Thai Food Good Health

by
The National Research Council of Thailand
and
Kasetsart University

This document is partially to the research project on
The Strategies on Proactive Promotion of the Thai Kitchen to the World
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Thai Food Recipes for Health

Thai food is the cultural heritage that represents the Thai nationality and presently very popular worldwide. It is outstanding in term of tastes, high nutritional values and the diverse of herbs and spices that useful for health.

(Source: Research and Development of Thai Food Quality and Nutritional Values for Export)

Warunee Varanyanond
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Plerenchai Tangkanakul
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Thai Food

Thai food is a cultural inheritance transferred to and from generations. In Thai eating culture, rice is the main component to be consumed with other supplement. The Thai menu is composed of diverse methods on cooking, for instance, boiling, soup, frying, spicy salad and the chilli paste with the combination of tastes; sour, salty, sweet and spicy that are rarely found in other national cuisines.

Basically, the preparation and the cooking methods of the Thai food are delicate. In addition, the decoration by using various colors of vegetables and fruits including the carving of these materials are the arts inherited from the ancient time. These make the Thai food popular in many countries.

The Thai food whether a set or a one-plate dish, each provides five groups of nutritional values; carbohydrate, protein, fat, vitamins and minerals including fibers and in sufficient amount. Good quality of protein comes from various meats; chicken, pork, beef, egg and the seafood. It also provides adequate fat either from plants or animals. Generally, almost of the cooking methods require small amount of oil and not too much incait but emphasize on various vegetables and fruits which are the sources of vitamins and minerals, i.e. beta carotene to keep fresh and to prevent from cancer. Besides, the fibers in vegetables and fruits are good for evacuation and reduce the cholesterol in blood. Spices supplement for instance, ginger, galangal, lemon grass, kaffir lime leaf, sweet basil and knachai provide tasty fragrance and also medical substances to prevent and heal some diseases, i.e. obesity, cholesterol, heart diseases, diabetes and cancer, etc.

By the way, consumption of the Thai food in sufficient quantity and proportion to daily needs would supply adequate nutritional substances that suitable for adults who require weight control.

Thai food is outstanding in the combination of tastes and the nutritional values which are different from others and make the foods popular all over the world.
**Soup Category**

**Tom Yam Kung**

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shrimp</td>
<td>500 gm.</td>
</tr>
<tr>
<td>Mushroom</td>
<td>600 gm.</td>
</tr>
<tr>
<td>Chilli paste</td>
<td>150 gm.</td>
</tr>
<tr>
<td>Soup stock</td>
<td>2,500 gm.</td>
</tr>
<tr>
<td>Citric acid</td>
<td>10 gm.</td>
</tr>
<tr>
<td>Salt</td>
<td>15 gm.</td>
</tr>
<tr>
<td>Fish sauce</td>
<td>100 gm.</td>
</tr>
<tr>
<td>Lime juice</td>
<td>15 gm.</td>
</tr>
</tbody>
</table>

(For 6 persons)

**Ingredients for chilli paste**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried chilli</td>
<td>10 gm.</td>
</tr>
<tr>
<td>Lemon grass</td>
<td>40 gm.</td>
</tr>
<tr>
<td>Shallots</td>
<td>40 gm.</td>
</tr>
<tr>
<td>Galangal</td>
<td>10 gm.</td>
</tr>
<tr>
<td>Kaffir lime leaves</td>
<td>5 gm.</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>100 gm.</td>
</tr>
<tr>
<td>Sugar</td>
<td>20 gm.</td>
</tr>
<tr>
<td>Hot chilli</td>
<td>10 gm.</td>
</tr>
</tbody>
</table>

**Preparation:**

- Roast the chilli paste mixture and pound until ground then fry with oil and take aside.
- Peel the shrimp except its tail
- Peel the mushroom, divide by two
- Heat the soup stock and mix with all seasonings until boiling, add shrimps and mushroom and boil until done
- Add the chilli paste to favorite taste

**Nutritional Value per 100 grams of food**

<table>
<thead>
<tr>
<th>Nutritional Value</th>
<th>Calories (Kcal)</th>
<th>Protein (gm.)</th>
<th>Fat (gm.)</th>
<th>Carbohydrate (gm.)</th>
<th>Fiber (gm.)</th>
<th>Calcium (mg.)</th>
<th>Iron (mg.)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>43.47</td>
<td>3.60</td>
<td>2.15</td>
<td>2.43</td>
<td>0.90</td>
<td>24.66</td>
<td>0.23</td>
</tr>
</tbody>
</table>

**Strength:** Low fat and low calories.
**Ingredients:**

- **Chicken** 500 gm.
- **Coconut milk** 1,000 gm.
- **Mushroom** 200 gm.
- **Fresh galangal** 50 gm.
- **Bashed galangal** 25 gm.
- **Bashed lemon grass** 100 gm.
- **Coriander root** 37 gm.
- **Kaffir lime leaves** 3 gm.
- **Soup powder** 11 gm.
- **Salt** 10 gm.
- **Hot chilli** 10 gm.
- **Lime juice** 50 gm.
- **Fish sauce** 6 gm.
- **Coriander leaves** 5 gm.

(For 6 persons)

**Preparation:**

- Cut up the chicken
- Mix galangal, lemon grass, kaffir lime leaves and coriander root, all bashed, add coconut milk and heat until fragrant, add chicken and low heat until done then season with salt, soup powder, fish sauce, hot chilli, mushroom, remove from heat, add lime juice and sprinkle with coriander leaves

**Nutritional Value per 100 grams for food**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Fiber</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Kcal.)</td>
<td>(Kcal.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(mg.)</td>
<td>(mg.)</td>
</tr>
<tr>
<td>95.96</td>
<td>7.44</td>
<td>5.96</td>
<td>3.14</td>
<td>1.06</td>
<td>11.31</td>
<td>0.24</td>
<td></td>
</tr>
</tbody>
</table>

**Strength:** Phosphorus and low fat.
### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>500 gm.</td>
</tr>
<tr>
<td>Kaeng Khiao Wan chilli paste</td>
<td>200 gm.</td>
</tr>
<tr>
<td>Coconut milk</td>
<td>1,000 gm.</td>
</tr>
<tr>
<td>Coconut cream</td>
<td>250 gm.</td>
</tr>
<tr>
<td>Makheu phuang</td>
<td>400 gm.</td>
</tr>
<tr>
<td>Green &amp; red chilli</td>
<td>30 gm.</td>
</tr>
<tr>
<td>Sweet basil</td>
<td>40 gm.</td>
</tr>
<tr>
<td>Kaffir lime leaves</td>
<td>2 gm.</td>
</tr>
<tr>
<td>Palm sugar</td>
<td>30 gm.</td>
</tr>
<tr>
<td>Fish sauce</td>
<td>80 gm.</td>
</tr>
</tbody>
</table>

*(For 8 persons)*

### Ingredients for chilli paste

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot chilli</td>
<td>30 gm.</td>
</tr>
<tr>
<td>Chilli</td>
<td>10 gm.</td>
</tr>
<tr>
<td>Lemon grass</td>
<td>15 gm.</td>
</tr>
<tr>
<td>Galangal</td>
<td>7 gm.</td>
</tr>
<tr>
<td>Kaffir lime skin</td>
<td>8 gm.</td>
</tr>
<tr>
<td>Garlic</td>
<td>60 gm.</td>
</tr>
<tr>
<td>Shallot</td>
<td>40 gm.</td>
</tr>
<tr>
<td>Coriander seed</td>
<td>5 gm.</td>
</tr>
<tr>
<td>Cumin</td>
<td>2 gm.</td>
</tr>
<tr>
<td>Pepper</td>
<td>3 gm.</td>
</tr>
<tr>
<td>Coriander root</td>
<td>5 gm.</td>
</tr>
<tr>
<td>Sweet basil</td>
<td>20 gm.</td>
</tr>
<tr>
<td>Salt</td>
<td>5 gm.</td>
</tr>
<tr>
<td>Shrimp paste</td>
<td>10 gm.</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>150 gm.</td>
</tr>
</tbody>
</table>

### Preparation:

- Pound all the mixture for chilli paste, fry with oil and take aside.
- Fry chilli paste with a bit coconut cream until fragrant, add chicken and fry rather done.
- Add coconut milk.
- Season with sugar, fish sauce, makheu phuang, stir until done, add coconut cream, chilli, kaffir lime leaves and sweet basil.

### Nutritional Value per 100 grams for food

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories (Kcal.)</th>
<th>Protein (gm.)</th>
<th>Fat (gm.)</th>
<th>Carbohydrate (gm.)</th>
<th>Fiber (gm.)</th>
<th>Calcium (mg.)</th>
<th>Iron (mg.)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>113.6</td>
<td>6.41</td>
<td>8.04</td>
<td>3.85</td>
<td>2.34</td>
<td>41.27</td>
<td>0.72</td>
</tr>
</tbody>
</table>

**Strength:** Protein, fat and high fiber.
**Beef Masaman**

**Ingredients**
- Beef: 1,000 gm.
- Masaman chilli paste: 320 gm.
- Coconut milk: 2,400 gm.
- Coconut cream: 200 gm.
- Cardamom: 10 fruits.
- Bay leaf: 9 leaves.
- Cinnamon: 3 gm.
- Potato: 600 gm.
- Palm sugar: 280 gm.
- Fish sauce: 220 gm.
- Tamarind juice: 200 gm.

(For 10 persons)

**Preparation:**
- Roast chilli paste mixture until fragrant
- Pound thoroughly and fry with oil
- Cut up the beef
- Simmer the meat in the coconut milk until tender, use low heat

**Ingredients for chilli paste**
- Dried chilli: 25 gm.
- Shallot: 120 gm.
- Garlic: 60 gm.
- Lemon grass: 15 gm.
- Galangal: 15 gm.
- Cinnamon: 2 gm.
- Coriander seed: 10 gm.
- Cumin: 5 gm.
- Cardamom: 0.5 gm.
- Clove: 0.5 gm.
- Pepper: 3 gm.
- Ginger: 10 gm.
- Roasted peanut: 10 gm.
- Shrimp paste: 10 gm.
- Salt: 10 gm.
- Vegetable oil: 200 gm.

**Nutritional Value per 100 grams for food**

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Fiber</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Kcal.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(mg.)</td>
<td>(mg.)</td>
</tr>
<tr>
<td>187.33</td>
<td>6.70</td>
<td>12.09</td>
<td>12.93</td>
<td>1.60</td>
<td>22.46</td>
<td>1.06</td>
<td></td>
</tr>
</tbody>
</table>

**Strength:** Protein, high fat, high calories and fiber
Ingredients

Pepper  12  gm.
Shallot  82  gm.
Ground dried shrimp  60  gm.
Shrimp paste  26  gm.
Hot chilli  2  gm.
Sweet basil  46  gm.
Gord gourd  108  gm.
Sponge gourd  264  gm.
Mushroom  176  gm.
Pumpkin  432  gm.
Water  2,224  gm.

(For 6 persons)

Preparation:

- Pound pepper, shallot and dried shrimps then add shrimp paste, mix thoroughly
- Dissolve the chilli paste in water and heat until boiling
- Add vegetables and season as taste

Nutritional Value per 100 grams for food

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Fiber</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Kcal.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(mg.)</td>
<td>(mg.)</td>
</tr>
<tr>
<td>25.96</td>
<td>2.29</td>
<td>0.24</td>
<td>3.66</td>
<td>1.00</td>
<td>34.30</td>
<td>0.65</td>
<td></td>
</tr>
</tbody>
</table>

Strength: Low fat, low calories and fiber
**Fried and Salad Categories**

**Kai Phad Phed**

**Ingredients**

- Chicken: 442 gm.
- Krachai: 6 gm.
- Dried chilli: 18 gm.
- Pepper: 2 gm.
- Kaffir lime skin: 4 gm.
- Galangal: 12 gm.
- Lemon grass: 20 gm.
- Shallot: 28 gm.
- Garlic: 44 gm.
- Salt: 4 gm.
- Shrimp paste: 6 gm.

Coriander root: 2 gm.
Fresh pepper: 18 gm.
Water: 536 gm.
Oil: 10 gm.
Fish sauce: 17 gm.
Palm sugar: 14 gm.
Sweet basil: 10 gm.

(For 4 persons)

**Preparation:**

- Cup up the chicken
- Pound the chili mixture with krachai, chilli, pepper, kaffir lime skin, galangal, lemon grass, shallot, garlic, salt, coriander root and shrimp paste thoroughly
- Heat the pan and fry the chili paste with oil
- Add chicken and fry until done, add water and simmer with low heat
- Season with fish sauce and palm sugar and sprinkle with sliced krachai, fresh pepper and sweet basil

**Nutritional Value per 100 grams for food**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Fiber</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Kcal.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(mg.)</td>
<td>(mg.)</td>
</tr>
<tr>
<td>122.88</td>
<td>10.88</td>
<td>5.68</td>
<td>7.06</td>
<td>2.32</td>
<td>40.43</td>
<td>1.29</td>
</tr>
</tbody>
</table>

**Strength:** Protein and fiber.
**Phanaeng Kai**

### Ingredients

- **Chicken** 500 gm.
- **Coconut milk** 500 gm.
- **Dried chilli** 18 gm.
- **Galangal** 6 gm.
- **Lemon grass** 12 gm.
- **Shallot** 25 gm.
- **Garlic** 60 gm.
- **Coriander root** 15 gm.
- **Pepper** 6 gm.
- **Kaffir lime skin** 5 gm.
- **Palm sugar** 60 gm.
- **Shrimp paste** 25 gm.
- **Coriander seed** 8 gm.
- **Cumin** 4 gm.
- **Roasted peanut** 20 gm.
- **Chilli** 100 gm.
- **Kaffir lime leaves** 2 gm.
- **Fish sauce** 10 gm.
- **Salt** 10 gm.

(For 5 persons)

### Preparation:

- Cut up the chicken and take aside
- Pound the chilli mixture with dried chilli, galangal, lemon grass, shallot, garlic, coriander root, pepper, kaffir lime skin thoroughly, add roasted peanut
- Roast coriander seed and cumin and pound thoroughly
- Heat the pan and pour an amount of coconut milk, add chilli paste and fry until fragrant and shine, add spices and chicken and fry until done, add coconut milk and simmer with low heat until rather dried
- Season with fish sauce, palm sugar and sprinkle with sliced kaffir lime leaves
- And chilli

### Nutritional Value per 100 grams for food

<table>
<thead>
<tr>
<th></th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Fiber</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(mg.)</td>
<td>(mg.)</td>
</tr>
</tbody>
</table>
| Strength : | Adequate protein, fat, calories and fiber
Ingredients

- Shredded papaya: 400 gm.
- Som Tam sauce: 120 gm.
- Long beans: 80 gm.
- Tomato: 120 gm.
- Hot chilli: 5 gm.
- Dried shrimp: 25 gm.
- Garlic: 8 gm.

(For 4 persons)

Ingredients for Som Tam Sauce

- Tamarind juice: 100 gm.
- Fish sauce: 80 gm.
- Salt: 1 gm.
- Citric acid: 1.5 gm.
- Palm sugar: 150 gm.
- Water: 50 gm.
- Lime juice: 20 gm.

Preparation:
- Mix all the ingredients for sauce together and boil, simmer until rather sticky.
- Pound chilli and garlic roughly.
- Add papaya, long beans, tomato and dried shrimp and pound roughly.
- Mix Som Tam sauce and season to sour taste with lemon juice and serve with fresh vegetables; cabbage, swamp cabbage and long beans.

Nutritional Value per 100 grams for food

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Fiber</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Kcal.)</td>
<td></td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(mg.)</td>
<td>(mg.)</td>
</tr>
<tr>
<td>62.23</td>
<td>3.36</td>
<td>0.51</td>
<td>11.05</td>
<td>1.75</td>
<td>55.06</td>
<td>0.58</td>
<td></td>
</tr>
</tbody>
</table>

Strength: Low fat, calories and adequate fiber.
**One-plate Dish Category**

**Phad Thai**

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Narrow rice noodles</td>
<td>400 gm.</td>
</tr>
<tr>
<td>Water</td>
<td>400 gm.</td>
</tr>
<tr>
<td>Phad Thai sauce</td>
<td>320 gm.</td>
</tr>
<tr>
<td>Dried shrimp</td>
<td>60 gm.</td>
</tr>
<tr>
<td>Chopped salted white radish</td>
<td>40 gm.</td>
</tr>
<tr>
<td>Yellow soybean curd</td>
<td>160 gm.</td>
</tr>
<tr>
<td>Bean sprouts</td>
<td>400 gm.</td>
</tr>
<tr>
<td>Chinese leek leaves</td>
<td>60 gm.</td>
</tr>
<tr>
<td>Egg</td>
<td>4 eggs</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>120 gm.</td>
</tr>
<tr>
<td>Ground peanut</td>
<td>40 gm.</td>
</tr>
</tbody>
</table>

(For 4-5 persons)

Pound shallot and garlic until ground and fry with oil until fragrant, add other mixture, simmer until sticky.

### Preparation:

- Fry rice noodles with water until soft
- Add sauce and mix thoroughly
- Add dried shrimp, chopped salted white radish and soybean curd
- Add oil around the pan, break eggs and fry until done
- Add bean sprouts, Chinese leek leaves and fry and serve warmly

### Nutritional Value per 100 grams for food

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per 100 gm.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (Kcal.)</td>
<td>216.16</td>
</tr>
<tr>
<td>Protein (gm.)</td>
<td>7.26</td>
</tr>
<tr>
<td>Fat (gm.)</td>
<td>10.84</td>
</tr>
<tr>
<td>Carbohydrate (gm.)</td>
<td>22.39</td>
</tr>
<tr>
<td>Fiber (gm.)</td>
<td>1.78</td>
</tr>
<tr>
<td>Calcium (mg.)</td>
<td>67.98</td>
</tr>
<tr>
<td>Iron (mg.)</td>
<td>0.94</td>
</tr>
</tbody>
</table>

Strength: High calories, protein, fiber, calcium, and phosphorus.
# Khao Phad Kra Pao

## Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooked rice</td>
<td>250 gm.</td>
</tr>
<tr>
<td>Kra Pao sauce</td>
<td>70 gm.</td>
</tr>
<tr>
<td>Chicken</td>
<td>80 gm.</td>
</tr>
<tr>
<td>Soup stock</td>
<td>2 table spoon</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1 table spoon</td>
</tr>
<tr>
<td>Sliced chilli</td>
<td>5 gm.</td>
</tr>
<tr>
<td>Sacred basil</td>
<td>10 gm.</td>
</tr>
</tbody>
</table>

(For 2 persons)

## Ingredients for Kra Pao sauce

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sacred basil</td>
<td>10 gm.</td>
</tr>
<tr>
<td>Red &amp; green hot chilli</td>
<td>35 gm.</td>
</tr>
<tr>
<td>Garlic</td>
<td>75 gm.</td>
</tr>
<tr>
<td>Shallot</td>
<td>25 gm.</td>
</tr>
<tr>
<td>Galangal</td>
<td>10 gm.</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>1.5 gm.</td>
</tr>
<tr>
<td>Shrimp paste</td>
<td>3 gm.</td>
</tr>
<tr>
<td>Fish sauce</td>
<td>75 gm.</td>
</tr>
<tr>
<td>Palm sugar</td>
<td>20 gm.</td>
</tr>
<tr>
<td>Salt</td>
<td>5 gm.</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>100 gm.</td>
</tr>
<tr>
<td>Water</td>
<td>200 gm.</td>
</tr>
</tbody>
</table>

## Preparation:

- Pound hot chilli, garlic, shallot, galangal, black pepper, shrimp paste together and add sacred basil and pound roughly
- Fry the chilli paste with hot oil and season with salt, palm sugar and fish sauce
- Fry chicken with oil, add chilli, rice and Kra Pao sauce, fry thoroughly and add sacred basil and serve warmly

## Nutritional Value per 100 grams for food

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (Kcal.)</td>
<td>153.36</td>
</tr>
<tr>
<td>Protein (gm.)</td>
<td>7.35</td>
</tr>
<tr>
<td>Fat (gm.)</td>
<td>5.0</td>
</tr>
<tr>
<td>Carbohydrate (gm.)</td>
<td>19.74</td>
</tr>
<tr>
<td>Fiber (gm.)</td>
<td>1.39</td>
</tr>
<tr>
<td>Calcium (mg.)</td>
<td>20.62</td>
</tr>
<tr>
<td>Iron (mg.)</td>
<td>0.35</td>
</tr>
</tbody>
</table>

**Strength**: Low calories, fat and high fiber.
**Nam Ya Pla**

**Ingredients:**
- Serpent head fish 500 gm.
- Coconut milk 1,000 gm.
- Dried chilli 50 gm.
- Krachai 220 gm.
- Shallot 56 gm.
- Garlic 75 gm.
- Galangal 10 gm.
- Lemon grass 10 gm.
- Shrimp paste 18 gm.
- Palm sugar 25 gm.
- Salt 8 gm.
- Salted fish 50 gm.
- Fish sauce 10 gm.

(For 6 persons)

**Preparation:**
- Pound dried chilli, salt, garlic, galangal, lemon grass, shallot, krachai until ground, add shrimp paste and salted fish until ground.
- Boil the fish until done, remove the fish meat and add with chilli paste.
- Boil an amount of coconut milk, add the chilli paste, stir, softly add the less coconut milk, stir together and season with fish sauce and palm sugar.
- Served with fermented Thai noodle and vegetables.

**Nutritional Value per 100 grams for food**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Fiber</th>
<th>Calcium</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Kcal.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(gm.)</td>
<td>(mg.)</td>
<td>(mg.)</td>
</tr>
<tr>
<td>149.7</td>
<td>4.24</td>
<td>12.74</td>
<td>4.52</td>
<td>1.41</td>
<td>28.12</td>
<td>7.0</td>
</tr>
</tbody>
</table>

**Strength:** High fat, calories and fiber.
**Dessert Category**

**Kluay Buad Chee**

**Ingredients:**
- Ripe banana: 12 fruits
- Coconut milk: 1,000 gm.
- Coconut cream: 200 gm.
- Sugar: 200 gm.
- Salt: 5 gm.

(For 12 persons)

**Preparation:**
- Peel banana and divide into 4 pieces
- Dissolve sugar and salt in the coconut milk
- Heat the coconut milk until slightly boiled, add the bananas, heat until boiling
- Add coconut cream and boil

**Nutritional Value per 100 grams for food**

<table>
<thead>
<tr>
<th></th>
<th>Calories (Kcal.)</th>
<th>Protein (gm.)</th>
<th>Fat (gm.)</th>
<th>Carbohydrate (gm.)</th>
<th>Fiber (gm.)</th>
<th>Calcium (mg.)</th>
<th>Iron (mg.)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>193.20</td>
<td>1.31</td>
<td>10.0</td>
<td>24.49</td>
<td>1.23</td>
<td>6.69</td>
<td>0.53</td>
</tr>
</tbody>
</table>

**Strength:** Fat, fiber, and high calories.
The special qualification of the Hom Mali rice species is the white color of the seed similarly to the color of the jasmine flower plus the fragrance of the Pandanus leaves. The seeds after boiling are soft and delicious. These made Khao Hom Mali popular and favorite among the foreigners.

There are also various recipes of the Thai food recommended, for instance:

**Khao Tang Nha Tang**

**Khao Kriab Pak Mob**

**Spring rolls**

**Pork Satay**

**Kai Hao Bai Toey**

**Sticky rice with ripe mango**

**Sticky rice with toppings**

**Jackfruit in syrup**

Thai food is composed of herbs as the main compositions which refer to plants and vegetables including seasonings and spices. These represent the identity of the Thai food. Spices are used to season the odors, tastes and colors of the foods and as well to prevent the savory of the meat. Moreover, these spices contain various medical characteristics, thus Thai food is appropriate to good health.

(Source: Nutritive Values of Healthy Thai Foods, 2002)

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Visith Chavasit  Somkiet Kosulwat
Nipa Rojroongwasinkul  Atitada Boonpraderm

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**Food application**

The rhizome of krachai is used in some specific mixture, almost are for fish soup; Nam Ya Pla and Kaeng Som due to the spicy and bitter taste of krachai that are good to reduce the fishes' savory and as well to other fish dishes; Phad Phed Pla Dook (spicy fried catfish) and Kaeng Khiao Wan Pla Graay, etc.

Kra pao or sacred basil is used in Kaeng Pha, Kaeng Kae and some spicy fried meat dishes to reduce the savory of the fish meat. Fresh leaves are sprinkled on food before removing from heat.

**Medical application**

- carminative
- antihistamine
- anti fungal, bacterial
- Cardamom to stop the growth of cancer
- reduce sugar in blood
- release tension
- stomachic
Turmeric is used in curry dishes, normally in Kaeng Phed, Kaeng Tai Pla and Kaeng Luang and as well other dishes of southern food. It is also good as a coloring agent.

Galangal is used both its flowers as vegetables and fresh and hard rhizomes. The hard rhizome is very spicy and good to season many recipes of chilli pastes, the fresh rhizome is found good in Tom Kha Kai.

Thai people use ginger to reduce fishes smell in many dishes; Tom Som, steam fish with lime or fry with meat and as well ingredients in Miang (tiddits), such as Miang Kum, Miang Pla Tou, Miang Som. It is also mixed with pickling, mussels, Tai Pla, Saeng Wha, etc. Chopped ginger is tasty to fry with meat and as well Yam Pla Tu, Yam Khing, Yam Pla Kra-pong and Yam Hoy Kraeng. Pickled ginger is a good supplement to boiled rice and many types of paste. Ginger juice and ginger boiled in syrup and mixed with mung bean or sweet potato are tasty desserts.

Lemon grass is spicy and bitter and used for seasoning the Thai food and as the main ingredient in every recipe of Kaeng Phed, spicy salads and Tom Yam.

This plant can be used by every part; plant, root, leaves and fruits. Normally, the coriander leaves are sprinkled to season the food, while the coriander fruits are mixed in the soup and curry for good smell and its root is used together with garlic in soup and some kind of snacks and desserts.

The popular species of chilli used for cooking are hot chilli, red, green and yellow chilli, sweet pepper, etc. which are different in the levels of its spicy tastes. Chilli can be used both fresh and dried or pickling in vinegar and to every dish that requires hot and spicy tastes.
**Pepper**

Pepper is popularly found in every kind of chilli pastes, in soup together with coriander root and garlic and as well sprinkle for good smell. It is normally used in cooking of Kaeng Phed, Kaeng Pa and Phad Phed.

**Kaffir lime**

Kaffir lime skin is one of spices mixed in chilli paste for Kaeng Phed and Phad Phed, and in Nam Prik (for Thai noodles). Kaffir lime juice is sour and used to reduce savory of meat. It is actually mixed in fermented fish paste, Kaeng Som and Kaeng Tay Po.

Chopped kaffir lime leaves are used to reduce meat smell and season Kaeng Phed, Phad Phed, Chu Chee Pla, Kaeng Tom Som, Tom Yam, Hua Mok, Tam Kanoon, Khao Yam and etc.

**Lime**

Lime juice is used to make sour taste in Tom Yam, Som Tum, Phla, spicy salads and many chilli pastes and as well lime juice for drink.

**Sweet basil**

Sweet basil is used to season the food odor; Kaeng Lieng, Kaeng Nhoa Mai, Oam Pla and also as vegetable for Nam Ya and chilli paste.

**Cumin**

Cumin is roasted and pounded to make chilli paste in some curries, Kaeng Phed and Kaeng Khiao Wan.

**Onion**

Onion is used in Kaeng Masaman, spicy salads, and soup stock.

**Shallot**

Shallot is used to reduce meat savory and as seasoning and also the main ingredient in chilli paste for Kaeng Phed, Tom Kloong, Kaeng Lieng, Tom Yam, Lhun, Yam, Larb and Nam Prik and as well in some desserts.

**Sweet basil (borago)**

Sweet basil is used as vegetable supplement and also odor seasoning in spicy recipes; Kaeng Phed and Phad Phed.
**Food application**

In the middle part recipe, the fresh leaves are used to wrap the tidbits of Miang kmhm. In the south, they are used in some curries with shrimp, fish and mussels and as well as vegetables with chilli paste.

**Medical application**

- stomachic
- expectorant
- colic

- cooling

**Food application**

Thai people in every part eat the tamarinds' fresh leaves, flowers and the pods as vegetables and seasoning agents. The content in the ripe pods provides sour taste. People in the middle part of Thailand use the young pods as ingredient of the tamarind paste. The fresh leaves are used in soups; Tom Klong Pla Kroab and Pork and pumpkin in coconut soup.

**Medical application**

- carminative
- cooling
- laxative
- anti-histamine

**Food application**

Garlic is actually important ingredient in Thai food and found in every recipe prior to fry vegetables and meat. It is also unable to be missed in soup and chilli paste and as well spicy salad. This is including the pickled garlic, garlic plants and fried chopped garlic to sprinkle the food.

**Medical application**

- carminative
- reduce blood pressure
- prevent heart disease
- antibacterial, fungal, yeast, virus

**Food application**

The blanched leaves are delicious with chilli paste. Gord gourd is good also as ingredient in many recipes; vegetable soup, Kaeng Lieng or fried vegetable or mix with omelet.

**Medical application**

- intestinal stimulating
- carminative
- colic
- anti-pyretic
- reduce sugar in blood

**Food application**

Fresh leaves and young flowers are blanched or boiled to supplement with the chilli paste. Its flowers are used as ingredients in Kaeng Lieng and Kaeng Som. Besides, the ripe pumpkins are used in many dishes both soups and fried dishes. It is also good to make many recipes of desserts; pumpkin boiled in syrup and pumpkin in coconut syrup.