

— *Thainess Through* —
THAI FOOD



**AMAZING
THAI TASTE**



EATHA

...ids are
...make
...ing calories for
...um' are some
...because they
...may



Eathai
cafe





Eathai



Thainess Through
**THAI
FOOD**

Travellers come to Thailand with different purposes in mind – shopping, trekking, island hopping, sightseeing, or a combination of several goals. Regardless of your reason for visiting Thailand, while you are here, there's one thing you don't want to miss: delicious local food. In fact, it's not uncommon for a traveller to come all the way to Thailand just to indulge in its world-famous delicacies, which range from affordable street food to Michelin-star affairs. Eating Thai food and experiencing the Amazing Thai Taste is a great way to get to know the country, its culture and its people. Get your fork ready and let's go.



CONTENTS



8 PREFACE

10 INTRODUCTION

18 ABOUT THAI FOOD

- Secrets behind the Local Thai Culinary Magic 22
- Knowing about the Differences of Thai Cuisine 24
- World Renowned Thai Fruits 33

37 MUST-EAT THAI STREET FOOD

- 20 Not-to-be-missed Street Foods 40
- Hi-lighted Street Food 46

70 LOCAL THAI DISHES TO EAT IN THAILAND

- 6 Highly Popular Dishes 68
- 5 Must-try Local Northern Dishes 74
- 5 Must-try Local Northeastern (Isan) Dishes 80
- 5 Must-try Local Central Region Dishes 87
- 5 Must-try Local Eastern Dishes 93
- 5 Must-try Local Southern Dishes 99



IO2 7 WONDERFUL FOODIE TOURS

- Bangkok : Charming Old Town 104
- Weekend Floating Market in Samut Songkhram 108
- Amazing Lanna in Chiang Rai 112
- Chanthaburi beyond Fresh Fruits and Seafood 116
- The Nua Taste of Isan: Udon Thani 120
 - Nong Khai – Nakhon Phanom
- A Unique Mix of Culture : Hat Yai-Songkhla 124
- Creative City of Gastronomy: Phuket 128





PREFACE

One form of happiness when travelling in Thailand that can't ever be learned, but will open new experiences about the country and make you want to keep on visiting is "eating". This is an aspect of Thailand that you shouldn't miss.

Not only will you be amazed by the wonders of Thai cuisine that will let you experience the way of life, learn about amazing stories, the science and art, and local culture, but also the fun and pleasure for the love of the various tastes, which clearly reflect the identity and highlights the cuisine of each region.

But this guidebook will take you to know more about new delectable dishes, local food that shouldn't be missed regardless if it's street food, Thai fruit, or renowned ancient menus including tasty Royal Court dishes, as well as take you on an amazing food journey throughout the country for you to savour.

So be happy when coming to Thailand, be delighted when seeing, trying out, knowing the names, eating, and experiencing everything about Thai food for yourself. Then, you'll definitely fall in love with Thailand and Thai cuisine that is truly amazing.

Aromatic sweet Thai cuisine is full of colour.



Street food, another colour of the roadside.



Learn how to make Thai cuisine in a cooking class is another experience that creates a wonderful impression for international visitors.

司公合两昌泰堂寿

CHIENG DISPENSARY LTD., PART.

นึ่งนก-เซ็งทัง (เจ้าแก้วขาว)
เซ็งทัง แป๊ะก๊วย บัวลอยรสชาติต่างๆ
ต้ม มั่นคิมเซ็ง เต้าทวย เต้าก๊วย
รวมผลไม้จีน (005-188-1095)

อาหารจีน
ต้ม มั่นคิมเซ็ง เต้าทวย เต้าก๊วย
รวมผลไม้จีน (005-188-1095)



INTRODUCTION

Thailand is a country of happiness, and one that enjoys the fun of “eating”. Whether it’s a street food destination that is known for its abundance of menus or some other place, this sends a positive image nationwide complete with the locations of important raw ingredients that are superb, tantalising, and can be used to cook food or eaten fresh with gusto. Thus, the savoury taste of Thai food is diverse and has an individual identity that’s unlike anywhere else. The soothing savouriness is perfectly intertwined with the full flavours of sour, sweet, spicy, salty, oily, bitter, etc. in which there are only a few countries in the world that have a diverse essence of cuisine like here.







A water container of the Thais of ancient times that is made from Nipa leaf, which the Thais call "Ma Chak".



Thai cuisine served in the ancient style.

(Right) Khao Niao Mamuang (sticky rice with mango) served together with coconut ice cream.



The reputation of Thai cuisine that is said cannot be compared to anywhere else in the world begins with the communities throughout the country that are a source of quality food and raw ingredients. This includes fresh food, fruit, herbs and spices to various processed products that reinforce the image of Thailand as being the "Kitchen of the World", which has become widely known by the international community. This recognition has received various accolades like the "World's Most Delicious Food" by CNNGO or even the famous tabloid of the UK, The Sun that conducted a Facebook survey of the "100 Things to Eat before You Die" in which Thai food was listed. But without this, Thailand wouldn't be a "Dream Destination", a land of dreams of tourists, a land full of smiling faces, or an exotic beach paradise.

"Food" is thus colourful and a signature of learning about Thailand. Food not only communicates the national culture that has been accumulated and publicised over a long period of time, but it has created numerous surprises through the "tastes", "ingredients", "menu creativity" and "food culture".

Even though now Thai food is widespread and you can eat it almost anywhere in the world,



Most Thai food is full of herbs that are a key ingredient.

(Above) Mu Thot Samunphrai (fried pork with herbs).

(Below) Kaeng Massaman (Massaman curry).



you can believe that eating Thai cuisine in Thailand is the **BEST THAI FOOD** guaranteed to have the **BEST THAI TASTE** that is TRULY ORIGINAL.

Through this publication Should this be “Amazing Thai Taste”, the experience of eating Thai food can happen anywhere after your arrival in Thailand.

But if you go to the provinces, the charm of the Thai cuisine that you can try will be different and new in each locality depending on the season. This begins from the morning at the market till the evening with the food market or local Thai restaurant that will provide a new unique experience of tasting local dishes. This is the heaven of Thailand; the street food that whoever tries will fall in love with it.

This guidebook will introduce outstanding menus of Thai street food that you must try and cannot miss out on including a selection of Thai menus of local food from each region: the North, Central Region, East, Northeast, and South. All of which reflect the stories, culture, and raw ingredients that are the local identity; in particular, 7 foodie tours from all over Thailand: Bangkok, Samut Songkhram, Chiang Rai, Chanthaburi, Udon Thani-Nong Khai-Nakhon Phanom, Hat Yai-Songkhla, and Phuket in which we will introduce you to the various mouthwatering tastes for you to know more about Thai cuisine.

Anyway, Thailand is not only known for its street food, there’s also other Thai food that will truly amaze you like appetizing

local food of the original-style recipe. Emphasis is also provided in the elaborate finesse of the preparation and arrangement like the Royal Court. Thus, the final presentation will astound you along with the standard of development from a local street food menu to being a dish of creativity that has passed the process to increase its added value. This has made Thai cuisine be flavoursome to the eye, the heart, and the food that you will experience and know about the delicious tastes in a way that sometimes might be unexpected,

Thailand's distinctive cuisine is second to none, making the country a haven for a tantalising gastronomic sensation. Each region features its own signature style, defined by fresh ingredients, local character and sublime flavours from street-side stalls to luxurious dining venues. Culinary adventures abound, so indulge in delicious everyday fare and relish seasonal delights. Or alternatively, learn to cook with an array of tropical produce, herbs and spices.

Coming to travel in Thailand wouldn't be complete if you didn't try the amazing tastes of Thai cuisine, a new experience when travelling in the country that will create a wonderful impression you'll never forget.



(Left)
Phat Thai
wrapped in
egg, a world
renowned hit
meal.



(Right-Above-
Below)
Phat Thai
(Thai fried
noodles),
Khao Niao
Sang Khaya
(sticky rice with
custard),
Khao Phat
Sapparot
(fried rice with
pineapple),
Yam Mixed
Vegetables
with passion
fruit sauce.





ABOUT THAI FOOD

If talking about “Thai food”, the key most selling point of Thailand’s tourism, you’d never be wrong because Thai cuisine is something close to the heart that reflects the identity, culture and lifestyle of the Thai people nationwide. So, it’s an important highlight that easily creates a great impression on visitors who only have to try and taste it.



So, when coming to Thailand, you can find Thai food in abundance. After arriving in the country, don't miss out on tasting the food because of its outstanding characteristics. Its unique identity and from the local wisdom of the past that has known, selected and harvested Thai vegetables and herbs for seasoning and blended them with raw ingredients from nature to be transformed into a delicious appetizing menu full of nutritious value and beneficial to health.

From the past till the present, Thai vegetables and herbs have been the heart of the Thai kitchen and Thai cuisine that can't be left out. Many Thai menus are still packed with Thai herbs as the key ingredient, as various herbs have properties that are valuable to the body's wellbeing. The cultural identity of eating Thai cuisine includes Thai herbs; thus, they're an important ingredient for Thai food to be full-flavoured and provide an assortment of tastes more than the national cuisine of any other country.

The reputation of most Thai cuisine is known by foreigners as having a savoury taste, full of spices and herbs like chili that is rich in Vitamin C, and has benefits in absorbing food in the body.



(Left) There are numerous Thai herbs that are an important part in making Thai cuisine.

A fresh food market tour is another activity that international visitors can get to know about Thai cuisine.

(Above) Sen Chan Phat Pu (stir fried rice noodles with crab meat), a signature dish of the East.



Saeng Wa Kung Pla Duk Fu (catfish and prawn salad), an ancient Thai menu.

On the other hand, ginger and galangal, besides giving a strong aromatic flavour, are full of medicinal properties that assist with flatulence and relieve colic. As such, it can be seen that the raw herbs used in the food are not only for making a delicious taste, but are also full of advantages for eating as well.

However, not every Thai menu is full of spicy delicious flavours, there's also the bold powerful aroma that is blended in other tasty ways; for example, sour and spicy like the very popular dish of Tom Yam Kung, mellow, palatable, fragrant from the herbs, lemongrass, and kaffir lime leaves as well. Some



*Ho Mok
Khanom
Khrok in
a fusion style
garnished
with
ingredients
from the sea.*

menus might use raw ingredients from nature like soaked tamarind and cane sugar to help enhance the sour or sweet taste in each dish. This is known as different tastes: sour, sweet, oily, salty, and spicy, which come from the raw ingredients, vegetables, and herbs that are blended together in each menu.

Really!! The charm of Thai food in each dish has a different identity because of the ingredients that are blended together to create the numerous styles of impressive tastes in which most Thai menus will focus on food for health, use less fat and meat in cooking but emphasise on using vegetables so to provide nutritional value along with the medicinal properties. At the same time, the flavour, aroma, colour, and taste will come from the nature of the vegetables.

For this reason, Thai cuisine has various tastes in the same dish in which each savoury flavour is enhanced resulting in the palatability; for example, Tom Yam Kung in which the sourness of the lemon in this dish is reduced by the spiciness of the chili, and this spiciness is also diminished by the prawns. The flavour of the prawns will become even more tasty when eaten with lemongrass. This is the true identity of Thai cuisine and creates the allure of eating. If visitors to Thailand know about the source of the food and are knowledgeable as well about the various details, then they'll enjoy eating Thai cuisine more and more.

However, if you ask about the authentic Thai taste, then we'd agree that the most important thing is the rounded mellow taste of the 3 key flavours: sour, sweet, and spicy. When eating, one flavour is not too excessive than another, but creates initial contentment when experiencing the taste, especially the various herbs and spices that produce a pleasant fragrance.



Kaeng Khiao Wan (green curry), a popular hit Thai dish that is known worldwide, can be eaten with rice or Khanom Chin (rice noodles).





(Left) Khao Sae (rice in iced water), a Royal Court dish eaten during the hot season.

(Above) Sen Chan Phat Pu (stir-fried rice noodles with crab meat), a signature dish of the East.

(Below) Krathong Thong (golden Cockerel candy), a Royal Court dish.



Also, Thai cuisine isn't greasy. Even though you'll have a full stomach, you will not feel uncomfortable because of the vegetables or side dishes. So, it can be said that Thai cuisine is a kind of health food and after eating, you'll feel really impressed and want to eat it again and again.

The fame of Thai cuisine is known worldwide. Even though it appears to have only a few very popular dishes like Phat Thai, Hoi Thot, Masaman, Tom Yam Kung, Kaeng Khiao Wan, Tom Kha Kai, Kaphrao Kai, Khai Chiao, Kai Yang, Kuai Tiao, Khao Niao Mamuang, Durian, etc., actually Thai food has an endless selection to choose, so you'll never be bored. So, eating Thai cuisine can be a new experience for visitors to try to find, see, touch and eat.

But the Thai cuisine that everyone knows about is the local a la carte that is easy to find and eat, which is street food. This is local food that is based on the raw ingredients and region of the locality, which has delicious dishes especially belonging to that place. The fundamentals of Royal Court cuisine

aren't really very different from local food, but have the unique identity of being from the Royal Court, which displays meticulousness in every aspect of the cooking process to provide a soft, mellow, full-flavoured taste pleasing to be eaten. The taste isn't spicy like local food or like Thai fusion cuisine that has a soft typical design by adding a Thai-style aroma and a different character. These differences reflect the appeal of Thai cuisine as seen in different dimensions that creates a surprising eating experience.



SECRETS BEHIND THE LOCAL THAI CULINARY MAGIC

Thailand has an abundance of food sources as raw materials in the manufacturing and preparation of food and foodstuffs due to its location in the tropical zone and the richness of agricultural conditions. Thai cuisine is typically known for the harmonious blend of flavours using different ingredients, various cooking styles, and the enthusiastic use of fresh herbs and spices in order to create a balance between sweet, sour, hot and salty flavours. Lemongrass, galangal, kaffir lime leaves, shallots, garlic, and dried red chillies are generally the most important ingredients behind the unique flavour of the Thai cuisine. Here is the secret behind the national cuisine, and we hope that you will find new inspiration within these pages and realise what is actually playing an integral role in creating your next unforgettable story of a Thai gourmet.

BASIC THAI INGREDIENTS

1. Bai horapha Sweet basil
2. Bai kraphrao Holy basil leaves
3. Bai maeng lak Lemon basil or hairy basil
4. Phak chi Coriander or cilantro
5. Rak Phak Chi Coriander root
6. Bai saranae Peppermint
7. Takrai Lemongrass
8. Bai Makrut Kaffir lime leaf
9. Manao Lime or key lime
10. Makrut Kaffir lime
11. Khing Ginger
12. Krachai Chinese key or finger root
13. Khamin Turmeric
14. Prik khi nu Bird's eye chili
15. Prik yuak Banana pepper
16. Prik lueang Thai big orange chili
17. Prik chi fa daeng Thai big red chili
18. Prik haeng Dried chili
19. Kha Galangal
20. Prik Thai on Green peppercorns
21. Hom daeng Shallot
22. Kratiam Garlic
23. Bai krawan Bay leaf
24. Krachai Lesser ginger
25. Makham Tamarind
26. Bai toei Pandanus leaf
27. Op choet Cinnamon
28. Poi kuk Star anise
29. Nam tan pip Palm sugar
30. Krapi Thai shrimp paste





KNOWING ABOUT THE DIFFERENCES OF THAI CUISINE

Thai cuisine has an eating etiquette that isn't very different from eating international fare except there are various categories of Thai food that are arranged according to the time. However, if a specific time, then it can be said that the Thais will actually eat all day and numerous meals.



YAM & PHLA (SPICY SALAD)

This is classified by the cooking method. If done with cooked meat, then it's called "Yam", but if using semi-cooked meat, then it's called "Phla". It's seasoned by the spices to reduce the fish sauce smell and comes in various kinds

including Yam with coconut milk with ancient menus like Yai Hua Pli, Yam Som O, and Yam without coconut milk like Yam Wun Sen, Yam Pra Pla Duk Fu, etc. These dishes emphasise on a salty, sour taste.

A LA CARTE

Even though Thai a la carte is food that isn't originally Thai, it has been very popular for a long time and can be eaten easily. This can be divided into various categories; for example, rice like Khao Kaphrao (rice with basil), Khao Khluk Kapi (rice mixed with shrimp paste), Khao Yam Pak Tai

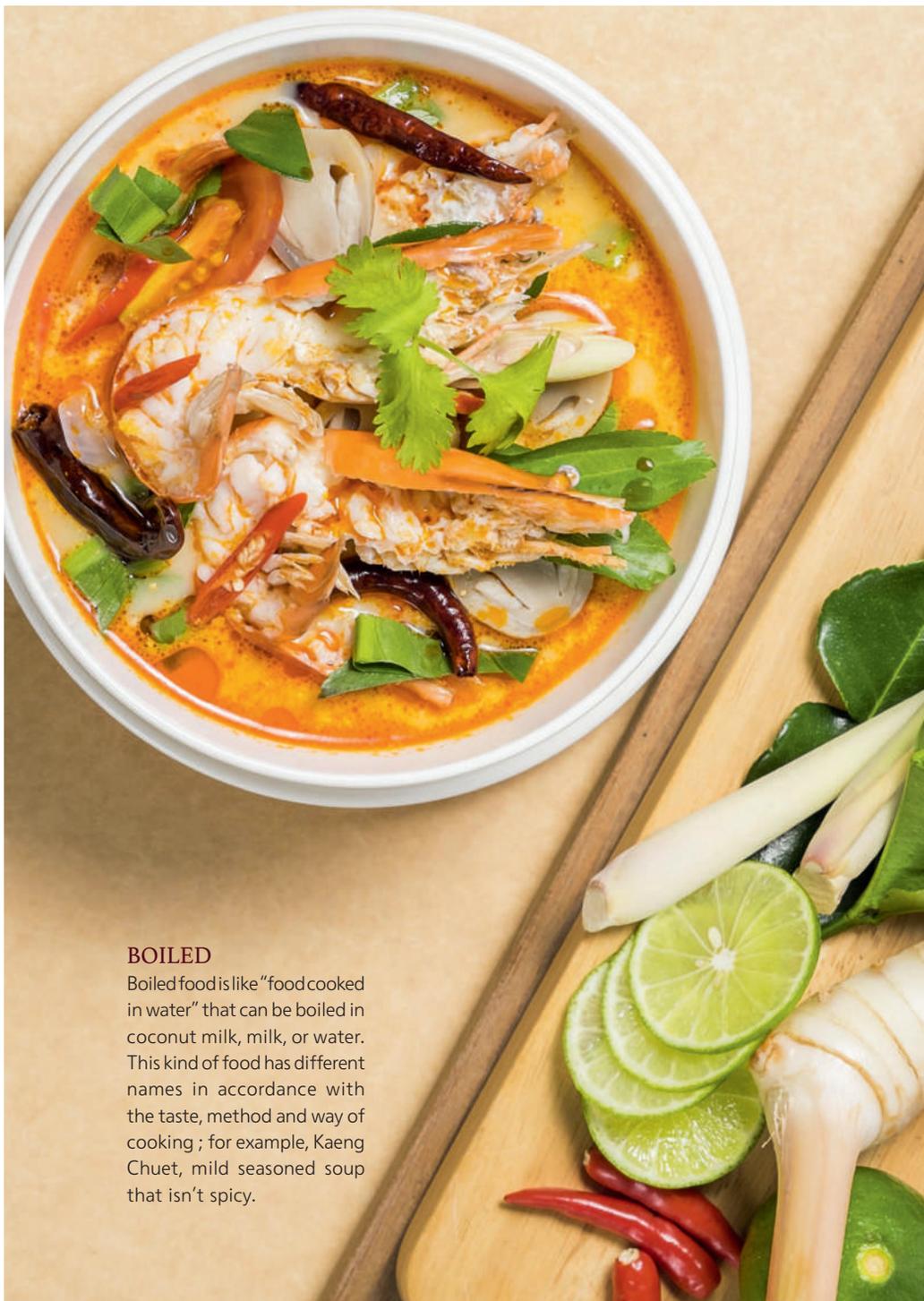
(rice with spicy salad), Khao Mu Daeng (rice with roasted red pork), Khao Man Kai (Hainanese chicken rice), or noodle dishes like Phat Thai (Thai fried noodles), Phat Mi Kati (fried rice noodles with coconut milk), etc.



SIMMERED & CHILI PASTE

This food has been with the Thai people for a long time, especially chili paste and simmered menus in which it's made into savoury food with side dishes of various vegetables including boiled vegetables with and without coconut milk, raw vegetables, vegetable tempura, and fried vegetables that are eaten with spicy shrimp paste.





BOILED

Boiled food is like “food cooked in water” that can be boiled in coconut milk, milk, or water. This kind of food has different names in accordance with the taste, method and way of cooking ; for example, Kaeng Chuet, mild seasoned soup that isn't spicy.

CURRY

The main component of curry dishes is the spices. Thai cuisine has all kinds of curries. If you see a rice mixed with curry shop by the roadside, you'll see numerous pots. Thai cuisine has names like Kaeng Kari and Kaeng Masaman that are believed to have the most ingredients. Besides this, the

different kinds of curries can be divided into those that don't use coconut milk and curries that do, as well as those that are classified by their taste; such as, Kaeng Phet and Kaeng Som, or divided by their colour like Kaeng Daeng and Kaeng Khiao Wan.





SNACKS

This is food that is eaten between main meals or eaten at any time. It includes traditional and contemporary modern menus; such as, Khao Kriap Pak Mo (crispy rice cakes), Po Pia Thot (spring rolls), Khao Tom Mat (sticky rice wrapped in banana leaf), Sakhu Sai Mu (sago palm with pork), Khao Tang Na Tang (rice with spicy sauce), etc.

DESSERTS

After eating a Thai meal, you shouldn't miss out on dessert, especially for the Thais. Sometimes the dessert might be served like a snack, but anyway, Thai desserts emphasise on sweetness, and there are many kinds and the main methods are steamed, stirred, and boiled that uses ingredients easily for the

preparation. Also, Thailand is a hot country, so Thai desserts must be served cool to refresh you; for example, a fruit dessert like Loi Kaeo, Ruam Mit, and Thap Tim Krop. Besides this, there are desserts like Kaeng Buat, steamed, stirred, fried, on trays, etc.



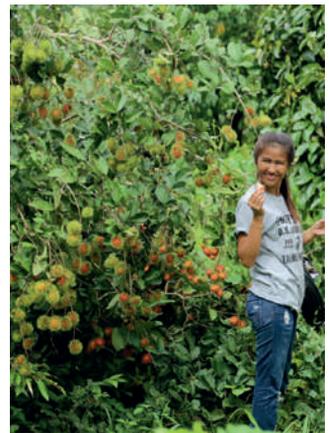


WORLD RENOWNED THAI FRUITS

Thailand is known as a paradise for fruit lovers and has also received recognition for tropical and cool climate fruit. Thai fruit has a sweet and sour taste that can be eaten year-round. Thus, it can be said that Thailand is a land of fruit that is available to eat seasonally. The reason why Thailand is a hot hit of fruit is because of the fertile soil conditions. Thus, the fruit has a sweet aromatic taste and is extremely popular among foreigners. As a result, there are orders of premium grade fruit exported for sale to various countries at reasonable prices, especially popular fruit like lamyai, durian, lychee, mango, pomelo, pineapple, aromatic coconut, and tamarind. These have become economic crops that have made the entire world know Thailand as a country of local healthy fruit with a delectable taste.



One of the things that **first-time travellers walking around Bangkok** quickly notice is the large variety of fruits you can find on the streets. Thailand has many fruits that you might have never seen before.



The popularity of fruit by visitors to Thailand has not only come from their travelling in which they can try fresh fruit, but from the orchards and plantations during the fruit season in the East. There are numerous orchards and plantations in Rayong, Chanthaburi, and Trat provinces that open their places for visitors to see and taste durian, rambutan, mangosteen, etc. that are laid out in a buffet style. Also, this popularity of visitors who love various types of fresh fruit has resulted in the processing of fruit for convenience to take home as a souvenir. This makes it easy for transporting that might affect the fruit to be damaged or baggage to be overweight when checking in on the plane. Fruit that is processed includes dried lamyai, crispy durian, crispy banana, and crispy pineapple that is like another Thai food product that has been processed for convenience when eating.

The ancient Thai way of life is found by the banks of the canals where you can see vendors paddling their boats to sell fruit.



THAI FRUIT SEASON

Have a selection of tasty Thai fruit at the right time of year.

HOT SEASON (March–June)

There are various fruits that you can enjoy eating; e.g., banana, mango, marang, papaya, watermelon, and rose apple. In the later part of this season, try rambutan, durian, lychee, salacca, jackfruit, mangosteen, and banana.

RAINY SEASON (June – October)

This is the season in which there is a diverse choice of fruit on offer. In the beginning of the season, there's rambutan, santol, banana, salacca, pomelo, custard apple, longan, and langsat, but in the later part, delight in mangosteen, tangerine, langsat, banana, guava, pineapple, starfruit, etc.

COOL SEASON (November – February)

The cool weather is ideal for fruit from areas that grow tropical fruit and cool climate fruits of the North. As such, the fruit will be seasonal; e.g., banana, cane, tangerine, papaya, watermelon, guava, jujube, rose apple, sapodilla, strawberry, etc.





MUST-EAT THAI STREET FOOD

The allure of Thailand with its unique culture and traditions is one of many reasons that encourages tourists to visit the country. But one thing that can't be denied in the heart of foreigners is Thai cuisine with its renowned diverse flavours, colourful appearance, and mouth-watering savouriness. Plus, it's easy to eat and comes at a reasonable price. So, most of us often call this a roadside restaurant or street food.

The street food of Thailand has a distinctiveness of its own and is very well-known for the taste. Its selective diversity ranges from hors d'oeuvres and snacks like grilled meat and fish balls, toast, and fruit shakes. Or if a main meal, then an easy a la carte dish like Phat Thai, Hoi Thot, or even dessert; such as, sticky rice with mango is sold by the footpath. All of this is street food that has won the hearts of Thais and foreigners.



WHY EAT STREET FOOD WHEN YOU COME TO THAILAND?

If you have to give a definition of the words “street food”, then you’d say ... fast, colourful, full-flavoured, easy, reasonable price, and convenience by the side of the road that you and the Thai people have enjoyed for a long time. This is the easy eating culture of the Thais that can be found in an atmosphere for enjoying food in another way where you can find street side vendors, order to eat quickly, and pay your bill very easily at a price that won’t eat your pocket.

Today, Thai street food is very popular among foreigners and renowned worldwide. This is a result of 3 key factors:

1. Most food is like comfort food with quick snacks and drinks;
2. fast service in terms of cooking and not different to international fast food. So, after buying, you can order like ‘grab and go’ then look for a place to sit and eat, and
3. when comparing the price and quality of the food, you have to admit that street food is very affordable to eat every day.

Yaowarat, one of the best street food in Bangkok that has a great selection to eat.

*Kuai Tiao
Luk Chin Pla
(noodles with
fish balls),
a fast food
that can be
easily found
by the
roadside.*



*Street food
of Yaowarat
Road that has
a variety of
Chinese-style
dishes.*



When in Thailand, whenever you feel hungry, you don't need a large city like Bangkok. You only need street side vendors, who have a tasty food stall for you to order a meal where you can sit by the roadside or in a small shop like a shop house in a simple atmosphere of Thai street food. This is the charm that is found in the way of life of the local people, shops and street stalls, and locations that never have to change.

How does street food help to create an experience and happiness? The answer is the taste, deliciousness, easy to order, fast, and reasonable price. So, who wouldn't like that!

20

NOT-TO-BE-MISSED STREET FOODS

I KHAO PHAT PU
(FRIED RICE WITH CRAB)
Not your usual fried rice dish because it's an a la carte menu that's easy to find almost anywhere. This menu's highlight is the crab meat, which is stir fried well together with rice and egg.



2 MU PING
(GRILLED PORK)
An enjoyable menu, which is easy to eat with a mellow taste from the marinated spices with the tender pork and the savoury aroma from the grilling. It's usually eaten with hot sticky rice.



3 KHAO KAPHRAO
KAI KHAI DAO
*(FRIED CHICKEN WITH
BASIL AND FRIED EGG)*
An a la carte dish that is a big hit at restaurants. The spicy taste with the aromatic basil makes it a typical delicious Thai meal that's easy to create.

4

KHAO MAN KAI
(HAINANESE
CHICKEN RICE)

A very accepted a la carte dish that has an unusual taste, as this menu is aromatic from the ginger, bean paste, etc. that's served together with rice and tender chicken.



5

KHAOKHAI CHIAO
(OMELET WITH RICE)

Home cooking that can be eaten anytime has created an a la carte dish that tourists can find everywhere. It's one of the street foods in which the name is both delicious and economical.



6

PHAT THAI
(THAI FRIED NOODLES)

A delectable noodle dish that's a hot hit with foreigners and renowned worldwide. Whoever tries it will fall in love with the soft fried noodles blended with sauce, various spices, as well as the savoury aroma and full-flavoured taste. The dish can also be complemented with fresh prawns.



7

HOI THOT
(FRIED MUSSELS)

Ranked the No.1 street food, people all over the world say it's very appetising because of the large mussels and egg that are topped with rice flour and fried in a large pan till soft and crispy. It's served hot covered with bean sprouts together with a spicy sauce and garnished with coriander and chili.



8

MU SATAY

(PORK SATAY)

A very popular snack that's delicious and easy to eat, the tasty pork with Thai herbs on a wooden skewer is grilled on a hot charcoal stove. Coconut milk is poured over the pork while being grilled till the sweet-smelling aroma arouses you to enjoy it with full-flavoured peanut sauce with side dishes of cucumber, chili, and vinegar.



9

KUAI TIAO KHUA KAI

(ROAST NOODLES WITH CHICKEN)

A big hit a la carte dish that has an outstanding taste from using a hot charcoal stove. The aromatic roasted noodles, which are crispy on the outside and soft on the inside, are dressed with chicken meat, crispy squid and egg.



10

KUAI TIAO RUEA

(BOAT NOODLES)

Linked with the ancient Thai way of life when these noodles were sold on boats plying the canals and became the name, the spicy tasting small bowl comprises noodles with beef or pork. The soup will be colourful because of the garnish that's different from other noodle dishes. It's eaten with pork crackling and basil to give a nice aroma.



11 KHANOM CHINNAMYA (RICE NOODLES)

WITH CURRY PASTE)

A savoury dish with round clumps of noodles like vermicelli, it's eaten with curry paste or chili paste and is an a la carte menu of all regions of the country. Most visitors know the Khanom Chin with coconut milk of the Central Region in which the main ingredient of the curry paste is fish and eaten with vegetables.

12 SONTAM (GREEN PAPAYA SALAD)

Another hot hit menu with a great taste that foreigners are impressed with. It's a local Northeastern dish that uses green papaya as the main ingredient pounded with chili, garlic, sugar, fish sauce, lemon juice, tomato, and long bean. It has 3 tastes: sour, sweet, and salty, which has been modified into various dishes.

13 KAI YANG (FRIED CHICKEN)

The spicy chicken with herbs is grilled on a charcoal stove till cooked giving off a fragrant aroma. It's eaten with sweet sauce of the Central Region or a sour sauce of the Northeast. The chicken is easy to eat as a snack or with hot steamed rice or sticky rice.



14 TOM YAM KUNG (SPICY PRAWN SOUP)

A world renowned hot soup with a spicy hot taste from the Thai herbs, galangal, lemongrass, kaffir lime leaves, and chili. It's a full-flavoured local Thai dish that has a delicious taste of sour, salty, spicy and mellow. At present, it has been modified to add milk or coconut milk.



15 PHAT SI IO (FRIED NOODLES IN SOY SAUCE)

A Chinese-style fast food that's easy to eat with either large noodles or vermicelli, which are stir fried with tender pork, chicken, beef, or seafood. The fragrant aroma from the soy sauce as it is fried in the pan together with Chinese kale makes it popular.

16 KAENG KHIAO WAN (GREEN CURRY)

Another local curry dish comprising meat, fish, chicken, or pork and vegetables, which is seasoned with coconut milk, eggplant, sugar, fish sauce, kaffir lime leaves, and basil. It has a spicy, sweet, and mellow taste from the coconut milk, and can be eaten with hot steamed rice or Khanom Chin.



17 KHAO NIAO MAMUANG (STICKY RICE WITH MANGO)

A Thai dessert of the hot season that's popularly eaten and known around the world. The fragrant aroma of the sticky rice with the fresh coconut milk, which can be eaten with various toppings like custard, shrimp, or fish. The Thais will enjoy a ball of sticky rice with fruit like mango, durian, etc.

18 KHANOM KHROK (MORTAR SWEETS)

Is an ancient Thai sweet that originally used plain coconut milk and is popular for its sweet, oily, salty taste sprinkled with spring onion, taro, corn, etc. It has a flat spherical shape with a crispy exterior and soft interior with a sweet aroma.

19 NAM SA MUNPHRAI (HERBAL DRINKS FOR HEALTH)

A major part of Thai life, now herbs have been transformed into a beverage to quench the thirst through their delectable taste and therapeutic properties. These can be bought as a bottled health drink of various flavours like lemongrass, butterfly pea, passion fruit, roselle, bael fruit, etc.



20 NAM CHA YEN (ICED TEA)

A world-class Thai-style iced tea that is a big hit focusing on the full-flavoured taste and aroma of Thai tea. Add sweetened condensed milk topped with fresh milk with young orange to give this beverage a soft taste that will refresh you from the heat.





There's an abundance of standard roadside restaurants and food stalls in Thailand, as cuisine has always played a major role in the hospitality industry to encourage inbound tourism. They're ready to amaze or delight you through their distinctive taste and style if you don't mind the ambience when it comes to eating out.

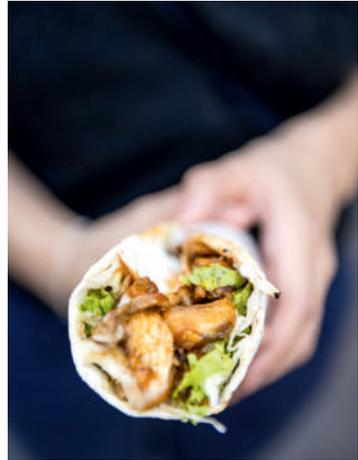
HI-LIGHTED STREET FOOD

There's a vast selection of street stalls with an amazingly affordable price range to ensure individual interest and ultimate culinary satisfaction. Let's find out how and where to tempt the tongue, and experience the savoury taste of affordable dishes with a reasonable portion and price.

That's why you'll never be hungry in Thailand. Almost on every corner, especially in big cities like Bangkok, there are many food shops available everywhere. Just walk down a street and you can easily fill your stomach with both savoury and sweet food plus some drinks at a very reasonable price. It's quite fun too, as the atmosphere is lively, and there's a variety: from the noodle shop house and curry rice stall to a grilled pork street cart and vendors carrying poles selling grilled eggs.

No wonder, Thailand's street food is one of the country's main attractions today. So enjoy street food in Thailand!

Khanom Bueang Thai, a Royal Court dessert.



(Right) The assortment of street food of Thailand can be either "grab and go" from a shop or sold by a vendor.

BANGKOK

Street Food, Great Taste

The capital of Thailand, Bangkok, is a street food paradise and has been accredited as having the best street food in the world. This awaits tourists from around the world to come and enjoy the diversity of cuisine as well as the eating culture of the Thais. This new pleasurable experience of eating street food not only includes the delicious tastes, but also the colours of the menus.

Eating on the street has always been a part of Thai culture, and street food shops are reliable for their quick service and menus that are friendly on the pocket. This is because of 3 common elements that are behind the popularity of street food:

*(Below)
With different
types of food
and many
things to
discover in
the Yaowarat
Street food
tour*

1. The dishes are mostly comfort food, quick snacks and drinks.
2. The service is fast as most Thai food can be cooked in a minute.
3. The most essential quality is the reasonable prices that make street food affordable to eat every day.





SILOM

An area that never sleeps, Silom is one of Bangkok's CBDs (central business districts). The road is packed with tall buildings and the footpath is always filled with the office crowd. The top of the classic shop houses by the main road near Sala Daeng BTS station is the place to go; such as, Samai Suek Potchana, which sells Khao Man Kai (Hainanese chicken rice) and Chuan Savoey, which specialises in Chinese roasted pork. Soi Convent is another must-go hotspot here. The 2 sides of the soi are lined with food stalls and shop houses including the popular Som Tam Thai, Tung Hong Potchana, which sells five-spice boiled goose, and Yen Ta Fo Convent, which sells noodles.

And if you want to try Som Tam, one of the signature menus in Thailand, then don't miss Som Tam Der in Soi Sala Daeng. Som Tam Der's authentic Isan recipes have even gone international with



branches in Tokyo, Beijing, HoChi Minh, and New York. There are more than 20 Som Tam menus available.

About 1 kilometre further south from the main part of Silom, almost in-between Silom and Bang Rak is Silom Soi 20 opposite the Sri Maha Mariamman Hindu Temple, which has great street food. It's especially good in the morning, from about 6-9 a.m. when the road is mostly closed to traffic and turns into a fresh market with lots of takeaway food. You'll find all sorts of Thai curries, chicken and rice, sweets and snacks, but it's better in the morning.

Where: Silom Road

When: Soi Convent:
9 a.m.-5 p.m. /

Silom Soi 20: 6-9 a.m.
and the evening.

*(Above-Right)
Som Tam Der,
a renowned
Isan
restaurant
that has
branches
in various
countries.*

*(Above-Left)
A Bami Pu
(noodles with
crab) shop on
Silom Road.*

YAOWARAT

China Town, or Yaowarat as the locals call it, is a favourite location of many foodies in Bangkok. It's famous for authentic Chinese food, and you'll find a lot of dim sum, roasted chestnuts, and pomegranate juice outlets around this area.

During the day, it's a bustling business area with lots of retailing and wholesaling going on, but at night, it transforms into a neon town with various kinds of street delicacies and crowds of foodies.

The atmosphere is electrifying and the fun energy is contagious. In the evening, most of the stores by the road are closed, and in their place street carts and pop-up stalls come out to set up their own operation selling a variety of food from easy-to-make Thai food, exotic Chinese dishes and a feast from an inherited ancient recipe.

Seafood Place at the corner of Soi Texas (Soi Padung Dao) is one of the "hotspots" here. There are

Sweet Times, a famous dessert shop on Yaowarat Road.



actually two rivals located opposite each other, but a hint: go for the more crowded one. You won't be disappointed. Also try the peppery Kuai Chap (rice noodle soup with pork and entrails) from Uan Potchana located in front of the China Town Rama Cinema, and curry rice from Kaeng Kari Nai Yong on the corner of Yaowarat Soi 11.

And don't forget a must-try is Hoi Thot at "Nai Mong Hoi Thot". You'll find all these places in Yaowarat just off Charoen Krung Road about 20 metres down from Phlap Phla Chai Road.

Don't miss the Thai rice and curry stall in which all you have to do is just show up, and then see what's available for the day. Some of the most famous dishes include Kaeng Kari Mu (pork curry in a coconut milk sauce) and Phat Pu (stir-fried crab). Not only is the food delicious at Khao Kaeng Chek Pui, but the street food environment is perfect.

Where: Yaowarat Road

When: 9 a.m.-3 p.m.

for morning dishes; 5 p.m. till late for evening stalls.

Fresh street food at night on Yaowarat Road.







Khao Man Kai Pratunam (Hainanese chicken rice), a street food you have to try.

PRATUNAM

This is a major commercial hub of Bangkok and a great place for shopping for clothes at the numerous department stores. It's also a source of all kinds of street food that can be found in every soi from Ratchaprarop Road to the Pratunam Intersection, and you can eat all day long.

All things considered, Pratunam is a must-visit if you're looking for an authentic street food experience in Bangkok. It's very easy to navigate through the streets and sois. You basically just follow the crowd and even at night, it's safe to walk around.

For Chinese vermicelli lovers, Sabx2 Wanton Noodles, a famous noodle shop in Pratunam, is just opposite the Grand Diamond Plaza. Cross the overhead bridge and head to the Shibuya 19 Shopping Mall on Phetchaburi Soi 19.

This area is also famous for the Khao Man Kai at Kai Ton Pratunam at Phetchaburi Soi 30 with the hustle and bustle of the 2 shop houses before midday. Dishes include Khao Man Kai, Khao Mu Op, and Pet Tun Het Hom with Mara Tun Si Khrong Mu. If you think that you'll get lost, then look for the shop with the staff wearing a pink shirt. It's open during 5:30 a.m.-2:30 p.m. and 5 p.m.-3 a.m.

Outside the front of the shop, there are vendors selling sticky rice with mango that can be enjoyed as a dessert. On top of this, at the corner of the Pratunam Intersection, there is Kuang Heng, Lot Chong Sing Pro Chao Kao that sells Lot Chong

and coffee, as well as pork satay with its marinated tender meat and sweet sauce, and Krathao Pla, Motorcy Krathao Pla Thae, chicken entrails and blood, pickled bamboo, Shiitake mushrooms, and quail eggs. The soup is fragrant with a mellow taste. And, if you want dessert, then look no further than ordering hot toast with milk together with tea or coffee.

But if you want to eat street food in an air-conditioned room, the Platinum Fashion Mall Food Court (Platinum Mall 2) has more than 40 shops for you to choose from that offer delectable food and is the highlight of authentic Thai cuisine.

Where:

New Phetchaburi Road in the area of the Pratunam Intersection and near the Baiyoke Sky.

When: 9 a.m.-5 p.m. / Phetchaburi Soi 30 and in front of department stores. 5 p.m.-midnight.



BANG RAK

A short walk from Saphan Taksin BTS Station, you'll find a bunch of shop houses on both sides of the road where you can enjoy some local favourites. Of all the Chinese roasted duck and pork places in the area, Prachak is the oldest. Currently in its 108th year, Joke Prince provides a unique signature rice congee and on the opposite side is Sor Boonprakob Panich, a dessert shop operating for more than 80 years selling various kinds of Thai treats from yolk-based Thong Yot and Foi Thong to Khanom Chan. The real highlight is the oh-so-good Khao Niao Mun, which can be eaten with mango and egg custard.



(Above) One of the top restaurants of Bang Rak is Jok Prince, which has been operating for more than 60 years and is open from the early morning.

*Khao Kha Mu
(rice with
pig's leg)*



*Pet Yang
(roast duck)
and Mu Krop
(crispy pork)
at Prachak,
an old shop
operating for
more than
80 years.*



Then there's Thip Hoi Thot Phu Khao Fai that translates directly as "volcano fried oyster" on Charoen Krung Soi 50. The shop's specialty is deep-fried and crispy batter topped with a choice of plump oysters or mussels. Alternatively, you can have a simple meal of fish ball noodles or a variety of desserts that are sold by vendors on the footpath, which offer the best sticky rice to pair with delicious ripe mangoes.

Where: Charoen Krung Road
(From Saphan Taksin BTS
Station toward higher number sois.)

When: 8 a.m.-8 p.m.

(N.B. The shops' opening hours vary.)

KHAO SAN ROAD

Khao San Road never sleeps so you will find people walking the streets 24-7, but it's at its liveliest peak at night. Backpackers and fun-loving foreigners come to this famous road in the old part of the city to enjoy themselves amid a unique atmosphere. Restaurants, bars, and hostels stand on both sides of the road while right in the middle of the road are various stalls and food carts, which will seduce you to fill your belly before finding nice real treats on Tanao Road just around the corner. Keep your eyes open for various vegetarian places.

You won't go wrong trying the Phat Thai and Roti. As there are so many street carts, you'll inevitably fall under their spell.



Numerous kinds of street food on Khao San Road.



Also, why not try Khao Kaeng at the top of Soi Rambuttri; as well as, Khai Luk Khuea Khai (deep fried eggs in tamarind sauce), Kaeng Matsaman (a sweet coconut milk curry with chicken and potatoes), or spicy ground pork in tomato sauce. It's the best and not spicy. In the evening, there are stalls selling Joke, a tasty rice porridge with a choice of ingredients from roast pork to liver and entrails. Stalls selling fruit shakes, chicken noodle soup, grilled meats, spring rolls and other snacks are all in this area.

(Above) Phat Thai (Thai fried noodles), an easy-to-eat dish on this road.

(Below) Various kinds of fruit with fresh fruit beverages.

Where: Khao San Road – Tanao Road – Rambuttri Road.

When: 5 p.m.–2 a.m.

(N.B. The shops' opening hours vary.)



(Left) Khanom Bueang Thai, a Royal Court dessert that is made fresh.



(Above-Below) A street food that is easy to eat is noodles and made-to-order food.



BANG LAMPHU

A lot of great food can be found here. Just stroll down Phra Sumen Road for a little food trek starting from a cup of coffee at Kopi Hya Tai Kee, and onto the Wat Bowon Niwet area where there are Nai Ngum's noodles.

Not far past the Bang Lamphu Intersection is Mae Prapa's traditional Khanom Bueang (Thai crepes: a crispy folded wafer with shredded coconut and various toppings). Go down farther at the end of the road, turn left, and you'll see Phra Athit Road, which is another street food hub. Try Roti Mataba's assortment of goodies; it's a small store selling Muslim dishes; such as, stuffed rotis called Mataba that can be filled with egg, banana, fish, beef, or chicken and are served with a sweet chili vinegar dip and cucumber salad. Sukhothai Noodles at Somsong Pochana is a tasty and unique soup well worth trying; it's not too far from the Roti Mataba area. Or cross a small bridge near the Phra Sumen Fort to find Kuai Tiao Nuea Nai Soy's beef noodles, and Nai Ngao's shrimp paste rice, or Khun Deng Kuai Chap Yuan that looks like noodle soup in a lime green shuttered shop on Phra Athit.

If you love spicy Tom Yam Kung, then don't forget to visit the roadside restaurant on Soi Kraisi, which

serves an amazingly Tom Yam where the shrimp stock is so rich and the taste balances the flavour. They serve many types of seafood in countless ways. Walking a little on from here and stop at Nittaya Curry Shop that specialises in Phrik Kaeng, curry pastes used to make Thailand's famous curry dishes. Inhale the wonderful smell of various pastes as you walk around the store. You can also buy takeaway dishes and snacks, too.

Where:

Phra Sumen Road – Phra Athit Road.

When: *Around 8 a.m.- 9 p.m. (N.B. The shops' opening hours vary.)*

Central Region

HUA HIN

Hua Hin Night Market is a good place for food and drink, and there are countless outlets and stands selling delicious food, especially seafood restaurants along the road that draw a lot of attention from visitors eager to experience a taste of Thainess.

Food is freshly cooked and delightfully served within a matter of minutes, and good seafood can be easily enjoyed. Each restaurant usually has a small vending station outside where food is both prepared and sold on a street food basis. The usual seafood ice trays laden with freshly caught fish, crab and lobsters might help sway your choice – the bigger the better.

Another venue heading towards Khao Thakiap, Cicada Market has a food zone called Cicada Cuisine where visitors can choose from a wide variety of local and international delights; such as grilled seafood, grilled pork satay, Phat Thai, fried mussels Thai style, Chinese noodles, countless forms of rice-based dishes, and a variety of desserts. Also, to wash down the meal, you'll find many choices of drinks.

(Below) The street food of the Hua Hin Market consists of numerous fresh seafood restaurants

Where/When:
Hua Hin Night Market:
6 p.m. till late.
Cicada Market:
open every Friday and
Saturday 4-11 p.m.



PHITSANULOK

If thinking about the great tasty street food of Phitsanulok, then immediately Kuai Tiao or noodles comes to mind and choosing a place to eat by the bank of the Nan River. And another highlight that you shouldn't miss is eating Kuai Tiao Hoi Kha or eating noodles while dangling your legs over the riverbank.

The noodles of Phitsanulok are sumptuous and there are numerous shops; such as, Kuai Tiao Hoi Kha Pa Katin, located in Soi Wat Phra Sri Maha That. You can either dangle your legs around the shop or sit at a table in a traditional home style.

Another shop is the Kuai Tiao Hoi Kha Ton Nam, where you can dangle your legs in a local Phitsanulok atmosphere. The noodle menu has clear soup and Tom Yam with pork and beef.

Besides this, along the road skirting the Nan River, there are raft house restaurants that serve local Thai cuisine that is hard to find. Most of the highlighted menus are river fish; for example, Tom Yam Pla Kung (Red Tailed Mystu), Pla Chon Lui Suan (Snakehead Fish), Pla Biao Nueng, Si lo (Twisted-jaw Catfish).

Kuai Tiao Phitsanulok (noodles), a menu that shouldn't miss.



Made-to-order food that can be bought along the walking street.



The evening is also a paradise, as late-night diners can enjoy the Talat Ruam Chai or Talat Thesaban 6, which is opposite the Phitsanulok Railway Station. This is a safe food street full of all kinds of food including fresh milk, curries with rice, fried and grilled chicken, food made to order, desserts, Thai sweets, fruit, etc. But if you'd like to experience the way of life of the local people in the early morning, then visit the market and look for breakfast except there's only mostly fresh food like fruit and vegetables.

Where/When: On Phuttha Bucha Road, there are numerous noodle shops open 9 a.m.-4 p.m. Talat Ruam Chai is open 5-10 p.m.



NIMMANHEMIN CHIANG MAI SATURDAY AND SUNDAY WALKING STREETS

This chic area not far from Chiang Mai's city centre is a true gastronomic hub. Jampacked with shop houses on every soi, most of which serve food, Nimmanhemin has become a destination for travelling foodies. During the day, try Kuai Tiao Tum Lueng's noodles on Soi 1, Mu Ping Khun Po's grilled pork skewer on Soi 11 and Kua Gai Sarinya's stir-fried noodles with chicken on Soi 17 for some staple Thai food.

If you have a sweet tooth, Hom Pak Hom Kor on Soi 1 and Charin Pie on Soi 11 will help with some baked items. At night, fill your

Local street food at the Chiang Mai Walking Street.



stomach with Saikrok Khun Yai's Isan style sausages in front of Mon Nom Sot between Soi 7 and 9. With a lovely neighbourhood full of stylish places with chic décor and interiors, exploring the area and finding your very own favourite dish here should be easy.

On Saturday, the market is along Soi Wua Lai to the south of the old city. On Sunday, the market is inside the old city along Soi Ratchadamnoen. When you visit the evening walking streets, there'll be endless streets of lantern-lit market stalls selling everything from local artwork, handicrafts, clothes, home interiors and toys. Amongst it all is a huge supply of some of the best street food in Chiang Mai for you to try.

Where/when:

Nimmanhemin Road, Chiang Mai / Day spots: 9 a.m.-5 p.m.;

Night: 5 p.m.-late.

Soi Wua Lai / Soi Ratchadamnoen Walking Streets: 5 p.m. till midnight.

The Lanna atmosphere with Khai Pam (wild eggs), a local dish of the North



The Northeast (Isan) KON KIN SEN ROAD, UDON THANI

Udon Thani, locally called “Udon” for short, is home to one of the world’s earliest Bronze Age civilisations that can be seen at the UNESCO World Heritage Ban Chiang Archaeological Site. This province is not only presented in the way for cultural exploration, but also for culinary adventure. Foodies shouldn’t miss a trip to Kon Kin Sen Road to experience many different kinds of noodles. The traditional Udon noodles are made in-house and are more refined. Don’t miss Udon’s excellent version of Phat Thai, Pho, or Pork Noodles.

Recommended shops include Khao Biak, the first shop to sell Khao Biak (rice pudding) or traditional Kuai Chap Yuan Satru for the softness of the rice that the shop grinds the rice flour themselves every day as well as the pork bones stock soup left to simmer for 2-3 hours to reach the required aromatic flavour. King Ocha, is a well-known breakfast shop of Udon that has been operating for more than 30 years. It serves delectable Vietnamese-style dishes like Khai Kata (local fried eggs), Vietnamese toast, Satu Kai (chicken stew), Mu Yo (pork sausage), etc.

A city that is full of noodles including Kuai Tiao, Khao Biak, and Pho.

The highlighted menu is Khai Kata that is made in a hot pan together with Vietnamese toast that can either be sweet or salty and cooked at the right temperature. The toast is crispy on the outside and soft on the inside. For Satu Kai boiled in broth at a noodle shop, there are many styles of noodle shops that have pork, beef, chicken or duck.

When:

All day 6 a.m.-9 p.m.



The South TALAD YAI, PHUKET

The highlight of this area is the classical beauty of the Sino-Portuguese architecture. Also, this is the street of appetising local Phuket cuisine in which you can enjoy eating along the entire road. So, it can be called local street food with an assortment of ancient recipes, desserts, and beverages. This totally reflects the eating culture of Phuket; thus, it has received an award from UNESCO as a City of Gastronomy.

Walking through the bustling market besides enjoying various tastes, see the preparation and cooking of fresh food. Renowned food of Phuket consists of desserts like A Pong, a local dessert known for its crispiness from the outer to the centre, softness, sweet flavour and can be either eaten as a snack or with tea or coffee. Or Khanom Thang Taek, an ancient Thai dessert with its crispy outer, soft centre, and aroma of the coconut and taro filling; O Eo, a hot dessert made from banana that is a local dessert of Phuket, or Tao So, a delicious dessert that you can choose either salty or sweet and looks similar to Khanom Pia.



*Southern-style
Phat Mi Kathi
(fried noodles
with coconut
milk).*



*Local desserts
of Phuket
that can be
bought in the
Old Town.*





(Left)
Khanom Piat Thot or Sao Ping (fried pastry) that comes with a variety of fillings including soybean, taro, and black bean.



(Right)
Khanom Dok Don, an ancient local dessert of the South.

and small slices of boiled taro as the main ingredients and is fried with flour, egg and chili sauce.

Chakkachan Thale Thot can only be found in Phang Nga and Phuket. The soup with the crispy golden omelet is a snack that shouldn't be missed; Buea Thot (fried shrimp with vegetables) is a shrimp and local vegetables tempura dish eaten with a 3-flavoured dip; Khao Yam (rice salad) is a rice dish that is a mixture of herbs, roasted rice and Budu sauce in the Southern Thai style, and whoever likes Hoi Nang Rom (oysters) can eat them fresh.

Where: *Thalang Road, Phuket Municipality, Tambon Talat Yai, Amphoe Mueang.*

When: *Sunday only 4-10 p.m.*



"Buea Thot", a Southern-style stir-fry menu that uses prawns to be fried with local vegetables.



Phuket Walking Street on Sunday at Lat Yai has a variety of freshly cooked local food that can be bought to eat including aromatic and sweet that is a must.



Hat Yai is another food city where you can find delicacies to eat from morning to night including Chinese and Southern-style local dishes.



NIPHAT UTHIT 3, HAT YAI

The best way to enjoy local culture is to sample the local food at some walking street markets – and Niphat Uthit 3 Road, in Hat Yai, Songkhla province, is a great place to explore and enjoy the sights and try the delicious Thai and Southern delicacies. This road teems with food stalls and makeshift eateries selling mouthwatering dishes from various parts of Thailand.

Here you'll find a huge variety of fresh fruits, vegetables, and cooked food stalls, available at very affordable local prices. Bargaining is common. and the Greenway Night Market where the food stalls are very similar to the ASEAN Trade Market. There are places for you to eat, but you have to clear your own table and leave it clean for the next diner. Good practice!

When: Daily 5 p.m.-midnight.

(Right) The most popular breakfast menu of Hat Yai is Tae Tiam or dim sum with tens of menus to select from.



NANG NGAM ROAD, AMPHOE SONGKHLA

This is an old road that has a lot of charm displaying the way of life of the local people, the houses, and old atmosphere of the buildings on both sides of the road, as they are a mixture of Hokkien Chinese and Sino-Portuguese architecture.

This style also goes together with the choice of local cuisine; such as, “Ban Khanom Thai Song Saen”, Recommended sweets include Khanom Thong Ek, Sam Panni, Khao Fang Kuan, Mamuang Sae Im, and Khi Mot. Another old well-known shop of this province is Tae Hiang lo (Ran Tae) It provides a great selection of Taechio Chinese and Thai fresh seafood dishes.

Roti Nang Ngam is a soft crispy golden fried roti with nearly 20 menus and on the opposite side of the road is Ai Tim Yio, a legendary ice cream shop of Songkhla that has been open for more than 80 years, or if you prefer ice cream in the traditional way, then go to Ai Tim Ong that serves coconut flavoured ice cream in a small clay pot. Kiat Fang has rice stew and very large steamed dumplings from an ancient recipe.

Nang Ngam Road in Songkhla is a food source with ancient dishes that are hard to find.



Last, but not least, is one of the most famous sweet shops of Songkhla that has top-class bakery with a not-to-be-missed food, Khanom Khai Op Noei that is one of the remaining shops still using a charcoal stove (the shop still using a charcoal stove is in front of the 7-11 opposite TOT). Also, there are restaurants, cafes, and chic coffee shops blending in with the old city and street art that can be enjoyed the whole day.

When:

Daily, 8 a.m.-10 p.m.





LOCAL THAI DISHES TO EAT IN THAILAND

Believe it or not ! But whoever comes to Thailand, there's no one who doesn't love the full-flavoured tastes and great diversity of Thai cuisine.

Thai cuisine has its own identity and charisma that originates from the tastes, colours, refinement, and art in the preparation. Besides using a diversity of local ingredients from each region, which provide various tastes pleasing to the palate of international visitors, there are also the benefits from nutrition and medicinal properties.

The reason for this is the local Thai food of 5 regions: The North, Northeast (Isan), the Central Region, East and the South has a diverse identity in accordance with the local culture, customs, and traditions. Tourists from all over the world can truly relish new eating experiences of the amazing different flavours with happiness.

The aspect of “taste” of Thai food has made the whole world acknowledge that Thai food is the No. 1 cuisine and the best in the world. The various menus are outstanding for their full-flavoured tastes, and the food from each region is dissimilar. For example, the North will emphasise on Nam Phrik Ong and Khao Soi, which is a symbol that you have arrived in North Thailand. Northeastern or Isan food that foreigners really love like Som Tam will focus on a bold spicy taste more than other regions; the East is abundant in marine creatures,

so most dishes will have prawns, shellfish, crab or fish. The Central Region menus, on the other hand, will consist of rice, fish, and first-grade raw ingredients while the South will emphasise on a rich full-flavoured taste, which reflects the identity of this region. All of this is very popular, so come to Thailand to indulge in the great diverse selection of local food that is waiting for you to savour and enjoy.

This is the allure of Thai cuisine that is unlike anywhere else in the world, which comes from the local food that shouldn't be missed from each region of the country. It also tells a story that reflects the identity, way of life and livelihood of the people in each locality, as well as the appeal of the raw ingredients, herbs, spices, and preparation techniques, which are all parts of the Thai culinary arts.



A local Lanna-style Khan Tok.



(Right) Pla Thu Satia, a delicacy of the Mae Klong, Samut Songkhram.



COMING TO THAILAND AND NOT EATING. IMPOSSIBLE !!

We would like to introduce 6 highly popular dishes, which are the ultimate amazing Thai taste menus. These have been ranked by the Tourism Authority of Thailand (TAT) together with a selection of hot hit foods in 5 major cities: Bangkok, Chiang Mai, Khon Kaen, Chon Buri, and Phuket. It's guaranteed that no matter which region of the country you are visiting, you'll always find something to eat for sure.



Tom Yam Kung Mae Nam (spicy river prawns soup) served in a brass pot.

TOM YAM KUNG

A Thai dish that is renowned worldwide and is like a symbol of Thai cuisine. It has become popular for the full-flavoured spicy taste from the chili soup. It comprises chili, galangal, lemongrass, lime leaves, fish sauce, and lemon juice. At present, there are 2 kinds of Tom Yam: clear and thick. The first is the original recipe whereas the second originated later by adding chili paste, milk, or coconut milk.

Authentic Taste

Colour : Concentrated water, light orange from the chili paste and coconut milk / water with colouring from the shrimp.

Aroma : Fragrant from the herbs, Tom Yam and prawns.

Taste : Sour followed by salty and spicy.

(Right) Tom Kha Kai (chicken's leg soup), a well-known menu that is popular among international visitors, especially for its unobtrusive taste but the aroma of the Thai herbs and coconut milk.

TOM KHA KAI

Is a local food that has a flavour similar to Tom Yam, but has a mellow aroma that is slightly sweeter, more oily, sour, and spicier than Tom Yam. It uses boiled coconut milk, and does not have an over spicy or sour flavour. Thus, it has a fragrant aroma from the Thai herbs, galangal, lemongrass, and lime leaves.

Authentic Taste

Colour : Creamy white from the coconut milk.

Aroma : Fragrant from the coconut milk and galangal.

Taste : Sour followed by salty and sweet from the coconut milk.



(Left) Som Tam Thai (green papaya salad) served with hot sticky rice.

(Right) Phat Thai (Thai fried noodles), one of the most renowned Thai dishes.



SOM TAM THAI

This is another Thai meal that foreigners love and is in the same food group as salad. It has a sour flavour that comes from the pounding of the pestle in the mortar, as it uses chopped green papaya mixed with various ingredients. This gives a variety of a sour, spicy, sweet and slightly salty taste, and it's served with vegetables as a side dish. It can be eaten with sticky rice and/ or fried chicken.

Authentic Taste

Colour : Clear Som Tam juice.

Aroma : Fragrant from the palm sugar, fish sauce, lemon, and roasted nuts.

Taste : Sour followed by salty, sweet, and spicy. The crispy papaya is fresh.

PHAT THAI

This is a local food that foreigners love for its soft viscous noodles that are stir-fried with sauce and various ingredients. Thus, it has a fragrant aroma plus sweet and mellow flavour. Phat Thai originally didn't add meat, but at present it does, as it has various adaptations including Phat Thai wrapped in egg, Phat Thai with fresh prawns, Vermicelli Phat Thai, etc.

Authentic Taste

Colour : Dark orange from the sauce.

Aroma : Sweet-smelling from the sugar and tamarind juice.

Taste : Sweet followed by sour. The viscous noodles do not hold onto each other, but the Phat Thai juice is absorbed into the noodles.



MATSAMAN

Is a top menu that is very popular and considered as the No. 1 most delicious dish of the world. It is outstanding from the coconut milk and spices, and is a menu that has been influenced from the Melayu culture. It has a mellow taste that is not too spicy but aromatic from the curry paste full of herbs; such as, dried chili, galangal, lemongrass, onion, garlic, cinnamon, nutmeg, caraway, clove, cardamom, and pepper.

Authentic Taste

Colour : Light orange.

Aroma : Sweet-smelling spices.

Taste : Mellow, sweet followed by sour and salty.

(Left) One of the well-known menus worldwide is Kaeng Masaman Nuea (Massaman curry with beef).

(Right) Kaeng Khiao Wan (green curry) with its intense aromatic taste from the coconut milk.

KAENG KHIAO WAN KAI

This is a world-famous Thai curry known for its green characteristic from the soup that originates from the curry that uses fresh green chili. It is a curry that is quite aromatic and sweet from the coconut milk, and can be eaten with rice or Khanom Chin. At present, there are various kinds of Kaeng Khiao Wan including chicken, pork, beef, or fish

Authentic Taste

Colour : Light green from the curry and coconut milk.

Aroma : Fragrant from the herbs.

Taste : Salty, sweet and mellow.



The

NORTH

THE CUISINE OF THE NORTH HAS A LONG-INHERITED CULTURE. THE TERRAIN IS ALTERNATING COMPLEX MOUNTAINS WITH A COOL CLIMATE, AND VARIOUS SPECIES OF FLORA. IT IS VERY DIFFERENT FROM OTHER REGIONS, WHICH IS AN OUTSTANDING IDENTITY OF THE FOOD THAT HAS A MIXTURE OF VEGETABLES AND NATURAL HERBS BEING THE KEY ELEMENTS.



Sai Ua and Naem (Northern-style sausage), famous delicacies of the North.



Northern food has a medium taste and does not add sugar, as most of the sweetness comes from the raw ingredients; such as, the vegetables, fish and meat that is mainly pork, chicken, beef and freshwater fish. This creates a great new experience of the ways and culture of the people of the North. Best of all is eating “Khan Tok” where you sit in a circle around a teak tray or a rattan table with high legs and eat together. Khan Tok has a variety of local dishes.



The atmosphere in the Warorot Market, Chiang Mai that is full of various food and souvenirs.

5 MUST-TRY LOCAL NORTHERN DISHES

KHAO SOI (*Curried Noodles*):

A single dish of the North that’s easily eaten. It features sliced noodles with curried soup that has coconut milk to increase the oiliness. The combination of the aromatic curry, dried chili, shrimp paste, garlic, and cumin creates a beautiful yellow colour. The most popular version is Khao Soi Kai (with chicken) that’s eaten with pickled cabbage and sliced shallots.

Taste: *A little spicy, sweet from the coconut milk, and slightly salty.*





KHANOM CHIN NAM NIAO (Thai Vermicelli):

Is a very delicious dish of the North that you must try with Khanom Chin. The menu is topped with curry sauce, or soup that has a full-flavoured oily taste. The red colouring comes from the curry and the colour isn't too clear. The highlight of this dish is using dried pollen from the cotton tree as an ingredient that gives off a unique fragrant aroma. This dish is eaten with vegetable side dishes like raw bean sprouts, pickled cabbage, lemon, fried dried chili, and pork crackling sprinkled with deep fried garlic, onion, and coriander.

Taste: Salty and can be cooked to be other flavours depending on individual taste.



(Above) Nam Phrik Num and Nam Phrik Ong (chili dips) served on a Khan Tok together with Sai Ua (Northern-style sausage), Khaep Mu (crispy pork) and fresh vegetables.



(Below-Left) Mu Thot Chiang Mai (fried pork) is eaten together with hot sticky rice.



KAENG HANG LE (*Northern-style Pork Soup*):

Is a well-known Northern dish that was influenced by Burmese cuisine. Even though the soup will be oily and high in fat because of the streaky pork, the taste is mellow from the ingredients, especially ginger and the aroma of the roasted chili, which makes this curry one of the hot hits that is a must-try.

Taste: *Salty, sweet, and a little spicy.*

LAP KHUA (*Northern-style Salad*):

Is a Khan Tok dish that has a different flavour and aroma from the Lap menus of the Northeast. This is because the North will use roasted pepper that is blended with herbs, local vegetables, and ingredients. It's also popular to add blood when chopping up the pork, so to change the colour of the pork to be darker.

Taste: *Salty and slightly spicy.*



(Right) Nam Phrik Num (chili dip) is eaten together with Khaep Mu (crispy pork).



(Left) Kaeng Hang Le, a local curry of the North.

(Right) Sai Ua, (Northern-style sausage)



NAM PHRIK NUM-SAI UA

(*Green Chili Paste-Northern Sausage*):

Sai Ua is a local food similar to sausage in which the interior is minced pork blended with herbs and condiments and grilled until brown. It's popularly eaten with sticky rice. Nam Phrik Num, on the other hand, is chili paste that uses pounded green chili with herbs, red onion, sliced coriander, fish sauce, and garlic. It's eaten with fresh vegetables, pork crackling, and sticky rice.

Taste: *Salty and a little spicy, but in moderation.*

THE NORTH : NOT-TO-BE-MISSED RESTAURANTS

■ CHIANG MAI

5 Tastes of Phat Thai,

Tha Phae, Chang Moi Road, Soi 3, Amphoe Mueang.

Tel.: 053 234 636.

Palaad Tawanron,

Suthep Road, Amphoe Mueang.

Tel.: 053 216 576.

■ LAMPHUN

Khao Soi Fresh

Milk and Honey,

Chamathewi Road, Tambon Nai Mueang, Amphoe Mueang.

Tel.: 08 3477 7881.

Lap Kai Ban Hong,

Lamphun-Li Road, Tambon Ban Hong, Amphoe Ban Hong.

Tel.: 053 510 915.

Khanom Chin Mo

Din, near the Lamphun

Chatuchak Market, Amphoe Mueang.

Tel.: 08 3942 3818.

■ LAMPANG

Mae Hae Restaurant,

Uparat Road, Tambon Suan Dok, Amphoe Mueang.

Tel.: 054 221 904.

Sai Ua Phao Tao

Luang Lampang,

Ban Mon Hin Kaeo, Amphoe Ko Kha.

Tel.: 09 3164 4550.

■ NAN

Sai Ua Khun Ya,

Nan Nakhon Airport. Tel.: 08 4739 4319.

Pa Wanda,

Tha Luang Road, Tambon Nai Wiang, Amphoe Mueang.

Tel.: 054 772 149.

Huen Chao Nang

Restaurant,

Nan Riverbank, Amphoe Phu Phiang.

Tel.: 08 9073 4688.

■ PHITSANULOK

Ton Kam Poo

Khanom Chin, Siharat

Dechochai Road, Amphoe Mueang.

Tel.: 055 215 222

Khrua Atchara, Sanam

Bin Kao Road, Thesaban Phitsanulok.

Tel.: 08 7523 1088.

■ PHETCHABUN

Ta Pae Kai Yang

Wichian Buri,

Wichian Buri Intersection, Amphoe Wichian Buri.

Tel.: 056 928 026.

New Kai Yang Baotong,

Wichian Buri Intersection.

Tel.: 056 928 026.





The

NORTH EAST (ISAN)

MANY PEOPLE CALL IT "ISAN FOOD", WHICH IS RENOWNED FOR ITS FULL FLAVOURS OF SALTY, SPICY AND SOUR. IT IS THE LOCAL CUISINE OF THIS REGION THAT IS EASILY EATEN BY ANYONE BECAUSE IT IS "SAP ILI" (VERY DELICIOUS).





Kai Yang (roast chicken) and Nam Chim Chaeo (spicy sauce).

If you know Som Tam, then you'll know that it's a Northeastern or Isan dish that is mouthwatering and can be eaten very easily. Even though most of the local cuisine will be spicy, salty, and sour emphasising on giving a bold unique taste, the highlight of this regional food is the use of vegetables from the natural forest, fish from the waterways, and a selection of preparation methods including Lap (minced salad), Koi, Om, Kaeng (curried), Tom (boiled), Ping and Yang (grilled), and sticky rice is also a main dish.

5 MUST-TRY LOCAL NORTHEASTERN (ISAN) DISHES



Soup No Mai (young bamboo soup), an Isan dish that is sour, salty, and aromatic from the roasted rice.

KAI YANG (*Grilled Chicken*):

Is one of the most popular and easily eaten foods. The grilled chicken of each locale has a special recipe in the fermentation of the spices and major ingredients like salt, pepper, and garlic before a wooden skewer is inserted and then grilled till golden yellow with an aromatic fragrance, soft interior and crispy exterior. There are various sauces to select that are both spicy and sweet.

Taste: Salty and spicy from the herbs.

SOUP NO MAI

(Young Bamboo Salad):

Is another famous local dish of Isan that uses young bamboo to be boiled with Ya Nang (*Tiliacora triandra Diels*) juice seasoned with roasted Isan rice, spring onion, parsley, red onion, mint leaves, Cayenne pepper, fish sauce, lemon juice, and what can't be left out is fermented fish. This makes this Isan-style salad have a fragrant aroma from the roasted rice.

Taste: Spicy followed by salty from the fermented fish, and slightly sour.

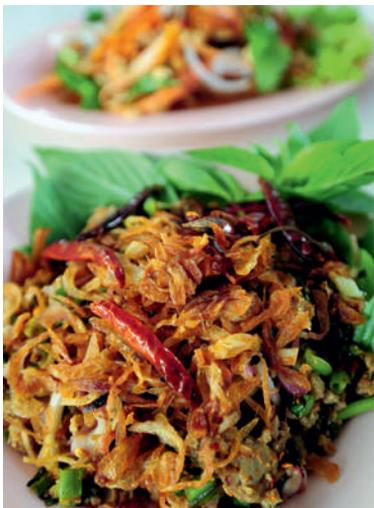




Sai Krok isan (Isan-style sausage) is served with side dishes of ginger, onion, garlic, and chili.



Kaeng Om (curry) in the Isan style.



Isan-style salad like Lap Pet.

SAI KROK ISAN

(Isan Sausage):

It looks like Western sausage but the difference is it's fresh from the minced pork, pork fat, and cooked rice that are blended with herbs; such as, garlic, pepper, and coriander that have been fermented and dried in the sun to initiate the sourness before it's grilled. It's eaten with fresh ginger, chili, and garlic to reduce the oiliness.

Taste: *Sour followed by salty.*

KAENG OM

(Isan-style Curry):

Is an Isan curry in which the soup is a white creamy colour. The aroma comes from dill seasoned with fermented fish, which is an identity of Lao curries. It emphasises on using a lot of vegetables and whatever meat you prefer like pork, chicken, or fish. It's eaten with either hot steamed rice or sticky rice.

Taste: *Salty, a little spicy with a mellow flavour.*

LAP PET

(Minced Duck Salad):

An Isan-style salad that uses duck meat cut into small pieces. It's seasoned with roasted rice, Cayenne pepper, fish sauce, lemon, and blended with vegetables like onion, coriander, and mint, and can be eaten with local vegetables.

Taste: *Salty followed by sour and spicy.*

THE NORTHEAST (ISAN) : NOT-TO-BE-MISSED RESTAURANTS

■ KHON KAEN

Smile, Liap Bueng Nong
Khot Road.
Tel.: 043 916 677.

Tong Pla Pao, Sri Nuan
Road, Amphoe Mueang.
Tel.: 08 5014 4140.

Wanida Rosewises,
Mitraphap Road,
Amphoe Mueang.
Tel.: 043 225 004.

■ BURI RAM

Song Phi Nong,
opposite the Fort
Somdetchaophrayama-
hakasatsuek Hospital,
Buri Ram-Prakhonchai
Road.
Tel.: 08 1264 4862.

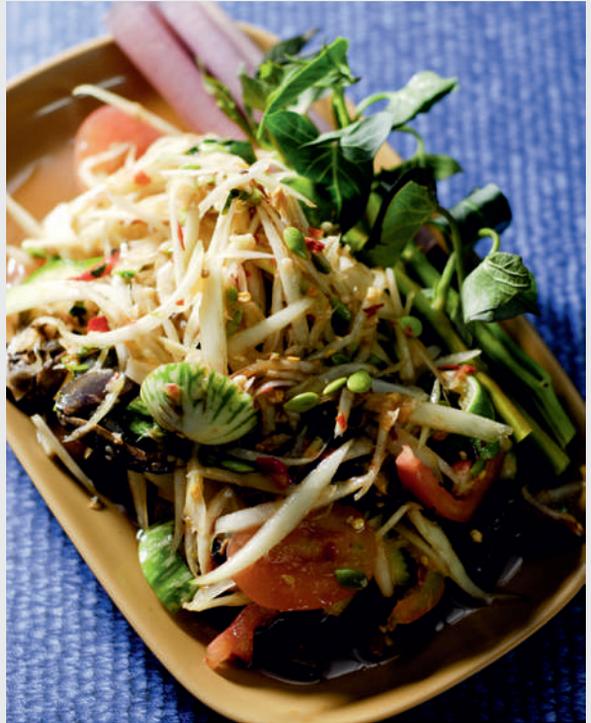
Sida Kai Yang,
Sunthonthep Road,
Amphoe Mueang.
Tel.: 09 8720 7297.

Satani Buk Hung,
Jira Road,
Amphoe Mueang.
Tel.: 08 0488 5599.

■ SURIN

Mae Pim Pla Pao,
Thesaban 1 Road,
Amphoe Mueang.
Tel.: 08 1977 0096.

Che Tuk Som Tam,
Lak Mueang Road,
Tambon Nai Mueang,
Amphoe Mueang.
Tel.: 08 6865 8893.



■ LOEI

Khun lo Pet Yang
Mueang Loei,
Ban Khon Daeng near
the Loei Technical College.
Tel.: 08 1999 9159.

Noi Tam Sua, near the
Loei Hospital, Nok Kao
Loei Road.
Tel.: 08 1471 5904.

Phu Ruea Kai yang,
opposite the Phu Ruea
Market, Loei-Lom Sak
Road, Amphoe Phu Ruea.
Tel.: 09 5657 1444.





The

CENTRAL REGION

THIS REGION IS PLENTIFUL IN VEGETABLES AND MANY SPECIES OF AQUATIC CREATURES. SO, THERE ARE COUNTLESS KINDS OF FOOD AND TASTES. IT GENERALLY USES COCONUT MILK AND SPICES AS MAJOR INGREDIENTS. SOME MENUS HAVE RECEIVED INFLUENCES FROM THE ROYAL COURT AS WELL THERE IS A MIXTURE OF FOOD CULTURE FROM CHINA, INDIA AND THE WEST.





Chu Chi Pla Thu (mackerel in dried red curry), a Central Region dish.

The local cuisine of the Central Region has the greatest diversity of menus and tastes when compared to other regions. It uses coconut milk and the most spices. Many people eat rice as the mainstay.

5 MUST-TRY LOCAL CENTRAL REGION DISHES

KAENG CHU CHI (Coconut Curry):

Is a top Thai coconut curry of the Central Region that uses meat that's easy to cook; such as, fish or prawns. The allure comes from the sweet-smelling aroma of the chili and coconut milk seasoned by the fish sauce and palm sugar sprinkled with kaffir lime leaves.

Taste: *Salty and equally sweet with some spiciness from the chili.*



An ancient Thai curry is **Kaeng Khua Sapparot Kung (roasted pineapple and prawn curry)** that has a fragrant flavour of sour, sweet, salty, and is aromatic from the coconut milk.

SHRIMP PASTE:

Is an outstanding Thai food that is indispensable for the people of the Central Region. It is a chili paste that uses shrimp as the key ingredient. The shrimp paste is cooked by using a flame before being pounded with shallots, chili, and garlic before adding the dried shrimp and seasoned with fish sauce, sugar, and lemon. It's garnished with Turkey berry and chili and can be eaten with fried mackerel and boiled vegetables.

Taste: *Mellow spiciness, sour, salty, and slightly sweet.*

KAENG KHUA (Moringa Curry):

Is a local Thai curry in which the ingredients are not spicy. First, they are pounded then stir-fried in oil and simmered until fragrant. The secondary ingredient is beef, and the curry has a reddish orange colour. The soup isn't thick or too clear, and there's the fragrance of the coconut milk and roasted chili. The popular menus are with pineapple and pickled bamboo shoots.

Taste: *Salty followed by sweet and sour.*





Pu Lon Kathi (crab with coconut milk stew) served together with fresh vegetables.



A menu eaten with steamed rice is Pla Duk Phat Phet (spicy stir-fried catfish).

LON (STEW):

Is an ancient Thai-style dip, which is cooked by boiling coconut milk with items that can be stewed; such as, salted crab and prawns. It has a fragrant and sweet aroma from the coconut milk. The saltiness originates from the miso and the spiciness from the chili. Vegetable side dishes include beans, banana blossom, eggplant, Turkey berry, and cucumber.

Taste: *Sweet, oily, salty with a mellow flavour from the coconut milk, and slightly, which is an important ingredient.*

PLA DUK PHAT PET (Spicy Catfish):

Is an appetising chili fry menu that fries catfish till crispy before being fried with spicy chili paste and Thai herbs, which increases the bold spicy sensation. This delectable dish is eaten with steamed rice.

Taste: *Salty, spicy, and slightly sweet.*

THE CENTRAL REGION: NOT-TO-BE-MISSED RESTAURANTS

■ SAMUT SONGKHRAM

Khun Ja,

in front of Wat Yi San,
Amphoe Amphawa.
Tel.: 034 763 064.

Ruean Waree, Laem Yai
Road, Amphoe Mueang.
Tel.: 034 770 061.

Sawai Seafood,

Rama II Road opposite
the Mae Klong 2 Hospital.
Tel.: 08 1942 4237.

Khun Pao,

Tambon Bang Chakreng,
Amphoe Mueang.
Tel.: 034 723 703.

■ NAKHONPATHOM

Som Kao,

Pinklao-Nakhon Chai Sri
Road, Amphoe Samphan.
Tel.: 0 2889 4152.

Ruean Nam Alisa,

Amphoe Nakhon Chai Sri.
Tel.: 08 6811 4660.

Khrua Tha Ruea

Maneekarn, Tambon Sri
Sa Thong, Amphoe
Nakhon Chai Sri.
Tel.: 08 1020 7974.

Yuea Mai,

Ratchadamnoen Road,
Amphoe Mueang.
Tel.: 034 271 1829.

■ RATCHABURI

Mai Kao Damnoen Resort,

Amphoe Damnoen
Saduak.
Tel.: 032 245 120-1.

Huean Boran,

Phetchkasem Road,
Amphoe Photharam.
Tel.: 081 494 0233.

Khrua Pho Phiang,

Tambon Pak Raet,
Amphoe Ban Pong.
Tel.: 08 6755 6555.

Long Cham,

Amphoe Ban Pong.
Tel.: 032 200 0654.

■ SUPHAN BURI

Suan Ahan Ban To Mai,

Wat Phra That-Phu Phaya
Road, Amphoe Mueang.
Tel.: 035 450 060.

Che Nui Kung Pen,

Km. marker 128
Suphan-Chainat Road,
Amphoe Sam Chuk.
Tel.: 035 504 273.

Ruan Thai, Nang Thep

Thong Road,
Amphoe Mueang.
Tel.: 035 521 582.





The

EAST

MOST MENUS OF THE EAST CANNOT ESCAPE FROM INCLUDING SEAFOOD BECAUSE THIS REGION CONNECTS WITH THE SEA. SHRIMP, SHELLFISH, CRAB, AND FISH ... THERE'S AN ABUNDANCE OF RAW INGREDIENTS FROM THE SEA. ALSO, ESSENTIAL INGREDIENTS LIKE LOCAL VEGETABLES, HERBS AND SPECIES ARE USED AS COMPONENTS IN THE FLAVOURING. THIS IN TURN RESULTS IN A FRAGRANT AROMA, AND OF COURSE, THERE'S THE AGRICULTURAL COMMUNITY THAT HAS NUMEROUS KINDS OF FRUIT, TOO. WHO WOULD EVER THINK THAT THE FOOD OF THE EAST WOULD USE FRUIT; SUCH AS, DURIAN, SALACCA, MANGOSTEEN, AND RAMBUTAN AS INGREDIENTS TO CREATE LOCAL MENUS WITH AN EXTREMELY DELECTABLE TASTE THAT YOU MUST TRY WHEN VISITING THIS REGION.





Kai Ban Tom Makham (chicken with salacca soup).

The cuisine of the East is outstanding thanks to the richness of the area that includes mountains, rivers, and the sea. There are countless raw ingredients used in the food preparation; such as, spices, herbs, bay leaves, fruit, and processed seafood. For this reason, you can find many interesting menus that use vegetables, fruit, and local herbs like Chamuang (*Garcinia cowa* Roxb.) leaves and salacca.

5 MUST-TRY LOCAL EASTERN DISHES

KAENG MU CHAMUANG (Pork Curry with Chamuang):

Is a local dish of various provinces in the East. It uses streaky pork stir-fried with curry, garlic, galangal, lemongrass, dried

chili, shrimp paste, and seasoned with fish sauce and sugar. It's a curry that uses Chamuang leaves, a local plant, as a key ingredient. You must allow time for the pork to become tender.

Taste: *Oily followed by sour from the Chamuang (*Garcinia cowa* Roxb.) leaves, and salty.*

KAI BAN TOM RAKAM (Boiled Chicken with Salacca):

Is a local dish of the East that has a mellow sour taste from the salacca juice that is used instead of lemon. Besides that, the key herbs and ingredients include red onion, shrimp paste, lemongrass, young galangal, fresh chili, coriander, and sugar. The colour of the dish is like a clear curry.

Taste: *Sour from the salacca followed by salty and spicy.*

PLAKAPONG THOTNAMPLA (Sea Bass Fried in Fish Sauce):

The sea bass is fried till golden yellow and crispy and eaten with Yam Mamuang (mango salad), which comprises thinly sliced fresh mango. The salad sauce is a mixture of fish sauce, sugar, lemon juice, sliced red onion, and chili to have a sour, sweet, oily and spicy flavour.

Taste: *Fresh sea fish, sour soup followed by sweet.*

(Left) Kaeng Mu Chamuang (pork curry with Chamuang), a mouthwatering dish of the east that uses Chamuang leaves as the main local ingredient.





Sen Chan Phat Pu (fried crab in noodles) that is fried in a large pan.



Nuea Pu Chin To (crab meat) in Nam Phrik Khai Pu (crab eggs chili paste).

SEN CHAN PHAT PU (Stir-fried Noodles with Crab):

Is an ancient local recipe of Chanthaburi province in which the highlight is the soft, viscous noodles. This dish is unlike anywhere else, and it looks similar to Phat Thai but is different from the ingredients that are a mixture of dried chili, garlic, shrimp paste, and red onion. It's eaten together with local vegetables, banana blossom, bean sprouts, and chives.

Taste: *Soft viscous noodles, sweet soup followed by sour and salty.*

NAM PHRIK KAI PU (Crab Eggs Paste):

This menu uses crab's eggs as the key item blended with various ingredients; such as, chili, garlic, and lemon to give a mellow taste. It can be eaten together with side dishes like eggplant, long bean, and beans.

Taste: *Mellow sourness, sweet, salty spicy, and oily from crab's eggs.*

THE EAST : NOT-TO-BE-MISSED RESTAURANTS

■ CHON BURI

Dang Dam,

Pattaya Klang Road,
Amphoe Bang Lamung.
Tel.: 08 6321 8837.

Sut Thang Rak,

Liap Hat Chomtian Road.
Tel.: 038 423 3927.

Mum Aroi Pattaya,

Na Kluea Branch,
Amphoe Bang Lamung.
Tel.: 038 223 252.

■ RAYONG

Laem Charoen Seafood,

Liap Chai Fang Road,
Amphoe Mueang.
Tel.: 08 9542 4654.

Ho Mok Pa Jiu,

Tambon Ban Phae,
Amphoe Mueang.
Tel.: 08 6302 7715.

Tamnanpa,

Km. marker 236
Sukhumvit Road,
Amphoe Mueang.
Tel.: 08 1569 5405.

■ CHANTHABURI

Khrua Lung Choei,

Tha Chalaep Road,
Amphoe Mueang.
Tel.: 06 1469 3289.

Chanthorn Pochana,

Maharat Road,
Amphoe Mueang.
Tel.: 039 999 999.

Pu Ja,

Tha Chalaep Road,
Amphoe Mueang.
Tel.: 08 1377 7052.

At Pa Mai,

Soi Chamrat Uthit,
Amphoe Mueang.
Tel.: 039 312 708.

■ TRAT

Salak Phet Seafood,

Soi Yothathikan, Amphoe
Ko Chang.
Tel.: 08 1429 9983.

Rim Thale Seafood,

Soi Anuson Sathan,
Amphoe Laem Ngop.
Tel.: 08 1636 8137.

Suan Ahan Nong Bua,

Sukhumvit Road,
Tambon Wang Krachao,
Amphoe Mueang.
Tel.: 09 2662 9579.

Khrua Khao Tha,

Sukhumvit Road,
Tambon Wang Krachao,
Amphoe Mueang.
Tel.: 08 4540 5482.





The

SOUTH

THE CUISINE OF THE SOUTH IS WELL-KNOWN FOR ITS SPICINESS FROM THE AROMATIC SPICES AND HERBS THAT INVITE YOU TO EAT. THIS HAS COME FROM THE NATURAL INGREDIENTS WITH AN EMPHASIS ON THE SPICY TASTE BLENDED WITH THE SALTINESS OF THE SHRIMP PASTE. IT HAS BEEN SAID THAT THIS FOOD IS SPICIER THAN OTHER REGIONS, AND THIS AREA IS ALSO A SOURCE OF FRESH SEAFOOD DISHES. MOST FOOD HAS A SPICY, SALTY, AND SOUR TASTE BUT NOT SWEET. THERE'S AN ASSORTMENT OF LOCAL VEGETABLES SERVED FOR SIDE DISHES TO HELP REDUCE THE SPICINESS.





Kaeng Som Pak Tai (Southern-style curry) or as the locals call it Kaeng Liang.

The local cuisine of this region has an integrated style of local Thai food and Southern Indian food; such as, Budu sauce. Southern food is much spicier than other regions and the area connects to the sea on both coasts, so there is an abundance of seafood. However, the weather is humid and it rains all year-round. Thus, the curries and sauces will have an intense flavour, which helps keep the body warm. Most of the cuisine is curries and tangy dishes; such as, Kaeng Som (sour spicy soup), Kaeng Lueang (yellow curried soup), and Kaeng Tai Pla (fish kidney soup).

5 MUST-TRY LOCAL SOUTHERN DISHES

KAENG SOM PAK TAI (Southern Sour Spicy Soup):

Also known as Kaeng Lueang (yellow curried soup) is different from other dishes of the same name in other regions. This is because it uses sour chili mixed with cumin to give the yellow colour and a mellow aroma. It'll also consist of bamboo shoots, papaya, and lotus, as well you can add prawns or sea bass depending on your preference.

Taste: *Sour, salty and very spicy.*

KAENG TAI PLA (Fish's Kidney Curry):

This is another renowned menu of the South that can be eaten with steamed rice and Khanom Chin. Its highlight is the spicy hot taste. The fish's kidney is the belly of the fish that is fermented in salt before being cooked to be a curry. There are 2 ways of making this dish: with and without coconut milk, as well as with and without vegetables.

Taste: *Salty from the fish and spicy from the curry.*



(Left) Kaeng Tai Pla (Southern-style fish curry) has a salty and spicy flavour that can also add vegetables and no vegetables.

(Right) Khua Kling Mu (roasted pork roll).

KHUA KHLING:

Is a very delicious spicy Southern food that can use beef, chicken, or pork. The spices include the full flavours of curry, roasted pepper and herbs, and what will make you mesmerised is the aroma of the shrimp paste that is fried or roasted till dry. It's eaten with fresh vegetables of the South; such as, young Man Pu leaves (*Glochidion wallichianum* Muell.) and young Himaphan mango leaves.

Taste: *Salty from the curry, aromatic from the cumin and ingredients.*

NAM PHRIK KUNG SIAP

(Southern Shrimp Paste):

Is also known by the Southern people as Nam Soup Kung Siap (shrimp paste soup). The special highlight is the use of prawns on a wooden skewer and grilled till dry. The scented aroma comes from the shrimp paste and prawns. Other ingredients include chili, shrimp paste, salt, fish sauce, and red onion, and it can be eaten with fresh vegetables like sato (*Parkia speciose*) and boiled bamboo.

Taste: *Spicy followed by sweet.*

(Left) Nam Phrik Kung Siap (prawn chili paste).

(Right) Phat Sato Kung (stir-fried sato with prawns).

PHAT SATO

(fried sato):

This is another outstanding hit menu of the South, as sato (*Parkia speciose*) is a vegetable that has its own individual flavour and aroma unlike any other vegetables. It can be eaten fresh with shrimp paste or fried and especially with prawns, so it becomes like a dish of fried sato with shrimp paste and prawns.

Taste: *Salty followed by spicy, sweet and sour.*



THE SOUTH : NOT-TO-BE-MISSED RESTAURANTS

■ RANONG

Khun Lin, Chon Ra-u,
Tambon Khai Niwet,
Amphoe Mueang.
Tel.: 077 822 863.

Somyot Paknam Seafood,
Tambon Paknam,
Amphoe Mueang.
Tel.: 077 860 965.

Kiang Le,
Tambon Paknam,
Amphoe Mueang.
Tel.: 077 873 969.

■ CHUMPHON

Phrik Hom,
Tambon Tha Taphao,
Amphoe Mueang.
Tel.: 077 757 070.

**Khrua Nang
Lung Chumphon**,
Chumphon-Ranong Road,
Tambon Wang Phai,
Amphoe Mueang.
Tel.: 077 658 669.

■ NAKHON SI
THAMMARAT
Tha Sala Seafood,
Amphoe Tha Sala.
Tel.: 075 522 744.

Khrua Andaman,
Tambon Pak Nakhon,
Amphoe Mueang.
Tel.: 075 347 254.
Satun

Nong Ni,
Sathit Yutitham Road,
Tambon Phiman,
Amphoe Mueang.
Tel.: 074 723 012.

Thang Lueak,
La-ngu-Pak Bara Road,
Tambon Paknam,
Amphoe La-ngu.
Tel.: 08 7534 7139.

■ TRANG

Kaeng Som,
Wisetkun Road,
Tambon Thap Thiang,
Amphoe Mueang.
Tel.: 075 219 383.

Khrua Thong Na Thuam,
Tambon Ban Khuan Don,
Amphoe Mueang.
Tel.: 08 5158 8010.

Ban Suan Sudaphon,
Rakchan Road,
Tambon Thap Thiao,
Amphoe Mueang.
Tel.: 075 226 070.

■ PHUKET
Kan Eng@Pier,
Tha Chalong.
Tel.: 076 381 212.

Laem Hin Seafood,
Tambon Ko Kaeo,
Amphoe Mueang.
Tel.: 076 239 357.

Blue Elephant,
Krabi Road, Amphoe
Mueang.
Tel.: 076 354 355.

Phat Thai Phan Hin,
Talat Yai Road, Amphoe
Mueang.
Tel.: 08 5888 5756.





A rooftop restaurant at sunset. The sky is a mix of purple, pink, and orange. In the foreground, several tables are set with white tablecloths, white plates, and wine glasses. The tables are arranged in a row, receding into the distance. In the background, a city skyline is visible across a body of water, with buildings and a bridge. A person is sitting at one of the tables in the distance, looking out at the view.

7 WONDERFUL FOODIE TOURS

These 7 wonderful foodie routes across the country will bring you closer to Thailand, Thai cuisine, Thai culture, and local culinary gems hidden in various destinations. Local food has many stories to tell, and will certainly leave wonderful memories in your heart. While in Thailand, trying its famous food is a must-do activity.



Hoi Thot ,
Crispy
Thai style
oyster or
shellfish
omelet.

Route 1
BANGKOK
CHARMING OLD TOWN

Khao Kaphrao
Kai Dao Khai
(chicken
with basil and
fried egg).



1

Tasty easy-to-eat street food menus like noodles by the roadside of Bang Rak.



2

A mixture of Chinese, Muslim and Thai food cultures of the street food of Bang Rak and Bang Lamphu.



The Old Town of Bangkok is home to some of the best food in the capital, from street food to royal recipes. It is dubbed a Foodie's Paradise for a reason.

In this area, you will get to experience authentic Thainess while being surrounded by retro buildings with an abundance of local food as an added bonus.

DAY 1

Morning – Experience life in the morning with decades-old street food joints from various origins in the Bang Rak area. Starting from Saphan Taksin BTS Station, walk along Charoen Krung Road and try Thai-Chinese treats; such as, congee, rice with roasted duck, noodles with fish balls, and authentic Muslim food.

Afternoon – Take the Chao Phraya Express Boat to Phra Athit Pier in the Old Town. There, you can visit and enjoy famous delicacies; such as, roti mataba, Yentafo noodles, Sukhothai noodles, Thai food with rice, Thai-style crispy crepe, and various drinks served in chic, retro cafes. You can take a boat and cross to Wang Lang

4

Return to the past in the atmosphere of Err at Tha Tian. Try mouthwatering menus that will make you say “WOW!!”



5



The Food Court in Siam Center that has an great assortment of delectable street food.

Pier where there is a wide selection of street food to indulge in.

Evening – Let your food adventure begin in Yaowarat or China Town, one of the best places in the world for street food. From sweet to savoury, you can eat everything to your heart’s content. Don’t miss freshly grilled seafood, which comes with a wallet-friendly price tag.

DAY 2

Morning – Take a walk around Tha Tian where you can enjoy the view of old temples, palaces and museums. Take a rest at any of the chic cafes in the neighbourhood. Need some pointers? Check out Err, a vintage Thai restaurant serving contemporary Thai food with an interesting presentation and authentic Thai taste.

Afternoon – For a cosmopolitan experience, head to Siam Square, the hippest neighbourhood in the city. Siam Centre is home to Food Republic, a contemporary food court offering a broad selection of cuisine. In the mood for Thai with a twist? You’ll find it at BOMBYX by Jim Thompson, located in Siam Paragon. Here, you will be blown away by the creative

6

Scrumptious delights of Pratunam. Don't miss Khao Khao Man Kai at Kai Ton Pratunam at Phetchaburi Soi 30 with the hustle and bustle of the 2 shop houses before midday.



7

Bombyx, a trendy Thai restaurant of Jim Thompson.



8

Enjoy a dinner cruise on the Chao Phraya River with Supanniga Cruise.



presentation and the mouthwatering flavours.

Evening – Supanniga Cruise is a new dinner experience, which treats you to a majestic view of the Chao Phraya River and delightful Thai cuisine. The interior of the cruise is lavishly decorated to reflect Thai culture.

DON'T MISS !!

- Street food in Bang Rak.
- Roti mataba at Phra Athit Pier.
- Street food & Grilled in China Town.
- Contemporary Thai food at Err at Tha Tian.
- Food Republic, a modern food court in Siam Centre.
- BOMBYX by Jim Thompson in Siam Paragon.
- Supanniga Cruise along the Chao Phraya River.

Route 2
WEEKEND FLOATING MARKET IN
SAMUT SONGKHRAM

PATH OF THE PAST, A RIVERSIDE LIFESTYLE, FROM
AMPHAWA TO MAE KLONG

Pla Thu Satia,
(Braised Mae
Klong-style) ,
a well-known
delicious dish.



1

The lifestyle of the local people of the Tha Kha Floating Market with boat food. Boat food, a rendezvous point for vendors on boats carrying local culinary curiosities, vegetables and fruit, often homemade or home-grown.



3

(3) Khao Nam Phrik Pla Thu, another delicious menu.



2

Bang Noi Floating Market, a small community that is full of charm with shops containing quality souvenirs and delicious food.



In some parts of the country, its people still retain their traditional riverside lifestyle. You can find such an idyllic way of life around the Mae Klong River, the "Venice of the East", in Samut Songkhram. The floating markets will take you back in time to their glorious past, while

the award-winning ancient architecture is as world-renowned as the culinary offerings.

DAY I – 3 FLOATING MARKETS

Morning – Tha Kha Market is a real farmers' market in its purest form. Located amidst coconut

groves and fruit orchards, the farmers bring their produce on a boat to sell at a low price in a slow-paced environment.

Late Morning – Bang Noi Floating Market is an attempt at bringing the canal-side community back to life. Local treats include mini roti, ancient coffee,

4

Renowned cuisine of Samut Songkhram that features seafood and coconut milk.



5



Scrumptious delicacies in the late evening at the Amphawa Floating Market.

and herbal noodles. The shops have a retro feel, and there are heart-warming homestay services for those seeking a peaceful escape.

Evening – Amphawa Market is where you can literally eat till you drop. Seafood, local food, and Thai desserts are sold on boats and on land, and you can enjoy them while sitting by the canal. Don't miss the Amphawa Chaipattananurak

Project and Thai Dessert Museum while you're at it. You can also opt for a cruise along the river and enter the enchanting world of fireflies swarming in the trees along the river bank.

DAY 2

Morning – Visit Tao Tan, where you can see how the locals make coconut sugar using traditional stoves like in the past.

Late Morning – Explore the Bang Phlap Community, a green community with lush verdant gardens and an unpretentious slow life. You can enjoy eating fresh fruits and processed fruits during your visit.

Afternoon – Stop by at the Khlong Khon Community to learn about the fisherman's way of life. Visit shell farm huts in the sea using local boat services, or try mud-skiing. These activities will

6

Every step for making coconut sugar can be seen at the Amphawa Chaipattananurak (Agricultural Demonstration Farm)



8



7

Bang Phlap community, a way of life that can be easily experienced.



Don Hoi Lot, at the mouth of the Mae Khlong estuary. This is probably the most famous spot in the province to eat seafood, and a dozen restaurants occupy the area around the nearby pier, many offering views out over the Gulf.



sure work up your appetite, making fresh seafood even more delicious afterwards.

Evening – Go to Don Hoi Lot in Samut Songkhram, an ultimate food destination for seafood lovers. Here, you can find fresh seafood, dried seafood, and seafood restaurants where you can indulge in freshly caught and divinely cooked seafood. Must-try dishes are stir-fried cord shell and dried sweet cord shell.

DON'T MISS !!

- Phat Thai in a fish basket at the Tha Kha Market.
- Boat noodles at the Tha Kha Market.
- An ancient recipe of mackerel fried rice at the Bang Noi Floating Market.
- Sa Tia mackerel at the Amphawa Market.
- Coconut sugar and palm juice at the Amphawa Chaipattananurak Project.
- Steamed crabs, deep fried seafood and sweet cord shell at the Don Hoi Lot Market.

Quality coffee from Doi Chang.



Route 3 AMAZING LANNA IN CHIANG RAI

Lanna-style chili paste served with Khaep Mu.



The mountainous Kingdom of Lanna is a land of tea, coffee, and King Rama IX's Royal Projects.



1

Doi Chaang coffee, one of the best quality coffees of the world. The flagship cafe is a comfortable place to sip, and offers a short menu of snacks and light meals.



3

The tastiness of Chinese Yunnan cuisine can be ordered at Ying Pong Yunnan.



2

Products from nature: taro and Inca nut can be bought at Kat Doi Tung.



DAY 1

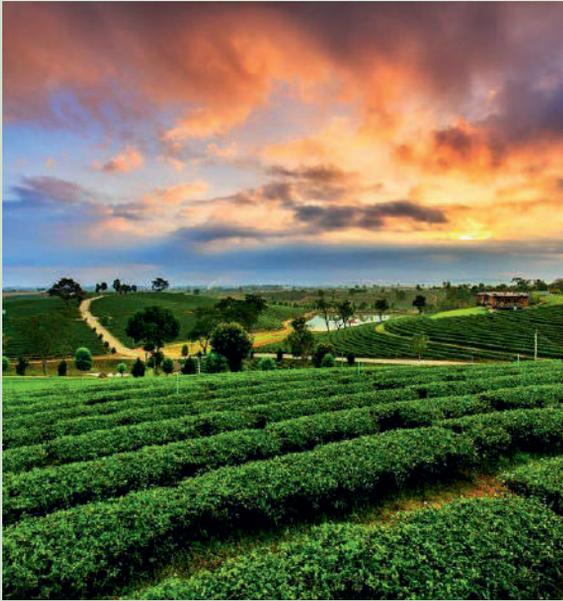
Trace the tea and coffee routes – this is one of the best sources in the world – and explore the local way of life, eat fresh fruits at the orchards, and enjoy Yunnan Chinese cuisine.

Travel to Doi Chang and Doi Wawi, one of the most famous coffee sources in the world. Be mesmerised by the view of the coffee plantations, and see how coffee is made, from soil to the cup. Sip fresh coffee while appreciating the

panoramic view from the top of the mountain. Don't miss Yunnan Chinese cuisine; such as, Yunnanese-style pork leg stew with steamed bun served in a restaurant located in the embrace of a tea plantation.

4

For delectable dishes from green tea and quality tea for brewing, then go to the Choui Fong Tea Plantation, an enormously popular local tourist landmark. Besides the beautiful tea field landscape spreading as far as the eye can see



5



The deliciousness from menus full of fresh fruit at Chan Ka Phak, where you can stop to enjoy fresh green papaya salad, som tam, grilled chicken, kai yang, sticky rice, khao niew, and lots of crispy greens picked from the adjacent garden.

DAY 2

Treat yourself to premium tea at Choui Fong Tea Plantation, a new landmark in Mae Chan, Chiang Rai. At the terraced tea plantation, you can pick tea leaves and taste various types of tea. After that, visit the Prince Chakraband Pensiri Plant Varieties Project and Chan Ka Phak Restaurant in Mae Sai, which is among King Rama IX's Royal Projects.

Experience the wonderful properties of tea seed oil and taste fresh vegetables right at their sources. In strawberry season, try strawberry and tea seed oil salad, which will certainly uplift your spirit.

DAY 3

Live like a local in Ban Saeo in Chiang Saen. Sit on an i-tak vehicle and visit

fruit orchards and riverside homestay services. Sample Northeastern or Isan delicacies prepared by Isan descendants who migrated here. Before you leave, don't forget to visit Ma Long Der in Khua Silapa, where you can try beautifully presented authentic Northern Thai cuisine while also enjoying art.

6

See the local people's way of life at the Ban Saeo community, Amphoe Chiang Saen and enjoy tasting some local dishes.



7



Try some local Lanna food in a contemporary format at Ma Long Der.

DON'T MISS !!

- Doi Chang coffee.
- Yunnan Chinese food at the Ying Ping Yunnan Chinese Restaurant, Mae Sai.
- Choui Fong Tea, Mae Chan Tea House and Plantation.
- Chan Ka Phak, Mae Sai.
- Local food at Ban Saeo Village.
- Ma Long Der at Khuja Silapa, Chiang Saen.





Durian, the most renowned fruit of the province.

Route 4 CHANTHABURI

BEYOND FRESH FRUITS
AND SEAFOOD

Sen Chan Phat Pu (stir fried rice noodles with crab meat), a signature dish of Chanthaburi.



1

Enjoy agro tourism by visiting fruit orchards and tasting fresh fruit from the tree like durian, rambutan, and long kong.



2

For an easy meal in the morning, there's a selection including Khao Kaeng (rice and curry), Mu Ping (grilled pork), and Phat Thai (Thai fried noodles).



3

Two menus that you shouldn't miss are Khao Phrik with salt (chili rice with salt) and Kuai Tiao Mu Liang (noodles with pork).



What better place to enjoy fresh fruits than this capital of fruits? Chanthaburi is home to hundreds of fruit orchards, as well as fresh seafood. Its well-preserved culture and the friendliness of its people, as well as the to-die-for food, will make you fall in love with this serene city of the East.

DAY I

Morning – Take a 1-day trip to fruit orchards, and don't miss a chance to sample the King of Fruits – durian. You can opt for a fruit buffet tour (during late April – late June, which is the best season for durian, mangosteen and rambutan), priced at only 380-400 Baht.

Evening – Savour street food at the Namphu Market near the Clock Tower, where you can indulge in a dazzling array of street eats. One of the must-try treats is rice tossed in salt and chili, which tastes like seafood dip, served with shrimp, squid, pork and soft-boiled duck's egg. Second helpings, anyone?

4

The riverine way of the Chanthabun community with its bustling atmosphere full of people and shops.



5



Souvenirs can be bought at Chanthorn Pochana. Outstanding dishes that you should try include Kaeng Mu Chamuang (pork curry with Chamuang) and Lon Pu Khai (crab eggs stew).



DAY 2

Morning – Travel back in time at the Chanthabun Community, which dates back more than 3 centuries. Located along the Chanthabun River, the community is home to old Thai-style houses, Euro-Sino buildings, and a 200-year-old church. The locals are of Thai, Vietnamese and Chinese descent. Eat like a local in wooden houses by the river.

Evening – Refuel your stomach at old eateries and

enjoy local dishes; such as. Chamuang pork, stir-fried noodles with crab, and processed fruits like durian chips, mango paste, and herbal drinks.

DAY 3

Morning – Visit the Rare Dessert Market, a small market in Nong Bua Village, Amphoe Mueang. Here, you can find rare Thai desserts and ancient dishes in a community, which has preserved its identity for more than a century.

Midday – Try royal recipes and ancient chili pastes at Ban Nam Phrik Khao Suai Restaurant, which sells Chanthaburi's local favourites; such as, rice tossed in chili and salt with mantis shrimp and crab, mantis shrimp Phat Thai, rice and mackerel with chili paste, and more. The dishes are lavishly presented, using local utensils from the past. The servers are also dressed in traditional Thai costumes.

Afternoon – Enjoy fresh seafood at seaside restaurants

6

If you want to eat the local food of Chanthaburi, then stop by Ban Nam Phrik Khao Suai.



7



Fresh seafood at Thong Natee Seafood. If you come during the fruit season, then try some menus made with fruit.

8



Nong Bua Village, the Rare Dessert Market.

and peaceful homes where you can relax and treat yourself to an all-you-can-eat crab buffet. Thong Natee Seafood, right by Oasis World in Laem Sing, is where you can indulge in fresh seafood and local Chanthaburi delights. If you want to get closer to nature or are a big fan of soft-shell crab, visit the Soft-shell Crab Farm in Khlung. Getting there, you will pass through a mangrove forest, where you can witness the authentic fisherman's lifestyle.

DON'T MISS !!

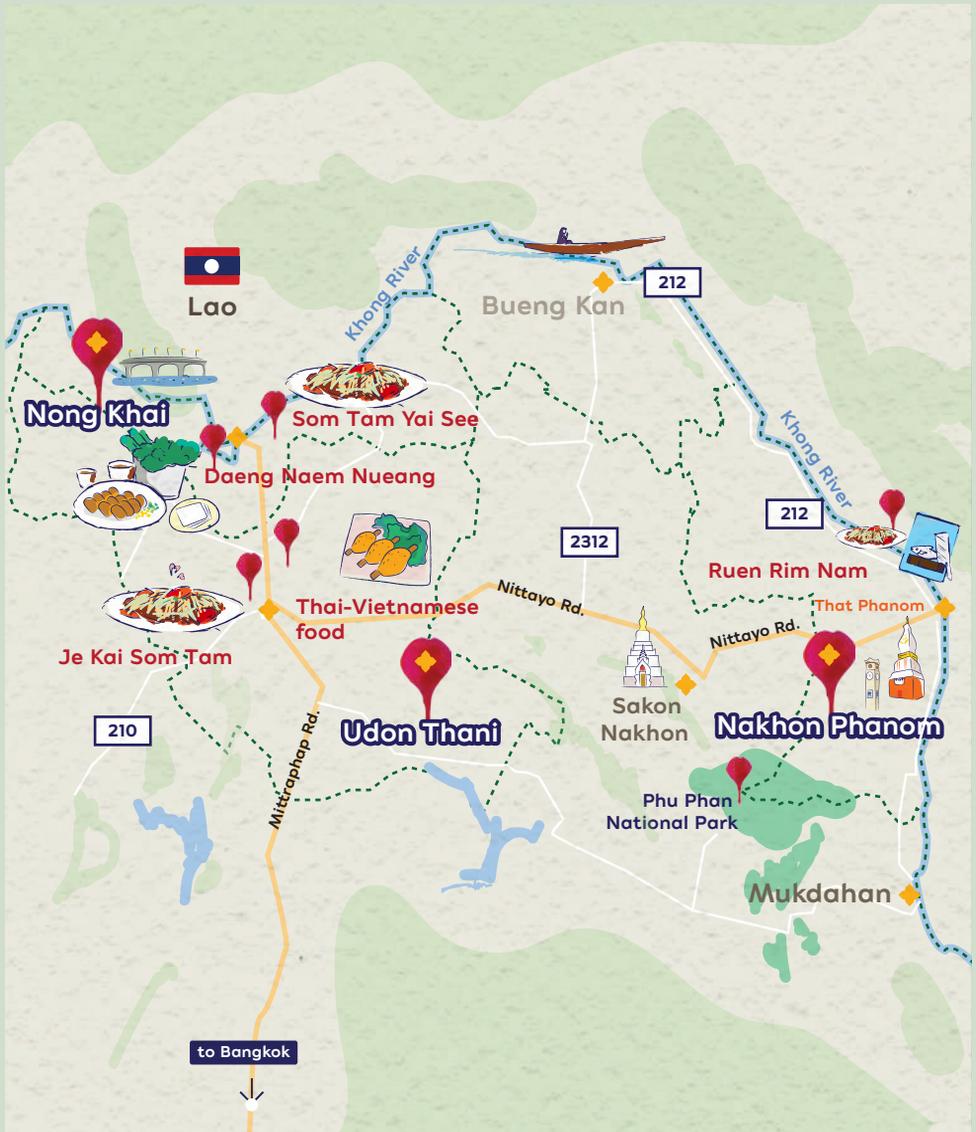
- Phraya Trang pork noodles on Phraya Trang Road.
- Stir-fried noodles with crab at Chanthorn Pochana.
- Chamuang pork curry, crab chili paste, and local dishes at Khrua Lung Choey.
- Rice tossed with chili and salt.
- Fresh seafood and local food in Laem Sing at Thong Natee Seafood.
- Soft-shell crab at the farm in Khlung. Try deep-fried soft-shell crab with chili and garlic, and soft-shell crab curry.

Route 5

THE NUA TASTE OF ISAN:

UDON THANI – NONG KHAI NAKHON PHANOM

Naem Nueang, a well-known dish. (Thai- Vietnamese style meatballs that are wrapped in rice paper and served with a generous platter of fresh herbs and vegetables)



1

VT Naem Nueang, Udon Thani province has every dish that displays Vietnamese culture.



2



Breakfast must have noodles, Khai Katha (egg in a pan), and baguettes.



3

Som Tam (green papaya salad), a meal that can be eaten all day long that is a signature dish of Isan.



UDON THANI

Take a road trip along this food route, which comes with a magnificent view of the Khong River. Home to Isan food at its finest, these 3 provinces will introduce you to original flavours from Udon Thani noodles to local delights in Nakhon Phanom.

Start your morning with Thai-Vietnamese food: Khai Katha (eggs in a pan), Pho and Vietnamese bread. Udon Thani is dubbed the noodle city because there are many noodle dishes – flat noodles, rolled noodles, rice noodles, and Vietnamese noodles.

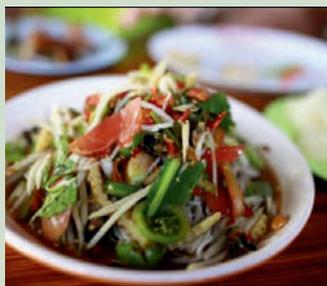
For lunch, you won't be disappointed at Je Kai

Som Tam, a famous local restaurant in Udon Thani known for fiery Isan dishes. It's particularly famous for its pla ra, made from fish caught in the Chi, Mun and Khong Rivers.

For dinner, enjoy a healthy, veggie-based meal at VT Naem Nueang, one of the best places for naem nueang in the region.

4

Most Isan dishes are easy to eat; e.g., Kai Yang (fried chicken), Som Tam that includes Som Tam Thai (Thai-style green papaya salad), Som Tam Pu (green papaya salad with crab), and Som Tam Pla Ra (green papaya salad with fermented fish).



5



Nong Khai and the atmosphere by the Khong River with numerous restaurants and not-to-be-missed Isan-Vietnamese cuisine.

NONG KHAI

Life along the Khong River

The road along the Khong River, from the 1st Thai-Lao Friendship Bridge to Phra-That Klang Nam near Chommani Beach, is filled with many Isan restaurants to explore. Som Tam Yai See restaurant (near the Friendship Bridge) is so famous you'll have to make a reservation ahead of your visit. Try the seafood Tam Thai there and you'll forget everything else. Som Tam

Tim Ja is another great place for som tam, and if you have a chance to visit, don't forget to try Tam Sua. Feel like Vietnamese food? Daeng Naem Nueang is your best bet.

As the sun leaves the horizon, take a walk along the walking street at Tha Sadet Market, where you can see old houses along the Khong River, shop for OTOP items, and try local food.

For dinner, visit the Chai Khong restaurant for fresh fish and a nice view of the Khong River. It's a wooden house perched on the bank of the river. Most of the ingredients are locally sourced, and the fish is caught from the River.

NAKHON PHANOM

Grab some Vietnamese breakfast at Pornthep where you can try Khai Katha,,

6

Khai Katha (egg in a pan), the breakfast of Nakhon Phanom that is easy to eat at a reasonable price.



7



Chai Khong, a Khong Riverside restaurant with outstanding menus; e.g., Tom Yam Pla Nam Khong (spicy Khong River fish soup) and Pla Thot (fried fish).

Vietnamese noodles, stuffed buns, congee, rice porridge, deep-fried mu yo (pork sausage), and pig's blood soup. Don't miss steamed rice dumplings at Sri Thep, or get a quick fix at the Rim Khong noodle shop, which comes highly recommended by the locals, renowned for its pork noodles and beef noodles. In the late afternoon, chill out at Ruen Rim Nam riverside restaurant where you can get a glimpse

of how breathtaking the Khong River can be. Enjoy tasty dishes made using freshly caught fish from the River; such as, giant Mekong catfish in Tom Yam, spicystir-fried Redtail catfish, and spicy snake-head fish with herbs.

In the evening, take a stroll along the Nakhon Phanom Walking Street where you can purchase souvenirs and enjoy quick bites along the way.

DON'T MISS !!

- Thai-Vietnamese food: Khai Katha (eggs in a pan), Pho, and Vietnamese bread for breakfast.
- Som Tam and grilled chicken at Je Kai Som Tam, Udon Thani.
- Som Tam and Isan food at Tim Ja or Som Tam Yai See.
- Naem nueang at VT Naem Nueang in Udon Thani and Daeng Naem Nueang in Nong Khai.
- Fresh fish from the Khong River at Ruen Rim Nam and Chai Khong.

Route 6
 A UNIQUE MIX OF CULTURE IN
HAT YAI- SONGKHLA

Tae Tiam or
 Dim Sum ,
 breakfast of
 the people of
 Hat Yai.



1

Chok Di Dim Sum, an item of Tae Tiam that has various kinds of food to select from including Khanom Chip (Thai sweet), Sala Pao (bun), and Bak Kut Teh (pork rib broth).



2

Ar Restaurant, a renowned Chinese restaurant in the centre of Hat Yai.

3

Kai Sap Betong (Minced chicken in Betong), a famous dish of the Tayern Betong, an old Chinese restaurant in Hat Yai.



A beautiful blend of various cuisines can be found in Songkhla's economic hub, Hat Yai. Thai, Malay and Chinese influences are brought together in this old town. Explore street food at old establishments, and check out edgy street art, before sampling fresh seafood with a view of the Songkhla Lake.

DAY 1

Morning – The beauty of spending time in Hat Yai is to enjoy a teahouse-style breakfast, dim sum, and Singaporean Bak Kut Teh. There are tens of established restaurants to choose from; such as, Chokdee Tae Tiam, Kuk Chai Dim Sum, and Ama Dim

Sum. You can also start your day with street food like deep-fried dough, deep-fried bun, congee, chicken rice, and red pork with rice, or indulge in Chinese food found along main roads like Ratyindee and Niphat-songkhro Roads.

Late morning – Go to the Kim Yong Market where you can find all the famous snacks from various countries, imported fruits, dried seafood from the Songkhla Lake, street food, and Thai and Chinese restaurants. We recommend Ta Yen Betong, a Chinese restaurant which has been in business for half a century, and Ar restaurant.

4

A combination of delectable food at the Khlong Haeng Floating Market, the only floating market in the South.



Late afternoon – A hidden gem, Nai Roo (“in a hole”) is a small Chinese restaurant tucked away in a small alley (accessible from Niphat-uthit 3 Soi 1).

DAY 2

Lunch – Grab a quick lunch at Khanomjeen Pa Chuen 2 in Ratuthit Soi 18 where you can try authentic Hat Yai chicken served with a tasty dip and fried onion.

Afternoon – Khlong Hae Floating Market is the first floating market in the Southern region offering Southern food, both Thai and Muslim. Food is freshly made on the boats.

Late afternoon – Try spicy, flavorful Southern food at Kan Eng Hat Yai, which offers Chinese, Thai, and Southern Thai food. The queue is long, but it’s

definitely worth the wait. Once you’re there, don’t forget to try crab ho mok, sour soup with coconut, and tofu with topping.

DAY 3

Late morning – Walk around the Old Town in Songkhla to get to know the locals’ lifestyle, and indulge in a series of snacks along the way on Nang Ngam Road. Take pictures of street art found on the walls and old buildings.

5

The old town of Songkhla, a source of ancient recipes integrated with street food along various roads.



This area is also home to old restaurants which have been around for 60 years, passed on from generation to generation. These classic posts exist alongside modern, edgy cafes, so you can find all kinds of food to eat along the way, from noodles to traditional Thai desserts.

Tae Hiang Aew Songkhla appears to be an ordinary shop house, This 85-year-old restaurant serves delicious Thai and Chinese food; such as, mango spicy salad and tofu with crab meat.

6

Yam Mamuang,
A signature dish
from Tae Hiang
Aew restaurant
in Song Kha Old
Town. (Nang
Ngam Road)



7



8



Ancient Thai
desserts that are
hard to find and
Khanom Khai
that is sold hot
off the charcoal
stove.



Sukiyaki Nakhon Nai is where you can enjoy authentic sukiyaki and delicious fermented tofu dip. Khao Stew Kiat Fang sells flavourful stewed pork with Chinese herbs and soft, tender buns steamed fresh in front of the shop.

Pig's Tail Noodle Shop uses palm sugar to give the soup a distinctive taste, while at Ko Ban Noodle Shop. Jar ice cream is served in a mini jar, while Jew ice cream, which is a famous and established

name in this neighbourhood, tops its ice cream with egg yolk and cocoa powder. If you want to buy local snacks and crafts, then go to the Song Saeng dessert shop and Thai Kul Prakhong shop.

Late afternoon – Have fresh seafood for dinner and enjoy a view of the Songkhla Lake on Yo Island. Sirada Restaurant is famous for both its views and its food. Nam Khiang Din gives you a bird's-eye view of Yo Island and a perfect sunset.

DON'T MISS !!

- Teahouse-style breakfast and dim sum.
- The old Chinese restaurants of Ar Restaurant, Ta Yern Betong, and Tae Hiang Aew
- Hat Yai fried chicken.
- Khanomjeen Pa Chuen.
- Old restaurants on Nang Ngam Road in Songkhla.
- Seafood at the Sirada Restaurant on Yo Island.



Nam Phrik Kung Siap (chili paste prawns on a skewer)

Route 7
CREATIVE CITY OF GASTRONOMY:
PHUKET

A "CITY OF GASTRONOMY",
DUBBED BY UNESCO

Mu Hong (pork in soy sauce), an ancient recipe of Phuket.



1

Ancient dim sum in the Phuket style that can be eaten in the morning at Bunyarat or Juan Hiang.



2

Local desserts of Ah Pong Mae Sune at Yaowarat Road / Khanom Chin Kaeng Pu (rice noodles with crab curry) at Khanom Chin Saphan Hin.



3

In Phuket, the city of culture, breakfast can include Roti Kaeng Nam and Phat Mi Hokkien (Hokkien-style fried noodles).



There is more to the ‘Pearl of the Andaman’ than its pristine beaches and clear blue water. Its diverse local culture, a mixture of various origins, makes it a great food hub, a fusion of Chinese, Hokkien, Islamic, Peranakan and Southern Thai cuisines. The unique mix of its culinary

offerings clearly reflects the cultural diversity in Phuket, a true melting pot of cultures.

DAY 1

Morning – Visit the Old Phuket Town to experience a Phuket-style breakfast. You can enjoy Hokkien-style dim sum or challenge your

taste buds with spicy Thai-style Khanom Chin. Roti curry is another option if you’re feeling like a Muslim dish.

Late morning – Have a cup of coffee at Kopi Tiam (Chinese-style coffee shop) and enjoy local Phuket snacks; such as, A-pong, Ao lo, Tao So, and Bi Fang.

4

The elegant architecture of coffee shops and local way of life of Phuket.



5

Lat Yai is a walking street that is a source of various local delicacies of Phuket and the South that you can select to buy and eat.



For lunch, try simple local dishes like Bi Hun with pork ribs or Hokkien-style noodles.

Late afternoon – Take a long walk around the Old Town and check out the Sino-Portuguese architecture, street art, and Peranakan culture at a new museum, the Peranakan Phuket Museum. Try an eclectic mix of Chinese and Melayu cuisines.

DAY 2

Late morning – Visit Phuket's scenic point to enjoy a beautiful view of Khao Rang. Have lunch at Thung Kha Coffee where you can indulge in specialty coffee and highlights of Phuket; such as, shrimp chili paste, stir-fried shrimp with bitter bean, and coconut curry with liang leaf.

Late afternoon – As the sun begins to set, take a walk to explore the local lifestyle at Lat Yai, a walking

street selling souvenirs, street food, and local Phuket dishes. You can shop and eat till you drop.

Night – Need a refill? Get some rice porridge or noodle soup at Ko Benz Khao Tom Hang, a famous local joint with a long queue to confirm the quality.

DAY 3

Midday – There are many restaurants in Phuket selling local Phuket dishes; such as, stir-fried pork with salt,

6

Kruvit Raft, a seafood restaurant that floats on the sea in Phuket and has fresh seafood from the baskets.



7



Adapted local food of Phuket that is similar to Local Phuket Fusion at Dibuka on Dibuk Road.

stuffed mackerel, khao khua, stir-fried black crab with lime juice, and Khanom Chin and crab curry.

Late afternoon – Sail out into the sea to enjoy fresh seafood at Kruvit Raft. The must-try dishes of this restaurant are deep-fried blacktip grouper, steamed crab, and blacktip grouper in fermented soy soup. or try a modern twist of Southern Thai fusion food at Dibuka where local dishes are given a contemporary flair and creative presentation.

DON'T MISS !!

- Hokkien-style dim sum for breakfast.
- Southern-style Khanom Chin and curry and ho mok at Mae Ting and Khanom Chin Saphan Hin.
- Hokkien noodles at Mee Ton Pho and Mee Sapam.
- Lok Tian, a hub of local Phuket delicacies.
- Street food in Old Phuket Town.
- Lat Yai Walking Street every Sunday at 4-10 p.m.
- Authentic Southern Thai cuisine at Raya, Tu Kab Khao, and Mor Mu Dong.
- Modern Southern Thai cuisine at Dibuka.
- Fresh seafood at Kruvit Raft and Laem Hin Seafood.

OVERSEAS OFFICES TOURISM AUTHORITY OF THAILAND

ASIA

THAILAND

Telephone. (66) 2250 5500,
TAT Contact Center : 1672
Website : www.tourismthailand.org

KUALA LUMPUR

Areas of Responsibility : Malaysia,
Brunei Darussalam
Telephone. (603) 216 23480
E-mail: info@tourismthailand.my
Website: www.tourismthailand.my

SINGAPORE

Areas of Responsibility : Singapore, The
Philippines
Telephone. (656) 235 7901
E-mail: tatsin@singnet.com.sg

JAKARTA

Areas of Responsibility : Indonesia
Telephone. (602) 21 2992 2353
E-mail Address: tatjak@tat.or.th
Website: id.tourismthailand.org

HONG KONG

Areas of Responsibility :
Hong Kong, Macau
Telephone. (852) 2868 0732, 2868 0854
E-mail: tathkg@pacific.net.hk
Website: www.amazingthailand.org.hk

BEIJING

Areas of Responsibility : People's Re-
public of China (except
Hongkong SAR,Macau SAR and Taiwan)
& Mongolia
Telephone. (86 10) 8518 3526-29
E-mail: tattbjs@sohu.com
Website: www.tattbjs.org.cn

CHENGDU

Areas of Responsibilities : Xinjiang
Uyghur Autonomous Region, Qinghai,
Ningxia Hui Autonomous Region, Gansu,
Shaanxi, Chongqing, Sichuan and Tibet
Autonomous Region
Tel: (86 28) 6465 6299
E-mail: tatchengdu@tat.or.th
Website: cn.tourismthailand.org

SHANGHAI

Areas of Responsibility : China
Telephone.(86 21) 33 66 3409

KUNMING

Areas of Responsibility : Chogqing,
Yunnan, Sichuan, Guizhou,Guangxi
Zhuang
Autonomous Region and Tibet Autonomous
Region
Telephone.(86 87) 1317 8840

TAIPEI

Areas of Responsibility : Taiwan
Telephone. (886 2) 2502 1600
E-mail: tattpe@ms3.hinet.net
Website: www.tattpe.org.tw

TOKYO

Areas of Responsibility : Northern
Area of Honshu Island: Tohoku, Kanto
and Hokkaido Island
Telephone. (81 3) 3218 1077
E-mail: tattky@tattky.com
Website: www.thailandtravel.or.jp

OSAKA

Areas of Responsibility : Southern Area
of Honshu Island:Kinki,
Chugoku and Chabu

Telephone. (81 6) 6543 6654,6543 6655
E-mail: info@tatosa.com
Website: www.thailandtravel.or.jp

FUKUOKA

Areas of Responsibility : Kyushu Island
,Shikoku Island ans Okinawa
Telephone. (81 92) 725 8808
E-mail: tatfuk@tatfuk.com
Website: www.thailandtravel.or.jp

SEOUL

Areas of Responsibility : Republic of
Korea
Telephone.(82 2) 779 5416-8, 779 5160,
779 5162-4
E-mail: info@tatsel.or.kr
Website: www.tatsel.or.kr

NEW DELHI

Areas of Responsibility : Northern and
Eastern India, Bangladesh, Nepal, and
Bhutan

Telephone.(91 11) 4166 3567-9

E-mail: tatdel@tat.or.th
Website: www.amazingthailand.co.in

MUMBAI

Areas of Responsibility : Western and
Southern India, Sri Lanka and Maldives
Telephone.(91 22) 2204 2727, 2204 2728
E-mail: tatmumbai@tat.or.th
Website: www.amazingthailand.co.in

HO CHI MINH

Areas of Responsibility : Vietnam, Lao
PDR, and Cambodia
Telephone.(84 8) 291 3885,
(84 8) 291 3886
E-mail: tathcm@tat.or.th
Website: www.tourismthailand.org.vn

DUBAI

Areas of Responsibility : Bahrain, Iraq,
Jordan, Kuwait, Lebanon, Oman, Qatar,
Saudi Arabia, Syria and the Middle
East, Yemen, U.A.E.
Tel: (97 1) 4325 0184-5
Email: tatdubai@tat.or.th
Website: [www.tourismthailand-mid-
dleast.org](http://www.tourismthailand-mid-
dleast.org)

EUROPE

LONDON

Areas of Responsibility : United Kingdom,
Ireland, Republic of South Africa, Federal
Democratic
Republic of Ethiopia, Federal Republic
of Nigeria and Republic of Kenya
Telephone. (44 207) 925 2511
E-mail: info@tourismthailand.co.uk
Website: www.tourismthailand.org

FRANKFURT

Areas of Responsibility : Germany,
Austria,
Slovenia, Croatia,
Switzerland, Liechtenstein, Romania,
Yugoslavia, Bulgaria,Moldova, Macedonia,
Albania, Czech
Republic, Slovakia, Poland, Hungary,
Bosnia-Herzegovina
Telephone. (49 69) 138 139 0
E-mail: info@thailandtourismus.de
Website: www.thailandtourismus.de

PARIS

Areas of Responsibility : France,
Belgium, Luxembourg, The Netherlands,
Morocco, Monaco, Tunisia and Algeria
Telephone. (33 1) 5353 4700
E-mail: tatpar@wanadoo.fr

ROME

Areas of Responsibility : Italy, Spain,
Greece, Portugal, Israel, Egypt, Turkey
and Cyprus
Telephone. (39 06) 420 14422, 420 14426
E-mail: tat.rome@iol.it

STOCKHOLM

Areas of Responsibility : Sweden, Norway,
Denmark, Finland, Iceland, Estonia,
Latvia and Lithuania
Telephone. (46 8) 700 56 91
E-mail: info@tourismthailand.se
Website: www.tourismthailand.se

MOSCOW

Areas of Responsibility : Russia,
Belarus, Ukraine, Georgia, Armenia,
Azerbaijan, Kazakhstan, Uzbekistan,
Turkmenistan, Tajikistan and Kyrgyz
Telephone. 7 (495) 623 2505
E-mail: info@tourismthailand.ru
Website: www.tourismthailand.ru

NORTH AMERICA

NEW YORK

Areas of Responsibility : Albama, Arkansas,
Connecticut, Delaware, Florida,
Georgia, Illinois, Indiana,
Iowa, Kentucky, Louisiana, Maine,
Maryland, Massachusetts, Michigan,
Minnesota, Mississippi, Missouri, New
York, New Hampshire,
New Jersey, North Carolina,
Tennessee, Vermont, Virgia,
Washington D.C., WestVirginia, Wisconsin,
Puerto Rico and the Bahamas and
Canada Countries (West Canada: Alberta,
British Columbia, Manitoba, Northwest
Territories, Saskatchewan and
Yukon East Canada: Ontario,
Quebec, New Brunswick, Nova Scotia
and New Foundland)
Telephone.(1 212) 432 0433
E-mail: info@tatny.com

LOS ANGELES

Areas of Responsibility : Alaska,
Arizona, California, Colorado, Hawaii,
Idaho, Kansas, Montana, Nebraska,
Nevada, New Mexico, North Dakota,
Oklahoma, Oregon, South Dakota,
Texas, Utah,
Washington, Wyoming, Guam Island
and all Central and Southern American
Countries
Telephone.(1 323) 461 9814
E-mail: tatla@ix.netcom.com

AUSTRALIA

SYDNEY

Areas of Responsibility : Australia, New
Zealand and South Pacific
Telephone.(61 2) 9247 7549
E-mail: info@thailand.net.au
Website: www.thailand.net.au





www.amazingthaitaste.com

