind and sputum.





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