

Cooking Class 'Learning to Balance Thai Flavors Authentically'

# Tasting Thailand

## the Cuisine of Bangkok & Central Plains

*"Rich in flavor, healthy ingredients and time-saving methods – a wonderful way to discover how other worlds and cultures cook and eat"*



### *Class Menu*

Keang Chu Chi Goong Saraburi  
Gulf Prawns in Red Curry with Pineapple and Green Mango

Yum Sam Sahai  
A combination Salad of Cucumber and Sweet Peppers with Spur Chili Dressing

Gai Pad Ma-Mouang  
Stir-fried Chicken with Cashews and Roasted Chili Jam uniquely Thai served with Jasmine Rice

Tub Tim Krop – Water Chestnut Rubies in Fragrant Pandan & Light Coconut Milk for dessert

**Did you know that "Thai food",** has in fact four very distinct regions in the country, each with their own culinary traditions? The Thai dishes from palaces of Old Siam have been passed down through many generations of chefs, and finally into public domain. My journey eating from simple villages to elegant restaurant kitchen in Bangkok had ripened my passion to cook and to share true Thai cuisine with many people. The influence of China, India, Malaysia and other neighboring countries is seen in the each dish. **I've learned these different factors come together under the label "Thai food", and that is what you must experience when you look for Thai Cuisine anywhere in the world. Come join this exciting class where you will create authentic Thai flavors that are low in fat with bursts of freshness. Explore the use of beautiful Thai ingredients - exciting to your senses.**



Christina Arokiasamy –  
Home to Southeast Asian Culinary Culture & Tradition™

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