pices For Thai Cooking

สมุนไพร เครื่องเทศ สำหรับปรุงอาหาร

The Special combination of herbs and spices used in preparing That dishes is what gives That food its very distinctive character, both within Thailand and throughout the world. There are 27 main herbs and spices which form the real basis for Thai cooking with that special That flavor. Below is a chart with descriptions and sketches of those twenty-seven. A rea star indicates those non-chewable ingredients. So be sure, don't chew and swallow the unplesasant ones. (This is not a page of Thai Vegetables)



GA-PROW

A sweet basil different from Horapa in that the aroma and flavor is released only in cooking. Used in fish, beef and chicken



MANGLUG

voring.

A sweet basil with a somewhat peppery taste. Sometimes called lemonscented basil. Used as vegetable and flavoring.

Used 245



MINT (Saranae)

Very similar to the mint used in mint-England. sauces in Used in That cooking as a vegetable and a flavoring.



CHILLIS (Prik)

of Chillis are used in

Thai cooking, They

vary in size and color, but all are spicy. The

milder chillis used in

the West are some-

times substituted, but

rarely. Used for fla-

SHALLOTS

(Horm-Lek)

are used

Small red onions which

every Thai dish. A

special flavor, to be

sure, and so special

that even some Thais

these in their food.

in nearly

voring.

PEPPER (Prik-Thai)

Black, white, and green peppercom types. Black is milder and more aromatic than white. Green peppercorns More than ten types have a special taste all their own. Used in flavoring.



GARLIC (Gra-Tiem)

Thailand is literally overflowing with garlic plants. Whole cloves, smashed garlic, chopped garlic, and garlic oil are used in almost every Thai dish.



prefer to do without SESAME (Nga)

Identical to Sesame seeds the world over In Thai cooking Sesame seeds are used for oil and for flavoring. The seeds are white with black shells



MACE (Dorg Junn)

outer . orange covering of Nutmeg. Mace is used in making Musaman curry paste. Plant native to Indonesia.



LEMON GRASS (Ta-Krai)

is crushed and used This plant looks like in making The curry paste (See Mace coarse grass. lower part of the stalk above). is used for flavoring but also as mainly. an ingredient in certain -- the most famous is Tom Yum

BAY LEAF

Very similar

not exactly the

CARDAMOM

contain black

(Loog Gra-Wan)

off-white

from a

native to India, which

The seeds give off a

cool, refreshing aroma

and are used as a

garnish for Musamn

PANDANUS

LEAF

Long narrow

Thai cooking as

(Toey)

ing.

but comes

same tree.

curries.

Small

xules

curry.

Bay Leaf of the West,

the Bay Leaf in Thai-

land is actually called

Cassia; that is, it is

10

same

seeds.

from the

Used in

(Gra-wan)



NUTMEG

(Loog Junn)

A nut enclosed in a

very hard brown or

orange shell. The nut

Musaman

SPRING ONIONS (Tohn Horm)

Your standard longstemmed, small onion, green and white and used in Thai food as a garnish for soups, salads and vegetables.



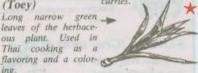
CLOVES (Gaan Ploo)

Dried flowerbuds of evergreen tree, Cloves are common to Western dishes, but in That cooking are used only for Musaman curry paste. The leaves are also cap- used with Betel-Nut. plant



CINNAMON (Ob Chuev)

From the bark of a tree, the type of cin-namon used in Thailand is of only one kind, that from the Cassia tree. It is used in meat dishes curries.



CUMIN (Yee-Raa) Seeds that look like

Caraway and Fennel, quite difbut tasse ferent, Only Cumin is used in Thai cooking. not the other two, it is used in and

making curry pastes.



GALANGAL or SIAMESE GINGER (Khaa)

The roots are larger than those of the Common Ginger, and Siamese Ginger always used to make curry pastes used in Thai food.



GRA-SHAI

COMMON

made

GINGER (Khing)

In Chinese shops,

known as green ginger,

roots are pickled or

Young ginger is used

for a condiment with

chicken or beef dishes.

into drinks.

A type of ginger with English name. Always added to fish curries, and sometimes used as a raw vegetable after peeling.



LIME (Ma-Nao)

lime is native to China

Southeast

The whole lime fruit

is used in Thai food,

mainly for desserts. The peel is used as

common citrus

Asia.

The

and

roots for

orange Bright are used which the coloring in yellow curries. White Tumeric, a different type, is used as a raw vegeresembles table and ginger.

TUMERIC

(Kha-Min)



KAFFIR LIME (Ma-Grut)

A knobbly dark green fruit the size of a large lime. The juice and peel are used in cooking as flavoring. lemon. Similar to lemon peel and lemon MANDARIN verbana.



ORANGE (Som

Khiew Wahn) A thin-skinned orange which remains green when ripe, Identical to the Mandarin Orange known in the West. The whole fruit used for desserts and flavoring.



CITRON (Som Saa)

Round, dark green fruit with very strong aroma. The peel is often used in flavoring. If you can't find it, orange peel is the best substitute.



JASMINE (Mali) Flawer buds of the

Jasmine plant, picked in the evening before they open and used as a scent in drinking water, tea and desserts.

