

## FOOD & DRINK

*Thailand has some of the best cuisine in the world. Most Thai food is traditionally fairly hot and spicy, prepared with fresh ingredients such as lemon grass and fresh herbs and rice is commonly eaten with most meals as staple food. With street stalls, night markets and restaurants all over the country, it's really easy to pick up a snack from the many street vendors around the country or enjoy a hearty meal at top-notch eateries. There are also many Asian and European restaurants throughout the major cities and smaller towns.*

Things to try in Thailand:

### **PAD THAI (STIR-FRIED RICE-NOODLES)**



This delicious and well-known dish garnished with peanuts is full of flavour and can be served with fresh prawns, chicken, tofu or vegetables.

### **TOM YAM (SPICY SHRIMP SOUP)**



Tom yam is a coconut-milk soup prepared with kaffir lime leaves, chilli, ginger, lemon grass and prawns or chicken. This soup is widely available in Thailand and has been popularised around the world.

### **SOM TAM (SPICY GREEN PAPAYA SALAD)**



Among the giants of popular Thai dishes is som tam, or green papaya salad. The green papaya is sliced thin and pounded with an assortment of ingredients and chilies and dressed with fish sauce and lime juice. Som tam is best enjoyed with a plate of sticky rice to dip into the dressing.

**GAENG DAENG (RED CURRY)**

Made with morsels of meat, red curry paste, smooth coconut milk and topped off with a sprinkling of finely sliced kaffir lime leaves, this rich, aromatic curry always gets those taste buds tingling.

**GAENG KEOW WAN KAI (GREEN CHICKEN CURRY)**

There are quite a few famous Thai curries available, but one of the best is gaeng keow wan gai or green chicken curry. The curry is made with fragrant green chili paste, chicken, bamboo shoots, and a host of other ingredients that blend together. Finally coconut milk is added to make the sauce creamy rich and bring the spices together.

**THAI TEA**

Thai iced tea is a sweet milky tea that is served with condensed milk, which gives it a pinkish orange and is a ideal cooling drink when it's hot and sweaty outside.

**COCONUT MILK**

For a super fresh thirst-quencher, try coconut milk straight from the husk. The coconut is simply cracked open from the top and served whole with a straw.

### THAI BEER & BEVERAGES



Singha and Chang beer are the two most popular Thai beer. Fruit smoothies and fruit juice are both very popular: smoothies made with fresh fruit and sugar syrup are blended with ice that is generally safe to consume.

### THAI DESSERTS



Thai people love to eat dessert. This includes both traditional Thai desserts as well as western fare, including cakes and ice cream. Traditional Thai desserts are quite sweet, made predominately from various combinations of rice, coconut milk, and sugar, along with a few seemingly less common dessert ingredients, such as sweet corn or kidney beans.