



Anantara

GOLDEN TRIANGLE • THAILAND  
RESORT & SPA

# Thai cooking class

at Anantara Golden Triangle



# Master the secret art of Thai cuisine

## **Distinctive flavours, intoxicating aromas, unforgettable dishes**

Unlock the essence of Thai cuisine by discovering how to harmonise the vast but distinct variety of flavours and textures. Get to know what meal times typically consists of, the way dishes are presented, and the most popular ingredients.

Delve into this useful mine of information and see which dishes and ingredients pique your interest the most. Choose to master the ancient recipes of Thailand's Lanna Kingdom, or tempt your taste buds with 4 menus of the most popular Top 10 Thai dishes.

Take home more than an orientation in Thai cooking to dazzle friends and family, with unforgettable memories of the day's adventures. Commence your experience with a guided visit to one of northern Thailand's bustling local markets where you'll learn to select the finest spices and freshest produce, collecting the perfect range of ingredients for the culinary course you've signed up for. Return to Anantara Golden Triangle where our master chefs will bring out your greatest culinary performance yet, as you soak up a breathtaking vista over the legendary hills of Myanmar and Laos from the comforts of a classroom designed in harmony with its lush jungle surrounds.



Anantara Golden Triangle offers a wealth of rejuvenating cultural experiences that promise to make you smile throughout your stay. While you soak up the tropical sun, exotic landscape and relaxing atmosphere of Thailand, why not extend your sensory pleasures by learning a life long skill that will also make your friends and family smile?

Join us for a gastronomic journey into the very heart of Thailand's fascinating culinary depths, dazzle the taste buds with your very own creations, and leave with a very special souvenir of your holiday spent in the Golden Triangle.

Our Daily Programme

7.30am - 1pm

Programme itinerary

7.30am Meet at the lobby and proceed to Chiang Saen's fresh food market for a guided tour with Chef. Visit the vegetable, seafood, spice and herb stalls to collect ingredients for the morning's event, and savour a morning coffee with the locals.

9am On the way back to the resort, enjoy picnic at the scenery Wat Prasak (Teak Temple)

10.30am Chef introduces the culinary courses to come, before demonstrating his master skills and artistry. Then it's your turn, as under his expert guidance you prepare the dishes of the day!

1pm Marvel at your exquisite creations over a sumptuous lunch, with the course completed at around 2pm.

..... Why not consider doing it all, Thai style! Sign up for the fruit and vegetable carving class which follows on from the traditional cooking school at 3pm (Baht 1,950 min of 2 persons)

The course includes:

- Certificate of attendance
- Refreshment
- Lunch
- Transportation
- Recipe book
- Anantara apron

Don't miss out on this amazing opportunity!

Only Baht 4,590 net per person

How to book: Please contact the reception desk one day in advance before 4pm

Classes are limited to a minimum of 2 guests up to a maximum of 12 guests

# Introduction to Thai cuisine

Thai food is known for its firepower but traditional dishes don't necessarily have to be hot and spicy. There should be a harmony of flavours not just in a meal as a whole but also in each individual dish. In a curry, for example, the sharpness of the chilies and the spices is toned down by the smooth sweetness of coconut milk, the saltiness of fish sauce and aromatic flavour of the herbs and vegetables.

**A traditional Thai meal should consist of:**

Khao (*Cooked rice*)

Sup (*Soup*)

Kaeng Ped (*Curry*)

Khrueng Kaeng (*Condiments or side dishes*)

Khong Nueng or Khong Thot or Phat or Khong Yang  
(*Steamed, Deep fried, Stir Fried, or Grilled dishes*)

Khrueng Chim & Condiments or Yam

(*A strongly flavoured dip with vegetables and fish or salad*)

Khawng Waan (*Dessert – one liquid and one dry*)

Phonlamai (*Fruit*)



Now that may seem like a lot of food but, these days, people rarely sit down for a full menu, especially not three times a day.

Breakfast is usually khao tom or boiled rice with chicken or pork served with an egg dish or salted fish and pickles.

Lunch normally is light one dish meal of noodles, fried rice or rice and curry.

A typical dinner will comprise two or three dishes with rice. Dishes are not served by courses, but all at the same time. One should take a mouthful of each dish in whichever order one prefers.

A full meal, as detailed above, may take many hours or even days to prepare as the traditional way involves considerable peeling, chopping and pounding. But modern day cooks with busy lives rarely have the time to undertake all the necessary preparation. Therefore, we have tailored our cooking classes to strike a perfect balance between traditional methods and the demands of 21st century lifestyles.

## Ingredients often used in Thai cooking

A staggering diversity of ingredients divulges a plethora of flavours, aromas, textures and colours that culminate in an eclectic cuisine that is sought after throughout the gastronomic world. With such a wondrous culinary repertoire to please every palette, it's no wonder that Thailand has become known as the 'Land of Smiles'!



1. Gun Chiang - Sweet Pork Sausage
2. Pla Kem - Salted Fish
3. Pla Kem - Salted Fish
4. Toa Jiaw - Salted Soya Beans
5. Naam Pla - Fish Sauce
6. Khow Niaw - Sticky Rice
7. Khow - Rice
8. Khow - Rice
9. Ba Mee - Egg Noodles - Mee Sua
10. Pla Grob - Smoked, Dried Fish
11. Khai Kem - Salted Eggs
12. Ma Kaam - Tamarind
13. Naam Taan Peep - Palm Sugar
14. Naam Taan Puek - Palm Sugar
15. Kapi - Shrimp Paste
16. Woon Sen - Jelly or Glass Noodles
17. Ma Prow - Coconut
18. Gluea - Salt
19. Ma Prow Khood - Shaved Coconut
20. Naam Taan Sai - Sugar
21. Tao Hoo - Bean Curd
22. Pla Haeng - Dried Fish
23. Ghoong Haeng - Dried Shrimp
24. Pla Haeng - Dried Fish
25. Gluea Med - Rock Salt
26. Guay Tiaw - Noodles
27. Guay Tiaw - Noodles
28. Sen Mee - Vermicelli

## Thai vegetables

The richness of Thailand's soil unearths a gourmet's paradise of vegetables, almost all of which are herbal. This natural nutritional boost is a proud concern for Thai people who hold good health in high regard. Moreover the range of vegetables they are blessed with are characterised by mild to strong aromas, giving way to a kaleidoscope of taste sensations.



1. Naw Mai Farang - Asparagus
2. Fag - Green Winter Melon
3. Buab - Ribbed Gourd
4. Ma Khuea - Eggplant
5. Fug Thong - Pumpkin
6. Ma Khuea - Eggplant
7. Pak Boong - Water Spinach
8. Thua Ngok - Bean Sprouts
9. Ma-Kham - Tamarind
10. MaKhuea - Eggplant
11. Pueak - Taro
12. Ma Khuea - Eggplant
13. Gra-Jiab - Lady Finger
14. Taeng Kwa - Cucumber
15. Naam Tao - Gour
16. Pak Boong - Water Spinach
17. Cha-Om - Acacia
18. Carrot - Carrot
19. Hua Pakkad - horseradish
20. Pakkad Khow- White lettuce
21. Galum -Plee - Cabbage
22. Hua-Plee - Banana Blossom
23. Mara - Bitter Gourd
24. Khow Pod - Corn
25. Thua Fug Yow - String Beans
26. Mara - Gourd
27. Ma Khuea - Eggplant
28. Ma Khuea Ted - Tomatoes



29. Khiw Pod - CornEggplant
30. Paag Kwang Tung - Chinese
31. Paag Kana - Kale
32. Ma Prow - Coconut
33. Hed - Mushrooms
34. Hed Faang -Straw Mushrooms
35. Hed Hoo Nu - Chinese
36. Hed Hom - Chitake
37. Paag ga-Ched- Water Mimosa
38. Khuen Chai - Chinese Celery

## Thai fruits

The tropical climate and natural fertility of Thailand combine to produce the world's most outstanding and unique tropical fruits. The sight of colourful market stalls featuring every conceivable shape and size are joined by road-side stands of impressive towering displays, while in addition to astounding sweetness, even Thailand's fruit harvests include pungent and sour varieties.



1. Malakor - Papaya
2. Gluey Hom - Banana
3. Mahng Koot - Mangosteen
4. Ngor - Rambutan
5. Chumpoo - Rose Apple
6. Kantaloop- Cantaloupe
7. Saa la - Sala
8. Noi naa - Custard Apple
9. Apple - Apple
10. Lum Yai - Longan
11. Farang - Guava
12. Tub Tim - Pomegranate
13. Tang Mo - Water Melon
14. Ma Prow - Coconut



## Thai herbs

Fresh, dried and ground, Thai chefs infuse herbs to establish a Yin and Yang harmony of opposing forces, with dishes evaluated in terms of their delicious results as well as their medicinal effects. "Cold" or Yin foods soothe and cleanse the body compared to "hot" sensuous Yang foods which increase the pulse rate and trigger perspiration, unfolding a firm belief that an equilibrium of these elements will promote a long and healthy life.



1. Bai Horabha – Basil leaves
2. Prig Toom – Green Peppers
3. Khuen Chai – Chinese Celery
4. Toey – Pandanus Leaves
5. Ta Krai – Lemon Grass
6. Paak Chee – Coriander
7. Ton Horm – Spring Onions
8. Bai Kaprow – Balsam Leaves - Holy Basils
9. Bai Mangluk – Sweet Balsom Leaves
10. Khing – Common Ginger
11. Kha – Siamese Ginger – Galanga
12. Kha – min – Fresh Termeric
13. Kra Chai –Aromatic Ginger
14. Prig – Chillis – capsicum
15. Prig Thai –Pepper
16. MaGrood – Kaffir Lime
17. Prig – Chillis
18. Bai Ma Grood – Kaffir Lime Leaves
19. Ma Now – Lime
20. Prig – Chillis – Capsicum
21. Bai Saranae – Mint Leaves



## Thai spices

Famed for their fiery flair, Thai spices certainly do represent some of the hottest around the globe. Which region you visit will define the level of spiciness you encounter, with the north-east region of Thailand only being trumped by the scorching creations found down south. But even in these distinctly spicy culinary pockets, each and every recipe promises well selected and carefully proportioned ingredients that dish up an appetising balance.



1. Prig Haeng - Dried chillis
2. Bai Krawan - Bay Cassia Leaves
3. Loog Krawan - Cardamoms
4. Prig Pon - Chilli Power
5. Kra Tiam - Garlic
6. Nga - Sesame
7. Kaan Ploo - Cloves
8. Dawk Chand - Mace
9. Nga - Sesame
10. Prig Thai - Pepper
11. Yeera - Cummins
12. Loog Chand - Nutmeg
13. Loog Paak Chee - Coriander Seeds
14. Ohb Choey - Cinnamon
15. Hom - Shallots
16. Poy Kak - Star Anise



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