



— FOODS OF —  
**THAILAND**

**Express!**



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# Table of Contents

Cooking the Thai Way	4
Eating the Thai Way	6
Regional Foods	8
Iced Drinks and Fruity Flavors	10
Getting Ready to Cook	12
Khao Neeo Mamuang	14
Gai Yang	16
Jok	18
Pad Thai	20
Glossary	22
To Learn More	23
Index	24



# Cooking the Thai Way



Thai **cuisine** is influenced by the food **traditions** of many cultures, especially Chinese, Indian, and Malaysian. Thai cooks fry, stir-fry, and deep-fry some foods like the Chinese. They modify Indian dishes with their own ingredients. Coconut oil replaces buttery *ghee*. Lemongrass and other herbs take the place of traditional Indian spices.





Thai cooks prepare spicy and mild dishes to be eaten together. They do this to create **harmony** at dinnertime. Fish sauce, or *nam pla*, is one ingredient that unites most Thai food. Many say it has a disgusting smell but makes food taste great.



*nam pla*

## Hot, Hot, Hot

Missionaries from Portugal introduced Thai people to chilies. Red, green, or yellow chilies are included in many Thai dishes.

# Eating the Thai Way



In Thailand, families sit down together to share main meals. Many Thai people believe eating meals alone brings bad luck. However, Thai people will often visit **street stalls** to pick up snacks between meals.



## Feast on the Floor

Some people in Thailand's countryside sit on the ground to enjoy meals. This is the traditional way of eating a Thai meal.



No knife is needed when enjoying Thai food. Food is usually prepared in bite-sized amounts. The left hand holds a fork and the right hand holds a spoon. The fork is never brought to the mouth. Rather, it is used for pushing food onto the spoon. Thai people use their hands to eat the sticky rice that is served with most meals.

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