



Traditional Local Foods of Thailand

Cultural Background
Overview
Food Composition
Recipe



Institute of Nutrition, Mahidol University



Culinary Heritage Across Asia

Profiles of Selected Thailand Traditional Foods

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01. Cultural Background	06
02. Overview	07
03. Food Composition and Recipe	
• Spicy (hot and sour) Shrimp Soup	08
Tom Yum Goong	
• Thai Style Stir Fried Rice with Chili, Basil, and Chicken	12
Pad Kra Pao Gai	
• Coconut Milk with Galangal Chicken Soup	18
Tom Kha Gai	
• Thai Style Stir Fried Rice Noodles Pad Thai	24
• Spicy Papaya Salad with Dried Shrimps and Roasted Peanutse Som Tam	30
• Beef Green Curry Kaeng Khiao Wan Nuea	36
• Beef Curry Gaeng Massaman Nuea	42
• Northern Thai Noodle with Chicken Curry Soup	48
Khao Soi Gai	
• Southern Style Rice Salad Khao-Yum-Pak-Tai	54
• Glutinous Rice With Mango	58
Khao-Niew-Ma-Muang	



Thailand

Institute of Nutrition,
Mahidol University



Traditional
Local Foods of
Thailand

01

Cultural
Background



Geographical
characteristics



Climatic
characteristics

1.1 Geographical and Topographical Characteristics

Thailand, situated in the heart of mainland Southeast Asia, is a tropical country endowed with a rich variety of ecosystems and geographical features. The northern frontier is characterized by mountainous terrain and dense forests, the central plains by fertile rice fields, the northeastern region by the Khorat Plateau, and the southern peninsula by long coastlines and humid tropical environments. The country's climate is predominantly tropical, marked by warmth and humidity throughout the year, with regional variations in temperature and rainfall. Average temperatures range between 18°C and 38°C, influenced by the terrain and monsoon patterns.

The central plains, nourished by the Chao Phraya River, form the nation's agricultural heartland and the foundation for Thailand's staple food—rice. In contrast, the northern highlands, with their cooler climate, are ideal for cultivating herbs, vegetables, and temperate fruits. The arid northeast favors drought-resistant crops such as cassava, while the south's abundance of rainfall supports fruit cultivation and a vibrant fishing industry. These distinct geographical conditions have profoundly shaped Thailand's regional cuisines, each reflecting the agricultural bounty and climatic attributes of its area.

Thailand's strategic location at the crossroads of Southeast Asia has historically made it a center for trade and cultural exchange. Maritime and overland trade routes connected Thailand with India, China, and the Malay world, introducing ingredients and culinary techniques such as the use of chilies, turmeric, coconut milk, and stir-frying. These cross-cultural influences, integrated with indigenous practices, produced the distinctive Thai culinary identity known for its harmonious blend of sweet, sour, salty, and spicy flavors.

1.2 Climatic Characteristics

Thailand's tropical climate is largely governed by monsoonal influences. The southwest monsoon (May–October) brings heavy rainfall, nurturing rice cultivation, while the northeast monsoon (November–February) provides cooler and drier conditions, particularly in the north and central regions. The climatic diversity supports a wide range of agricultural outputs, from rice and sugarcane in the plains to fruits and vegetables in the highlands and fisheries along the coasts. This agricultural abundance underpins the year-round availability of fresh ingredients that characterize Thai cuisine. Regional dishes emphasize seasonal produce and reflect local environmental conditions—ranging from herb-based dishes in the north to seafood-rich preparations in the south.



2.1. Local Food Definition and Exploration in Thai Cuisine

Local food generally refers to food that is grown, raised, produced, and consumed within a relatively short geographical distance. While there is no universal definition, it typically emphasizes ingredients and dishes originating from a specific region, state, or city. Thai cuisine exemplifies this concept with its rich regional specialties that reflect unique ingredients, traditions, and cultural influences specific to each area. Over centuries, Thai home cooks and street vendors have perfected recipes using native ingredients such as fish sauce, palm sugar, and tropical fruits. Influences from neighboring countries like China and India have enriched Thai culinary traditions, resulting in lively food cultures where dishes like curries, noodle soups, and stir-fries are closely tied to local customs and celebrations, creating distinct flavor profiles that set Thai cuisine apart.

The Institute of Nutrition, Mahidol University (INMU), plans to systematically collect and explore local traditional dishes from Thailand's five major regions: North, Northeast, Central, South, and East. The initiative aims to document recipes and cultural information from all 76 provinces, preserving Thailand's culinary heritage. Using sources such as *Exploring Thai Flavours* by Narong Roojum, alongside other traditional food references and polls, ten representative dishes were selected for study (Table 1), including Tom Yum Goong (spicy shrimp soup), Pad Thai (stir-fried noodles), Som Tam (spicy papaya salad), Kaeng Khiao Wan (green curry), Gaeng Massaman (Massaman curry), Pad Kra Pao (stir-fried holy basil), Tom Kha Gai (chicken galangal soup), Khao Yam (spicy rice salad), Khao Soi (Northern Thai curry noodles), and Mango sticky rice. This project supports cultural preservation and promotes appreciation of Thailand's diverse regional food heritage.

2.2. Methodology and Validation of Thai Local Food Study

This study employed several approaches to document and validate traditional foods from Thailand's five regions (North, Northeast, Central, South, and East). Lature sources including books, research reports, and websites were reviewed to select traditional foods representing regional diversity. Data collection was stratified across all five regions to capture the full spectrum of local culinary variety. Surveys are essential for uncovering lost or undocumented recipes across Thailand's culinary landscape. Although no standardized questionnaires exist for Thai traditional foods, previous studies such as those by Narong Roojum (2008) and Somsri Charoenkiatkul et al. (2006) developed tailored questionnaires to suit their research needs. These served as key references for the present study.

Reviving Recipes: Drawing from *Exploring Thai Flavours* (Narong Roojum, 2008), Charoenkiatkul et al. (2006), online resources, and Suan Dusit polls, INMU selected ten representative traditional dishes and documented their ingredients for further study. Given the interregional exchange of ingredients and cooking methods, locating the true origin of dishes can be complex. To strengthen locality claims, the project cross-referenced findings with reputable cookbooks, research lature, and online sources about specific regions. Consistency in ingredients, preparation techniques, and dish names were examined. In addition, consultations with culinary experts helped verify the regional authenticity of selected recipes. These combined methods provide a robust basis for validating the locality of documented Thai traditional foods.



Spicy (hot and sour) Shrimp Soup

Local name:
Tom Yum Goong

Food ingredients

Peeled freshwater prawns 100 g, straw mushrooms 100 g, sliced lemongrass 10 g, lightly crushed lemongrass 16 g, coriander roots 2 g, 3 shredded kaffir lime leaves, stock 300 g, lightly crushed bird's eye 10 g, fish sauce 3 tsp, lime juice 3 tsp, unsweetened condensed milk 120 g, chilli paste 2 tsp, coriander leaves

Traditional
Local Foods of
Thailand

03

Food Composition
and Recipe



Food Composition

Shrimp, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
110	78.7	21.33	2.73	1.00	-

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
134	0.56	101	247	158

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-

Chinese mushroom (straw mushroom), raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
26	92.8	2.81	0.20	0.85	3.32

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
3	0.63	88	281	13

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.173	0.422	-	5.00

Lime juice

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
21	94.8	-	-	-	5.20

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
25	0.19	10	188	1

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	0.011	-	30.26

Directions



Cooking

01. Boil the stock, and add the prawn shells, lightly crushed lemongrass and coriander root. Continue boiling for a few minutes, and then sieve the ingredients out.
02. Bring the stock back to a boil and add the sliced lemongrass, straw mushrooms and prawns.
03. When it returns to a full boil again, add the fish sauce and shredded kaffir leaves.
04. Mix chili paste and unsweetened condensed milk in a bowl.
05. Add the lime juice and lightly crushed chilies.
06. Serve Tom Yum Goong in a bowl. Garnish with coriander leaves.



Additional Information



Fish sauce becomes aromatic only when it's added to the boiling soup.

Lime juice becomes aromatic only when it's added after the soup is removed from the heat.

Sources of information

- Ngammongkolrat, A. Usaha, A. Wattanasiriwit, W. Nantaragsa, N. Mortero, L. Siripanwattana, C. Raktakanishta, C. Charoenkiakul, S. Judprasong, K. (2008). Exploring Thai Flavours. C Ad Promotion (1997) Co., Ltd.

Reason for Selection



Tom Yum Goong recipe is one of Thailand's most iconic and internationally recognized dishes. It represents the perfect balance of Thai flavors—spicy, sour, salty, and aromatic. The combination of fresh herbs like lemongrass, kaffir lime leaves, and galangal with shrimp makes it both flavorful and nutritious. Additionally, its popularity and cultural significance make it an excellent example of traditional Thai cuisine worth preserving and sharing.

Video

- https://drive.google.com/file/d/1_PoMCg2NzCbKAE82nKaji0nLfcNIYDh-/view?usp=sharing





Thai Style Stir Fried Rice with Chili, Basil, and Chicken

Local name: **Pad Kra Pao Gai**





Thai Style Stir Fried Rice with Chili, Basil, and Chicken

Food ingredients

Bite-size pieces chicken 150 g, straw mushrooms 50 g, chopped bird's eye chillies 10 g, chopped garlic 10 g, holy basil leaves 20 g, fish sauce 1 tsp, sugar 0.5 tsp, oil for frying 2 tsp and chicken stock 3 tsp

Food Composition

Chicken, breast, with skin, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
127	69.3	24.44	2.00	1.43	2.83

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
7	0.60	251	279	62

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-

Garlic, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
127	67.1	5.52	0.47	1.66	25.25

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
16	1.18	136	398	12

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.150	0.270	-	6.78




Fish Sauce
Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
386	71.2	1.25	0.34	21.17	6.04

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
75	1.00	33	228	9,064

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-


Sugar, brown
Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
389	5.5	0.86	2.23	0.04	91.37

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
8	1.98	12	-	1

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	0.280	-	1.18

Directions



Cooking

01. Heat the oil, and then add the chilies and garlic.
02. followed by the chicken.
03. And fry until the meat is cooked.
04. Add the mushrooms with chicken stock and fry until cooked through.
05. Season with fish sauce, sugar.
06. Add the holy basil leaves and stir briefly.



Additional Information



Smaller garlic cloves give more aroma.

Sources of information

- Ngammongkolrat, A. Usaha, A. Wattanasiriwit, W. Nantaragsa, N. Mortero, L. Siripanwattana, C. Raktakanishta, C. Charoenkiakul, S. Judprasong, K. (2008). Exploring Thai Flavours. C Ad Promotion (1997) Co., Ltd.

Reason for Selection



Pad Kra Pao Gai is a beloved everyday Thai dish that reflects the simplicity and bold flavors of Thai street food. It is quick to prepare, uses common ingredients like holy basil, garlic, and chili, and is deeply satisfying. Its widespread popularity across Thailand makes it a cultural staple, and its spicy, savory flavor appeals to both locals and foreigners. This dish also showcases how Thai cuisine brings out maximum flavor with minimal ingredients.

Video

- <https://drive.google.com/file/d/14E11Dbo4QDzyp16tRSV3RnFSjIWRgpNI/view?usp=sharing>





Coconut Milk with Galangal Chicken Soup

Local name: **Tom Kha Gai**





Coconut Milk with Galangal Chicken Soup

Food ingredients

Bite-size pieces chicken 150 g, sliced young galangal 50 g, straw mushrooms 100 g, coconut milk 250 g, stock 100 g, 10 pounded bird's eye chillies, lime juice 3 tsp, tamarind juice 0.5 tsp, fish sauce 3 tsp, 2 shredded kaffir lime leaves and coriander leaves

Food Composition

Rumdeng, galangal, rhizomes, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
88	77.2	2.69	-	0.92	19.19

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
69	5.60	116	342	60

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-

Chicken, breast, with skin, raw

Proximates

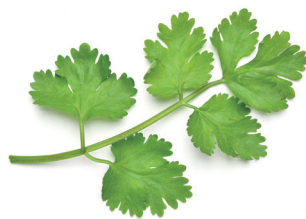
Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
127	69.3	24.44	2.00	1.43	2.83

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
7	0.60	251	279	62

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-



 **Pepper, chili, green, small, raw**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
57	85.9	2.06	0.64	0.75	10.65

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
12	1.06	27	291	3

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.048	0.170	-	96.52

 **Coriander leaves, raw**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
42	88.5	3.76	0.31	1.33	6.10

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
23	0.58	5	59	11

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-

Directions



Cooking

01. Bring the stock and coconut milk to a slow boil, and then add the galangal.
02. Add the chicken and mushrooms. When the soup returns to the boil.
03. Add seasonings with fish sauce. Wait until the chicken is cooked.
04. And then add the kaffir lime leaves and bird's eye chilies.
05. Turn the gas off and add the lime juice.
06. Serve Tom Kha Gai in a bowl. Garnish with coriander leaves.



Additional Information



1. Keep the heat low throughout the cooking process. High heat will make the oil in the coconut milk separate and rise at the top.
2. If you're using mature galangal, reduce the amount.
3. Lime juice becomes more aromatic when it's added after the pot is removed from the heat.

Sources of information

- Ngammongkolrat, A. Usaha, A. Wattanasiriwit, W. Nantaragsa, N. Mortero, L. Siripanwattana, C. Raktakanishta, C. Charoenkiakul, S. Judprasong, K. (2008). Exploring Thai Flavours. C Ad Promotion (1997) Co., Ltd.

Reason for Selection



Tom Kha Gai is a unique Thai dish that highlights the harmony of creamy coconut milk with fragrant herbs like galangal, lemongrass, and kaffir lime leaves. Unlike spicier Thai soups, Tom Kha Gai offers a milder, rich flavor that is comforting and accessible to a wide range of tastes. It represents the balance of Thai cuisine aromatic, slightly spicy, sour, and creamy and showcases how Thai food can be both flavorful and soothing.

Video

- <https://drive.google.com/file/d/1MsEc7zqxMC92wIWNhZHQY21-ibDdeQfl/view?usp=sharing>





Thai Style Stir Fried Rice Noodles

Local name: **Pad Thai**





Thai Style Stir Fried Rice Noodles

Food ingredients

Dried sen chan noodles 130 g, bean sprouts 160 g, prawns 140 g, hard bean curd, cut into matchstick-size pieces 80 g, chinese chives, cut into inch-long lengths 20 g, chopped pickled radish 30 g, roughly ground peanuts 30 g, dried shrimps 20 g, Egg 2 pcs, 2 chopped shallots, vegetable oil 60 g, halved lime, chinese chives and banana blossom

Minor ingredients

Palm sugar 60 g, fish sauce 2.5 tsp, sugar 2 tsp, tamarind juice 3.5 tsp and ground dried chillies 1 tsp

Food Composition

Mung bean sprout (green g sprout), raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
106	72.6	9.39	0.10	1.07	16.84

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
1,951	5.14	466	1,328	18

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	0.186	-	0.12

Tofu (hard bean curd)

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
114	81.5	9.37	8.41	0.64	0.08

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
-	-	-	-	-

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-



 **Peanut, mature seed, with seed coat, dry**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
593	5.4	24.47	44.81	2.40	22.86

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
52	2.52	383	646	14

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.643	0.053	-	-

 **Wheat noodles, white, dry**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
324	3.0	17.52	0.49	16.76	62.26

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
6	0.37	2	3	10

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	0.02

 **Egg, hen, whole, raw**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
133	76.4	13.10	8.43	0.83	1.22

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
49	1.34	167	130	137

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.081	0.034	-	11.9

Directions



Cooking

01. Soak the noodles in water for about 30 minutes until soft.
02. Mix the tamarind juice, fish sauce, palm sugar and sugar in a pot. Heat them and stir until dissolved. Add the ground chilies. When it boils, remove the pan from the heat. Set it aside to cool.
03. Add oil to another pan and fry the prawns. Mix in a small amount of the sauce, remove from the heat and set aside.
04. Fry the bean curd in the hot oil. Add the chopped shallot and pickled radish and stir-fry. Then add the noodles, followed by the sauce and continue to stir-fry until cooked through.
05. Push the noodles to one side of the pan, and crack an egg in a bit of oil. When the egg is nearly cooked, turn the noodles over the top and mix them well. Add half the prawns, then the peanuts and dried shrimps, followed by bean sprouts and Chinese chives, and stir until well combined.
06. Serve with a piece of lime, fresh bean sprouts, chives and the banana blossom blossom. Garnish with the other half of the prawns.



Additional Information



1. pick the right type of noodles. The cooked sen chan is a little sticky. Sprinkling chicken stock or water on the noodles while cooking helps soften them.
2. Frying the prawns too long will toughen the meat.
3. Pad Thai is a nice blend of mild sour, salty and sweet.

Sources of information

- Ngammongkolrat, A. Usaha, A. Wattanasiriwit, W. Nantaragsa, N. Mortero, L. Siripanwattana, C. Raktakanishta, C. Charoenkiakul, S. Judprasong, K. (2008). Exploring Thai Flavours. C Ad Promotion (1997) Co., Ltd.

Reason for Selection



Pad Thai is one of the most internationally recognized Thai dishes, symbolizing the global popularity of Thai cuisine. It combines sweet, sour, salty, and savory flavors in a single dish, using ingredients like tamarind paste, fish sauce, peanuts, and lime. Pad Thai is also a well-balanced meal with protein, vegetables, and carbohydrates, making it both delicious and nutritious. Its cultural significance and widespread appeal make it a perfect example of Thai culinary identity.





Spicy Papaya Salad with Dried Shrimps and Roasted Peanuts

Local name: **Som Tam**





Spicy Papaya Salad with Dried Shrimps and Roasted Peanuts

Food ingredients

Shredded papaya 200 g, garlic 4 g, bird's eye chillies 3 g, cherry tomatoes, cut half 40 g, long beans 30 g, roasted peanuts 2 tsp, dried shrimp 1 tsp, fish sauce 1 tsp, palm sugar 20 g, lime juice 1.5 tsp

Food Composition

Papaya, green, immatured, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
23	93.9	1.88	0.02	0.36	3.84

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
43	1.86	10	130	29

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.225	0.370	-	10.40

Tomato, red, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
26	93.5	1.02	0.34	0.35	4.82

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
11	0.90	9	153	24

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
617	0.226	0.229	-	21.00



 **Jaggery, kithul palm**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
360	9.0	1.39	-	1.04	88.57

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
13	0.75	52	533	15

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	0.237	-	-

 **Yardlong bean, green, raw**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
89	78.6	2.50	0.97	0.36	17.57

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
59	5.39	493	2	40

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	0.150	-	4.12

Directions



Cooking

01. Roughly pound the bird's eye chilies and garlic in a mortar. Add the long beans. Roughly pound the mixture again.
02. And then season with the palm sugar, fish sauce and lime juice.
03. Add the grated papaya and stir.
04. Add the cherry tomatoes.
05. Add the shrimps and peanuts.
06. Serve with fresh morning glory, cabbage and long beans.



Additional Information



1. To keep the papaya fresh, clean the whole fruit and soak it in the water for 30 minutes before peeling. If there is any grated papaya left over, keep it in the fridge.
2. A wooden mortar is recommended to keep the grated papaya in good shape.
3. Cabbage, long beans and morning glory are popular vegetables as accompaniments.

Sources of information

- Ngammongkolrat, A. Usaha, A. Wattanasiriwit, W. Nantaragsa, N. Mortero, L. Siripanwattana, C. Raktakanishta, C. Charoenkiakul, S. Judprasong, K. (2008). Exploring Thai Flavours. C Ad Promotion (1997) Co., Ltd.

Reason for Selection



Som Tam recipe is a vibrant and refreshing dish that showcases the bold flavors of Thai cuisine—spicy, sour, salty, and slightly sweet. Made with shredded green papaya, chilies, lime, garlic, and fish sauce, it is a healthy, low-fat dish that is both flavorful and nutritious. Som Tam is also an important part of everyday meals in Thailand, especially in the Northeast (Isan) region, making it a culturally significant and widely loved Thai dish.





Beef Green Curry

Local name: **Kaeng Khiao Wan Nuea**





Beef Green Curry

Food ingredients

Bite-size pieces marbled beef 250 g, brinjal cut into four pieces 100 g, coconut cream 100 g, coconut milk 500 g, kiew wan curry paste 40 g, palm sugar 15 g, fish sauce 2 tsp, sliced red spur chillies 4 g, sweet basil leaves 4 g, 2 shredded kaffir lime leaves

Minor ingredients

Green spur chillies 100 g, green bird's eye chillies 300 g, shallot 150 g, garlic 200 g, pound galangal 1 tsp, lemongrass 50 g, kaffir lime rind 1 tsp, coriander root 2 tsp, ground pepper 2 tsp, salt 2 tsp, shrimp paste 1 tsp, ground roasted coriander seed 2 tsp, ground roasted cumin 2 tsp

Food Composition

Beef, meat, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
144	65.5	29.44	1.97	0.88	2.20

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
-	13.31	246	334	-

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-

Brinjal, oval, green, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
30	92.1	1.86	0.19	0.63	5.21

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
14	0.23	31	222	1

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
2	-	-	-	1.33



 **Shrimp paste**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
61	66.4	12.40	1.00	19.60	0.60

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
864	5.90	242	207	4,396

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.100	1.400	-	-

 **Pepper, chili, green, elongate, raw**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
56	85.8	2.12	0.60	0.90	10.58

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
17	1.23	46	319	2

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.081	0.113	-	111.93

Directions



Cooking

01. Simmer the coconut cream in a pan until the oil separates. Add the green curry paste and stir until it dissolves.
02. Add the beef and fry until cooked. Put the curry in a separate pot.
03. Bring the curry along with the coconut milk to a full boil over medium heat.
04. Add the brinjal. Then season with the fish sauce and palm sugar.
05. When the curry returns again to boil, the brinjal will be cooked.
06. The last step is to add the spur chilies, shredded kaffir lime leaves and sweet basil leaves.



Additional Information



1. Different shades of green result from the coconut oil and the cooking time. If the curry paste is burned while frying, the curry will be darker than usual and have a slightly bitter taste. And if you don't give the curry paste enough frying time in the coconut milk, the curry will be too pale in appearance and too mild in taste, lacking in aroma.
2. Keep the brinjal fresh and green by first cutting it up and soaking in salted water, and add it only when the curry's fully bulling.
3. while cooking, keep submerging the pieces of brinjal into the liquid to make sure they're properly cooked.

Sources of information

- Ngammongkolrat, A. Usaha, A. Wattanasiriwit, W. Nantaragsa, N. Mortero, L. Siripanwattana, C. Raktakanishta, C. Charoenkiakul, S. Judprasong, K. (2008). Exploring Thai Flavours. C Ad Promotion (1997) Co., Ltd.

Reason for Selection



Kaeng Khiao Wan Nuea recipe is one of Thailand's most flavorful and aromatic curries. The combination of green curry paste, coconut milk, fresh herbs, and tender beef showcases the complexity and depth of Thai cuisine. This dish represents the perfect balance of spicy, sweet, and creamy flavors. It also reflects the rich culinary tradition of Thai curries and highlights the use of fresh local ingredients such as Thai basil, kaffir lime leaves, and brinjal.





Beef Curry

Local name: **Gaeng Massaman Nuea**





Beef Curry

Food ingredients

Beef rump 300 g, **massaman curry paste** 40 g, **coconut cream** 100 g, **coconut milk** 300 g, **stock** 250 g, **roasted peanuts** 50 g, **potatoes** 100 g, **onion** 100 g, **palm sugar** 30 g, **tamarind juice** 2 tsp, **salt** 1 tsp, **cardamom** 3 g, **bay leaves** 2 g

Minor ingredients

Dried chilli 100 g, **chopped shallot** 0.5 cup, **chopped garlic** 0.5 cup, **chopped galangal** 2 tsp, **chopped lemongrass** 0.5 cup, **chopped kaffir lime rind** 2 tsp, **chopped coriander roof** 2 tsp, **salt** 2 tsp, **shrimp paste** 2 tsp, **ground roasted coriander seed** 3 tsp, **ground roasted cumin** 2 tsp, **ground pepper** 2 tsp

Food Composition

Beef, meat, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
144	65.5	29.44	1.97	0.88	2.20

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
-	13.31	246	334	-

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-

Potato, oval, yellow, peeled, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
73	80.7	2.64	0.09	1.09	15.52

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
49	-	233	-	-

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
205	0.238	0.141	-	35.10



 **Onion, peeled, raw**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
52	86.8	1.65	0.22	0.36	10.96

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
25	0.32	47	240	1

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
77	0.563	0.019	-	11.13

 **Peanut, raw**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
584	6.8	30.75	44.02	2.29	16.14

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
62	-	119	1,091	29

Vitamins

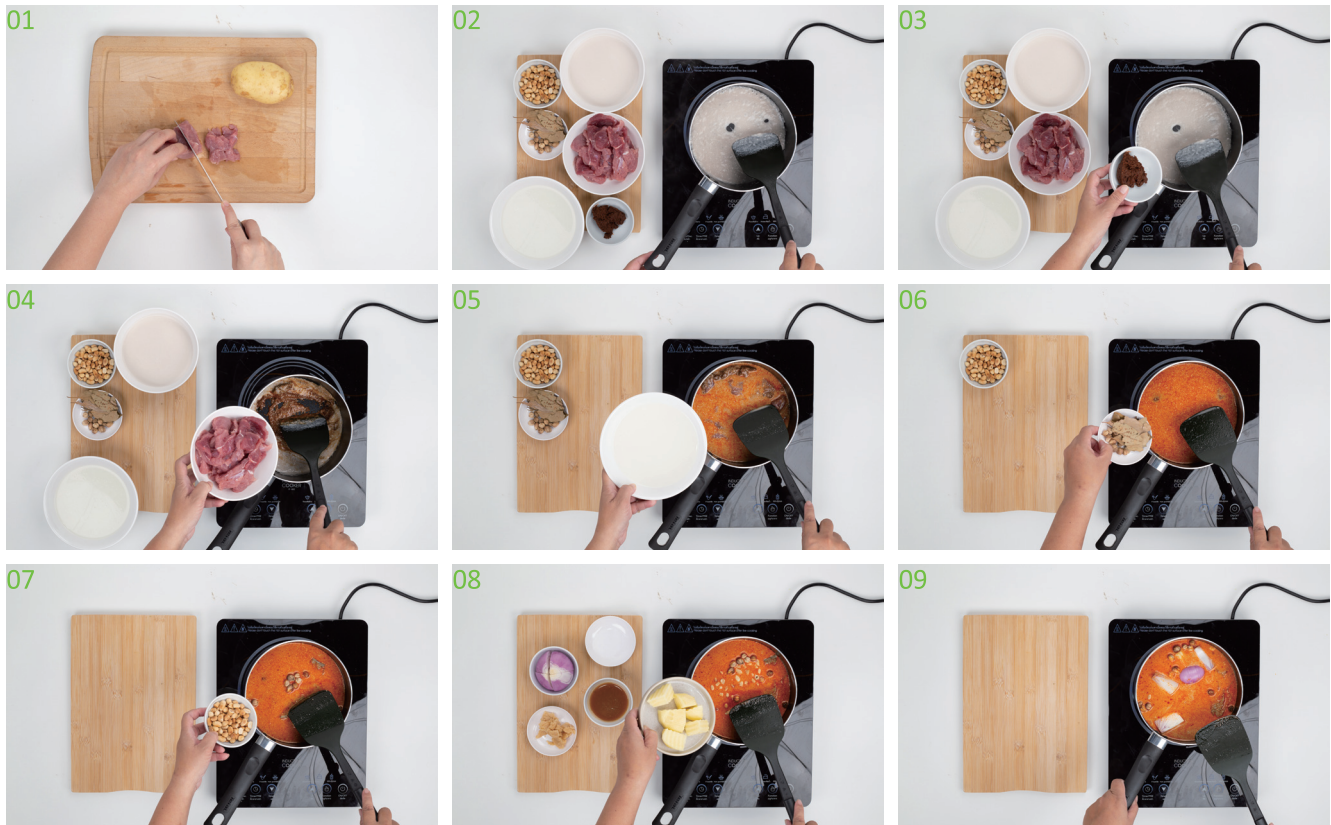
Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-

Directions



Cooking

01. Simmer the coconut cream over medium heat till the oil separates.
02. Add the curry paste and fry until the mix darkens and gives off a fragrance. Divide the coconut milk in half. Pour the first half into the pot and continue simmering until the mix starts to dry out.
03. Then add the beef and the remaining coconut milk.
04. Add the stock and keep simmering until it comes to a boil. Add the cardamom, bay leaves, and peanuts.
05. Add the potato and simmer until the beef is tender. When the potato is cooked, season with salt, palm sugar, and tamarind juice.
06. Add the onion and cook through until the soup begins to dry out.



Additional Information



To make tamarind juice, mix one portion of the tamarind with three to 3.5 portions of water. Different brands of instant tamarind juice have different flavors and levels of sourness.

Sources of information

- Ngammongkolrat, A. Usaha, A. Wattanasiriwit, W. Nantaragsa, N. Mortero, L. Siripanwattana, C. Raktakanishta, C. Charoenkiakul, S. Judprasong, K. (2008). Exploring Thai Flavours. C Ad Promotion (1997) Co., Ltd.

Reason for Selection



Gaeng Massaman Nuea recipe because it represents a unique blend of Thai and Persian-influenced flavors, making it one of the most distinctive Thai curries. Rich in spices like cinnamon, cardamom, and cloves, combined with coconut milk and tender beef, Massaman curry is mild yet deeply flavorful. It reflects the cultural diversity of Thai cuisine and is recognized globally for its complex taste and historical significance. This dish is a perfect example of how Thai food embraces both tradition and global influence.





Northern Thai Noodle with Chicken Curry Soup

Local name: **Khao Soi Gai**





Northern Thai Noodle with Chicken Curry Soup

Food ingredients

Chicken thigh 3 pcs, **khao soi chili paste** 100 g, **coconut milk** 500 g,
khao soi noodles 100 g, **vegetable oil** 3 cups, **fish sauce** 3 tsp,
salt 2 tsp, **coconut sugar** 1.5 tsp, **stir-fried chili** 1 tsp,
water 1.5 L, **sliced shallots**, **chopped pickled cabbage**, **spring onion** and **coriander**

Food Composition

Chicken, drumstick, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
139	72.1	23.13	5.20	0.93	-

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
9	32.50	216	270	55

Vitamins

Vitamin A (μg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (μg)	C (mg)
-	-	-	-	-

Buckwheat noodles, non-vegeterian, yellowish, processed, dry

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
378	5.0	14.21	4.97	6.76	69.06

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
39	0.70	5	935	17

Vitamins

Vitamin A (μg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (μg)	C (mg)
-	-	-	-	0.03



 **Shallot, raw**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
50	87.7	2.51	0.31	0.22	9.26

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
25	1.80	132	136	55

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	3.390	-	0.85

 **Spring onion (Scallion), raw**

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
24	93.4	1.19	0.13	0.76	4.52

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
75	5.04	21	230	19

Vitamins

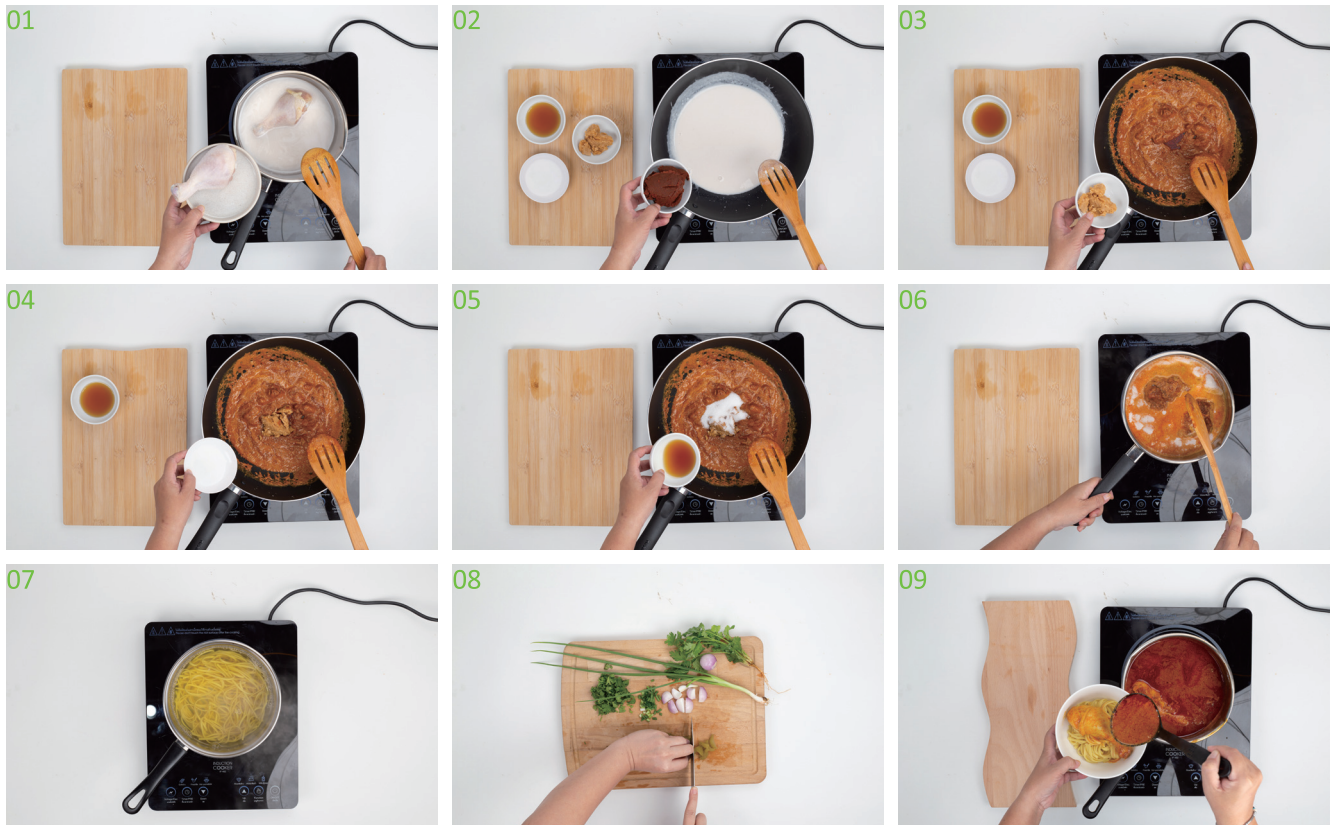
Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	-	-	-

Directions



Cooking

01. Heat a large pot or pan. Add coconut milk and simmer for a while. Followed by curry paste.
02. Then simmer until the coconut milk breaks down.
03. Add chicken thighs and stir to combine with coconut milk. Simmer until the chicken is tender, about 30-40 minutes.
04. Boil the khao soi noodles until soft before frying. It takes about 8 minutes.
05. Place the blanched khao soi noodles in a bowl. Then scoop out the khao soi water. With chicken legs poured over.
06. Decorated with chopped spring onions and coriander. Eat with fried chili, sliced shallots, and pickled cabbage.





Sources of information

- Wongnai. (2024, July 24). วิธีทำ “ข้าวซอย” เมนูอาหารเหนือ ทำง่ายอร่อยเหมือนต้นฉบับ!. Website: <https://www.wongnai.com/recipes/northern-thai-curry-noodles-soup?ref=ct>.

Reason for Selection



Khao Soi Gai recipe is a signature dish of Northern Thailand that beautifully represents regional Thai cuisine. The rich, creamy coconut curry combined with soft egg noodles, crispy noodles, and tender chicken creates a unique texture and flavor experience. Khao Soi blends Thai and Burmese culinary influences, showcasing the diversity within Thai food culture. Its aromatic spices, comforting warmth, and cultural significance make it a standout dish worth sharing and preserving.





Southern Style Rice Salad: Rice with Assorted Vegetables Served with Southern Fish Sauce

(Nam Boo-doo)

Local name: **Khao-yum-pak-tai**





Southern Style Rice Salad: Rice with Assorted Vegetables Served with Southern Fish Sauce (Nam Boo-doo)

Food ingredients

Rice 2 cups, butterfly pea flower juice 2 cups, shredded young lemongrass 1 cup, bean sprouts 1 cup, chopped chaplu leaves ½ cup, chopped kaffir lime leaves 2 tsp, shredded pomelos 1 cup, mature acacia seeds 1 cup, lotus petals ½ cup, chopped yardlong beans 1 cup, crispy yellow roasted coconut ¾ cup, ground roasted white sesame 2 tsp, ground roasted black sesame 2 tsp, cashew nuts ¼ cup, ground roasted and dried bird's eye chillies 2 tsp

Minor ingredients

Shrimp paste ½ cup, fermented fish ½ cup, 2 stalks of lemongrass smashed and cut into, onions 4 pcs, kaffir lime leaves tear off the middle 6 leaves, young galangal cut into wedges 1 tsp, tamarind juice 1-2 tsp, palm sugar ¼ cup, water ½ cup, lemon juice 1 tsp

Food Composition

Shrimp paste

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
61	66.4	12.40	1.00	19.60	0.60

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
864	5.90	242	207	4,396

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.100	1.400	-	-

Pomelo, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
43	88.2	0.77	0.08	1.17	9.76

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
7	0.18	23	165	7

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.050	0.020	-	46.42

Cashew nut, roasted

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
603	6.2	19.20	47.40	2.40	24.80

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
37	3.30	441	683	15

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	4.800	2.300	-	-

Directions



Cooking

01. Make Budu soup by starting with melting the shrimp paste.
02. Add fermented fish to enough water to mix well.
03. Then set the stove to low heat. Once the water is boiling, add lemon-grass, kaffir lime leaves, small onion and galangal in that order.
04. Continue boiling for a few minutes, and then sieve the ingredients out.
05. Arrange steamed rice cooked with butterfly pea flower juice.
06. Prepare various side ingredients. Put on a plate, complete and beautiful. Finish by pouring Budu juice over the steamed rice.

01



02



03



04



05



06



07



08



09



Reason for Selection



Sources of information

- Sgethai. (2024, July 24). แจกสูตร ข้าวยำป่าขี้ใต้ พร้อมสารพัดผักสมุนไพร กินยังโง่ก็ไม่อ้วน. Website: <https://www.sgethai.com/article>.

Khao Yum Pak Tai recipe is a vibrant and nutritious dish that reflects the rich Culinary heritage of Southern Thailand. This rice salad combines a variety of fresh herbs, vegetables, rice, and sweet-sour-spicy sauce, creating a perfect balance of flavor, color, and texture. It is not only healthy but also emphasizes the importance of local ingredients and traditional preparation methods. Khao Yum is a great example of how Thai cuisine values harmony between taste, health, and cultural identity.



Glutinous Rice with Mango

Local name: **Khao-Niew-Ma-Muang**

Food ingredients

Kiew-ngoo glutinous rice 150 g, coconut milk 120 g, sugar 50 g, salt 0.5 tsp, 1 pandan leaf, 1 ripe mango, vegetable oil 0.5 tsp



Food Composition

Rice, glutinous, polished, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
355	11.3	7.76	0.36	0.45	80.11

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
4	0.08	53	62	9

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	0.023	0.027	-	-

Sugar, brown

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
389	5.5	0.86	2.23	0.04	91.37

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
8	1.98	12	-	1

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
-	-	0.280	-	1.18

Mango, ripe, raw

Proximates

Energy (kcal)	Water (g)	Protein (g)	Fat (g)	Ash (g)	Carbohydrate (g)
77	80.6	0.73	0.12	0.31	18.28

Minerals

Calcium (mg)	Iron (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)
5	0.05	16	154	5

Vitamins

Vitamin A (µg)	B1 (Thiamin) (mg)	B2 (Riboflavin) (mg)	B9 (Folate) (µg)	C (mg)
42	0.020	0.040	-	13.76

Directions



Cooking

01. Soak the glutinous rice overnight. Newly harvested rice needs only four to five hours.
02. Heat the sugar and salt in the coconut milk over low heat until dissolved.
03. Add a pandan leaf for more scent. Set aside.
04. Drain the glutinous rice, rinse it, and then steam it until cooked through. Transfer to a lidded container.
05. Pour the coconut milk over the rice. Stir with a wooden spoon until every grain of the rice is coated. Cover with a lid and let them sit about 30 minutes until the rice absorbs all the liquid. Stir in the oil.
06. Serve with a ripe mango.



Additional Information



1. The larger the amount of glutinous rice, the better the taste and appearance because of the extra heat absorbed, the rice is more imbued with the coconut flavor while it's inside the container.
2. Don't pour the coconut milk over the rice while it's too hot. The glutinous rice will become too soggy.
3. For the coconut milk topping, dissolve the salt in the coconut cream, and boil the mixture. Pandan juice can be added to give the topping a green colour.

Sources of information

- Ngammongkolrat, A. Usaha, A. Wattanasiriwit, W. Nantaragsa, N. Mortero, L. Siripanwattana, C. Raktakanishta, C. Charoenkiakul, S. Judprasong, K. (2008). Exploring Thai Flavours. C Ad Promotion (1997) Co., Ltd.

Reason for Selection



Khao Niew Ma Muang is one of Thailand's most iconic traditional desserts, widely recognized both locally and internationally. The recipe was selected for its cultural significance, popularity, and representation of Thai culinary identity. It combines simple, local ingredients glutinous rice, ripe mango, and coconut milk to create a dish that reflects Thailand's agricultural richness and culinary heritage.



Culinary Heritage Across Asia

Profiles of Selected Thailand Traditional Foods

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Culinary Heritage Across Asia

Profiles of Selected Thailand Traditional Foods

This booklet is the joint outcome that brings together expertise
and field experience of Thailand.

This is the first systematic compilation of the characteristics, preparation methods,
and nutritional information of Thailand traditional foods.