

Contents

Intruduction	page 9
The Evolution of Thai Cuisine	page 11
Thai Rice	page 16
Finding the Traditional Thai Recipes for Foreign Palates	page 21
Original Recipes	
1. Yum Yai (Spicy Mixed Salad)	page 22
2. Sam tum Thai (Original Papaya Salad)	page 24
3. Laob Moo (Spicy Minced Pork with Herb Salad)	page 26
4. Tad-Man Pla-Krai (Fish Cakes)	page 28
5. Gai Satay (Chicken Satay)	page 30
6. Goong Tad Gratiom (Fried Prawn with Garlic and Pepper)	page 32
7. Pad Thai (Thai Stir-Fried Noodles)	page 34
8. Pad Graphrao Moo (Stir-Fried Pork with Holy Basil)	page 36
9. Pad Preow Wan Goong (Sweet and Sour Prawns)	page 38
10. Pad Prik Khing Maa (Stir-Fried Pork Belly with Curry Paste)	page 40
11. Tam Yum Gaong (Spicy Prawn Soup)	page 42
12. Tam Kha Gai (Chicken and Galangal in Coconut Milk Soup)	page 44
13. Gaeng Som Phak-Ruom (Sour Curry with Mixed Vegetables)	page 46
14. Gaeng Phed Gai (Red Curry with Chicken)	page 48
15. Gaeng Kiew Wan Nuea (Green Curry with Beef)	page 50
16. Gaeng Massaman Nuea (Massaman Curry with Beef and Potatoes)	page 52
17. Gaeng Garee Gai (Yellow Curry with Chicken and Potatoes)	page 54
18. Panaeng Nuea (Thick Red Curry with Beef)	page 56
19. Khao Niew Mamuang (Glutinous Rice with Manga)	page 58
20. Tubtim Grob (Mock-Pomegranate Seeds with Syrup and Coconut Milk)	page 60
Finding the Modern Thai Recipe for Foreign Palates	page 62
Modern Recipes	
1. Yum Ruam Mitr Talay (Spicy Mixed Salad with Seafood)	page 64
2. Sam tum (Papaya Salad)	page 66
3. Namtok Nuea (Spicy Grilled Beef Salad with Mint Leaves and Ground Roasted Rice)	page 68
4. Tad-Man Pla-Krai (Fish Cakes)	page 70
5. Gai Satay (Chicken Satay)	page 72
6. Goong Tod Gratiom (Fried Prawn with Garlic and Pepper)	page 74
7. Pad Thai (Thai Stir-Fried Noodles)	page 76
8. Pad Graphrao Gai (Stir-Fried Chicken with Holy Basil)	page 78
9. Pod Preow Wan Goong (Sweet and Sour Prawns)	page 80
10. Pad Prik Khing Gai (Stir-Fried Chicken and Lang Beans with Curry Paste)	page 82
11. Tom Yum Goong Num Khan (Spicy Prawn Saup with Milk and Chilli Paste)	page 84
12. Tam Kha Gai (Chicken and Galangal in Coconut Milk Soup)	page 86
13. Gaeng Sam Phak-Ruam (Sour Curry with Mixed Vegetables)	page 88
14. Gaeng Phed Gai (Red Curry with Chicken)	page 90
15. Gaeng Kiew Wan Nuea (Green Curry with Beef)	page 92
16. Gaeng Massaman Nuea (Massaman Curry with Beef and Potatoes)	page 94
17. Gaeng Garee Gai (Yellow Curry with Chicken and Potatoes)	page 96
18. Panaeng Nuea (Thick Red Curry with Beef)	page 98
19. Khao Niew Mamuang (Glutinous Rice with Mango)	page 100
20. Tubtim Grab (Mock-Pomegranate Seeds with Syrup and Coconut Milk)	page 102
Thai Curry Paste	page 104
Herbs and Spices	page 113
Thai Food : Nutrition and Health Benefit	page 123
Standard Thai Seasonings	page 138