



Thailand Gourmet Guide





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First edition : December 2015
ISBN : 978-974-679-287-5



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Preface

Aside from travel and tourism that enable us to always discover new stories, savouring a new dish leads us to discover and learn new things from it as well, not only a delicious taste, but also one's culture, belief, traditions and customs are unified and hidden in the dish.

With the way of life strongly attached to food in this land of abundance along with the local wisdom through the palms of the hands, knowledge and excellent culinary skills, each region in Thailand, therefore, has its own unique culinary culture. The regional food culture individually reflects the community's ways of eating, lifestyle and distinctive identity unified with a variety of cultures, both folk cultures and the cultures of different ethnic groups who migrated to be under the benevolent rule of the Thai kings for peace. This unification brings about various and colourful Thai culinary culture.

As a result, the "Thailand Gourmet Guide" has been published to guide tourists to travel and access a direct source of food ingredients, tourist attractions, and Thai culinary culture in various communities and localities.

Every route from now on is the gourmet route ultimately worth your travelling and gaining a new experience. You will discover that every region in Thailand is rich with the fascinating charm of Thai tastes because Thailand is not only the kitchen of the world, but also the paradise for real food lovers.

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A photograph of a lush green rice field in the foreground, with a blurred background showing a village and distant mountains under a cloudy sky. The text 'Farm to Table' is overlaid in a white script font.

Farm to Table



Route 1

THE STRAWBERRY VALLEY ADVENTURE

Hands-on Experience, Strawberry Picking

Chiang Mai is famous for its cool, misty big mountains and unique Lanna culture. But what has become its relatively new tourist draw is something rather unthinkable a decade ago: strawberry picking tours. Samoeng district, which lies west of Chiang Mai town, is home to major strawberry cultivation. A major source of income for locals, strawberry farming has turned this otherwise sleepy district into the province's unlikely hub of agrotourism. Every winter, throngs of tourists from Bangkok and elsewhere flock to strawberry farms high up on the hills.

The planting area for strawberries is at an elevation of 800 metres and above with a temperature range of 16–20°C. The most popular species grown in the district is called "Phraratchathan 80" to commemorate His Majesty the King's 80th birthday anniversary in 2007.

Family and tour groups are welcome to explore these farms, enjoy their bucolic charm and spend the night. Strawberry picking is one of the activities initiated by the farm owners. The best time to do it is in the early morning: visitors are allowed to pluck ripe strawberries straight from the plants and enjoy munching on the juicy red berries right on the spot.

Tired of the fruit picking and photo snapping? Then, you can rest in shelters where light refreshments are served. Many farms offer wireless Internet access, making it possible for visitors to upload their photos immediately. Some farms provide full-board accommodation and campsites to encourage visitors to stay overnight and rise early in the morning to pick the fruits or just soak up the refreshing atmosphere.

Early Morning

Get energised at **"The Larder Café & Bar"** (3/9 Suk Kasem Road., Mueang Chiang Mai district, Chiang Mai, Tel. +66 (0) 5200 1594) which serves its freshly homemade all day breakfast with coffee from beans grown locally in Samoeng district. Other recommended dishes are their scrumptious breakfast sandwiches, and fresh fig and citrus ricotta, haloumi beetroot and rocket salad.



Day
1

Mid-Morning

Stroll around Chiang Mai's uber-hip **"Nimmanhemin Area"** lined with a myriad of shops and restaurants. Each soi will have its own distinct concept and character; such as, the **"Art Street"** (Soi Nimmanhemin 1) lined with art galleries, home decorative items, and chic handmade items. **"Coffee Road"** (Soi Nimmanhemin 9) has a wide selection of local and imported coffee, while Single Origin coffee can be found at cafés like Ristr8to (Soi Nimmanhemin 3) or those with a sweet tooth can walk around to find their favourites from numerous bakeries and ice-cream salons like Mont Blanc (top of Soi Nimmanhemin 7), Ice Cream Kot Kring, GelaBar Soi Nimmanhemin 5), Mars Ice (Soi Nimmanhemin 9), Hom Pak Hom Kho (Soi Nimmanhemin 1), and Tichaa Tearoom By HARNN (Soi Nimmanhemin 17).





Noon

After all the rich food partaken of earlier, walk over to enjoy a light healthy lunch at **"Salad Concept"** (49/9-10 So Nimmanhemin 13, Mueang Chiang Mai district, Chiang Mai Tel. +66 (0) 5389 4455, thesaladconcept@gmail.com), which is Chiang Mai's most famous salad-based restaurant using fresh produce grown locally in the province. Diners are allowed to design their own salads by choosing their own ingredients for the base and a wide variety of toppings and dressings.



Afternoon

After lunch, drive to Samoeng district approximately one and a half to two hours away to learn more about rice at the **"Samoeng Rice Research Centre"** (2 Mu 10, Samoeng Tai sub-district, Samoeng district, Chiang Mai, Tel. +66 (0) 5337 8093-4, <http://smg.brrd.in.th/web/>). Aim to arrive around 4 p.m. when the sun's rays are less harsh. As it begins to set, the long warm rays light up the plants and turn them into fields of gold.



Evening

After taking your fill of photographs amid the rice fields, head towards the resort surrounded by strawberry fields. In fact, almost all the strawberry farms in this district have resorts. We like “Napa Phu Pha” (203 Mu 10, Samoeng Tai sub-district, Samoeng district, Chiang Mai, Tel. +66 (0) 8 1603 9800) which has been in Samoeng for a long time. The vast strawberry fields amid the mountains offer a choice of

Another equally picturesque resort is the “Strawberry Wongwan Farm” (203 Mu 10, Samoeng Tai sub-district, Samoeng district, Chiang Mai, Tel. +66 (0) 8 5712 0901, strawberrywongwan.com) located deep in the mountains. The strawberries are grown organically and free from pesticides. Enjoy your dinner at the farm, highlights like Strawberry Jam, which is a spicy strawberry salad, fresh strawberry smoothies and frost drinks. (Note: Tourist season runs from February to March every



Early Morning

Day
2

Wake up early to breathe in the fresh cool mountain air and go to pick strawberries in the fields, which have to be picked not long after dawn. The strawberries grown on these farms are the Phra Ratchathan 80 species that was developed and given to farmers by His Majesty King Bhumibol Adulyadej to commemorate his 80th anniversary birthday. After that, you can sit down to breakfast, and then purchase fresh and processed strawberries for home. Be sure to have a foam box with a cold pack to keep the berries in pristine condition as they ripen overnight.





Mid-Morning

Head to **"the Tune In Garden"** in Mae Rim (Pong Yaeng sub-district, Mae Rim district, Chiang Mai, Tel. +66 (0) 5387 9251, +66 (0) 8 7185 2951)
(Note: Only open by prior appointment.)



Noon

When guests arrive at the resort, the owner will come out to greet and take everyone around the premises which include a small vegetable patch that even has strawberries. What everyone can expect at this resort's restaurant is a delicious meal featuring many famous dishes from 'Ban Thai Wang' (literally 'the house in the palace's backyard') prepared by Auntie Sumalee 'Tim' Wongsawan who is the wife of the famous Thai writer **'Rong Wongsawan'**. Visitors who appreciate Thai literature can engage the learned owners in interesting conversations and dine on a wide variety of traditional dishes like Taengmo Pla Haeng (dried fish flakes with watermelon) and Ma Ho (stir-fried minced pork and peanuts with orange wedges) which are perfect for hot days, and Phra Ram Long Song (parboiled Chinese water spinach topped with pork and peanut sauce).

The main dishes are Pla Thu Thot Klaem Phat Pha Bung Thai (fried Thai short-bodied mackerel served with Thai water spinach) and Kaeng Som Plueak Taengmo (watermelon rind in sour curry). All the dishes are prepared according to authentic recipes using fresh organic fruit and vegetables grown at the resort and foraged from the nearby forest.





Afternoon

After lunch, drive to the **"Organic Farm Chiang Mai"** (104 Mu 1, Superhighway Chiang Mai-Lampang, Chai Sathan sub-district, Saraphi district, Chiang Mai, Tel. +66 (0) 5342 2423), which has an enormous greenhouse for planting pesticide-free vegetables where tourists can visit and purchase produce and send it to be cooked by chefs at the farm. Cooking methods run the range from Yam (spicy salad), Lap (Northeastern-style spicy salad), Lon (cooked in coconut milk) or Nam Phrik (chili paste), which can be eaten with fresh vegetables picked by the visitors. Signature dishes at this farm include various organic salads, and products from the Royal Projects including Steak Ham Mu Chin Hua (Chin Hua ham steak), and grilled trout with spaghetti in pesto sauce.



Coffee lovers can get their post-lunch fix at the "Coffee Cup Organic Café". The café also doubles as a retail outlet in selling organic fruits and vegetables grown at the farm, as well as a variety of produce and products from the Royal Projects and local farms, and local handicrafts made by community cooperatives. All the products are carefully chosen to showcase all the top quality products from every province in the North. There are many silk fabrics made in Chiang Mai including gold brocade and ancient Thai silk. On the journey back.



Route 2

A VOYAGE TO THE MOUNTAINS & TEA LEAF

Hands-on Experience, Tea Leaves Picking

Hard-core tea lovers will know that Chiang Rai is home to substantial tea cultivation in Mae Fah Luang and Mae Chan districts. Here tea plantations have proliferated in recent years at an elevation of 1,200 metres. Known for its breathtaking misty lush landscape and terrace growing, the mountainous region is ideal for tea farming thanks to its cool climate. Farmers cultivate various varieties of tea: Chinese green tea, Jin-Xuan Oolong (Oolong Tea No 12), Ruanzhi Oolong, Ti Kuan Yin (Iron goddess of mercy) and Pu-erh.

Tourism is big business in the area. Visitors are invited to experience the tea farmers' way of life by taking part in activities at these estates including picking of tea leaves. Just stick to the one-bud-and-two-leaves plucking method.



Morning

Day
1

Drive to the “**Choui Fong Tea Plantation**” (Ban Phaya Phrai, Thoet Thai sub-district, Mae Fah Luang and Mae Chan districts, Chiang Rai, <http://www.chouifongtea.com/>), which is the world’s largest tea plantation stretching over more than 1,000 rai. What is unusual about this estate is that their tea bushes are only planted in terraces along mountain ridges, creating an unusual landscape, and the estate encourages guests to participate in tea picking.



Noon

Sit down to lunch at the “**Choui Fong Tea House**”, which boasts a menu filled with many sweet and savoury dishes incorporating tea. Try tea Mantou buns, Yunnan Spaghetti, and green tea chocolate lava cake. After the meal, be sure to learn more about tea and the proper way of preparing tea while being surrounded by a tea estate as far as the eye can see.

Afternoon

Set off for the “**Boonrawd Farm Singha Park**” (99 Mu 1, Ban Mae Kon, Ban Mae Kon sub-district, Mueang Chiang Rai district, Chiang Rai. Located approximately nine kilometres from Mueang Chiang Rai district. Farm tours are only open from November to February. Tel. +66 (0) 9 1576 0374, +66 (0) 5317 2 870, <https://www.facebook.com/boonrawdfarm>.)

The sprawling estate has a wide variety of produce, flowers, and crops, especially tea, as it is one of the largest tea producers in Thailand. Take a tour of the tea plantation, which is surrounded by magnificent mountains. Drop by many orchards planted with mulberries, raspberries, melons, and various temperate fruit and vegetables. Fields are also planted with bright Sunn Indian hemp flowers called Po Thueang, Japanese rice, and numerous flowers blanket the mountains. Other healthy products from the farm include juicy tomatoes, passion fruit juice, mulberry juice, fruit jams, and Oolong tea. Tourists can take rides on the trains which go on many tracks, and ride on bikes on designated bike lanes to explore the grounds themselves.





Evening

Dinner at this farm is a highlight at the “**Phuphirom Restaurant**”, which has plenty of fresh icy cold Thai draft beer that goes down a treat with a German-style crispy pork knuckle, which is a Boonrawd signature dish. Sit back and relax to enjoy the 360° panoramic views of these Northern mountain ranges, cool breeze and the delicate sounds of live Northern folk music. Other dishes that are recommended are Nam Phrik Num (roasted green chilli paste), salads, Kai Yang Phuphirom (grilled chicken), Naem Phuphirom (fermented pork sausages), and steaks.



Route 3

THE THAI ORGANIC TRAIL

Organic Farms

Organic vegetables are gaining in popularity among the health conscious because the produce is chemical- and pesticide-free. The so-called organic farming does not rely on chemical fertilisers for crop cultivation. However, popular views about organic and chemical-free farming and hydroponics are based on misconception. Some think these are pretty much the same thing.

Organic farming is a chemical-free agricultural system that respects natural life-cycle systems, biodiversity and the environment. It relies on crop rotation, compost, biological pest control, natural fertilisers and maintenance of soil and water quality to produce a reasonable yield.

However, what's known as the chemical-free farming system uses chemicals to prepare land and cultivate crops. During the harvest, no pesticides and other chemicals are used, so people assume that vegetables grown in this system contain no chemicals.

Hydroponic farming uses nutrient solutions in water without using soil, or sand and gravel. Plants depend on chemicals to grow, so the crops contain chemical residues that do not exceed safety limits.

Thailand's fertile land is ideal for organic farming that continues to thrive in places like Chiang Mai, Khao Yai, Nakhon Ratchasima and Ratchaburi, which is famous for its Rai Pluk Rak farm. The "Thai Organic Farm", as it's known in English, has secured organic certifications from the IFOAM and ACT. Its produce is sold locally and overseas.



Morning

Head out to the famous 'floating' Damnoen Sadu of the vendors on the canals who still around on small boats, selling clothes of all kinds, homegrown produce, and Tiao Ruea ('boat' (traditional Thai coconut pan cakes) which are all Thai people for



The next stop is “**Suan Nam Tan Bang Le**” (88 Mu 10, Damnoen Saduak sub-district, Damnoen Saduak district, Ratchaburi, Tel. +66 (0) 3234 5162, +66 (0) 8 1995 3315) where visitors can take an educational tour of a coconut plantation. Learn how coconut blossoms are cut to collect nectar taste it and watch the demonstration of how it is transformed into Namtan Pip (coconut sugar), which is one of the most important seasonings in Thai cuisine. These demonstrations illustrate the traditional folk wisdom of local villagers along Khlong Damnoen Saduak.





Noon

Journey on to Thailand's famous "Rai Pluk Rak" or "Thai Organic Farm" (130 Mu 1, Wang Yen sub-district, Bang Phae district, Ratchaburi, Tel. +66 (0) 8 6332 7365) to partake a healthy lunch made from freshly picked organic produce from the farm; such as, Yam Wun Sen (spicy mung bean vermicelli salad), Po Pia Phak Sot/ Thot (fresh or deep-fried vegetable spring rolls), and various home-made ice cream while sipping home-made herbal tea.





Afternoon

Work off lunch by taking a tour of the organic farm, pick fresh vegetables and learn how to grow organic plants. Then, participate in a choice of fun activities offered by the “Organic Workshop”. The choice of activities includes learning how to make Thai herbal salad dressings that you can bring home, collecting duck eggs to make organic salted duck eggs, tasting organic floral scones paired with herbal tea, making organic ice cream, growing plants that alleviate global warming and bringing those shoots home with you. Before you head home, don’t forget to pick up some organic food and snacks.





Late Afternoon

Drop by Ratchaburi's legendary ceramics manufacturer **"Tao Hong Tai"** (Chedi Hak sub-district, Mueang Ratchaburi district, Ratchaburi, Tel. +66 (0) 3233 7574, +66 (0) 3232 3630, www.thtceramic.com). This factory makes a variety of modern ceramic products as well as the traditional clay dragon jars which were first made nearly 80 years ago after the clay in Ratchaburi was discovered to be of premium quality ideal for making these jars. Over time, the function of the clay jars changed from water storage to home decorative items. The designs have been updated for a more modern appeal and it has been seen in flower pots, lotus growing pots, vases, tables, stools, containers for scented oils and candles, and figurines.



Evening

As dusk falls, break for dinner at **"Octospider"** (60 Mu 10, Wang Yen sub-district, Bang Phae district, Ratchaburi, Tel. +66 (0) 3234 0401-5 ext. 108), which is a modern style restaurant set in the middle of a lake designed by an Italian architect that blends well with the natural surroundings. Be sure to arrive early enough to watch the sunset over the waters surrounded by trees. The menu offers authentic classical Thai dishes; such as, Kaeng Khua Hoi Khom (freshwater snail curry), Yam Takhrui Kung Krop (spicy lemon grass and crispy prawn salad), Tom Yam Kung (sour and spicy prawn soup), and Mu Kham Wan (grilled pork with spicy dressing).





Route 4

~ TREASURES OF THE GOLDEN BASIN ~

Experience the Farmer's Life

Sukhothai, meaning "dawn of happiness", is Siam's former capital. The remnants of its glorious past can be found at the Sukhothai and Si Satchanalai Historical Parks, declared a UNESCO World Heritage Site since 1991. Sukhothai still remains the country's key rice bowl as it was in its heyday, as evidenced by King Ramkhamhaeng the Great's stele that celebrates the fertility of the land with its famous line: "In the water there are fish in the paddy field there is rice".

Sukhothai's vast paddy fields stretch endlessly to the horizon. The Organic Agriculture Project Sukhothai Airport is among the tourist attractions. The organic rice farm doubles as a rice research centre that cultivates two famous rice varieties developed by noted Thai rice researcher Somdej Immak: Khao Hom Daeng Sukhothai (Sukhothai red fragrant rice) and Khao Hom Dam Sukhothai (Sukhothai black fragrant rice). The farm's rice crops are known for their high nutritional value. The vast 400-rai farm also grows vegetables and fruit trees without using pesticides and chemical fertilisers.

The farm attracts visitors with terrific outdoor activities. The most popular is the 'Outdoor Classroom' that teaches tourists the basics of rice farming right in the middle of the rice paddy. A day out in the farm also may involve being a farmer for a day, collecting duck eggs in the coops, tending a herd of water buffaloes, visiting a brown rice mill, or exploring organic gardens.

The farm tour culminates with an organic lunch complete with organic rice from the paddy field, green leaves and other healthy foodstuffs.



Day
1



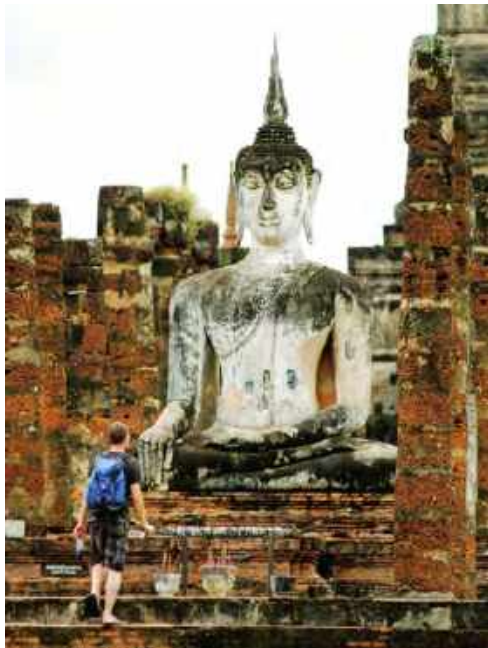
Morning

It may be as unconventional a location as any but the airport in Sukhothai has one of Thailand's most famous organic farms, the "**Organic Agriculture Project Sukhothai Airport**" (Sawankhalok district, Sukhothai, Tel. +66 (0) 5564 7290) invites visitors to study the methods of organic farming, how to make salted eggs, and the process in producing Khao Hom Sukho (fragrant Sukho rice). The highlights of the tour would be planting rice saplings in the field with the aid of intelligent well-trained water buffaloes, as well as learning how to select and mill rice, and package it.



Noon

Sit down for lunch at "**Ran Khao Hom Sukho**" in the vicinity. The casual ambience is comfortable, being surrounded by nature where diners are cooled by the fresh clean air. Simple local fare is made with all the produce from the farm; such as, vegetables, duck eggs, brown rice, and Khao Hom Mali Sukho (fragrant Sukho rice) which are served in banana bowls. Must-try dishes include Phat Buap (stir-fried angled loofah), Khai Tom Nam Pla Madan (hard-boiled eggs with a spicy garcinia fruit relish), and Nam phrik Phrik Thai On (green peppercorn chilli paste).



Afternoon

Drive to Mueang Sukhothai district and rent bicycles to ride around the picturesque ruins of the “**Sukhothai Historical Park**”, which is the site of Thailand’s former capital filled with ancient structures and temples. Be sure to stop at “**Laeng Boran Khadi Khrueng Pan Din Phao Sukhothai**” or the Celadon Kiln Site Study and Conservation Centre to see the Thuriang Kiln, which dates back to the 18th era century Buddhist (1300s AD) outside ancient Sukhothai city’s northern walls. Most of the pottery discovered between Wat Si Chum and Wat Phra Phai Luang are bowls dating back to the Sukhothai kingdom.



Another special treat for visitors on the second Sunday of every month at the “King Ramkhamhaeng the Great Monument” at Wat Maha That is that the grounds will play host to “**Talat Nat Yam Kham Khuen**”. The open-air night market is packed with stalls selling delicious traditional culinary treats under the bright moonlit night. (For more details and information, contact the Tourist Information Centre of the Sukhothai Historical Park, Tel. +66 (0) 5569 7527, +66 (0) 5569 7241, +66 (0) 5569 7310).

A picturesque dinner setting to match this historic city is the “**Celadon Restaurant**” (10 Mu 4, Ananda Museum Gallery Hotel Sukhothai, Ban Lum sub-district, Mueang Sukhothai, Sukhothai, Tel. +66 (0) 5562 2428), which has a traditional Thai pavilion in a lotus-filled lake. Refined Thai food is served here with specialties like Phat Thai Nuea Pu (crabmeat Phat Thai), Kung Maenam Yang (grilled river prawns), Yam Makhuea Yao Khai Tom (spicy eggplant salad with hardboiled eggs), and Phanaeng Pet Linchi (roasted duck and lychee in red curry).

Day
2

Morning

Visit “**Ban Khru Io**” (Wichian Chamnong Rd., Mueang Sukhothai district, Sukhothai, Tel. +66 (0) 5561 2710) for breakfast. This restaurant won an award for its “**Phat Thai OTOP**” in 2004, and was a recipient of the award for being a leading supporter of tourism in Sukhothai in 2009. Recommended selections are noodles like Kuai Tiao Sukhothai and Phat Thai Sukhothai, and Khanom Bueang (Crispy crepes).

For those who prefer another ambiance and like “**Khanom Chin**” (fermented rice noodles), head over to “**Khanom Chin Ban Na**” (6/39 Mu 1, Ban Na, Mueang Kao sub-district, Mueang Sukhothai district, Sukhothai, Tel. +66 (0) 5563 3274, +66 (0) 8 1971 6102). This popular restaurant is famous for its Khanom Chin Samun Phrai (herbal fermented rice noodles) and Kuai Tiao Tom Yam Sukhothai.



The next stop about 10 kilometres away from the city is Khiri Mat district. While heading far the district, feel free to check out the various pottery vendors with stalls along the road whose wares are ideal souvenirs. The destination is “**Mu Ban Khrueng Sangkhalok (Celadon)**” at “**Klum Khrueng Pan Din Phao Ban Thung Luang**” (Mu Ban Thung Luang, Mu 2, Thung Luang sub-district, Khiri Mat district, Sukhothai) where visitors are welcome to watch how various ceramic utensils are made in this community.

(Note: Visitors with more time on hand should add another side trip to see small village industrial efforts at Tel. +66 (0) 5569 3451).

Noon

Drive out to ‘**Ban Kong**’ or Kong Krailat district,



A good place to lunch is “**Phat Thai Baitong**” (110/3 Mu 9, Nara nukunkit, Kong sub-district, Kong Krailat district, Sukhothai, Tel. +66 (0) 5569 1060), which still makes authentic traditional Sukhothai style Phat Thai, and serves it in banana-leaf wrapping since 1964. There is also Kuai Tiao Sukhothai and Khanom Bueang.



Fans of traditional Thai cookies called “**Khanom Phing**” can make their purchases at “**Ran Khanom Mae Tim**” whose signature cookies are affectionately called “**Khanom Phing Ngaem Pratu Khai**” (119 Mu 9, Kong Krailat district, Sukhothai, Tel. +66 (0) 5569 1118). The shophouse, which has been selling these delicate cookies for more than 30 years, still bakes them in traditional



charcoal stove, which gives them the characteristic smoky scent. The bakery’s nickname arises from being a traditional shophouse which has a folding wooden front door. When the bakery is open, the doors are slowly folded. Visitors who arrive when the cookies are being made can observe the entire process. It is said that the original recipe used here comes from a villager who came from the Central Plains midway along the Chao Phraya River, which includes provinces like Pathum Thani, Ayutthaya, and Lop Buri.

Another popular local specialty snack at “**Talat Kong Krailat**” is Thong Muan (crispy coconut rolls), which is sold by many stores that encourage visitors to sample before purchase.

Thereafter, cross the river to “**Talat Pla Ban Kong**” where fish is traded all day long in this market considered the largest freshwater fish market in Sukhothai and the main distributor of all freshwater fish throughout the province. Even fish from this market makes its way to Bangkok. Visitors can also see how vendors prepare fish for further making them into fish sauce or Pla Ra (fermented fish).



Evening

Make a memorable dinner at “**Dream Café**” (Singhawat Rd., Mueang Sukhothai district, Sukhothai, Tel. +66 (0) 5562 2157, +66 (0) 5561 2081) which resembles an antique gallery. Thai and European fare is available; such as, Matsaman chicken curry and Phat Makhuea Yao Yang (stir-fried grilled green eggplants), as well as a wide variety of drinks including Lao Ya Dong Baep Boran; which is a traditional Thai herb-infused spirit.



venue to try is the “**Hong Rama Tea room**” to Talat To Rung, Mueang Sukhothai Sukhothai Tel. +66 (0) 5561 1833), is a complete transformation of the Hong Rama movie theatre into a chic eat. Recommended dishes are its Thai dessert; such as, ripe mango and sticky rice which comes with a choice of white and sticky rice.



On the way back, remember to purchase snacks like Khanom Phing, Thong Muan, and aromatic Thua Thot (crunchy fried peanuts), which can be found in shops like “**Launsin**” fried peanuts and “**Ran Khu Bun Mi**”. Some shops in the market will demonstrate how these sweets are made. And last but not least, pick up rice products like rice tea, Khao Hom Sukho, organic vegetables, Khao Taen (caramelised puffed rice crackers), processed fruit and handwoven fabrics from the Organic Agriculture Project Sukhothai Airport.



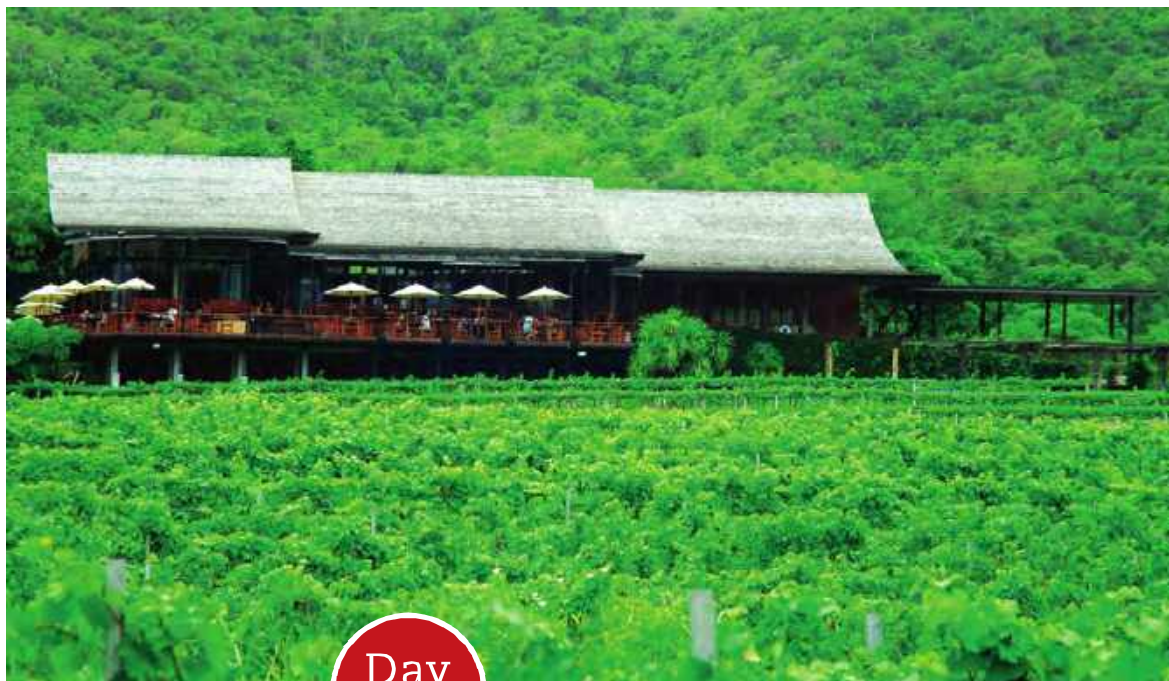
Route 5

A TASTE OF ITALY IN THAILAND

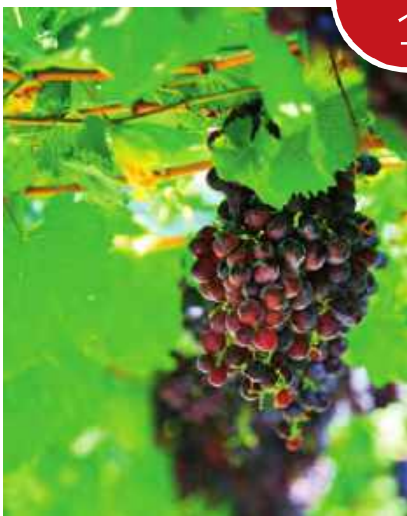
Know about Making Cheese

As an historic summer getaway for Thai royalty, Hua Hin today retains its refined, relaxed air even as it grows in popularity as a beach town today. Though there is delicious local fare, modern culinary offerings have become more varied to reflect the growing numbers of international residents who flock to this peaceful town. Moreover, Hua Hin is not only home to one of Asia's top vineyards, but it is also famous for being the home to Thailand's finest Italian cheeses manufactured at "Del Casaro" using fresh high quality milk.

Since 2000, this cheese company has churned out 15 types of artisanal fresh cheeses including Mozzarella for Pizza, Fresh Mozzarella in Water, which is perfect for Salad Caprese, Ricotta, Italico, Scamorza, and Mascarpone Classic Cream delivered to fine Italian restaurants, five-star hotels and resorts nationwide. Visitors can visit the factory to learn more about how different cheeses are made. Interestingly, Del Casaro curdles their milk with rennet, which is derived from mushrooms unlike other places making it friendly for vegetarians. In making mozzarella cheese, which requires several steps, visitors can see how its byproducts can also be used to make fresh ricotta. When the tour is over, visitors can make their selection at the shopfront for their favorite cheeses.



Day
1



Morning

Although Hua Hin is better known for being a sedate seaside royal beach town, its inland territories have been transformed into many high value-added food industry estates. One of them is “**Hua Hin Hills Vineyard**” (1 Mu 9, Ban Khok Chang Phattana, Hua Hin district, Prachuap Khiri Khan, Tel. +66 (0) 8 1701 0222, <http://www.huchinhills.com/>). This world-class vineyard occupies more than 1,400 rai of land surrounded by mountains. Visitors can take a vineyard tour to see how grapes are grown, learn how wine is made, and enjoy wine tasting. Another activity is taking an elephant ride through the vineyard, or for those who prefer to exercise, hire bicycles to ride around the estate. The vineyard’s season runs from December to March when the vineyard is at its most beautiful. Most visitors prefer a visit between January and February.





Noon

Reserve a table at the Vineyard's famous open-air restaurant, "The Sala Wine Bar and Bistro", which is perched high above the grounds and offers panoramic views of the estate. The creative menu selections include dishes that are inspired by grapes, and incorporate grapes in unique but delicious dishes like a variety of salads that can include fresh grapes, many types of steaks and khimao stir-fried Spaghetti that can be served with suggested wine to be paired with.



Afternoon

Thailand has an authentic Italian-style cheese making factory "Del Casaro" (30/10 Soi Hua Hin 10, Ba Fai sub-district, Hua Hin district, Prachuap Kiriya province, Tel. +66 (0) 3252 2749, Contact: info@delcasaro.com or www.delcasaro.com). Visitors have to make an appointment to get a guided tour of the premises to see how high quality cow's milk from the Chang Hua Man Royal Initiative Project is made into fine fresh creamy Italian cheeses; such as mozzarella, ricotta, mascarpone, and others. Their products are ordered by fine restaurants and five-star hotels nationwide.



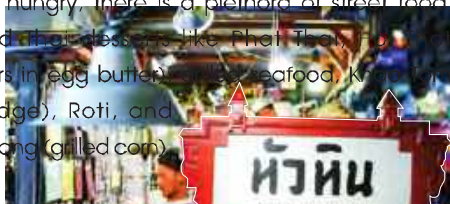
Evening

After a day of cheese and wine, what else is better than to end it with Italian food at “Aglio Olio” (Soi Naep Khehat Hua Hin 45, Hua Hin district, Prachuap Khiri Khan, Tel. +66 (0) 8 5199 8077). This famous Italian restaurant is considered by many people as making the best pizza in Hua Hin, and pasta lovers will rejoice in their equally notable pasta selections. As fresh, high quality cheese is a backbone of many Italian dishes, diners can rest assured that their freshness is difficult to beat since Del Casaro is their supplier.



Night

Stretch your legs after dinner by strolling and browsing around the Hua Hin Night Market, which is called “Talat To Rung Hua Hin” in Thai, which sells a wide range of clothing, gifts and accessories. If that exercise makes you hungry, there is a plethora of street food snacks and treats, such as like Phat Thai, Fao (fried oysters in egg butter), seafood, Khao Tom (rice porridge), Roti, and Khaophot Yang (grilled corn).



Morning

Start the day at “Baguette” (1/103-104, close to the Golden Place, Phetchakasem Rd., Hua Hin district, Prachuap Khiri Khan, Tel. +66 (0) 8 9742 3258), which is redolent every morning with the warm appetising aroma of freshly baked French-style bread and pastries befitting this famous bakery. Take a look at the morning’s offerings, which make a delightful continental breakfast when beverages are added, and can be enjoyed at the premises. Popular choices are flaky rich ham and cheese croissants, cheese croissants, and apple strudels.





For those who prefer a traditional Thai breakfast, there is Kafee Boran or traditional Thai-style coffee, Tom Lueat Mu, which is a clear broth with minced pork balls and chunks of pork blood usually served with rice, Khao Tom Kai, which is a comforting bowl of chicken rice soup, Mu Sate or grilled skewers of turmeric marinated pork, or deep-fried bread with minced pork called Khanom Pang Na Mu at **"Chek Pia"** (51/6 Decha nuchit Rd., Hua Hin district, Prachuap Khiri Khan, Tel. +66 (0) 3251 1289).

Mid-Morning

Build upon your lessons yesterday by learning about pairing wine with cheese and how to cook with cheese at **"The Banyan Resort"**. Book a private cooking class taught by Chef Romain Aletru who has extensive experience in preparing European cuisine. Lunch is of course all the delicious food that one has spent the morning preparing. To avail oneself of this special service, be sure to book an appointment. (68/35 Nong Kae sub-district, Hua Hin district, Prachuap Khiri Khan, Tel. +66 (0) 3253 8888, Note: Available by appointment only.)



Exciting culinary activities are also offered at **"The Intercontinental Hotel Hua Hin"** (33/33 Phetchakasem Rd., Hua Hin district, Prachuap Khiri Khan, Tel. +66 (0) 3261 6999). Available by appointment only, there are choices; such as, **"Thai Tuk Tuk Adventure"** where a Tuk Tuk (three-wheeled motor vehicle) whisks the food students to a fresh market to select fresh local produce, which will then be used to prepare home-made cuisine. For the **"Family Cooking Class"**, students come as families to learn how to cook Thai and international favourites together. After the lessons are over, it is time to head home.



Afternoon

After lunch, drive to the picturesque “**Mrigadayavan Palace**” (Cha-am district, Phetchaburi province), which is a royal seaside retreat built in the era of King Rama VI. With three groups of two-storey buildings on stilts constructed entirely of teak with detailed fretwork in the Thai-Colonial style favoured during that era, the structure is cleverly designed with well-ventilated rooms facing the sea linked by wide breezy verandahs running along the length of the buildings. Taking the time to walk through the different sections of the palace allows visitors to imagine the life of courtiers who spent their summer holiday here.



Route 6

HARMONIOUS GREEN LIFE

Khao Yai Vineyards

The mountainous areas around Khao Yai National Park in Pak Chong district, Nakhon Ratchasima province, are locations with hot, sunny days and cool windy nights that are ideal for growing wine grapes. Though it was an industry that took off slowly decades ago, Khao Yai ranks among the best wine-producing ideal climate and topography in Thailand and the world today due to its capacity to manufacture fine red, white and rosé wines as well as dessert wines that pair well and enhance the taste of Thai and international food.

In Khao Yai, most red grape varieties are Cabernet Sauvignon and Shiraz from France, Tempranillo from Spain, and Dornfelder from Germany, while white grape varieties are Chenin Blanc and Colombard from France. The proper ways of growing grapes and making wines here have made Thai wines grouped among the top New World wines, and have received many awards in international competitions for their superb quality and taste.

Travelling to the vineyards of Khao Yai to breathe in the fresh clean air and enjoy the sight of endless rows of grape trellises against the backdrop of the pristine national park is a pleasure augmented by fun and educational activities; such as, grape-picking, learning the art and science of wine manufacturing, fermenting and bottling processes, as well as tasting the wines, all of which makes it an afternoon that gourmets should not miss in Thailand's highlands.



Day
1

Morning

On the scenic drive from Bangkok towards Pak Chong district, Nakhon Ratchasima province, everyone is anticipating the beauty of our destination which is the “**Khao Yai National Park**” (Pak Chong district, Nakhon Ratchasima, Tel. +66 (0) 8 6092 6529, +66 (0) 8 6092 6531, +66 (0) 3735 6033, +66 (0) 4424 9305). The National Park occupies territory across four provinces; namely, Saraburi, Nakhon Ratchasima, Prachin Buri, and Nakhon Nayok. Ringed by mountains and hills, Khao Yai is the closest highland to the capital city, which makes it an ideal getaway in offering fresh cool pure air from this fertile sub-tropical forest. In addition to the pristine forest and natural attractions that draw visitors, the lower lands surrounding the Park are turned into vineyards and organic fruit and orchards, and dairy farms, making it one of the largest and most fertile agricultural production areas in Thailand.



Noon

Take a lunch break at “**Thong Buak**” (9 Mu 8, Mittraphap Rd., Km. 144, Pak Chong district, Nakhon Ratchasima, Tel. +66 (0) 4436 2191, +66 (0) 8 6770 6565), which is a charming restaurant nestling amid nature, offering fusion-style cuisine that makes the most of locally grown produce. Fresh vegetables from Pak Chong are used in a wide variety of salads and Phat Ton On Than tawan (stir-fried sunflower sprouts), while fine steaks come from farms in Muak Lek sub-district, Saraburi. Another specialty is Sikhrong On Rom Khwan (smoked ribs).





Afternoon

Drive over to **"PB Valley"** (102 Mu 5, Phaya Yen sub-district, Pak Chong district, Nakhon Ratchasima, Tel. +66 (0) 3622 6415 www.khaoyaiwinery.com), which is a vineyard estate of more than 2,500 rai. Take a guided tour of the vineyard and the largest wine producing facility in Southeast Asia. The beautifully landscaped fertile land is where grapes are grown both for wine making and table eating. The history of the vineyard

will be explained along with the processes in making wine. PB Valley uses the latest technologies and proper wine-making techniques from importing oak casks to fermenting the wine to international standards. The highlight of the tour is undoubtedly wine tasting at the end, as every visitor learns how to taste wine properly and sample fine vintages. As there are only three guided tours each day, check the times before driving over to make sure you get a spot.



Evening

Watch the sunset at happy hour at PB Valley's own restaurant, **"The Great Hornbill"**. After getting a feast for the eyes and getting one's appetite whetted by the cool breezes, an array of Thai and international cuisine awaits in the alfresco restaurant surrounded by nature. The highlights are so many and sweet dishes that incorporate grape leaves and grapes like Miang Bai A-ngun (grape leaf appetiser), Yam Ham Ron Khwan (spicy smoked ham salad), a selection of steaks like Flintstone Steak, Sikhrong M Op Rom Khwan (smoked roast pork ribs), and pizzas from the charcoal stove. All the dishes are superb with wines from the estate.





Morning

Day
2

A popular breakfast venue is “**Dairy Home**” (100/1 Mu 11, Mittraphap Rd., Pak Chong district, Nakhon Ratchasima, Tel. +66 (0) 8 9801 9988) that is known for the owners’ meticulous selection of fine, fresh, chemical-free ingredients. This includes their locally sourced natural unpolluted plains, organic vegetables, and fragrant breads from Surin province. These ingredients are used in Thai, international and fusion dishes. With their own organic dairy farm, don’t forget to remember to drop by the “**Dairy Home Farm Shop**” to purchase fresh vegetables, milk products ranging from yoghurt to ice cream, as well as healthy bread and pastries that can be stored in a cool box to take home.



Mid-Morning

The next stop is the famous “**Harmony Life Organic Farm**” (35 Mu 9, Klang Dong sub-district, Pak Chong district, Nakhon Ratchasima. Call ahead to make an appointment at Tel. +66 (0) 2721 7511-12 or e-mail morokhun@gmail.com). The relatively modest sized farm of more than 50 rai has an outsized reputation in being only one of three farms in Thailand that is certified by the USDA (U.S. Department of Agriculture) as being entirely organic. All the fertilisers are organic and made on the premises from livestock raised in the farm which include a hen house for some 500 happy hens. The hen house is next to a mushroom cultivating shed. The land is divided into areas to grow tomatoes, carrots, daikon, cabbages, broccoli, Japanese sweet potatoes, and Japanese cucumbers, but the most unusual produce is their giant limes. All these carefully nurtured life-giving vegetables can also be purchased in Bangkok at the “**Sustaina Organic Shop and Restaurant**” (1/40 Soi Sukhumvit 39, Watthana district, Bangkok, Tel. +66 (0) 2258 7573).





The next stop farther down is “**Rai Suwan**” (Suwan Farm) or more officially the “**National Research Centre of Millet and Corn**” of Kasetsart University (155-156, Mittraphap Rd., Km. 144, Pak Chong district, Nakhon Ratchasima, Tel. +66 (0) 4436 1770-4). The farm can be seen from a distance due to its giant yellow corn cob display. Famous for its deliciously fresh sweet corn harvested daily, the best seller at the shop, which also sells a host of local delicacies and fresh produce from the province, is “**Khaophot Wan Tom**” (boiled sweet corn). The popularity of this snack is evident from the long queues and dozens of boiled corn on the cob ordered by each person. Their naturally sweet easy drinking bottles of “**Namnom Khaophot**” (corn milk) is equally well known.



Noon

40
Thailand
Gourmet
Guide

For a final culinary trip through Thailand’s ranch land, visit the famous “**Chokchai Steakhouse**” (170 Mu 2, Mittraphap Rd., Pak Chong district, Nakhon Ratchasima, Tel. +66 (0) 4432 8445, www.farmchokchai.com), which serves up meat from its own farm and all the food is prepared on the premises. Recommended dishes are premium steak, Chokchai dry aged steak, T-bone steak, premium T-bone steak, and garlic pork sausage with country sauce. Be sure to end the meal with the farm’s rich and creamy Umm-Milk ice cream made with milk from their dairy farm.



Afternoon

Take a tour and participate in many activities in “**Farm Chokchai**” (159-160 Mu 2, Mittraphap Rd., Pak Chong district, Nakhon Ratchasima, Tel. +66 (0) 4432 8485, www.farmchokchai.com). There is a choice of various agrotourism activities. But it is worth learning more about how farming was done in the past in looking at a museum of farming appliances and vehicles used on this farm in bygone days.





Visit the dairy farm to see how cows are raised and how they are milked, followed by how raw milk is then processed into pasteurised milk and other milk products. Take a tractor ride through the farm to see how cowboys in Thailand work, and a special treat for children are rides on dwarf ponies. The farm has 18 guided tours daily and each tour lasts two and a half hours.



For visitors who prefer to remain indoors, there is the “Umm! Milk Ice Cream Workshop” where participants can learn how to make and flavour the ice cream themselves, as well as choose from a variety of toppings for their own sundaes. After all the food and fun,

it is time to go back to Bangkok.





A scenic view of a blue ocean with several small fishing boats and large mountains in the background. The water is a deep blue, and the sky is a lighter blue. The mountains are dark and silhouetted against the sky. Several small fishing boats are visible on the water, some with nets or other equipment. The overall scene is peaceful and serene.

The Ocean Venture



Route 1

FRESH NAUTICAL DINING

Seafood Cuisine

For ocean and fresh seafood lovers, nothing can make them happier than eating extremely fresh seafood on a raft amidst the gentle waves of the beautiful sea. Aside from its pristine natural surroundings, “Rayong”, the coastal province in the Eastern Region, is also a significant source of seafood supply for fresh, dried and processed seafood products, especially in Ban Phe district. Only 10-20 minutes away from the seashore, tourists will discover a raft homestay located in the middle of the sea to stay over, take in fresh air and closely feel the oceanic atmosphere. Moreover, you will be able to enjoy the experience of being an amateur fisherman from the activities; such as, fishing, collecting crab traps, squid fishing, etc. Above all, extremely fresh seafood dishes directly cooked by the fishermen are ready to be served unlimitedly. In addition to shrimps, sea shells, crabs, and fish housed in the farming cages underneath the raft, there are also local fish available to be eaten in certain seasons only, yellowtail fusilier, for example. Highlight dishes on the raft include Hoi Malaeng Phu Op (baked mussels), Thalay Ping Yang (mixed seafood grill), Tom Yam Kung (hot and sour, spicy prawn soup), Pla Kraphong Thot (deep fried seabass), Muek Phat Khai Khem (stir-fried squid with salted egg yolk), etc.



Morning

Depart for Rayong, the coastal province on the Gulf of Thailand in the Eastern Region. Rayong has extensive beaches along its coastline and several islands. Most local people make a living by doing inshore fisheries.



Noon

Upon arrival at Ban Phe Pier, let's have lunch at **"Kuai Tiao Kang Ban Phe"** (Liap Hat Ban Phe Rd., Soi Makhm Khu 2, Phe sub-district, Mueang Rayong district, Rayong, Tel. +66 (0) 3865 1150). Dishes here are made of fresh mantis shrimp or Kuai Tiao Kang; for example, Bami Nam Sai Kang, Bami Thalay (egg noodle with mantis shrimp or seafood in clear soup), Bami Tom Yam Kang (egg noodle with mantis shrimp in hot and sour spicy soup), Kang Thot Krathiam (stir fried mantis shrimp with garlic), **Khao** Phat Phrik Kluea Kang (mantis shrimp fried rice with seafood dip).



Then take a boat to the raft-style accommodation; for example, **"Phae Khun Piyaphan"** or **"Piyaphan Raft Homestay"** situated at Ban Phe sub-district, Rayong (Tel. +66 (0) 8 1337 8422. Remarks: Advance booking; High season: November-April). This raft homestay reflects the simple, close-to-nature atmosphere surrounded by the sea and it does not take a long time to get there from Ban Phe Pier. Upon arrival, enjoy your free time before having light food and fruits served by the homestay; such as, Hoi Malaeng Phu (baked mussels) and Pla Khang Lueang Luak Sealded (yellow-stripe scad).

Afternoon

Experience a fisherman's life by visiting the fish farming cages in which a variety of fish species are housed and raised by the homestay for food supply, such as; groupers, cobias, etc. Then row a boat across the sea to collect crab traps and experience crab trawling as well as fishing together with savouring a pleasant view of Ko Samet.



Evening

While awaiting dinner to be served, let's warm up with chargrilling fresh seafood on your own no matter be they crabs, prawns, mussels, scallops, groupers, squid, etc. Charcoal braziers will be provided by the homestay. A full dinner is served with seafood dishes; for instance, Tom Yam Kung (Hot and sour, spicy prawn soup), Muek Phat Khai Khem (Stir-fried squid with salted egg yolk), Pla Thot (Deep fried fish), Khao Phat Pu and Kung (Crab and shrimp fried rice), etc. on the raft in the middle of the sea with a sunset ambience.

Night

After dinner, squid fishing is the next activity, which will be prepared by the homestay and then leisure time.



Morning

Wake up to absorb fresh air amidst the sea and have a simple breakfast like Khao Tom Thalay (Seafood rice soup), Nam Tao Hu (Soybean milk), Pa Thong Ko (Chinese cruller), etc.

Late Morning

Head back to Ban Phe Pier. Stroll and do some souvenir shopping at “**Talat Sot Ban Phe**” for Rayong’s well-known fresh or processed seafood products including Muek Krop (Crispy squid), Muek Sam Rot (Seasoned squid with three flavoured sauce), Pla Khem (Salted fish), Kung Haeng (Dried shrimp), Kapi (Shrimp paste), Nam Pla (fish sauce), etc.



Noon

Lunch at the first branch of the “**Laem Charoen Seafood**” restaurant (Pak Nam Sub-district, Mueang Rayong District, Rayong, Tel.+66 (0) 3894 0094) located close to the Rayong Estuary and enjoy the view of fishing boats laying alongside the banks. Don’t miss traditional signature dishes made from the Province’s renowned products; such as, Pla Kaphong Thot Rat Nam Pla (Deep-fried snapper marinated with sweet fish sauce), Muek Daet Diao Thot (Deep fried sun-dried calamari), Ho Mok Pla Insi (Steamed curried mackerel in a banana leaf cup), Kanchiang Pu Nueng (Steamed crab legs), Tom Yam Thalay (Hot and sour, spicy soup with seafood), etc.

Afternoon

Depart for “**Talat Saphan Pla Ang Sila**” or “**Ang Sila Fish Market**” (Ang Sila Rd., Ang Sila sub-district, Mueang Chon Buri district, Chon Buri) where fishing boats can unload the day’s catch of seafood supplies, and seafood wholesalers usually come to buy shrimps, shells, crabs, fish, squid, etc. Here you can shop for fresh and processed seafood products; such as, Kung Haeng (Dried shrimp), Kapi (Shrimp paste), Pla Muek Haeng (Sun-dried squid), and so on at reasonable prices.

After that, visit the “**Ang Sila Old Market 133 Years**” and “**The Queen’s Palace (Red House)**”, a historical tourist attraction nearby built to serve as a summer royal residence of Her Majesty Queen Sri Bajarintra. Apart from dried seafood products, another must item to buy is “**Khrok Ang Sila**” or **Ang Sila Stone Mortar**”, which is widely known and sold along both sides of the main road.



Evening

Dine on famous seafood dishes, for example, fresh oysters, Pu Ma Nueng (Steamed blue swimming crabs), Muek Khai Nueng Manao (Steamed egg with crab juice), Hoi Cho (Deep fried crab), and Khai Pu (Crab’s egg dip served with chili). You can enjoy these at distinctive seafood restaurants such as “**Chaothalay**” (75/2 Mu 5, Ang Sila sub-district, Mueang Chon Buri district, Chon Buri, Tel. +66 (0) 3839 7365), a scenic seafood restaurant by the water, and “**Tha Ruea Seafood**” (103/1 Saen-Ang Sila Rd., Ang Sila sub-district, Mueang Chon Buri district, Chon Buri, Tel. +66 (0) 3839 7365), located at the corner of the road, opposite the Ang Sila Fish Market.



"Wichian Phochana" (43 Rop Khao Sam Muk Rd., Saen Suk sub-district, Mueang Chon Buri district, Chon Buri, Tel. +66 (0) 8 5438 7191), the pioneer seafood restaurant located on Khao Sam Muk, or **"Deeprom"**, Bang Saen's famous, old-aged restaurant (240, Bang Saen Beach Rd., Saen Suk sub-district, Mueang Chon Buri district, Chon Buri, Tel.+66 (0) 3838 1622), which makes its crab's egg dip dish special by using local crab egg from the fishermen in Bang Phra or Si Racha areas only.



Or try a traditional recipe of **"Hoi Cho"** (Deep fried crab meat roll) at **"Jarin"** restaurant (180 Sukhumvit Rd., Saen Suk sub-district, Mueang Chon Buri district, Chon Buri, Tel. +66 (0) 8 2709 0735) situated at the **"Nong Mon Market"** and buy souvenir items from there; such as, Khao Lam (Thai dessert, glutinous rice roasted in bamboo joints), Khanom Chak (Palm leaf treat) and processed seafood products.

Back to Bangkok.





Route 2

AGE-OLD WAYS OF SUSTAINABILITY

The Traditions of Coastal Fishery

"Chumphon" is another abundant coastal province of Thailand, especially at "Thong Tom Yai Village" in Sawi district, Chumphon province. This fishing village has a long history of ecosystem-based inshore fisheries for over 400 years. Apart from catching seasonal marine animals alternately like squid fishing and fish, crab as well as shrimp trawling and so on, the villagers here have also jointly built a fish habitat in Thong Tom Bay by creating an underwater tent made of bamboo or coconut leaf stalks called "Sang". Once locating a Sang, buoys are employed to mark a fishery restricted area and conservation zone for fish to spawn and breed until this area has become a large fish community. Continuous conservation allows Thong Tom Bay to have an increasing number of aquatic animals, generating more income for the villagers without having to do fisheries far away from the shore. You can jointly prove the existence of sustainable fishery by taking a boat to grow plants with sea gypsies at one of the scenic, pristine places in Thailand.

Day 1

Morning

Depart for Chumphon, a coastal province in southern Thailand containing an abundance of sandy beaches, seafood and fruits. Then travel to Sawi district, Chumphon, where there is many homestay accommodation to choose for appreciating the richness of inshore fisheries.

Noon

Lunch at **"Lung Rom Resort"** (58 Mu 7, Na Thung-Pak Khlong Rd., Mueang district, Chumphon, Tel.+66 (0) 8 1537 3466, (0) 8 1088 1746) where mouthwatering dishes cooked by the local people are served. As the restaurant is located near shingle beaches, its seafood is very fresh, especially the oysters. The local chefs usually walk to harvest big fresh oysters directly from the beaches for cooking. Besides, local dishes like Khai Chiao Hoi Khao (Semigrooved venus omelette), Hoi Khao Op (Baked semigrooved venus), Pla Kulao Phao (Grilled threadfins), and Muek Daet Diao (Sun-dried calamari) are prepared to welcome you as well.

After dinner, if anyone is interested in learning how to make processed seafood products; for instance, salted threadfins, Kapi Chumphon or Chumphon shrimp paste, etc., please feel free to let the restaurant know.



Afternoon

Travel to a fishing village at **"Homestay Ban Thong Tom Yai"** (Dan Sawi sub-district, Sawi district, Chumphon, Tel.+66 (0) 8 1345 6743; Remarks: Advance booking only; High season : December-April), a conserved coastal fishing village in Thong Tom Yai Bay in which seasonal marine animals can be caught throughout the year as a result of inventing a fish trap called **"Sang"**. Sang is made of bamboo and used as a house for sea animals. It is local wisdom of the fishermen in this area.

Here you will be able to absorb the villagers' way of life in terms of their houses, occupation and food. You will also see squid fishing, fish, shrimp, and crab trawling, as well as the **"Village's marine animal conservation"** and take part in a mangrove planting activity. For those who love snorkelling or diving, you can take a boat from the village and go snorkelling or diving at the islands including Ko Thong Kaeo, Ko Mat Wai Yai and Ko Kula which does not take a long time to get there. The spectacular underwater world of Chumphon's sea will amaze you, especially at Ko Mat Wai Yai, the only island that has not been affected by the coral reef bleaching phenomenon.



Evening

Have seafood and authentic Southern food cooked by the villagers. You are welcome to learn and assist the villagers in the cooking process. After that, talk and listen to the village's history. You will have a chance to exchange experiences and know about the sea nomad's lifestyle as well. Common dishes of the villagers here are Pla Thu Tom Khem (Stewed mackerel with dark soy sauce) and Pla Muek Khua Wan (Stir-fried squid with seasoning sauce and chilli). If you are interested, please feel free to ask for watching how to cook and tasting the local people's homemade food.





Night

Experience the fisherman's life by joining the squid fishing activity in the bay in which everyone can have fun. There are a number of splendid squids in the bay, especially from March to May. A squid boat decorated with scores of lights will take you offshore for capturing squid. According to the past records, the maximum catch was 60-70 baskets of cuttlefish per night. You will have a chance to taste fresh-from-the-sea squid menus on the boats. Apart from squid fishing, you can also do fishing, fish trawling and shrimp hooking. Common fish species found in this area are king mackerel, billfish, common dolphinfish and barracuda.

Morning

Day
2

Wake up to inhale the fresh air and enjoy the sea breeze. Then, have the sea nomad's authentic boiled rice for breakfast. After that, go to see the sea nomad's way of life in the morning. When at home, they usually weave a fishnet or seine and fix the apparatus used for fishing.

Late Morning

Go sightseeing and taste "Kafae Khao Thalu" coffee, another famous product of Chumphon at the "Khao Thalu Agriculture Group" (14/1 Mu 4, Khao Thalu sub-district, Sawi district, Chumphon, Tel. +66 (0) 7762 0009, +66 (0) 8694 66926). Chumphon has highly achieved success in Robusta coffee cultivation. The province's climate and geography allow it to produce delicious and aromatic coffee enabling it to become the country's number one coffee exporter. Here, you will see every step of the coffee manufacturing process from coffee bean selection, coffee harvest to packaging for delivery. High season is between November and February when coffee trees yield the highest quantity of coffee beans.



After that, don't miss to visit the **"Kopi Luwak Coffee Farm"** (Lang Suan district, Chumphon; Please make a reservation in advance with Mr. Chinnawat at Tel. +66 (0) 7758 1838). Kopi Luwak farming and directly selling Kopi Luwak coffee from the producer with no middleman are the highlight of this coffee shop. You will not only be able to taste Kopi Luwak coffee at a reasonable price, but also gain knowledge about Kopi Luwak coffee from the owner.

In addition, the Lang Suan area also offers you agrotourism at the **"Ban Huai Mueang's Community Enterprise Group and High Quality Fruit Product Group"** (Ban Huai Mueang Mu 13, Na Kha sub-district, Lang Suan district, Chumphon). You will gain a new experience in the orchardist's agrotourism which emphasises on sustainable fruit production and learning about the local community's way of life as well as local wisdom on how to carry durians from the mountain without leaving any black defects. ("Free durian festival in the durian city of Ban Huai Mueang, the city in fog" is held annually in October.)



Noon

Travel to Chumphon city centre and have lunch at a Southern-style restaurant called **"Prik Hom"** (38 Tha Taphao sub-district, Mueang Chumphon district, Chumphon, Tel. +66 (0) 7757 0707). The signature dishes include Kaeng Lueang Yot Maphrao (Mullet yellow curry with coconut shoot), Sato Phat Kung (Stir fried Peteh bean with shrimp), Miang Tha-wai (Leaf wrapped bite-size appetiser with herbs, pork scratching and mixed nuts), Kha Mu Thot (Deep fried pork knuckle), etc.

Afternoon

Head to a souvenir shop called **"Num Sao"** (12/2 Mu 1, Tha Yang sub-district, Mueang Chumphon district, Chumphon, Tel. +66 (0) 7752 1889) to buy Chumphon's famous souvenir items; for instance, 20 kinds of processed products made from Klui Lep Mue Nang or lady-finger banana, Kafee Khao Thalu, Kapi (shrimp paste), Thurian Kuan (Durian paste candy), Thurian Thot (Durian chips), etc. Most importantly, you are welcome to ask for observing the demonstration of producing processed fruit products.



Then go to Hat Sai Ri to pay homage to **"The Father of the Royal Thai Navy"** or **"Sadet Tia (Royal Father)"** His Royal Highness Prince of Chumphon, the son of King Rama V the Great who studied naval warfare in England. After his return to the Kingdom of Thailand, he initiated laying the foundation for the Royal Thai Navy's administration and established the Royal Thai Naval Academy and Sattahip Naval Base in Chon Buri province. The Prince of Chumphon contributed significantly to the advancement and modernisation of the Royal Thai Navy. He is well respected by naval officers and fishermen.

Evening

End the day with having seafood and Southern-style food for dinner at the well-known restaurant called **"Pharadon Phap"** (2 Mu 4, Pak Nam sub-district, Mueang Chumphon district, Chumphon, Tel. +66 (0) 7752 1135) or at **"Lui"** restaurant (32/6 Mu 4, Pak Nam Chomphon sub-district, Mueang Chumphon district, Chumphon, Tel. +66 (0) 7752 1135) located by Hat Sai Ri. Each restaurant will serve large, fresh seafood and very hot and spicy local dishes in which you will never forget Chumphon. Recommended menus are Yam Pueng Da Thalay Phao (Grilled horseshoe crab with spicy salad), Pu Thalay Nueng (Steamed mud crab), Kung Phao (Grilled prawn), Pla Insi Rat Si Lo (Deep fried king mackerel in soy sauce), Pla Kao Rat Phrik (Fried grouper with chili sauce), Bai Liang Phat Khai (Stir fried melinjo leaves with egg), Kaeng Lueang Khai Pla (Yellow curry with fish egg), etc.





Route 3

COAST AND FOREST LIFE

The Fisherman's Village

Located approximately 6 kilometres from Ranong province, "Muslim Homestay Muang Kluang", a traditional fishing village, is one of the most abundant nature centres on the shoreline of the Gulf of Thailand. The village has a wealth of forest and mountain and is also the world's significant wetlands. Here visitors will gain insights into the mangrove ecosystem, the fishermen's lifestyle, sea shell harvest, soft shell crab farming and fish cage aquaculture. All of these are the gifts from Mother Nature the Muang Kluang fishermen have cherished and nurtured based on the community's simple and peaceful way of life. They have become a premium source of food for sea animals enabling the fishermen to use for cooking a variety of local delicacies. In addition, there are also outdoor activities like a traditional fishing boat rally, boat sightseeing on Ranong Lagoon, etc.



Morning

Head to the “Muslim Homestay Muang Kluang” (4/5 Mu 3, Muang Kluang sub-district, Kapoe district, Ranong, Tel. +66 (0) 8 9287 0471; Remarks: Advance booking only; High season: December–April), one of the most abundant natural learning sources on the shoreline of the Gulf of Thailand. Natural resources here including forest and mountains have remained rich. This area is also the world’s significant wetlands.

Most importantly, the Muang Kluang people have not been spoiled by modern tourism and are able to maintain the community’s traditional lifestyle. Self-management of the ecotourism is their main focus. The homestay offers various types of accommodation both modern style and a Southern Thai-style wooden house built over 40 years.



Noon

Have fresh seafood for lunch and explore the local people’s lifestyle provided by the villagers. Home-cooked dishes including Bai Liang Phat Khai (Stir-fired melinjo leaves with egg), Pu Nim Phat Phong Kari (Stir-fired soft shell crab with curry powder), Kaeng Som Pla No Mai Nai Suan (Yellow curry with fish and bamboo shoots) and seasonal fruits are prepared and served by the villagers in the community.

Afternoon

Participate in outdoor activities; for example, a traditional fishing boat rally as well as exploring the mangrove ecosystem, sea shell harvest, soft shell crab farming and fish farming cage. Take a boat to explore the "Ranong Lagoon". Even the Ranong people do not know that the lagoon is the inside bay of the Andaman Sea coast. An interesting tourist attraction is the mangrove forest plantation of approx. 400 rai serving as food resources and a place for marine life breeding. Algae, shallow water species, are also visible; such as, Lai Mai seaweed and Bai seaweed, which are used for cooking.

Evening

Have a local dinner and spend a night at the homestay. Recommended menus are Pu Thalay and Pu Ma Nueng (Steamed mud crab and blue swimming crab), Hoi Khong Yam (Rainbow shell spicy salad) and Pla Krabok Phao Kluea (Grilled mullet with salt), etc.



Day 2

Morning

Enjoy a local breakfast at the homestay; for example, Khao Yam (Rice salad with herbs), Khao Tom Pla (Rice soup with fish), Pa Thong Ko (Chinese cruller), and Kafae (coffee).



Late Morning

Visit “**Laem Son National Park**” (Bang Ben beach, Muang Kluang sub-district, Kapoe district, Ranong, Tel. +66 (0) 7786 1442). The shore area of the National Park is a sinking area; thus, all along the sea sides are rather narrow with quite a number of small short streams; namely, Khlong Lat Not, Khlong Khanut and Khlong Bang Ben, which has



accumulated some silt at the estuary and seashores. As a result, the areas along the seashores nearby the estuary area and the canals are covered with mangrove forest. Mangrove species commonly found are Kong Kang Bai Yai (*Rhizophora mucronata*) and Kong Kang Bai Lek (*Rhizophora apiculata* Blume). The National Park also serves as a marine life study route by sightseeing by boat and an agricultural garden where visitors can see the harvest of cashew nut or the so called Kayu.



Noon

Lunch at the "Laem Son National Park's restaurant". Recommended menus include Khao Phat Pu (Fried rice with crab), Bai Liang Phat Khai (Stir-fired melinjo leaves with egg), Pla Muek Phat Khai Khem (Stir-fried squid with salted egg yolk, Phat Kraphrao Thalay (Stir-fried seafood with holy basil), and so on.



Evening

Go to Ranong city centre to have dinner at the “**Ran Thot Rong Thao**” restaurant (123 Kit Phadung Rd., Khao Niwet sub-district, Mueang district, Ranong, Tel. +66 (0) 7782 2964), the province’s well-known restaurant. It was named Thot Rong Thao (Take off your shoes) because in the past customers usually took off their shoes prior to entering the restaurant, as its floor was so polished from being wiped with coconut husk. Later on, there were more and more customers; the restaurant therefore ceased this traditional practice. Dishes here are tasty and cooked by a local chef, especially those made from “**Kapi**” (shrimp paste) of Ranong’s Ban Hin Chang. Signature menus are Phat Sato (Stir-fried Peteh bean), Bai Liang Phat Khai and Wun Sen (Stir-fried melinjo leaves with egg and vermicelli), Pla Sai Thot Khamin (Deep fried sand whiting fish with turmeric), Yam Phak Kut (Fern leaf spicy salad), Kung Tom Kathi Bai Liang (Coconut milk soup with prawns and melinjo leaves), etc.



Don't forget to buy processed seafood products as a souvenir before returning home.





The Royal Project



Route 1

JOURNEY TO THE KINGDOM OF HIGHLAND AGRICULTURE

Highland Agriculture

"The Royal Agricultural Station Angkhang" in Fang district, Chiang Mai province, is the Royal Project's first research station. It was established in 1969 under His Majesty King Bhumibol Adulyadej's initiative with the aim to encourage hill tribes residing on the mountains in Northern Thailand to cease opium poppy cultivation and turn poppy plantations into temperate agricultural farmlands until it has become their permanent occupation and generated higher income. His Majesty the King has supported research and development of over 12 types of fruits, 60 types of temperate vegetables, and 20 types of temperate flowers for the locals and hill tribe people from different ethnic groups to sustainably make a living.

Nowadays, the Royal Agricultural Station Angkhang has provided visitors with the ultimate travelling experience. It is the perfect place to enjoy agro, cultural and natural tourism with wonderful landscapes of the high mountains, temperate crops and fruits, as well as way of life of the farmers uphill who are able to steadily stand on their own feet today.

You will discover that visiting the Royal Agricultural Station Angkhang at an altitude of 1,400 metres and a peak of 1,928 metres above sea level with cool weather year-round will surprisingly warm your heart.

Morning

Depart for the “**Royal Agricultural Station Angkhang**” (Ban Khum, Mu 5, Mae Ngon sub-district, Fang district, Chiang Mai, www.angkhangstation.com, with beautiful scenery along both sides of the road, especially “**Pha Daeng**”, which is worth stopping by prior to entering the Royal Agricultural Station Angkhang, a demonstration site for researching and planting different kinds of temperate fruits, flowers, and vegetables to be the sample for agriculturists to do for their living.





Not only being a source of agricultural knowledge, Angkhang Station also offers scenic major tourist attractions. Many visiting areas both outdoor gardens and greenhouses include Garden 80, Flower Greenhouse, Temperate Vegetable Greenhouse etc. You will see the beauty of different species of temperate flowers with a panoramic view of the lofty mountain range.



Noon

Lunch at the “**Angkhang Clubhouse**” restaurant at an altitude of 1,400 metres above sea level. The highlight is menus made from the Royal Project’s fresh produce and strawberry menus due to being a strawberry planting source. Signature menus are Yam Strawberry Sot (fresh-from-farm strawberry spicy salad), Yam Phak Krop Angkhang (Angkhang crispy deep fried vegetables served with salad sauce dipping), Angkhang salad, and Kai Up (Shan-style chicken curry).





Day
2

Afternoon

Go sightseeing at the Strawberry Plot, then “Flower Greenhouse” decorated with a variety of seasonal flowers, Flower Demonstration Plot and Outdoor Flower Display alternately exhibiting both flowering plants grown from seeds and hanging plants throughout the year.

Then head to “Ban Khop Dong” situated along the border of the mountain between the Doi AngKhang area and Fang district. This village is home to black Lahus who have a simple lifestyle and culture. In the village, there is also a handicraft centre, selling souvenir items; such as, handmade bracelets made from Ebukae grass and woven baskets.





Then go to “**Ban Luang**” which is inhabited by Yunnanese people who migrated from China during WWII. These Yunnanese people mostly make a living as a farmer growing fruits including peaches, plums, Chinese pears, and so on. Taste “**Yunnan Chinese cuisine**” like Khao Soi (wheat noodle in curry made in the Yunnan style) and Salapao Yunnan (Yunnan steamed buns) followed by viewing the scenery of the Myanmar side.

After that, go back to Chiang Mai city centre.

(Remarks: There are 3 high season periods: March-May, June-September and October-February. Each period offers different produces and nature wonders alternately. The AngKhang tourist information centre can be reached at Tel. +66 (0) 5396 9489.)



Evening

Upon arrival in Chiang Mai city centre, drop by the **"Royal Project Shop"**, Chiang Mai 89 Plaza branch (25/26 Chiang Mai-Lamphun Rd., Nong Hoi sub-district, Mueang Chiang Mai district, Chiang Mai, Tel. +66 (0) 5324 6333), to shop for the Royal Project's fresh and processed products including fresh vegetables, meat products, wine and fruits, which are finely selected for customers. Another shopping place is **"Rimping Supermarket"** Nawarat branch (129 Chiang Mai-Lamphun Rd., Wat Ket sub-district, Mueang district, Chiang Mai, Tel. +66 (0) 5324 6333). According to the You Know What You Eat concept, the shop employs a colour code label system for its produce to clearly identify different growing methods, ranging from green (100% organic) to red (general market produce).



Night

Dine by the Ping River at **"The Riverside"** (9-11 Charoen Rat Rd., Mueang Chiang Mai district, Chiang Mai, Tel. +66 (0) 5324 3239). The restaurant serves a wide array of international cuisine ranging from Thai, European to Northern local food. Recommended dishes are Rimping sandwich, beef burger, Hors d'oeuvres Chiang Mai, Kaeng Hang Le (Burmese pork curry), Phat Phet Thalay Nai Luk Maphao (stir-fried seafood in red curry paste served in coconut), etc.



Route 2

ROYAL INITIATIVES OF THE SIAMESE HIGHLANDS

Highlanders' Fishery

His Majesty King Bhumibol Adulyadej's far vision has enabled "The Royal Agricultural Station Inthanon" to do "highland fisheries" for different species of aquatic animals these days, e.g. rainbow trout from North America, red claw crayfish from Australia, mitten crab from Shanghai, sturgeon from Siberia, and so on to give hill tribe people a career and decrease imported produce from foreign countries. The highland fishery here has been conducted by cultivating foreign aquatic species that live in a habitat and ecosystem similar to the condition of the Doi Inthanon area, especially the rainbow trout and the red claw crayfish, which are available for sale at the Royal Project Doi Inthanon and distributed to stores across the country, allowing the number of imported rainbow trout to reduce by over 20 tons each year.

In addition to the Royal Project Doi Inthanon's produce delivered across the country, there is also the "Inthanon Clubhouse" restaurant located at the Royal Agricultural Station where a variety of delicious dishes created from the Royal Project's produce are served to fill the tourists' stomach; for instance, Rainbow Trout Thot Krathiam (fried rainbow trout with garlic), Pla Sturgeon Nueng Si-lo (steamed sturgeon with soy sauce), Kung Kam Daeng Sauce Makham (fried redclaw crayfish with sweet tamarind sauce), and Kaeng Lueang Pla Trout (yellow curry with rainbow trout), etc.



Day
1



Morning

Depart for "The Royal Agricultural Station Inthanon" (202 Mu 7, Ban Luang sub-district, Chom Thong district, Chiang Mai, Tel. +66 (0) 5328 6777-8). Prior to reaching there, you will be impressed by the magnificently lush terraced rice fields. Inthanon Station is one of the Royal Project Foundation's four stations that has collected and conducted research on temperate flowering and ornamental plants, fruits, vegetables, crops as well as highland fishery. The Station is also a breeding source for rainbow trout and sturgeon.





Noon



Lunch at the “**Inthanon Clubhouse**” restaurant serving dishes directly made from the Station’s fresh produce; for example, grilled sturgeon salad served with salsa sauce, Pla Trout Nueng Celery, (Steamed rainbow trout with celery), and Pet I-Liang Op Kafe Doi Kham (roasted Yi-Liang duck with Doi Kham coffee beans) Kaeng Lueang Luk Fak Maeo (chayote yellow curry) with rainbow trout, Kung Kam Daeng Sauce Makham (Fried red claw crayfish with sweet tamarind sauce).



Afternoon

Observe interesting traditions and local wisdom i.e. the Karen’s terraced rice field growing and Kin Wo (New Year) tradition of the Hmong people residing at “**Ban Khun Klang**”.

Evening

Return to dinner at the “**Inthanon Clubhouse**” restaurant.



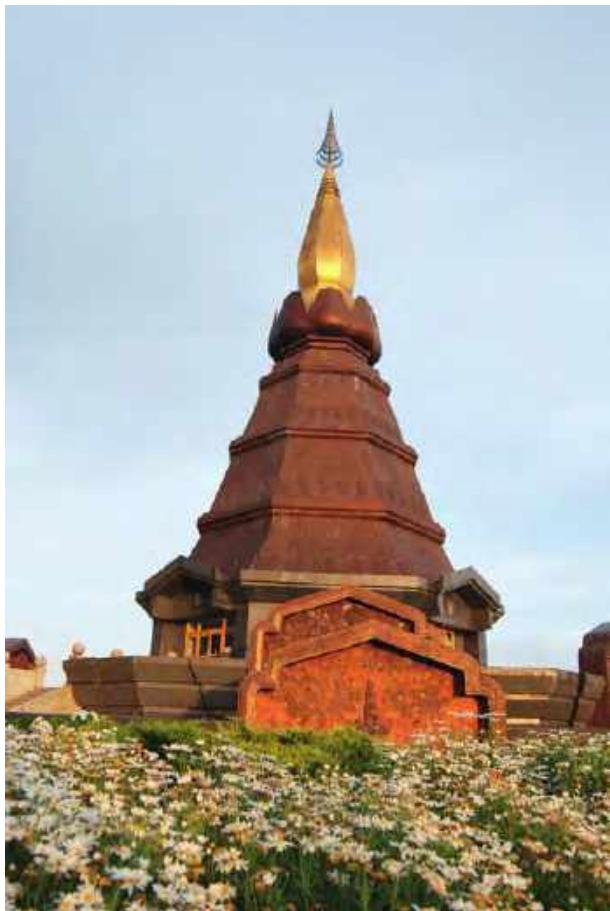
Morning

Catch the sunrise at “The Highest Spot in Thailand”. From this point, there is the “Ang Ka Luang Nature Trail and Chaokrom Kiat Shrine” for a nature lover to walk and explore the trail in a circle, a distance of 1.8 kilometres (the trail was surveyed and designed by Mr Michael McMillian Walls, a Canadian zoologist and volunteer at the Doi Inthanon National Park.)



Go sightseeing and shopping at “Talat Hmong” or “The Hmong Market” (located at Ban Khun Klang, a bit further away from the Doi Inthanon National Park). There are a lot of products to choose and purchase; for instance, fruit wine for health, Oolong tea, jasmine tea, white tea, dried fruits, strawberry, natural wild honey, fresh vegetables and Hmong-style clothes and ornaments.

Return to dine at the “Inthanon Clubhouse” restaurant serving, such dishes as Khao Phat Doi Kham (Doi Kham fried rice), Tom Yam Kung Kam Daeng Phat Haeng (hot and sour, spicy stir fried redclaw crayfish), Nam Phrik Het Hom (Shitake chilli paste), etc.



Afternoon

Go up to pay homage to the royal twin pagodas (the great holy relics): **"Phra Mahathat Napha Methanidon"** and **"Phra Mahathat Naphaphon Bhumisiri"**, a significant sacred place housed on the highest spot in Thailand. The former was built to commemorate the fifth cycle birthday anniversary of His Majesty King Bhumibol Adulyadej in 1987 while the latter for Her Majesty Queen Sirikit in 1992. Visitors will be impressed by the fantastic view of Doi Inthanon from here. Next to the pagodas, there is a temperate flower garden and viewpoint. (Both pagodas are located on the top of Doi Inthanon around the 40th kilometre stone, Chom Thong-Inthanon Rd., Tel. +66 (0) 2534 6000 Ext. 52450). After that, go back to Chiang Mai city centre.

Evening

Dinner at **"Huen Phen"** (112 Ratchamanka Rd., Mueang district, Chiang Mai, Tel. +66 (0) 5381 4548), a Chiang Mai traditional food restaurant serving a variety of Northern style dishes; i.e., Khao Niao or Khao Kan Chin (Rice with minced pork and blood, steamed in banana leaf), Nam Phrik Ong (Northern style spicy pork and tomato dip), Nam Prik Num (roasted green chilli dip), Kaeng Hang Le (Northern style pork curry), Naem (fermented pork sausage), Sai Ua (Northern style spicy sausage), Mu Thot (fried pork), Kai Thot (fried chicken), Khanom Chin (fresh rice noodles), Khao Soi (wheat noodles in curry broth), and so on.



Or dinner at **"Jia Tong Heng"**, a Chinese restaurant in Chiang Mai open over 57 years (Si Don Chai Rd., opposite the Yang Kham Village Hotel, Mueang Chiang Mai district, Chiang Mai, Tel. +66 (0) 5382 0860). The highlighted dishes are Pla Khao Tom Kiam Buai (boiled seasoned white carp with Chinese plums), Het Hu Nu Phat Khai (stir-fried jaw's ear mushroom with egg), Kha Mu Pet Phalo (pork leg or duck stewed in Chinese herbs), Puai Leng Phat Nam Man Hoi (stir-fried Chinese spinach with oyster sauce),



Or dinner at **"Farang Ses"** a well-known French restaurant located at The Dhara Dhevi Chiang Mai (Mu 1, Soi Rom Yen, Mueang Chiang Mai district, Chiang Mai, Tel. +66 (0) 5388 8888). Recommended dishes are Comprese de Pate, Morilles, Jambon Linetique et Truffes (compressed pasta with morels, Iberico ham, and truffles), Soupe a l'oignon Facon Pepe Louise (traditional French onion soup), and Filet de Boeuf Rossini (beef tenderloin Rossini with duck foie gras, brioche and truffle sauce).





Route 3

HIGHLAND MENUS AMIDST THE SEA OF FOG

Doi Tung Coffee

In order to achieve the aromatic “Doi Tung Coffee” like today, many people might not know that how industriously “The Princess Mother” or “Her Royal Highness Princess Srinagarindra” had to work for it. Having recognised the “illness, poverty, ignorance” problems of the hill tribes residing on Doi Tung, once the barren hills, the late Princess Mother therefore established the “Doi Tung Development Project (the Model Project)” in 1988 to launch the economic and utilisation reforestation project and select “Arabica varieties” for coffee cultivation on Doi Tung due to the appropriate landscape and climate. When the coffee farming went well, a small coffee roastery was built to continuously improve the quality of its coffee product until meeting international standards. Later in 2006, “Doi Tung Coffee” attained Geographical Indication (GI) registration that reserves the use of the “Doi Tung Coffee” brand name for its single origin coffee.

Today there are 3 major locations of “Café DoiTung” for visitors to enjoy a cup of freshly brewed coffee on Doi Tung, that is, in the Doi Tung Development Project area, in Mae Fah Luang Garden and at the coffee roasting facility before the Cottage Industries Centre and Outlet (downhill). Popular drinking menus are Caramel Macchiato, Kouto Latte, Macadamia Chocolate Cream Slush, etc.

Depart for the **"Doi Tung Development Project"** (313 Mu 7, Doi Tung Royal Villa, Rop Wiang sub-district, Mae Fah Luang district, Chiang Rai, Tel. +66 (0) 5376 7015) which covers an area of 93,515 rai. Located there are 29 hill tribe villages; namely, Akha, Lahu, Tai Yai (Shan), Tai Lue, Tai Lua, and Chinese Kuomintang.



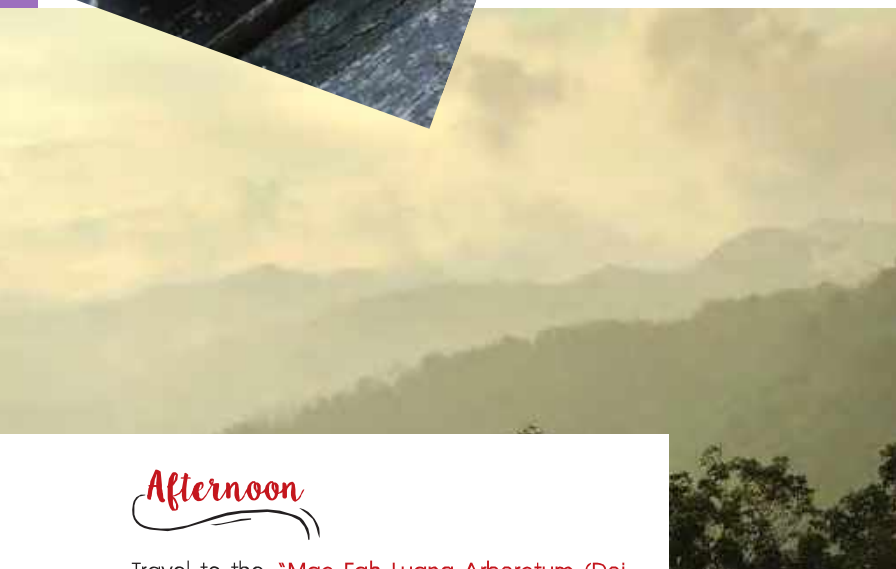
Prior to getting there, let's start with sipping a cup of coffee at **"Café DoiTung"** situated on the way to the **"Doi Tung Royal Villa"**. After that, visit the **"Hall of Inspiration"**, which every square inch of the area was artistically decorated and designed with state-of-the-art audiovisual art to reflect the character, principles of Her Royal Highness the Princess Mother or Son and the royal members of the Mahidol Family who have tremendously dedicated and worked hard on restoring the lives and livelihood of the hill tribe people in Thailand.





oon

lunch at the "Khrua Tamnak" restaurant amidst fresh air and scenic view of flowers on the hill. The restaurant serves menus made from the Project's produce and most of them are dishes that were cooked to serve the Princess Mother; for example, Salad Phak Sot Doi Tung (Doi Tung green salad), Satek Mu Meishan (Meishan pork steak), Khao Thot Samun Phrai (deep fried rice balls with herbs), Khao Phat Doi Tung (Doi Tung fried rice), and Het On Doi (tree oyster mushroom; This mushroom is only available at Doi Tung, thus visitors are tempted to come back again to eat this dish; To On in Thai means to plead with sweet words.



Afternoon

Travel to the "Mae Fah Luang Arboretum (Doi Chang Moob Rhodrodendron arborea Garden)" located on the top of the Doi Tung Mountain Range at an altitude of 1,520 metres above sea level and pay homage to "Phra That Doi Tung" (the Buddha's relics pagoda). Then stroll among vegetable plots and the Japanese species strawberry farm at "Ban Pha Mi Village", 10 kilometres away from Doi Tung's tourist attractions where the Princess Mother helped drug addicts by providing them with rehabilitation and occupational training, so they could make a living and depend on themselves after recovery. Produce from here will be directly delivered to the Khrua Doi Tung and Sala Leelawadee restaurants.



Evening

Dine at the “Sala Leelawadee” restaurant (near the Doi Tung Lodge (formerly known as Ban Ton Nam 31), Mae Fah Luang district, Chiang Rai, Tel. +66 (0) 5376 7015-7). Try the menus made from Ban Pha Mi’s produce; such as, Pha Mi salad, chemical-free vegetables grown by the Ban Pha Mi villagers, Kai Phat Macadamia Samun Phrai (stir-fried chicken with macadamia nuts and herbs), Kaeng Hang Le Mu Meishan (Northern style Meishan pork curry), Yam Het On Doi (tree oyster mushroom spicy salad; this mushroom is only available at Doi Tung, thus visitors are tempted to come back again to eat this dish. To On in Thai means to plead with sweet words.), and Khao Soi Kai (wheat noodles in curry broth with chicken), etc.



Day 2



Morning

See the sunrise amidst the sea fog followed by breakfast at the “Sala Leelawadee” restaurant.

Late Morning

Enjoy temperate flowers sightseeing at the “Mae Fah Luang Garden” together with tasting “Doi Tung Coffee” at the café situated in the area of the Mae Fah Luang Garden.

Then visit coffee and macadamia plantations at the “Economic and Utilization Reforestation Project” followed by coffee bean roastery at the “Cottage Industries Centre and Outlet” located at the foothill.

(Remarks: Best months to visit are between October and March.)

Noon

Depart for the Prince Chakraband Pensiri Centre for Plant Development, Chiang Rai, Her Royal Highness Princess Maha Chakri Sirindhorn's vegetable garden and have lunch at the "**Chan Ka Phak**" restaurant (905 Wiang Phang Kham sub-district, Mae Sai district, Chiang Rai, Tel. +66 (0) 5373 3222). Mouthwatering menus include Som Tam (spicy green papaya salad), Kai Yang (grilled chicken) served with Khao Niao Khao (white glutinous rice) and Khao Niao Dok Anchan (blue glutinous rice made from butterfly pea), Khao Nam Phrik Long Ruea (stir-fried rice with spicy chilli paste), Khanom Chin Nam Ngiao



(Northern-style fresh rice noodles in spicy tomato infused broth) and Naem Nueang (Vietnamese grilled pork paper with assorted herbs and vegetable fresh produce to serve dishes is the highlight you can directly pick the desired vegetable from the Centre and ask the shop to cook them for you. In addition, the shop also provides a variety of vegetable and fruit juice, homemade ice cream, coffee and tea to choose and try.





Afternoon

Go on an excursion to the **"Tea Oil and Plant Oils Development Centre"** (888 Phahon Yothin Rd., Wiang Phang Kham sub-district, Mae Sai district, Chiang Rai, Tel. +66 (0) 5373 4140-2, +66 (0) 5373 4440), a tea oil factory, visitors



gain insights into the manufacturing procedures, which are easy to understand, clean re environmental awareness. The area outside the building has been designed to be a public area for relaxing, offering both a spectacular tourist attraction and a source of knowledge about plant oils. Furthermore, there is a restaurant serving menus made from tea oil as well as a shop selling the Centre's products.

| back.





Eat Original Thai





Route 1

THE BEAUTY OF THE ROYAL COURT

Khao Chae Chao Wang

"Khao Chae Chao Wang" (rice in scented flower water), is a summer favourite dish that reflects valuable culture and requires exquisite preparation. According to history, "Khao Chae" was the Mon's traditional dish prepared for gods during Songkran. It was introduced to Thai cuisine due to a cultural exchange between the Mon and Thai people. The dish is regarded as Chao Wang or the Royal Court when Mon women served as a female officer in the palace. So, they had to elaborately cook it for serving their royal masters. Khao Chae Chao Wang is a combination of boiled rice in jasmine water or the like served with the following side dishes: fried shrimp paste ball which is the heart of Khao Chae and the indicator of one's culinary skill, stuffed banana pepper, sweet and dried fish, shredded beef, stuffed shallot, salty mustard greens, minced pork and threadfin. Carved fresh vegetables are also a must. As most side dishes are fried food, scented, sour and bitter vegetables are required to compromise the oily taste; such as, cucumber, fingerroot, raw mango, spring onion, cayenne pepper, etc. When eating, add some ice into jasmine-scented water, have side dishes first, then fragrant rice and feel the cold and yummy taste. Khao Chae Chao Wang differs from the Mon, Chao Ban and Phetchaburi Khao Chae in a way that it has more side dishes; Khao Chae Phetchaburi has only 3 side dishes; namely, fried shrimp paste ball, sweet fish and stuffed onion, and no carved fresh vegetables.



Morning

Take a tour of the “**Grand Palace**” (The Grand Palace, Phra Nakhon, Bangkok, Tel. +66 (0) 2632 5500). Built in 1782 at the behest of King Rama I the Great, it is considered Bangkok’s “**jewel in the crown**” and the epitome of Rattanakosin (Bangkok) art and architecture as evidenced by its stunning murals and sculptures. To Thai architecture scholars, the Grand Palace is a veritable treasure trove of Thai architectural knowledge.



Through the successive reigns, the Palace was subject to restyling, incorporating Chinese and Western design elements into its décor in an effort to embrace modernity and recreate the grandeur of the capital city of Ayutthaya. Indeed, many kings have had a role in the u

Then, visit the Temple of the Emerald Buddha, known as “**Wat Phra Kaew**”, which is located in the north-east corner of the Grand Palace. This temple was built by King Rama I to enshrine the venerated Emerald Buddha, the palladium of Thailand. It is one of the most important royal temples in Bangkok. No Buddhist monks in residence. The temple is famous for its murals depicting the story of the triumph of good over evil through the Indian epic of the Ramayana.





Then visit the **"Queen Sirikit Museum of Textiles"** (www.qsmthailand.org), which is situated in the Palace compound. The museum include a lobby, galleries, storage, an education studio, library, lecture hall, and Thailand's first dedicated textile conservation laboratory.

The Museum is primarily designed as a learning and research centre to preserve much-prized Thai textiles and the country's homegrown weaving heritage that are teetering on the verge of extinction as a result of waning public interest. It illustrates the entire history of the Thai people's fashion from village hut to royal

palace while documenting the development of the kingdom's weaving and ornamentation methodologies. The fully-equipped conservation laboratory is responsible for the treatment and mounting of all the textiles and costumes in the galleries. Visitors are given rare access to view some of the collection from the early Rattanakosin Era, which have to be otherwise kept in storage. People usually only see these clothes in black-and-white photos.

Enjoy the aroma of freshly brewed coffee at **"Phufa"** (opposite the Grand Palace, Na Phrathat Rd., Phra Nakhon, Bangkok, Tel. +66 (0) 2224 7679, www.phufa.org). Initiated by Her Royal Highness Princess Maha Chakri Sirindhorn, Phufa serves comfort food, snacks and sweets, and in another section sells products created by skilled artisans graduating from the occupational training courses that the Princess set up originally at Nan province's Doi Phufa and later elsewhere.



Noon

Discover the authentic taste of royal Thai cuisine over lunch at the **"Thanying"** restaurant (10 Pramuan Rd., Soi Silom 17-19, Bang Rak district, Bangkok, Tel. +66 (0) 2236 4361, +66 (0) 2235 0371). Its delicious Thai dishes follow a collection of royal recipes inherited from MC Sulab-Valleng Visuddhi, once head chef of Queen Rambhai Barni of Siam at Bangkok's Sukhothai Palace. The menu includes mouth-watering royal classics; such as, Khao Chae (a set of delicious snacks served with fragrant, watery rice), Phat Thai, Mi Krop (crispy noodles), Massaman Nuea, roti and Kaeng Khiao Wan (green curry), and Khao Niao Mamuang (sweetened sticky rice with ripe mango).

Afternoon

Take a relaxing boat trip along Khlong Bang Krachao in Phra Pradaeng district, Samut Prakan Province to the family home of **"Khun Sripattrra Chansangsuk"** (Tel. +66(0) 6 1385 5865) to attend a cooking class. Sripattrra's grandmother was head chef of Queen Savang Vadhana of Siam, and the royal recipes taught here date to the Fifth Reign. Expect to encounter royal Thai classic dishes; such as, Nam Phrik Long Ruea (mixed vegetable with chilli paste dip), Mu Khem Tom Kathi (coconut milk soup with salted pork), and Kaeng Kala Maphrao (young coconut shell curried soup). Following the cooking class, savour the different dishes you've just learned to create for dinner.



You might also want to get the hang of Thai cooking through **"Spice Spoons"**, a cooking class led by a Thai chef at the Anantara Riverside Bangkok (257/1-3, Charoen Nakhon Rd., Thon Buri district, Bangkok, www.bangkok-riverside.anantara.co.th/ advance booking at Tel. +66 (0) 2476 0022). The class covers Thai cuisine's cultural significance and health benefits, indigenous ingredients and cooking equipment. Enjoy cooking your favourite dishes on the 'Manohra Cruise', a beautifully restored antique rice barge for a relaxing cruise along the majestic Chao Phraya River.

Evening





Route 2

AUTHENTIC ROYAL DELICACIES

Authentic and Royal Thai Dessert

"Royal Thai Dessert" is a culinary creation that features the Thai cultural identity. Apart from the beautiful appearance and exquisite preparation, it also has a dainty taste with a fragrant scent of flowers, herbs and Thai dessert candle, which are the ingredients of Thai dessert cooking. Moreover, each name of Thai dessert reflects the valuable, fortunate and beautiful meaning.

Thai dessert originally comes from "Catherine de Torquema" or "Thao Thong Kip Ma", a Portuguese lady who served as "Master Chef of the Royal Kitchen" during the reign of King Narai the Great in the Ayutthaya period. She devised the recipe of "egg" yolk-based sweets; such as, Thong Yot, Thong Yip, Foi Thong, Thong Phlu, Thong Prong, etc, while the original Thai sweets were usually made from flour, coconut milk and sugar. During the reign of King Rama I the Great in the Rattanakosin period, food was divided into two categories: meat dish and dessert. Thai sweets were absolutely glorious during King Rama II's reign as described in his poem named "Verse of Food and Dessert", composed for singing during rowing the boat. The poem addressed each kind of Thai sweet like "Rang Rai or Re Rai" (rice thread with coconut meat) and "Cha Mongkut" (royal crown). The former is made by mixing the main ingredients including flour, sugar and coconut milk together. Then knead the dough and steam it. Sprinkle sugar, sesame and shredded coconut on it when eating. The latter is made by mixing and stirring mung bean flour, coconut milk and sugar together until it becomes sticky. Then wrap with banana leaf and add roasted peanuts or watermelon seeds as a filling.



Morning

Visit the “**Ananta Samakhom Throne Hall**” (U-Thong Nai Rd., Dusit district, Bangkok), which is a former reception hall within the Dusit Palace. It now serves as a museum and from time to time hosts grand royal and state occasions. The reception hall was constructed at the behest of King Chulalongkorn (Rama V) the Great to replace the one built during the reign of King Mongkut (Rama IV).

The building of the Italian Renaissance and neoclassical style was designed by Italian architects Mario Tamagno and Annibale Rigotti. Marble from Carrara, Italy, and other foreign materials were used. Italian sculptor Vittorio Novati, who would later also work on the Mahadithai Uthit Bridge, was employed with his nephew Rudolfo Nolli.

Then, have a breather at “**Café DoiTung**”, which is situated in the Throne Hall compound. The Café uses high-quality aromatic Arabica coffee beans from the Doi Tung Development Project in Chiang Rai, harvested from trees at about 1,000 metres above sea level. Grown under the shade of the forested hills of Doi Tung, the coffee cherries are hand-picked, selected, carefully roasted and ground. This is the only coffee shop in the city with a good view of the Throne Hall.



Noon

Lunch at the “**Mae Yui Noodle Bar**” (U-Thong Nai, Dusit district, Bangkok, Tel. +66 (0) 2282 2823). The restaurant is a long wooden structure located next to the Throne Hall and noted for its relaxing ambience. On the menu are classic Thai favourites and comfort food, along with Thai sweets, cakes, tea and coffee.

Afternoon

Visit the “**Abhisek Dusit Throne Hall**”, one of the original throne halls built in the compound of the Dusit Palace. King Chulalongkorn (Rama V) the Great ordered the construction on his return from his first European Grand Tour in 1897. The Throne Hall is often at the heart of state and royal hospitality.

Learn the art of Thai desserts at “**M.L. Puang Dinakara the Royal Exquisite Thai Cooking School**” (339 Soi Pha Suk, Pracha Chuen Rd., Chatuchak district, Bangkok, Tel. +66 (0) 2911 1588, +66 (0) 8 6900 9396, <http://www.mlpuang.com>). The School runs a wide selection of Thai dessert cooking courses that cover old-fashioned, royal and popular recipes of such sweet treats as Bulan Dan Mek, Rerai Na Wan, Sommanat, Luk Chup Chao Wang, and Khao Niao Si Na Si Si.

Evening

Explore the “premium” authentic tastes of contemporary Thai cuisine at “**Chef’s Table by Khao**” (64 Soi Sukhumvit 51, Watthana district, Bangkok, Tel. +66 (0) 9 8829 8878) run by the Thai celebrity chef Vichit Mukura. The menu features timeless Thai favourites using seasonal Thai and Japanese produce. Must-try dishes include Khrip Pla Ta Diaa Chup Paeng Thot (fish fried in batter) with eggplant salad and foie gras with black pepper sauce, served with brown rice (from the chef’s own paddy field). Among the sweet treats is Bua Loi (dumplings in coconut cream) served with ice cream.



A wealth of amazing traditional Thai dishes can be found at “**Siam Wisdom**” (64 Soi Sukhumvit 51, Watthana district, Bangkok, Tel. +66 (0) 9 8829 8878, www.siamwisdomcuisine.com). The restaurant is served in the vintage setting of a traditional Thai house. Recommended dishes include Kaeng Khiao Wan Nuea, Hoi Malaengphu (steamed curried mussels), Kaeng Tho Pho (pork curry with water spinach), and Kapi Khua (roasted shrimp paste).





Route 3

LOCAL WISDOM OF HERBAL CULINARY ART

Fruit and Vegetable Carving

"Carving", a traditional Thai art, is recognised as a national precious heritage inherited from generation to generation. This craft requires a lot of skill, practice, personal ability and neatness. In the past, "fruit and vegetable carving" was an advanced course taught to women in the Thai royal palaces, requiring training and learning to be skillful. It has played an important role in the royal court cuisine since ancient times. Each dish required exquisite garnish regardless of the dip or chilli paste menus or fruits. Nowadays, fruit and vegetable carving is not limited only to the palace like before, but has been spread to handicraft lovers and the carved vegetables and fruits will be used for a dining table and Thai dinner plates that require special and elaborate decoration.

Vegetables and fruits commonly used for carving will have a thick texture; such as, squash, pumpkin, eggplant, tomato, ginger, cucumber, watermelon, jicama, mango, papaya, etc. For fruits that contain a thinner skin e.g. rambutan, lychee, sugar apple, ripe mango, marian plum, and so on, carving will be done by "gently scooping out or making the stripe of the fruit skin" in order to remove the seeds, peels or pulps so that the fruits will look beautiful and easy to eat. This is considered to be an elaborate and fascinating food art on the plate.



Morning

Attend a Thai cooking class at the **"Naj Thai Cooking School"** (42 Convent Rd., Bang Rak district, Bangkok, Tel. +66 (0) 2 632 1004-6, www.najthaicooking.com). The course covers the basics of Thai cooking, Thai herbs, spices, and common plants grown in the school's

garden. The class culminates with the tasting of your own creations for lunch; such as, Thung Thong (minced chicken and sweet corn in a crispy treasure bag), Yam Som-o (pomelo salad), Tom Yam Po Taek (spicy seafood soup), and Phanaeng Nuea (beef phanaeng).

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Afternoon

Take a walk down memory lane at **"MR Kukrit's Heritage Home"** in the heart of Bangkok, (19 Soi Suan Phlu, North Sathon Rd., Sathon district, Bangkok, Tel. +66 (0) 2286 8185). The museum is a cluster of five separate small one-room teak houses of traditional Thai style, with ground floor openings. The houses are elevated on poles and connected through open verandas. These century-old Thai houses form the living quarters reminiscent of Thai life in years gone by. These houses were not constructed from the ground up, but rather reassembled from materials that made up the original knock-down structures that were located in different places in the Central Plains. Nearby is a large hall for public functions with a walled-in garden to connect the two parts and create the impression of one whole house. The compound boasts Thai and Western-style gardens, and a collection of miniature trees and mountains adorning the verandas and the walled-in garden that is shaded by fragrant trees. The estate was the private residence of the late MR Kukrit Pramoj, former Thai prime minister.



Learn fruit and vegetable carving in a private class led by Rassilp **"Khru Tum"** Kraipherm (www.Facebook.com/urapikorn) who is highly recognised for her prowess.

Another great place to learn fruit and vegetable carving is the **"Mandarin Oriental Bangkok"** (48 Soi Oriental Avenue, Bang Rak district, Bangkok, Tel. +66 (0) 2659 9000). Its Oriental Thai Cooking School runs a range of courses on the art of Thai cooking and fruit and vegetable carving.

Evening

"Sala Rim Nam", the Mandarin Oriental Bangkok's riverside Thai restaurant, provides the perfect setting for a sumptuous Thai dinner amid amazing cultural shows; such as, traditional Thai dance. Excellent dining is complemented by a magnificent view of the Chao Phraya River. Recommended dishes are beef massaman, chicken green curry, pomelo salad with herbs and spicy fresh prawn salad.





Route 4

CHARMING OLD TOWN SAVOURY DELICACIES

Mi Krop and Khao Niao Mamuang

Bangkok is a place that offers variations of culinary cultures. Every corner of the city is full of restaurants and savoury dishes, especially in the old town area like “Phra Nakhon” where the traditional lifestyle and delicacies have been retained amidst the colonial-style buildings and houses since the period of King Rama V the Great. Today, this quarter still serves dishes that will enable you to experience the atmosphere of Phra Nakhon people’s culinary tradition like in the past. Classic dish of this area is “Mi Krop” (crispy sweet rice vermicelli), available both royal court and regular Mi Krop. It is cooked by soaking rice vermicelli into the water until soft, drain and leave it semidry, then fry until it becomes crispy. After that, add seasonings so it tastes sweet and flavourful yet crispy. The original recipe will use Som Sa (bitter orange) to add an aromatic odour.

As for desserts, it surely must be “Khao Niao Mamuang” (sticky rice and mango) which soft, sweet, and creamy sticky rice is eaten with a ripe mango. Either the Ok-rong or Nam Dok Mai mango will be the best. Located in this quarter is “Ko Phanit”, a shop selling mango sticky rice for decades since 1932. Its delicious recipe was inherited from “Li Kham-amphon” who once took the position of cook in the palace. The shop uses only fine ingredients, i.e. Khiao Ngu sticky rice from Mae Chan district, Chiang Rai province and mature coconut from Thap Sakae district, Prachuap Khiri Khan province.



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Noon

To continue soaking up the atmosphere of Bangkok of old, it's tempting to try dining like Bangkokians in the old days by having lunch at **"Kim Leng"** (158-160, Tanao Rd., Bowon Niwet sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 8 1373 2362). This restaurant has been whipping up classic Thai dishes for 60 years. Its must-try dishes include Mi krop Chao Wang (crispy fried noodles of a royal recipe) with the zest of a bitter orange added; Nam Phrik Kapi (shrimp paste dip), Kaeng Liang (spicy vegetable and prawn soup), Ho Mok Pla Chon (steamed fish curry custard in banana cups), and Phrik Khing Thai Doem (pork fried with chillies, ginger and string beans, old fashioned style).

Other vintage Thai restaurants include **"Mit Ko Yuan"** (186 Din So Rd., Sao Ching Cha sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 2224 1194), which is nearly a century old. It's one of those classic restaurants with properly trained cooks manning their kitchens. The restaurant's favourites include Mi Krop (sweet and sour crispy noodles), Tom Yam Kung (spicy prawn soup), Ox Tongue Stew, and Phat Chap Chai (stir-fried mixed vegetables).



Another classic establishment is **"Phot Saphakhan"**, aka Cook Somdet Chai restaurant (443, Tanao Rd., Sao Ching Cha sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 2222 2686). This 90-year-old eatery is known for its popular dishes; such as, Mi Krop, Kaeng Chuet Luk Rok (egg sausage soup), Kaeng Liang (spicy vegetable and prawn soup), and Kaeng Som Cha-om Thot (hot and sour soup).

Afternoon

Take a leisurely stroll around the Sam Phraeng neighbourhood, which used to host the palace of King Mongkut's three princes. The vast neighbourhood is divided into three parts: Phraeng Nara, Phraeng Phuthon and Phraeng Sapphasat. The area is a showcase for King Rama IV and V's plans to modernise 19th-century Siam with trams, fresh produce markets and shophouses selling luxury goods. Many of the commercial buildings that first rose here when roads replaced canals are still operating. The area is renowned for its timeless Thai sweets and snacks, as well. For yummy Khao Niao Mamuang or sticky rice with mango, visit decades-old Ko Panich. Khanom Bueang Phraeng Nara serves crispy Thai crêpe using Auntie Lamun's royal recipe dating back to the reign of King Rama VI. For authentic Ice Cream Kathi or coconut ice cream, look no further than Nattaphorn Ice Cream. Pathong Ko Sawoei specialises in deep fried dough sticks served with custard. Pork balls sell like hot cakes at Luk Chin Phraeng.



Evening

Treat yourself to a sumptuous Thai meal at **"Chakrabongse Private Dining"** (396/1 Maharat Rd., Grand Palace sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 2222 1290), which is located at the Chakrabongse Villa on the bank of the Chao Phraya River. The villa was once the palace of HRH Prince Chakrabongse who loved Western architecture. The restaurant is famed for its refined Thai cuisine. As an added bonus, it's served amid magnificent river views. Recommended dishes are Lon Kung (simmered prawn in coconut milk), Chu-chi Kung Mae nam (red curry with prawns), Massaman Nuea (beef Massaman) and Tom Kha Talay (seafood coconut soup).



Another recommended great dinner venue is **"Sala Rattanakosin"** (284-286, Maharat Rd, Phra Nakhon district, Bangkok, Tel. +66 (0) 26221388). The waterfront restaurant is known for its artistically presented, contemporary Thai cuisine. Delicious appetisers include Krathong Thong (golden fried pastry shell filled with minced pork, roasted rice, and Thai shallots with a mint chilli lime dressing), and Hors d'oeuvre Mueang. Main dishes include Khao Phat Nam Phrik Pla Thu (wok-fried jasmine rice with shrimp paste, accompanied with deep fried local mackerel fish, sour green mango and sliced Thai omelette), and Tom Yam Kung (spicy prawn soup). For dessert, go for Khao Niao Mamuang or chilled mango cheeks with sweetened sticky rice. The restaurant promises an unforgettable dining experience with a view of the scenic Chao Phraya River.



Route 5

WEEKEND FLOATING MARKETS

Floating Market

The Thai people's way of life has had an attachment to the river since the old days. Prior to road building, Thais were familiar with utilising a boat as a means of water transport. In addition to boat usage for travel purposes, the transport centre where canals were joined became a meeting point for villagers and orchardists to row a boat and come to sell and barter their produce as well as food, bringing about a "floating market", especially in the Central Region where numerous canals were linked. This has reflected the bond between the people and the river. Even though the environment has changed these days having both land and air transportation to facilitate people's travel, the attachment between the Thai people and the river has remained unchanged. Floating markets have still been a pleasant place enabling us to experience the community's traditional way of life and culture, the orchardist's lifestyle and trade in agricultural products, vegetables, seasonal fruits, foods, traditional Thai snacks and desserts, herbal drink, and so on. They have become a Thai charm and a national identity, which attract both Thai and foreign tourists to come back again and again.

Morning

Get to the **"Talat Nam Khlong Lat Mayom"** (advance booking is recommended at +66 (0) 2422 4270) by taking a boat from the pier next to the Somdet Phra Pin Klao Bridge (on the Bangkok side). The relaxing river cruise offers a glimpse into Thai riverine life complete with waterfront villages. Talat Nam Khlong Lat Mayom is a real floating market that is steeped in history. It still retains much of its old-world charm that reminds one of what Bangkok used to be like a century or so ago.

En route, stop by the **"National Museum of Royal Barges"** (at the mouth of Khlong Bangkok Noi, Arun Amarin Rd., opposite the Bangkok Noi Railway Station, Tel. +66 (0) 2424 0004). The Museum is under the auspices of three organisations: the Bureau of the Royal Household, the Royal Thai Navy and the Fine Arts Department. On display are eight glittering royal barges used by the king and members of the royal family in royal waterborne processions. The most spectacular is the Suphannahong (Golden Swan), the king's personal barge. Made from a single gigantic piece of timber, the vessel was ordered to be built by King Rama I the Great after its original version had been destroyed when the Ayutthaya Kingdom was razed to the ground.



The **"Song Suban HM King Rama IX (God Ananta on his carrier, Garuda)"** is the only one built during the current reign of King Bhumibol Adulyadej, who laid the keel in 1994. Another one is called the **"Anantanakharat (Ananta, the King of Serpents)"**, which was created during the reign of Rama VI (King Vajiravudh). The museum displays a carving of the 7-headed Naga, a mythological serpent-like creature, gilded on black lacquer and inlaid with glass jewels. More royal barges are on display for public viewing at the Wasukri and Ratchaworadit Piers.

Enjoy a boat tour to explore charming Thai life along the banks of Khlong Bangkok Noi and Khlong Chak Phra. Then get to **"Talat Nam Taling Chan"**. The floating market is home to lots of tasty local delicacies; such

as, Mi Krop (crispy noodles), Mi Kathi (coconut milk noodles), Khanom Chin Nam Ya (rice noodles served with a curry), and Khanom Chin Sao Nam (rice noodles eaten with ground shrimp and sliced pineapple). Other mouth-watering favourites in the market include crispy Thai crêpes and grilled seafood.



Heading to “**Talat Nam Khlong Lat Mayom**” (30 Mu 15, Bang Ramat sub-district, Taling Chan district, Bangkok, Tel. +66 (0) 8 9215 2659, +66 (0) 2422 4270; open on weekends and public holidays), it’s possible to go upstream to explore the sights and sounds along the tributaries. The best place to visit is Ban Khanom Lae Samun Phrai Khrueng Hom) to observe a Thai dessert cooking demonstration. The cooking school also produces fragrances using local herbs.

Then return to the floating market on Khlong Lat Mayom that links Khlong Bang Ramat with Khlong Bang Khun Phrom.

Established by local villagers and farmers many decades ago, the floating market has a plethora of tropical fruits, vegetables and other farm produce. It also has a wide range of foodstuffs and traditional sweets. Due to its popularity, the floating market has through the years shown a healthy expansion on land. The market now occupies both sides of the canal and is divided into four zones.

The floating market is a great place to learn Thai cooking with housewives in the community (advanced reservation is required). Popular Thai dishes taught here include Kaeng Khiao Wan (green curry) and Kaeng Som (sour soup with shrimp and water mimosa).



Noon

Enjoy having your own dishes learned in the cooking class for lunch. Then take a stroll around the floating market and explore the wide range of traditional foodstuffs here; such as, barbecued seafood where fresh seafood is the order of the day, Kuai Tiao Lui Suan (cold spring rolls), Khao Ho Bai Bua (steamed rice wrapped in lotus leaves) and Khanom Chin Sao Nam (rice noodles eaten with powdered shrimp and sliced pineapple), among other things.



The floating market has lots of Thai sweets and snacks to choose from. Old-fashioned ice cream is available at **"Lung Chuan Ice Cream Boran"**. To enjoy tasting Thai sweets (made from egg yolk and syrup) in bite-sized pieces like Thong Yip, Thong Yot, Foi Thong and Met Khanun (bean paste), Thua Paep (mung bean rice crêpe), candle-smoked steamed bananas in syrup with a splash of coconut milk. Old-fashioned sweets like Khao Kriap Wow Boran (rice crackers), boiled cassava root-like Man Thian and Tang May (nougat) are also available in the market.

Afternoon

Explore lotus ponds and orchid gardens on a small rowing. It's possible to spend the afternoon taking in various sights on the canal on a boat. (Inquire about boat fees beforehand at the pier.)



Late Afternoon

Travel to **"Talat Nam Khlong Bang Luang"** (Wat Kamphaeng Bang Chak, Soi Phetchakasem 20, Bang Wa sub-district, Phasi Charoen district, Bangkok, Tel. +66 (0) 2413 0565). The floating market is on the banks of Khlong Bang Luang, which dates to the reign of King Taksin the Great who founded Thon Buri as the capital of Siam following the fall of Ayutthaya. At the time, the Khlong Bang Luang neighbourhood was populated by Siamese aristocrats. The community straddling both sides of the canal is now known as Khlong Bang Luang that still retains its old-world charm.

A walking tour of the neighbourhood can be enjoyed via wooden walkways that hug both sides of the canal. The community is chock-full of attractions including restaurants, coffee shops and souvenir shops. Worth visiting is **"Ban So Chittrakom"**, the community's best-known portrait studio where an old artist can draw your portrait in just 15 minutes. Then, stop by a toy shop and explore its vast collection of vintage gadgetry on display and for sale. End the walking tour with coffee and art at the **"Artist's House"** at the end of the walkway. The art gallery used to belong to a well-known goldsmith. On display on the first floor are classic Thai puppets. There's also a coffee shop and a book corner. The second floor is an art space showcasing paintings and photos. Then, return to the Somdet Phra Pin Klao Bridge Pier.

Evening

Go for a luxurious meal at **"The Deck"** (36-38 Soi Pratu Nok Yung, Phra Nakhon district, Bangkok, Tel. +66 (0) 221 9158) that overlooks the mighty Chao Phraya River, with the majestic towering pagoda of Wat Arun in the background. The sunset here couldn't be spectacular. Recommended dishes are Som Tam Kung Nang (papaya salad with prawn), Phla Kung (fresh prawn salad), Nuea Yang (beef steak), and Tom Yam Kung (spicy prawn soup).







Experience
the
Charming of
Local Food



Route 1

THE NUA TASTE OF ISAN

Isan Classic Menu

"The Northeast of Thailand" or "Isan" is a land rich of ancient civilisation and cultural inheritance for several thousand years. Isan food is likewise. The drought landscape has significantly affected the locals' gastronomy and caused the Isan people to live in harmony with the nature by modifying and making a simple dish from whatever exists in the nature like fish, frog and local vegetables. They have also learned how to preserve food so it can be kept longer, which is essential for their living. In addition, Isan cuisine tastes different from other regions in a way that its saltiness comes from "Pla Ra" or fermented fish, spiciness from fresh and dried chillies, and sourness from local vegetables, e.g. olives, the pulp of dried mature tamarinds, etc. Most dishes are spicy, salty and a little sour with pickled fish to enhance the "Nua" taste or flavourful sensation to the dishes. They are cooked with a little water added for dipping a sticky rice ball into the dishes. Isan classic menus include Som Tam (spicy green papaya salad), Kai Yang (grilled chicken), Lap (spicy minced pork salad), Nam Tok (spicy grilled pork/ beef salad) and Khao Niao (sticky rice). Regarding Chim Chum or Isan-style Suki, this menu was created later and has the same eating style as sukiyaki, i.e. dipping meat and fresh vegetables into an earthen pot of broth cooking before eating. It is usually eaten with dried chilli dipping sauce called "Chaeo" to add the savoury taste.

Morning

Morning: Breakfast at **"Khing Ocha"**, Udon Thani's famous, age-old restaurant (22/1-2 Si Sattha Rd., Mak Khaeng sub-district, Mueang district, Udon Thani, Tel. +66 (0) 423-3481). Popular dishes are Khanom Pang Ping (toast) and Khao Mu Yo Thot (steamed rice with deep fried white pork sausage).

Day
1



Late Morning

Stroll in **"Nong Prachak Public Park"** (Udon Thani Municipality, Mueang Udon Thani district, Udon Thani), the provincial public park.

Noon

Experience a Nua (full-flavoured in Northeastern dialect) taste of an Isan-style lunch at **"Som Tam Che Kai"** (Atsawa Mit Rd., Mak Khaeng sub-district, Mueang Udon Thani district, Udon Thani, Tel. +66 (0) 8 7373 2128), a well-known Som Tam (spicy green papaya salad) restaurant. The highlight is its secret recipe of Nam Pla Ra (fermented fish sauce), the must-have condiment for Isan dishes, which is served along with a large grilled fish. Other classical menus for your Isan full-course meal include Som Tam (spicy green papaya salad), Kai Yang (grilled chicken), Lap (spicy minced pork salad), and Khao Niao (glutinous rice).



Afternoon

Travel to **"Ban Na Kha"** (Mu 1, Na Kha sub-district, Mueang Udon Thani district, Udon Thani), which has been selected to be a sufficiency economy village in honour of His Majesty the King. The village is also the provincial OTOP sightseeing village where the Mudmee Khit Weaving Group is located. The Group produces Mudmee Khit textiles based on its local wisdom featuring the uniqueness of Ban Na Kha village. Observe the Mudmee Khit fabric weaving technique and buy some as a souvenir.



Evening

Dinner at the **"Chim Chum Che Pha"** restaurant (Si Suk Rd., Mak Khaeng sub-district, Mueang Udon Thani district, Udon Thani) serving distinctive **"Chim Chum"** menu, popular Isan-style hot-pot cooked by boiling soup in a clay pot and then dunking fresh vegetables and meats into the boiling soup until they are cooked. Chim Chum is usually eaten with Nam Chim Chaeo (dried chilli dipping sauce).

Day
2

Morning

Offer morning alms to Buddhist monks at **"Wat Ban Chik"**, a temple located in the city centre. After that, have breakfast at the "Udon Thani Municipality Market", which has a wide array of food for selection; such as, **"Kaeng Sen"** (mung bean soup noodle consisting of boiled vermicelli, chicken, meat ball, blood curd, and bean sprouts), Khao Piak Sen (Vietnamese rice noodle soup) and Khanom Bueang Yuan (Vietnamese crispy rice flour crepe).





Head to **"Ban Khiri Wongkot"** (Na Khae sub-district, Na Yung district, Udon Thani, Tel. +66 (0) 8 3147 9004 for advance booking) to experience **"Itaen Rafting and Lunch in a Forest Setting"**. An Itaen is a farmer's utility trailer locally used for crop transportation. The modified trailer will flow along the stream originating from the village's small waterfall named Huai Chang Phlai and ending the trip at the lodging to prepare for a meal. During the journey, you will be able to discover the natural forest and pick some wild vegetables for cooking after arrival at the accommodation in the scenic

forest. The villagers will help one another to prepare a simple home-cooked lunch; for example, Kai Yang (grilled chicken), Pla Phao (grilled fish), Tom Yam Pla Chon (hot and sour, spicy soup with striped snake-head fish) served in bamboo tubes as well as rice cooked in bamboo tubes. Also, don't miss piquant Som Tam Pla Ra (spicy green papaya salad with fermented fish) served in different shapes of bamboo containers made by the villagers. Then place a mat, enjoy your meal by the waterfall and free time, and travel back.



Late Afternoon

Upon your arrival in the city centre, go shopping for souvenirs; for instance, Sai Krok Isan (Northeastern style sausage), Naem Nueang (Vietnamese grilled pork rolled in transparent rice paper with assorted herbs and vegetables), Mu Sawan (fried sun-dried sweet slice pork), Mu Yor (white pork sausage), etc. at the following shops **"Siao Isan Souvenir Products"** (Mueang Udon Thani district, Udon Thani, Tel. +66 (0) 8 1717 0556), **"VT Nam Nueng"** (345/1-3, Pho Si Rd., Mak Khaeng sub-district, Mueang Udon Thani district, Udon Thani, Tel. +66 (0) 4234 7111), and **"Suk Sombun Souvenir Products"** (296/48, Prachak Rd., Mak Khaeng sub-district, Mueang Udon Thani district, Udon Thani, Tel. +66 (0) 4224 0898).



Evening

Dinner at “**Toi Lap Pet**” (Ban Chik Junction, Mak Khaeng Rd., Mueang Udon Thani district, Udon Thani, Tel. +66 (0) 4224 9328), the well-known restaurant for Udon Thani’s spicy minced duck salad. The restaurant is situated in the city centre, convenient and easy to find. Signature dishes include Lap Pet (spicy minced duck salad), Pet Thot Krathiam (deep fried duck with garlic) and Tom Saep Khrueng Nai Khai On (hot and spicy soup with offal and unborn egg yolks), and so on.





Route 2

ETHNIC SAVOURY DELICACIES

Tai Dam Food

"Loei" is an age-old province where traditional culture and the ancestor's local wisdom have strictly been retained. As it borders Lao PDR., having the Mekong River and the Hueang River as the boundary, the province also consists of the "Tai Dam" or "Lao Song" ethnic group who migrated from Xiang Khouang in Lao PDR. to be under the benevolent rule of King Rama V the Great in 1905. The Tai Dam have settled down at Ban Pa Nat, Khao Kaeo sub-district, Chiang Khan district, Loei province and still upheld their traditional culture inherited from generation to generation until today which has become charming and interesting.

"Meal" is also one of the Tai Dam's cultures. Tai Dam cuisine usually comprises simple ingredients like local vegetables and herbs, which are boiled and eaten with different kinds of Nam Phrik or Chaeo (chilli paste or dip). As for meat, fish is normally used for cooking. Meals are served alongside sticky rice in a traditional style. When eating, dishes will be placed on "Phan Khao" or "Pha Khao", a woven pedestal tray made of bamboo, together with a glutinous rice box. Diners will sit on the floor around the tray and comfortably have a meal together. The Isan or Laotian dining style with dishes served on Pha Khao where family members, relatives and friends jointly have dinner around the tray is also known as "Pha Khao Laeng Isan" or Isan-style Khan Tok.

Day 1

Morning

Depart for Loei province and have a Loei style breakfast with Khai Kratha (Indochina pan-fried egg with toppings) and Tom Lueat Mu (pork blood curd soup) menus at **"Ma Kan"** (22/48-9 Chum Sai, Kut Pong sub-district, Mueang Loei district, Loei, Tel. +66 (0) 4281 1379), the age-old, shop-front restaurant open for over 35 years.



Late Morning

Go to pay homage to the **"Chaopho Kut Pong City Pillar Shrine"** (Located next to the Kut Pong Public Park, Mueang Loei district, Loei), the city's oldest shrine in which it is believed that the guardian spirit named Chaopho Thong Kham has been enshrined to help protect the city. The City Pillar was made of golden shower wood, elaborately carved at its top and gilded with gold leaf and black lacquer.

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Guide

Noon

Have lunch at the **"Khao Piak Sen"** restaurant or the so-called **"Khao Piak Pak Ma"** by the local people (Kut Pong sub-district, Mueang Loei district, Loei, Tel. +66 (0) 4283 3376). The word "Pak Ma" (literally a dog's mouth) is used to refer to an individual who is sharp-tongued. As the owner of this restaurant is quite strict and loves making fun of the customers playfully, the local people have a nickname for the restaurant to tease back in return. However, it has become the Loei people's favourite restaurant because of its ambrosial food, which is widely known. In certain areas, this Khao Piak Sen is called Kuai Chap Yuan (Vietnamese rice noodle soup). The restaurant offers both rice and glass noodles with (pork/fish) for selection.





Afternoon

Leave for “the Tai Dam House of Museum, Na Pa Nat” (Ban Na Pa Nat, Khao Kaeo sub-district, Chiang Khan district, Loei, Tel. +66 (0) 8 1048 2000), modified and refurbished from the old Tai Dam’s vernacular house to be the Tai Dam people’s living museum. Visitors can observe the villagers making Tum Nok Tum Nu, small bright coloured mobiles used as

offerings to the guardian spirits of the village and are welcome to try to create their own. Furthermore, there are a lot of activities for tourists to engage in the Tai Dam’s way of life e.g. dressing in Tai Dam traditional costume, riding on Chaeng Chae, a local tractor, to the Tai Dam community and playing a folk game.



Evening

Attend the “Traditional Tai Dai Laeng” dinner ceremony or Isan s dinner at the Ban Na Pa Nat Tai D by sitting around a raised tray w small dishes of food are served c have dinner. The dinner begins Khwan ceremony (Bai Si Su K ceremony to worship the guard for blessings and happiness to Dishes including boiled chicken chicken stock (soup) and ric placed on a Khan Tok tray. V classical Tai Dam cultural sh to entertain the diners as w Khaen (reed mouth organ) dancing show.



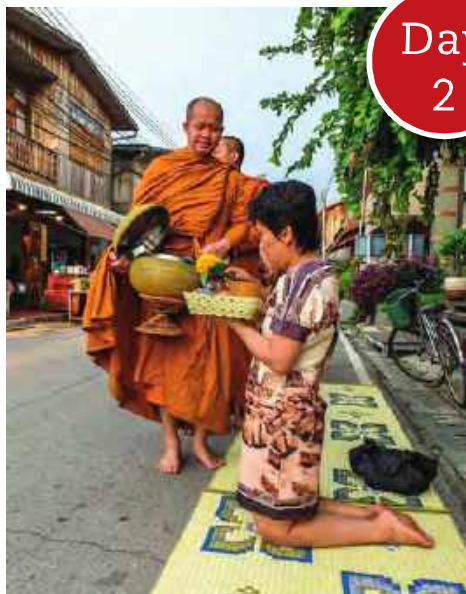
Night

Take a journey to Chiang Khan district to experience the Chiang Khan people's way of life on the "Chiang Khan Walking Street" (very animated and flooded with visitors on weekends and long public holidays) lined with classic, antique wooden houses where travellers will find a wide array of local delicacies and souvenir products to shop for along this stretch of road.



Day 2

Morning



Follow the locals' lifestyle by offering morning alms to Buddhist monks on the Chiang Khan Walking Street. Traditionally, the Chiang Khan people put "Khao Niao" or sticky rice in the monk's bowl as an offering. Visitors can also catch a spectacular view of the sunrise at "Phu Thok" (Chiang Khan district, Loei) to closely witness the sea of fog on the hill and 360-degree views of the Kaeng Khut Khu rapids and the Mekong River.

Have authentic Chiang Khan dishes for breakfast at the Chiang Khan Morning Market located in the city centre, e.g. Khao Pun Nam Chaeo (fresh rice noodle spicy soup with pork entrails), Khao Chi (grilled sticky rice), Pa Thong Ko Yat Sai (Chinese cruller with fillings), Khai Kratha (Indochina pan-fried egg with toppings), Khao Piak Sen (Vietnamese rice noodle soup), and so on.



After that, visit Soi 0 to witness **"How to make Khao Lam (Thai dessert, glutinous rice roasted in bamboo joints) in the longest bamboo tubes in Thailand"** at **"Khao Lam Song Phi Nong"** (Grandma Mo, Soi 0). You are welcome to ask for observing the cooking process of Khao Lam and talk to the shop owner. The Khao Lam product of the shop has its distinctiveness in using not only the long bamboo joints, but also more amount of coconut milk to add a buttery and milky taste as the leading flavour rather than a sweet flavour. In Thailand, Khao Lam is a popular souvenir product to buy for one's relatives and friends.

As for bicycle lovers, the most splendid view worth your cycling tour is the charming ambience around the city along Rim Khong Road.

Head to **"Kaeng Khut Khu"** rapids (3 kilometres away from Chiang Khan district) to explore the astonishing scenery of the nature. Most importantly, don't forget to buy **"Maphrao Kao"** (young coconut glacé), the famous local souvenir from Chiang Khan. It is made from local young coconuts, which are classified into different grades based on the softness of the processed coconuts. Maphrao Kao has sweet and buttery flavours with soft and chewy textures.





Noon

Lunch at “**Khrua Nu Cha**” (28/2 Chiang Khan Hill Resort, Chiang Khan district, Loei, Tel. +66 (0) 4282 1414), a restaurant situated in the Kaeng Khut Khu cataract area with a cozy ambience by the Mekong River. The restaurant mainly serves freshwater fish menus from the Mekong River; for instance, Pla Khang Phat Cha (spicy stir-fried redbtail catfish with fresh pepper and lesser galanga), Pla Thot Samun Phrai (deep fried fish with herbs), Pla Khang Luak Chim (scalded redbtail catfish served with spicy dipping sauce), and so on.



Afternoon

Visit “**Thai Loei Traditional Fabric Weaving Group**” (177 Mu 9, Chaiyaphruek sub-district, Mueang Loei district, Loei, Tel. +66 (0) 4283 5104) to witness a weaving demonstration and purchase traditional hand-woven textile products prior to going back.



Route 3

ISAN MIX AND MATCH

Khai Kratha

"Khai Kratha" is typical Isan breakfast in the Northeast, originated from Ubon Ratchathani where many Vietnamese and Lao people migrated across the Mekong River to settle down before it was spread to other provinces the Vietnamese relocated to. It is assumed that Khai Kratha is a cultural heritage from France, similar to the dish "L'oeuf sur le Plat" (fried egg). It was inherited when France occupied Indochina including Vietnam, allowing the Vietnamese to bring in various dishes to Thailand as well.

Once introduced to Thailand, local ingredients such as white pork or Chinese sausage are applied. Mu Yo or white pork sausage is widely produced on Si Narong Road, Mueang Ubon Ratchathani where many Vietnamese people have moved to. Khai Kratha is uniquely made on a small flat pan with two handles. Cooking Khai Kratha is making a fried egg with white pork and Chinese sausage on top. In some areas, minced or shredded pork are added. It is served with fragrant mini baguette with white pork and Chinese sausage fillings, crispy on the outside yet soft on the inside, and hot tea or coffee.

Khai Kratha is one of the delicacies reflecting Ubon Ratchathani's culinary culture. It was a mixture of dishes influenced by several countries; such as, Thailand, Lao PDR, and Vietnam, similar to "Kuai Chap Yuan" (rice noodle soup) which has Vietnamese influence. Besides Isan food available all over the province, Ubon Ratchathani has been renowned for the best Kuai Chap Yuan in Thailand as well.

Day 1

Morning

Breakfast at **"Dao Coffee"** (6 Chongkonnithan Rd., Mueang Ubon Ratchathani district, Ubon Ratchathani, Tel. +66 (0) 8 8378 8181), the well-known café utilising Arabica coffee beans grown in Pakse, Lao PDR. Apart from coffee, the café also serves breakfast and a variety of bread; such as, **"Pâté"**, imported bread from Lao PDR, and influenced by France. Its fillings contain ground pork liver seasoned with a secret recipe, white pork sausage and different kinds of vegetables. Other dishes are **"Khai Kratha"** (Indochina pan-fried egg with toppings) and **"Khai Kuan Mu Tho"** (scrambled eggs with deep fried pork).



The shop-front restaurants next to the coffee shop serve breakfast as well; for instance, **"Kuai Chap Yai Thae"** (Vietnamese rice noodle soup by Grandma Thae), **"Prathueang Kuai Chap Vietnam"** (Prathueang's Vietnamese rice noodle soup) like **"Khai Kratha"** (Indochina pan-fried egg with toppings) and **"Khao Chi Vi"** (Vietnamese style stuffed baguette) and the **"Pak Mo Yuan"** shop (Vietnamese steamed rice rolls) where visitors are able to observe the cooking process of the steamed rice rolls while waiting. Then, depart for Warin Chamrap district.



Noon

Upon arrival in Warin Chamrap, have authentic Isan food of Ubon Ratchathani for lunch at the **"Kok Kham"** restaurant (1 Mu 4, Liang Mueang Rd., Kham Nam Saep sub-district, Warin Chamrap district, Ubon Ratchathani, Tel. +66 (0) 8 1879 2325). Signature dishes are Kai Yang - Som Tam (grilled chicken - spicy green papaya salad), **"Ping Pla Tha Kluea"**, grilled fish containing a perfect sensation of a sweet taste from the fresh fish meat and salty taste from the salt coated on the fish skin, **"Lam Pla"** adapted from Ho Mok (steamed curried fish in a banana leaf cup) by mixing the Nile tilapia meat with curry paste and coconut milk in a bamboo tube and roasting it until it is cooked,

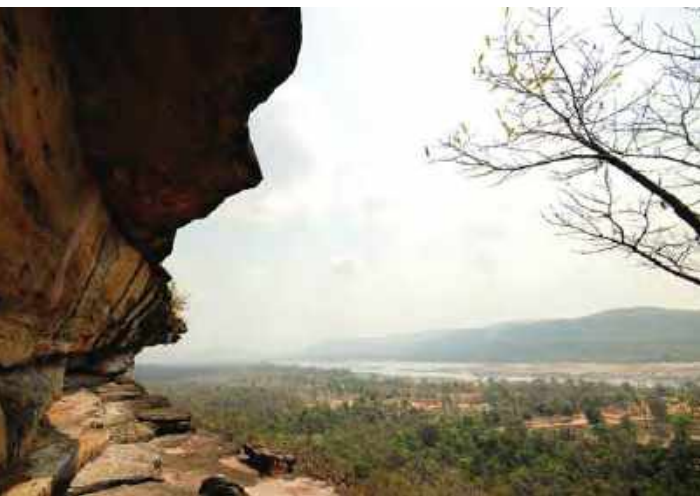


"Tom Pla" (boiled fish soup) cooked by boiling the Nile tilapia or the red Nile tilapia together with a mixture of local vegetables, **"Som Tam Korat"** (spicy green papaya salad with fermented fish sauce) and Sai Krok Isan (Isan sausage). (Remarks: The Nile tilapia here comes from fish farming cages in the Mun River, the Srinagarindra Dam and the Lam Pao Dam in Kalasin province.)



Afternoon

Visit **"Pha Taem National Park"** (P.O. Box 5, Huai Phai sub-district, Khong Chiam district, Ubon Ratchathani, Tel. +66 (0) 4531 8026), a historical landmark where prehistoric cave paintings dating back 3,000-4,000 years were discovered. The National Park has been covered with an abundant forest and a diversity of animals. Significantly, it is the first national park in Thailand that has the longest line of the Mekong River, used for demarcating the boundary between Thailand and Lao PDR., along the border of the National Park.



After that, head to **"Khong Chiam"** to view the picturesque natural wonder of **"Maenam Song Si"** (Two-coloured river) as a result of the two rivers being joined. Check-in at the **"Tohsang Khongjiam Hotel"** (Khong Chiam sub-district, Khong Chiam district, Ubon Ratchathani, Tel. +66 (0) 4535 1174). Witness the cooking demonstration of a traditional dish like **"Khem Bak Nat"** or also known as **"Lon Khem Sapparat"** (fermented fish with pineapple) and taste it.



Evening

Dine by the Mekong River. The highlight is freshwater fish and giant river prawn menus from the Mekong River; for instance, at the **"Mae Nam Song Si"** restaurant (Khong Mun Rd., (adjacent to Phae Chonlada restaurant), Khong Chiam district, Ubon Ratchathani, Tel. +66 (0) 4535 1070), **"Rim Khong"** restaurant (526 Mu 1, Rim Khong Rd., Khong Chiam sub-district, Ubon Ratchathani, Tel. +66 (0) 4535 1101, +66 (0) 8 1967 2842), or **"Phae Araya"** restaurant (Rim Khong Rd., Khong Chiam district, Ubon Ratchathani, Tel. +66 (0) 4535 1015).



Day
2



Morning

Have breakfast and leave for **"Sam Phan Bok"**, a giant stone platform lying in the Mekong River, or **"Grand Canyon of Thailand"** (Ban Pong Pao, Lao Ngam sub-district, Pho Sai district, Ubon Ratchathani), which is fascinating in the dry season. However, if travellers visit here in the rainy season, they can witness the natural beauty of the amazing **"Saeng Chan Waterfall"** instead. Then head back to the Ubon Ratchathani city centre.



Noon

Have Vietnamese cuisine for lunch at **"Indochin"** (168-170 Sapphasit Rd., Mueang Ubon Ratchathani district, Ubon Ratchathani, Tel. +66 (0) 4524 5584), the age-old restaurant open for over 40 years with secret recipes from Kuang Bin (Quang Binh) province in Vietnam. Signature delicacies include Naem Nueang (Vietnamese grilled pork rolled in transparent rice paper with assorted herbs and vegetables), Khanom Thuai Na Mu (Vietnamese steamed dumpling with grilled pork), Khanom Bueang Yuan (Vietnamese stuffed crispy egg crepe), Yam Hua Pli (banana blossom salad), etc.

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Afternoon

Go sightseeing at **"Thung Si Mueang"** where Ubon Ratchathani's **"City Pillar Shrine"** is located.

Shop for local souvenirs; for example, Mu Yo (white pork sausage), Sai Krok Isan (Isan sausage), Naem Si Khong (fermented pork ribs), Naem Bai Mayom (fermented pork wrapped in star gooseberry leaf), and so on at **"Mu Yo Dao Thong"** (Si Narong Rd., Mueang Ubon Ratchathani district, Ubon Ratchathani, Tel. +66 (0) 4525 5131), which has been operating for 35 years and **"Mu Yo Tong Nueng"** (72-74 Phalo Chai Rd., Nai Mueang sub-district, Mueang Ubon Ratchathani district, Ubon Ratchathani, Tel. +66 (0) 4524 3688). Travel back.





Route 4

UNCOVER THE BEAUTY OF THE THREE NORTHERN CULTURES

Khan Tok Dining

"Chiang Mai" is not only the cultural hub of the Northern Region, but also the hub of Lanna cuisine containing diverse cultures together with graceful traditional dances, beautiful language and unique costumes. In addition, Lanna cuisine also looks delicate and beautiful as a result of the Northern people's culinary culture inherited from their forefathers for ages.

"Khan Tok" is the Lanna's food container made of wood with a tray-like round shape. Khan Tok of the Northern royal family or wealthy people would be modified to look more luxurious depending on the social status. Traditionally, when guests come to visit, hosts will invite their guests to jointly have a Khan Tok meal. Various dishes are usually cooked and all of them are Lanna cuisine; such as, pork curry, spicy pork and tomato dip, spicy sausage, etc. which will be eaten with sticky rice. When eating, people traditionally sit on Sat Toem (a bamboo-woven mat) or on a raised wooden floor.

Khan Tok dining aims to hold a reception for guests afar and offer them a warm welcome. Nowadays, Northern traditional performances have been added to complete the true Lanna ambience, e.g. Fon Lep (Thai fingernail dance), Fon Ngiao (Shan dance), and Ram Wong (group dance) for closure.

"Khan Tok" is therefore recognised as the Northerners' heritage inherited from the ancestors until present.

Morning

Stroll and shop for fresh, local vegetables at “**Talat Nat Kaset Plot Phit Ahan Plot Phai**” (**Clean, Green, & Safe Agricultural Farms**) (239 Huai Kaeo Rd., Suthep sub-district, Mueang Chiang Mai district, Chiang Mai, Tel. +66 (0) 5394 1300), a farmer's market under the supervision of the Faculty of Agriculture, Chiang Mai University. Produce sold here comes from University staff members, farmers, and vendors in the network from San Sai, San Pa Tong, Hang Dong, Doi Saket, etc. The market has become popular among Japanese, Western and Thai health lovers.



Noon

Lunch at the “**Huean Chai Yong**” restaurant (65 Mu 4, Buak Khang Sub-district, San Kamphaeng district, Chiang Mai, Tel. +66 (0) 8 6671 8710) serving traditional delicacies of the “**Yong**” or “**Thai Lue**” ethnic group who migrated from Shan State, Myanmar. The restaurant was built in a traditional Shan-style stilt house with a wooden structure. Meanwhile, diners will be able to perceive the Yong's culture and tradition through decorated collectibles and antique photographs inside.





Afternoon

Back to Chiang Mai city centre and try Thai desserts at **"Wan Lamun"** shop (53/4 Yaek Sam Kasat, Inthawarorot Rd., Si Phum sub-district, Mueang Chiang Mai district, Chiang Mai, Tel. +66 (0) 5341 6185). The desserts here are tender and not overly sweet with a wide range of

choices to taste and try, e.g. Thua Paep (mung bean rice crepe), Khanom Chan (steamed layer cake), Khanom Tom (coconut ball), Luk Chup (fruit shaped mung beans), Wun (jelly) and so on.



Lanna style dinner at the **"Khan Tok of Old Chiangmai Cultural Centre"** (185/3 Wua Lai Rd., Hai Ya sub-district, Mueang Chiang Mai district, Chiang Mai, Tel. +66 (0) 5320 2993-5) in a Lanna Thai style house amidst Lanna ambience and watch Lanna performances. Lanna's Khan Tok dishes comprise Kaeng Hang Le (Northern style

pork curry), Nam Phrik Num (roasted green chilli dip), Nam Phrik Ong (Northern style spicy pork and tomato dip), Khaep Mu (deep fried crispy pork rinds), and Krabong Thot (deep fried pumpkin). Then finish your dinner with Khanom Nang Let (sweet crispy rice cakes with cane sugar drizzle, also known as Khao Taen), and seasonal fruits.

Evening





Day
2

Morning

Visit “**Warorot Market**” or “**Kat Luang**” (Chang Moi sub-district, Mueang Chiang Mai district, Chiang Mai), and have a Lanna style breakfast; such as, banana-leaf-wrapped Khao Niao Nueng (steamed glutinous rice), Mu Thot (deep fried pork), Si Khrong Mu Thot (deep fried pork ribs), Naem Thot (deep fried fermented pork), etc. amidst the morning atmosphere of the market and witness hill tribe people selling their goods carried down from the hill.

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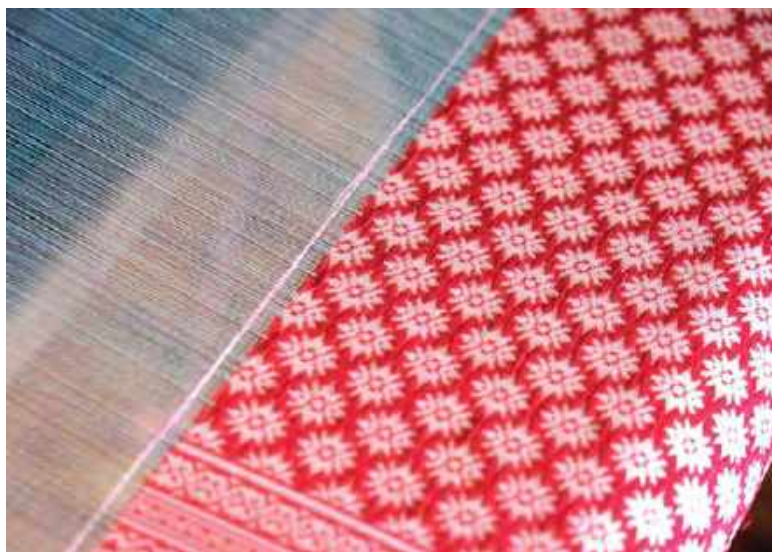
Noon

“**Thai Yai**” (Shan) style lunch at the “**Rachamankha Hotel**” (82-86 Ratchamankha Rd., Mueang Chiang Mai district, Chiang Mai. Please contact the Hotel at Tel. +66 (0) 5390 4111 for advance reservations). The hotel building exposes the architecture of a Lanna style temple incorporated with the centuries-old vernacular Chinese dwellings. Thai Yai style cuisine is served here; for instance, Yam Phak Chi (parsley salad), Yam Bai Cha (pickled tea leaf salad or Laphet Thoke), Roti Kae (roti with lamb curry), etc.



Afternoon

Depart for Lamphun province to observe and purchase “**Lamphun Yok Dok Silk Fabric**” (brocade silk), featuring the uniqueness of the Yong people’s weaving technique in Lue and Thung Hua Chang districts or you may opt to shop at “**Amphai’s Lamphun Yok Dok Silk**” (69/1 Mu 1, Ban San Ton Thong, Lamphun-Pa Sang Rd., Ton Thong sub-district, Lamphun, Tel. +66 (0) 8 1826 6873).



Then stop to buy Sai Ua (Northern style spicy sausage) and Nam Phrik Num (Roasted green chilli dip) at “**Sai Ua Yai Pi**” (Sai Ua by Grandma Pi) (Rop Mueang Rd., Mueang Lamphun district, Lamphun, Tel. +66 (0) 5356 1381) aged over 50 years and full of the fragrant smell of herbs. The shop uses coconut husks when grilling as well.





Evening

Dine at the **"Ban Suan Achan Chulathat's Restaurant"** (25 Mu 3, Ruean Cham Mai-Mae Jo Rd., San Phisuea sub-district, Mueang Chiang Mai district, Chiang Mai, Tel. +66 (0) 5385 4169), located by the Ping River. The restaurant has a Lanna style building structure and is elaborately decorated with traditional household items. Lanna delicacies to be served are local vegetable menus including Yam Phak Wan (sweet leaf spicy salad), Kaeng Tun Sai Kung Foi (Colocasia gigantea curry with tiny freshwater shrimp), Phat Naem (stir-fried fermented pork), Kaeng Khae (Northern style mixed vegetable curry), Sai Ua (Northern style spicy sausage), Kaeng Hang Le Mu (Northern style pork curry), Kaeng Ho (Dried mixed vegetables curry), etc.

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Route 5

THE SECRET PASSAGE TO LAPLAE'S GOURMET

The Mystic Food of Laplae

"Laplae", one of the districts in Uttaradit province, is full of mystic atmosphere as it is located in a mysterious and complex landscape. The Laplae are originally from the Tai Yuan ethnic group migrating from the Yonok Kingdom, Chiang Saen city. Thus, they possess original Lanna tradition, especially "Laplae cuisine" many people have craved for. Laplae dishes are similar to the Northern dishes. However, there are also culinary creations based on the locals' folk wisdom, which makes its cuisine distinctive.

For example, "Mi Phan" in the past, the Laplae ate boiled rice vermicelli just like in an ordinary way. Later they devised "Mi Khluk" by mixing cooked rice vermicelli with blanched bean sprouts and Chinese kale, garlic chives, pork fat crackling, and fried garlic oil and seasoned with sugar, vinegar, fish sauce, and chilli powder. Then put the mixture on "Khao Khaep" (local Laplae dish, made by drying thin, round rice paper in the sun and either grilling or frying it), roll it with a closed tip on both sides. And Mi Phan, as they called it, is ready to eat.

The savoury taste of Mi Phan comes from a mixture of sticky and salty Khao Khaep, flavorful Mi Khluk and crispy pork fat cracklings. Other appetising speciality dishes are Khao Phan Phak (steamed rice dumplings with vegetable filling), Krabong Thot (deep fried pumpkin), Lot Chong Khem (salty white noodles), etc.

Morning



Early morning flight to Phrae province. Then transfer to Uttaradit province by ground transportation. Have breakfast at **"Lom Yen"** (173 Mu 5, Pa Sao sub-district, Mueang Uttaradit district, Uttaradit), the restaurant set in an antique Thai wooden house and open for over 20 years. Recommended dishes include Khao Tom Mu Song Khrueng (boiled rice soup with pork), Khao Tom Kui (rice porridge), Kafae (coffee), Pa Thong Ko (Chinese crullers), and so on.

Late Morning

Travel to pay homage at **"Wat Phra Thaen Sila At"** (Thung Yang sub-district, Laplae district, Uttaradit), the provincial temple housing the Buddha's footprint. After that, visit **"Wat Phra Borommathat Thung Yang"** (Thung Yang sub-district, Laplae district, Uttaradit) to witness a Lanna or Chiang Saen style Wihan Luang (A large image hall in the East of the principal stupa) and pay respect to Luangpho Prathan Thao, a Chiang Saen style sacred Buddha image in the position of subduing Mara, which has been well respected by the Uttaradit people for centuries, followed by the stupa enshrining a Buddha's relic.



Noon

Head to “**Mueang Laplae**” (8 kilometres from the city centre. Please contact the Laplae District Office at Tel. +66 (0) 5543 1089 for further information). The first destination is the “**Mon Lablae**” restaurant (98 Laplae district, Uttaradit, Tel. +66 (0) 5543 1439, www.monlablae.com) to have a traditional lunch. Recommended dishes are Khao Phan Phak (steamed rice dumplings with vegetable filling), Pla Thot Samun Phrai (deep fried fish with herbs), Nam Phrik Num Phak Luak (roasted green chilli dip with boiled vegetables), etc.

Apart from being a restaurant, Mon Lablae also serves as a local museum and souvenir shop selling local handicrafts, traditional hand-woven textiles, Laplae’s unique souvenir items, seasonal fruits, and healthy drinks. Visitors will enjoy the natural landscape as well as the charm of the agricultural way of life.



Then witness woven fabrics and handicrafts at the “**Sin Tin Chok (weaving technique) Fabric Museum**” located in the same compound.





For bicycle enthusiasts, you can go cycling for Laplae sightseeing around Laplae using the **"Wat Thong Laplae"** route (Ban Thong Laplae, Fai Luang sub-district, Laplae district, Uttaradit) to see the centuries-old Buddhist scripture house situated in the middle of the pond and the upside down reflection of mural paintings in the Phra Ubosot (Ordination Hall) of the temple.

Late Afternoon

Go to taste Laplae style delicious food at the **"Rat Uthit Road"** quarter or the so-called **"Thanon Khon Kin"** (Literally eating street), the locals' popular food destination. Don't miss the following shop-front restaurants **"Che Ni Khong Thot"** (58-59 Si Phanom Mat sub-district, Laplae district, Uttaradit, Tel. + 66 (0) 5543 1428) offering a variety of deep fried dishes including Kiao (wanton), Tao Hu (tofu), No Ua (bamboo shoots with pork), and seasonal vegetables; **"Khao Phan Phak Pa To"** or Aunt To's Khao Phan Phak (1043 Si Phanom Mat sub-district, Laplae district, Uttaradit, Tel. + 66 (0) 8 0447 0345) selling Khao Phan Phak (similar to Khao Kriap Pak Mo or steamed rice dumplings but with fresh vegetable filling and other ingredients) and; **"Pa Wang Mi Phan Laplae"** or Aunt Wang's Laplae Style Rice Vermicelli Wrap (739 Si Phanom Mat sub-district, Laplae district, Uttaradit, Tel. + 66 (0) 8 4045 2047) cooking its traditional dish by soaking Khao Khaep (Northern style rice cracker) until soft, mixing rice vermicelli, bean sprouts, deep fried pork rind together, seasoning with fish sauce, sugar, lime and chilli powder before putting the filling on the soft rice cracker and wrapping it with a closed tip on both sides.



Day 2

Morning

Offer the morning alms to Buddhist monks at the **"Fai Luang Market"** (Fai Luang sub-district, Laplae district, Uttaradit), stroll and have a local breakfast at the market.



After that, go to observe the lifestyle of Laplae fruit growers at **"Ban Bon Doi"** (77 Mu 2, Mae Phun sub-district, Laplae district, Uttaradit, Tel. +66 (0) 5543 1392) where there are fruits to taste throughout the year, e.g. Langsat (Lansium parasiticum), Mangkhut (mangosteen), Thurian (durian), Sapparat (pineapple), and tamarind. Enjoy touring around the fruit orchards and the community's museum exhibiting from how to grow fruits to how to make processed fruit products and shop for seasonal fruits.



Noon

Back to the city centre and have lunch at the “**Ruean Phi Ruean Nong**” restaurant (Den Chai-Phitsanulok Rd., Pa Sao sub-district, Mueang district, Uttaradit, Tel. +66 (0) 5544 2397) offering the province’s well-known appetising dish called “**Khanom Chin Nam Ya Pla Takok**” (fresh rice noodle with minced soldier river barb in red curry sauce) together with different kinds of fresh rice noodle and Lanna style hors d'oeuvres.



Afternoon

Go to pay respect to “**The Phraya Phichai Dap Hak Memorial**” (Mueang district before Uttaradit City Hall) and visit the world’s biggest “**Museum of Nam Phi Iron Sword**” situated in the same area. Then travel back.





Route 6

THE RICHNESS ALONG THE RIVER AND GOLDEN LAND

Local Riverine Cuisine

"Suphan Buri province" is located on the west of Central Thailand with the Suphan Buri or Tha Chin River flowing parallel to the province from north to south. In the past, the ancient community used both sides of the river for their living, water transport or commerce by boat or raft. In the monsoon season, the swollen river brought the fertile soil downstream into the paddy fields and there were plenty of shrimps and fish in the river as well. When the water level decreased, farmers then began rice cultivation and managed to obtain good yields. The prosperity the community gained from this river has allowed Suphan Buri to be one of the food ladders of Thailand, with the wealth of food. Thus, the province deserves to be the agricultural town of the Central Plains due to the fertile soil, sufficient supply of water and being a leading source of rice agriculture. Large rice fields in Suphan Buri have been abounded with paddy-snakehead fish. The snakehead fish here has a thick texture and sweet taste. As a result, people also have farm ponds for cultivating snakefish, Pla Salit (snakeskin gourami), Pla Duk (catfish), Pla Ma (boeseman croaker) and Kung Maenam (giant river prawn). Suphan Buri caters to food lovers who miss eating fish and prawns.

Day 1

Morning

Leave for Suphan Buri province



Then go to pay respect to a huge Buddha image known as Luangpho To at **"Wat Pa Lelai"** (Malai Maen Rd., Rua Yai sub-district, Mueang Suphan Buri district, Suphan Buri). It is always said that if you cannot make it to the temple to pay homage to Luangpho To when visiting Suphan Buri, it is considered that you have not arrived in Suphan Buri yet. This is because the temple is regarded as Thailand's significant temple with a long history and one of the places described in the legend of Khun Chang-Khun Phaen, a notable work in Thai literature. In addition, the temple is also a centre for Suphan Buri's

Late Morning

Lunch at **"Kui Mong"** (328 Mu 5, Khok Khram, Bang Pla Ma district, Suphan Buri, Tel. +66 (0) 3558 7256), the over-90-year-old restaurant in Bang Pla Ma district. Signature dishes are Kung Maenam Thot Kluea (fried river prawns with salt), Pla Ma Nueng Manao Krathiam Thon (steamed boeseman croaker with lime and elephant garlic), Khrip Pla Krai Chup Paeng Thot (crisp fried clown knifefish's fins), Tom Yam Pla Ma (hot and sour, spicy soup with boeseman croaker), Nuea Pla Krai Phat Krathiam Thon (stir-fried clown knifefish meat with elephant garlic), etc.





local souvenir products including Pla Salit (snakeskin gourami) from Don Kam Yan, the sub-district that has been renowned for this delicious fish, Pla Maenam (freshwater fish), Pla Daet Diao or fried sun-dried freshwater fish (visitors are welcome to witness the dried snakeskin gourami processing). There are various fruits, vegetables and Nam Phrik (chilli paste) to purchase as well.



Afternoon

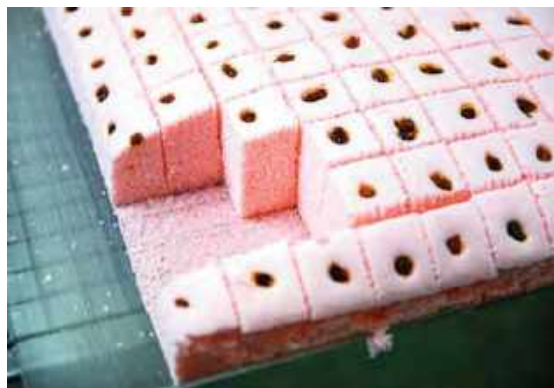
Head to the **"Buffalo Village"** (222/2 Mu 1, Suphan Buri-Chai Nat Rd., Wang Nam Sap sub-district, Si Prachan district, Suphan Buri, Tel. +66 (0) 3558 2891-2) to observe the traditional Thai farmers' rural lifestyle, the attachment between people and water buffaloes, handicrafts as well as Thai ancestors' local wisdom. Other interesting activities involve rice lecture attendance in terms of rice growing and Khwan Khao ceremony (Rice Goddess Offering Ceremony) prior to gaining first-hand experience in ploughing, sowing, and transplanting of rice seedlings, water buffalo riding and enjoying a buffalo show.



Then visit the **"Sam Chuk Market"** (located alongside the Tha Chin River, Sam Chuk district, Suphan Buri) which was granted an Award of Merit of the UNESCO Asia-Pacific Heritage Awards for Culture Heritage Conservation as being a **"100-Year-Old Market and Living Museum"**. Explore the Market and shop for the provincial famous consumer products, especially **"Khao Chao Hom Suphan Buri"** (Suphan Buri aromatic rice variety), vegetables, fruits, food and other local well-known products.

Evening

Dinner at **"Mae Buai"** (279/1-5 Khok Kham sub-district, Bang Pla Ma district, Suphan Buri, Tel. +66 (0) 3558 7077), the age-old restaurant renowned for its fresh savoury river prawns and freshwater fish menus. Recommended delicacies are Tom Yam Pla Ma (hot and sour, spicy soup with boeseman croaker), Pla Ma Nueng Buai (boeseman croaker steamed with pickled plum), Kung Thot Kluea (fried river prawns with salt) and a local souvenir product known as **"Khanom Sali"** (steamed sponge cake). The restaurant has still employed the old steaming method, i.e. using one-deck bakery steamer instead of putting layers of trays in one steamer. If you refer to Khanom Sali of Suphan Buri, Mae Buai's Khanom Sali of Bang Pla Ma has been praised to be Suphan Buri's original Sali which is perfectly soft, fragrant and sweet. Apart from the steamed sponge cake, the restaurant also offers a wide variety of Thai desserts; such as, Khanom Chan (steamed layer cake), Khanom Kluai (Steamed banana pastry) and so on. After dinner, travel back.





Route 7

TIMELESS DELICIOUS

The Lasting Taste of Takua Pa

In the past, “Takua Pa” (Takua Pa district, Phang-nga province), the southern district, was greatly prosperous. It was the place where the Chinese sailed to trade goods and brought in their culture and Sino-Portuguese architecture popular at that time to the town, same as in Phuket. A number of Hokkien Chinese came here to invest in the tin mining industries. Although there is no longer a mining business today, a trace of the past has still remained as well as “Traditional Takua Pa Dishes”, which have been eternally unchanged.

Local Takua Pa food is a mixture of authentic traditional Southern food; such as, “Kaeng Tai Pla” “Kaeng Phung Pla” by the locals, “Kaeng Kathi” and pungent chilli paste; Hokkien Chinese dishes e.g. “Loba” and “Mi Hun” and; the Muslim food like “Kaeng A Chat” as the Muslim have relocated in this town as well. Speaking of “Takua Pa’s desserts”, it is said that this town has the highest number of ancient desserts inherited for ages e.g. Tao So, similar to mung bean cake but smaller, containing aromatic flour with bean and egg yolk filling, Khanom Bueang Boran, Mo Si (similar to Japanese mochi), Kikoi and Khanom Khrok Takua Pa, which differs from the regular one in a way that it contains no sugar. However, the locals will dip it with sugar instead, if needed.

These traditional speciality delicacies have proved Takua Pa to be the trace of history that has remained alive.

Day 1



Morning

Depart for Phang-nga province and visit the **"Phang Nga Coastal Fisheries Research and Development Centre"** (164 Thai Mueang sub-district, Thai Mueang district, Phang-nga, Tel. +66 (0) 7643 2212) to observe how to grow and raise the seaweed named Sarai Cho Phrik Thai (Thai green caviar or *Caulopa macrophysa*) being researched and cultivated by the Centre for local people to take and grow it in the natural environment, enabling the villagers to generate a source of income.



Noon

Lunch at the **"Ai Thale"** restaurant (Thai Mueang Beach, Thai Mueang sub-district, Thai Mueang district, Phang-nga, Tel. +66 (0) 8 1481 2288) serving dishes cooked from Sarai Cho Phrik Thai (Thai green caviar or *Caulopa macrophysa*) e.g. Som Tam Sarai Cho Phrik Thai (spicy green papaya salad served with Thai green caviar and vegetables), Nam Phrik Sarai Yam Kung Sot (chilli and shrimp dipping sauce served with Thai green caviar and vegetables), Sarai Song Khrueang Seafood (stir-fried seafood in tamarind sauce served with Thai green caviar and vegetables), Kaeng Kathi Pu Nim (coconut curry of soft-shell crab), and so on.





Afternoon

Go rafting at “**Khlong Lam Ru**” (Khao Lak-Lam Ru National Park, Mu7, Khuekkhak sub-district, Takua Pa district, Phang-nga, Tel. +66 (0) 7648 5243). Enjoy adventurous bamboo rafting down the cool, crystal clear river, gently drifting along and passing by rocks and lush tropical forest landscape. This is one of Khao Lak-Lam Ru National Park’s ecotourism activities.



Evening

Dinner at “**Yim Yim**” (11/27 Bang Muang sub-district, Takua Pa district, Phang-nga, Tel. + 66 7659 3058), the well-known, age-old restaurant open for over 30 years. It is Her Royal Highness Princess Maha Chakri Sirindhorn’s favourite restaurant as well. Having a fishing dock in front enables the restaurant to obtain fresh seafood to cook and serve every day. Mouthwatering dishes include Kung Chaebuai That Krathiam Phrik Thai (fried banana shrimp with garlic and pepper), Luk Chin Pla Krai Luak Chim (boiled knifefish ball served with seafood dip), Hae Kuen Sai Kung (shrimp roll), Phat Krapho Pla Pling Thale (stir-fried fish maw and sea cucumber), Phak Liang Phat Khai (stir-fried melinjo leaves with egg), etc.



Morning



Breakfast at “**Hok Ki Lao**” (19 Sena Rat Rd., Takua Pa district, Phang-nga, Tel. +66 (0) 7642 1938), Takua Pa’s legendary Chinese restaurant offering recommended dishes; such as, Dim Sum (dumpling), Mi Sua (stir-fried Chinese noodle), Man Tho (plain cloud-like steamed bun/mantou), Sa La Pao (steamed bun/ Baozi), Taohu Pu Kon Nueng Manao (tofu and crab meat steamed with lime), etc.

Late Morning



Leave for “**Khlong Sang Ne**” (Mu 9, Bang Nai Si sub-district, Takua Pa district, Phang-nga). Have a boat trip to discover Thailand’s Little Amazon jungle and feel the tranquil atmosphere of an ancient forest. Stroll in Takua Pa old town, where Sino-Portuguese style houses and

buildings have been retained. Therefore, it creates a sense of being taken back 100 years in time. Visit old camp walls, charming old houses and pay respect to the Kuan U shrine.



Noon

"**Li Ya**" (461/7 Mu 8, Rd., Khura sub-district, district, Phang-nga, 66 (0) 7649 1498). Try local dishes such as Nam Phrik Kung Slap (spicy dried shrimp paste), Mu Khua Kluea (stir-fried pork with salt), Bai Liang Phat Khai (stir-fried melinjo leaves with egg), etc.



Afternoon

Go sightseeing in the "**Ban Thung Tuek Ancient Town**" (Ban Thung Tuek Mu 3, Ko Kho Khao sub-district, Takua Pa district, Phang-nga), archaeological remains of an ancient town. It was assumed that Indian people residing in a mountainous area once came to settle down here in ancient times. Nowadays, only ruins of the historical site, mostly built with bricks and stones, remain.



Prior to going back, drop by the **"Sate Phang Nga Khun Thip"** shop-front restaurant (184 Phetchakasem Rd., Thai Chang sub-district, Takua Pa district, Phang-nga, Tel. +66 (0) 7641 1322) to try its savoury delicacies being sold for over 35 years; for example, **"Sate Mu"** (grilled pork with curry peanut sauce), **"Sate Khueang Nai Mu"** (grilled pork entrails with curry peanut sauce), and a dessert called **"Chao Kuai Lam Yai"** (black jelly in longan syrup).



Shop for Phang-nga's local souvenirs; for example, **"Khanom Tao So"** (traditional Chinese biscuit with bean paste filling) at the **"Chio Bakery"** (6/10 Phetchakasem Rd., Thai Chang sub-district, Takua Pa district, Phang-nga, Tel. +66 (0) 7642 1521).





Route 8

SOUTHERN CULINARY WAYS

Mu Yang Mueang Trang

It is said that “Mu Yang Mueang Trang” or Trang-style roast pork originated in China a thousand years ago during the period of the Tang Dynasty. The royal chef happened to drop a strip of pork into a charcoal stove. He found the meat was cooked and the skin was charred. When tasting, he felt the piece smelled good, delicious and crispy. Thus, he tried to roast the pork and served it to the emperor and became his favourite dish. When the Cantonese Chinese migrated from China by boat, some of them disembarked at the mouth of the Trang River in Kantang district, Trang province, and settled down here. So did Mr. Hun who was excellent in pork roasting. He brought the recipe of roast pork with him, which was passed down from generation to generation across the province.

“Mu Yang Mueang Trang” is a special type of roast pork with a distinctive taste, crispy on the outside and soft on the inside. The dish is prepared by marinating an entire pig with a mixture of Chinese herbs, spices and honey, allowing the pork to have a sweet taste and aromatic smell. A needle is also used to pierce all over the pork skin for ventilation before roasting the pig in a specially designed oven so that the heat can evenly spread to the entire pig. Once cooked, the pork will turn into red and give a mouthwatering aroma. When eating, 3 layers; namely, skin, fat, and meat are taken into the mouth together and no sauce is needed.

Day 1

Morning

Start the morning with a Trang style breakfast; for example, Mu Yang (Trang style roast pork), Dim Sum (dumpling), Ha Kao (shrimp dumpling/ Har gow), Sa La Pao (steamed bun/Baozi), and Roti (sweet crispy pancake) accompanied with hot tea at the **"Le Trang 2"** restaurant (Sai Ngam Rd., Mueang Trang district, Trang, Tel. +66 (0) 7521 7700), located not far away from the Trang Railway Station. The highlight is its dipping sauce which helps add a more delicious flavour to the dumplings as Trang people take eating seriously.



Other optional restaurants include **"Ruean Thai Tim Sam"** (Phloen Phithak Rd., Thap Thiang sub-district, Mueang Trang district, Trang, Tel. +66 (0) 7521 9342, 8 3180 7675) and **"Phong Phochana"** (67/17 Phloen Phithak Rd., Mueang Trang district, Trang, Tel. +66 (0) 7521 7789), serving dumpling menus as well.

After breakfast, go for a walk in the city centre to witness the old buildings featuring Sino-Portuguese architecture.

Noon

Lunch at **"Trang Mu Yang"** (201/5 Huai Yot Rd., Thap Thiang sub-district, Mueang Trang district, Trang, Tel. +66 (0) 7521 2306, 8 9723 9328) to eat Trang style roast pork cooked with an authentic recipe, i.e. crispy pork skin with aromatic smell of spices. It is normally eaten together with Man Tho (plain cloud-like steamed bun/Mantou). Steamed rice with Trang style roast pork on top is also a good choice.



Afternoon

After the main dishes, head to **"Khanom Pia Soi Kao"** shop (Soi Huai Yot 9, Na Ta Luang sub-district, Mueang Trang District, Trang, Tel. +66 (0) 7522 2737, +66 (8) 9474 6892) to try typical Trang style Thai bean cakes made by incorporating with Hong Kong's authentic recipe. This unique recipe has been handed down from generation to generation until the present time. There are 7 fillings to choose; namely, taro and egg yolk, durian and egg yolk, red bean and egg yolk, jujube and egg yolk, matcha green tea and egg yolk, lotus seed, and black sesame.



Night

Dine at **"Khao Tom Phui"** (65/10 Phloen Phithak Rd., Mueang Trang District, Trang, Tel. +66 (0) 7521 0127) known as Mom Ratchawong Thanadsri Svastiwat's favourite restaurant, a notable Thai gourmet (Mom Ratchawong is a Thai hereditary title.). Signature dishes are Pet Phalo (duck stewed in Chinese herbs), Mara Phat Khai (stir-fried bitter melon with egg), and Phat Hoi (stir-fried clam).



Then stroll along the **"Thanon Khon Doen"** or Walking Street located before the Trang Railway Station known as a food destination for the gourmet where visitors are able to obtain fresh seafood dishes like Pla Thot (deep fried fish), Pla Phao (grilled fish), Mi Pu Song Khrueng (stir-fried rice vermicelli with crab), Khao Niao Sangkhaya (coconut sticky rice with egg custard), and a lot more.

Don't miss the famous Roti shop **"Amina"** (Located in front of the Trang Railway Station, Thap Thieng Sub-district, Mueang Trang district, Trang, Tel. +66 (0) 7521 9093) offering Roti Krop (sweet crispy pancake), Roti Mataba (Murtabak) and other desserts prior to tasting and purchasing Trang's cake at the **"Khek Rot Loet"** shop (59/3 Lang Sathani Rotfai Rd., Mueang Trang district, Trang, Tel. +66 (0) 7521 9093).





Morning

Perceive the locals' lifestyle together with having breakfast at "Talat Sot Thetsaban" or the "Mueang Trang Municipal Fresh Market" (Ratchadamnoen Rd., Thap Thieng sub-district, Mueang Trang district, Trang. There is no doubt that the highlight dish will be Mu Yang Mueang Trang (Trang style roast pork) at the "Ko Phao" food stall, which has been widely recognised. Then move to the "Tha Klang Market" (Tha Klang Rd., Thap Thieng sub-district, Mueang Trang district, Trang) to observe the locals' vibrant trading atmosphere and a good blend of the southern Thai style, Chinese and Muslim delicacies and buy local souvenirs from here at the same time because the shops close early.

Catch a train to Kantang district, a significant port town by the Andaman Seacoast where the Chinese Teochew people have settled down for decades.

Noon

Lunch at "Ko Kia" (8-10 Sathon Sathan Phithak Rd., Kantang sub-district, Kantang district, Trang, Tel. +66 (0) 7525 1393), another age-old restaurant in Trang serving Chinese style seafood delicacies. The restaurant has been renowned for its fresh, savoury seafood dishes. Signature dishes include Tao Toei Nueng Buai (grey pomfrets steamed with pickled plum), Pu Thalay Phat Phong Kari or Phat Phrik Thai Dam (stir-fried mud crab with curry powder or with black pepper), Kung Thot Krathiam Phrik Thai (fried shrimps with garlic and pepper), Kaeng Som Pu Thalay (sour curry with mud crab), and Rat Na Super Thale served with big portions (pan fried noodle with seafood in gravy).

Another option is the "Rim Nam" restaurant (Ratsada Rd., Kantang sub-district, Kantang district, Trang, Tel. +66 (0) 7525 1327), which has been renowned for over 40 years. The restaurant is located on the bank of the Trang River, adjacent to the Port of Kantang. Famous menus are Kuai Tiao Super (pan-fried noodle in gravy served with big portions), Tao Toei Mo Fai Boran (traditional hot pot with grey pomfrets), Kaeng Som Pae Sa (hot and sour curry), and so on.





noon

photograph
Kantang
(Ban Khai
sub-district,
Trang),
of the

Andaman rail line. The

Station building has a wooden single storey designed with an antique hip-roof style locally known as Panya, the Southern Thai style house, and alternately painted in mustard yellow and brown, the two main colours of the railway station buildings in general. The building is separated into two parts: the main building and the platform. The porch of the main building was decorated with wooden fretwork at the corners of each column, retaining the classic architecture in the reign of King Rama IV. Then take the train back to the city centre.



Go to Lam Phu Ra sub-district, the origin of “Khuk Ming Cake” or Trang’s cake, to visit the “Lam Phu Ra Community” Lam Phu Ra sub-district, Huai Yot district, Trang (approx. 10 kilometres from Mueang Trang district), the community that produces the highest amount of Trang’s cake. There is a row of the cake shops on both sides of the street, and some shops also demonstrate how to bake Trang’s cake in every single step. Enjoy Trang’s cake with a cup of fine coffee and purchase them for a souvenir at this one-stop service place. Don’t miss the “Khek Khuk Ming” shop (5-6 Lam Phu Ra sub-district, Huai Yot district, Trang, Tel. +66 (0) 7528 4118, 0 7528 4080), the originator of the Khuk Ming cake.

Double check and ensure that you have all recommended local souvenirs including Trang style roast pork, Trang’s cake and bean cake. If you can buy them at the boarding.





Route 9

THE SOUTHERN HUB OF CUISINE

Colourful Southern Food

"Hat Yai" in Songkhla province is the economic hub of the Southern region and one of the cities with the most colorful food choices. An influx of culinary cultures originated from the railroads as Hat Yai is the southern railroad junction linked to Su-ngai Kolok (Narathiwat province), Padang Besar, and other cities in Malaysia and Singapore. Thus, the city has been flooded with people from so many places and contained a colourful food culture as a result of its openness to tasty foods from many countries.

For example, "Hat Yai Fried Chicken", a famous street food by the Muslim or Betong style Chinese food with ingredients directly delivered from Betong (Yala province) such as Betong chicken, Phak Nam Phat (stir-fried local vegetables), Mu Thot Tao Hu Yi (deep fried pork with fermented bean curd), Pla Chin Nueng (steamed fish), Man Mi (stir-fried Betong fresh noodles with bok choy, meat ball, pork, shrimp and squid in gravy. Betong noodles are similar to egg noodles but slightly bigger. This dish is similar to the Rat Na), etc. In addition, there are also Chinese-style Southern dishes with a flavourful taste, e.g. Sato Phat Kung (stir-fried Peteh bean with shrimp), Kaeng Lueang Yot Maphrao On Pla Kaphong (sea bass yellow curry with coconut shoot), Yam Mamuang Bao Pla Muek Krop (mango spicy salad with fried dried squid). Other dishes include dumplings, Bak Kut Teh, Hakka noodles, traditional rice porridge, Singapore chicken rice, Hong Kong congee, Malaysian coffee, and so on.

Morning

Day
1

Breakfast at **"Ko Ti Ocha"** (134-136 Niphat Uthit 3 Rd., Hat Yai district, Songkhla, Tel. +66 (0) 7423 4243), which has been acclaimed by the locals and foreign tourists for 30 years. Start with a cup of signature coffee like **"Kopi Si"**, strong, self-roasted coffee, served with evaporated milk. The coffee beans here are roasted with butter and sugar, creating an aromatic smell of Thai traditional coffee. Next dishes are **"Chok"** (congee) with 6 dishes being offered for your selection. The highlight one is Hong Kong style **"Chok Khai Yiao Ma"** (congee with century egg); **"Khao Man Kai Sut Kwang Tung"** (Guangdong style chicken rice), served with a mixture of sesame oil and fine soy sauce from the chicken meat; **"Kha Mu"** (pork leg) – the pork leg is very tender, more fragrant than the other dish (Chinese five-spice stew), because it is using over 10 kinds of Chinese herbs, and Singaporean style **"Bak Kut Teh"** (a meat dish cooked in broth), with a stronger flavour of pepper. Don't forget to end your breakfast with scented Chinese tea from Penang with more than 20 kinds of tea on the menu being served to drink for the taste.



Late Morning

Take a stroll around **"Talat Gimyong"** (71/911 Lamai Songkhro Rd., Khlong Hae sub-district, Hat Yai district, Songkhla) where visitors can find a wide array of fruits and snacks being sold on the footpath; for example, cashew nuts, rasins, date palms, sweet red dates in syrup, peaches, Chinese plums, chestnuts, coffee, chocolate and other dried food products.





Noon

Have traditional Southern style delicacies at **"Kan Eng"** (50/3 Kim Pradit Rd., Hat Yat district, Songkhla, Tel. +66 7424 6138) for lunch; for instance, **"Sato Phat Kung"** (stir-fried Peteh bean with shrimp), **"Kaeng Lueang Yot Maphrao On Pla Kaphong"** (sea bass yellow curry with young coconut shoot), **"Yam Mamuang Bao Pla Muek Krop"** (Southern mango spicy salad with fried dried squid), **"Pla Sai Thot Khamin"** (deep fried sand whiting fish with turmeric) and **"Kha Mu Nam Daeng"** (braised pork leg in brown sauce), Malaysian tourists' favourite dish, served with savoury dipping sauce.

Afternoon

Witness Hat Yai's landscape by riding on the **"Hat Yai Cable Car"** along the worship route where sacred things are housed on the top of Khao Kho Hong. From there visitors can enjoy a bird's-eye view of Hat Yai city and the Songkhla Lake.

Evening

Dinner at **"Ta Yoen Betong"** (196/3 Niphat Uthit 3 Rd., Hat Yat district, Songkhla, Tel. +66 7435 4051), a Thai-Chinese restaurant using fine, fresh, rare ingredients directly delivered from Betong district for cooking dishes with authentic Betong recipes. Recommended menus include Kai Betong (Betong chicken), Thua Fak Yao Chian (stir-fried Betong long bean with garlic and dried shrimp), Phak Nam Phat (stir-fried Betong local vegetables), Mu Thot Tao Hu Yi (deep fried pork with fermented bean curd sauce), Pla Chin Nueng (steamed grass carp), Man Mi (stir-fried Betong fresh noodle with bok choy, meat ball, pork, shrimp and squid in gravy. Betong noodles are similar to egg noodles but with a slightly bigger size. This dish is similar to the Rat Na menu, pan fried noodle with gravy.)





Night

Enjoy walking around the **"Hat Yai Night Market"** (Saneha Nuson Rd., Hat Yai district, Songkhla) where visitors can discover delicious food to eat until late at night, e.g. Khao Man Kai (chicken rice), Kuai Tiao (noodles), Hoi Thot (crispy oyster omelette), Phat Thai (stir-fried Thai style rice noodle) as well as fresh seafood.



Morning

Day 2

Head to Mueang Songkhla and have Hakka Chinese or Chin Khae style noodles at **"Kuai Tiao Ko Baen"** for breakfast (115 Sai Buri Rd., Mueang Songkhla district, Songkhla, Tel. +66 (0) 7431 4137). What makes its noodle different is the shop will place boiled swamp morning glory at the bottom of the noodle bowl, followed by a huge amount of fresh boiled rice vermicelli mixed with oil on top until it is almost beyond the edge of the bowl and season the noodle with fried garlic oil or Krathiam Chiao in Thai, sugar and chilli powder. The noodle is served along with large-sized pork spareribs, pork skin, pork ball, king mackerel fish ball and Hakka style tofu in a separate dish.





Late Morning

Stroll along the “Nang Ngam Road” area or formerly known as “Kao Hong Road” that is full of traditional Songkhla delicacies, both Thai and Chinese. Then go to pay homage to Songkhla’s City Pillar Shrine and enjoy observing Sino-Portuguese style houses and buildings lining on both sides along the road,

Noon

Lunch at food shops in the Nang Ngam Road quarter, e.g. “Kiat Fang (Ko Yao)” (Nang Ngam Rd., between Soi 2 and Soi 4, Mueang Songkhla district, Songkhla, Tel. +66 (0) 7431 1998) serving authentic Songkhla Khao Satu (traditional Songkhla simmering soup containing meats, offal and spices served with steamed rice), “Kuai Tiao Tai Rong Ngio” noodle shop (located in Songkhla’s City Pillar Shrine, Nang Ngam Rd., Mueang Songkhla district, Songkhla) where the diners have to bend their body and lower their head as much as possible because they have to eat under the Chinese opera stage. This shop offers pork noodle with chicken leg made from its secret recipe. Another option is “Kuai Tiao Hang Mu” noodle shop (180 Nang Ngam Rd., Mueang Songkhla district, Songkhla) serving pigtail noodle with the original recipe from Diao Liang in China. The shop makes its noodle special by using liquid palm sugar instead of cane sugar. Don’t miss “Tao Khua Pa Chuap” i.e. Southern style rice vermicelli with swamp morning glory, crisp fried shrimp, firm tofu and sweet sauce on top (it is called Phak Bung Tai Rao in Surat Thani and Ranong, Ro Yao in Narathiwat and Pattani and Ro Chak in Singapore and Malaysia.)

Finish your lunch with a dessert at the “Ong Ice Cream” shop serving its home-made ice cream in a small clay jar or Ong in Thai). There is coconut and lychee ice cream as well as traditional raw egg yolk ice-cream. Or at “Ban Li Eng” (Opposite the shrine, Nang Ngam Rd., Mueang Songkhla district, Songkhla, Tel. +66 7431 3647) offering traditional Hokkien style ice-cream with a lot of flavours, e.g. mung bean, vanilla, coconut, and so on.





Afternoon

Enjoy sightseeing around “Songkhla Lake” and go back to Hat Yai.

Evening



99 Soi 6, Rat Yin Di
66 (0) 7423 3269),
originated from the
Signature dishes
threadfin), which
n Budu” (Southern
auce made from
ted seafish and
directly delivered
om Narathiwat
rovince, with a
mixture of boiled
hrimp and being
erved with fresh
vegetables, and



“Kung Tom Kathi Yot Maphrao” (coconut milk soup with prawns and young coconut shoots).

Travel back.



A still life composition featuring a white chrysanthemum flower in the lower left, a bright red lobster in the lower right, a glass and a knife in the upper left, and a textured orange placemat in the upper right, all set on a wooden table. The text "Contemporary Thai & Culture Mix" is overlaid in a white script font.

Contemporary

Thai &
Culture
Mix





Route 1

ANCIENT FOOD HERITAGE

Phat Thai

"Phat Thai", a very popular, world-famous Thai dish, is listed as one of the world's 50 most delicious foods. It originated after World War II when Thailand encountered an economic recession. Consequently, Field Marshal Plaek Phibunsongkhram established a campaign to encourage Thai people to eat the noodles made from broken rice instead. He also had the Phat Thai recipe published and distributed to the people so to promote "Thai nationalism" from this stir-fried noodle dish, i.e. Chanthabun noodles or the so-called "Sen Chan" from Chanthaburi province were used and dried shrimps were put instead of pork to make it distinctive from Chinese stir-fried noodles.

Phat Thai has a unique charm with its delicious full flavour. In terms of ingredients, the original recipe contains only dried shrimps, yellow tofu, lime juice, garlic chives, raw banana blossoms and bean sprouts. When it was later widespread across the country, each locality made its own signature recipe and cooking process of Phat Thai. For example, devising Phat Thai sauce to obtain the standard taste and make all dishes dainty at the same level, adding pork, prawns, squids, crabs, etc. and having it "Ho Khai" or wrapped in egg to enhance an appetising look. Today, Phat Thai has become the international dish well-known and popular among foreigners.

Morning

Spend the morning at a leading culinary school, **"Thai Food Heritage"** (2014 Soi Arun Amarin 36, Arun Amarin Rd., Bang Yi Khan sub-district, Bang Phlat district, Bangkok, Tel. +66 (0) 2886 8088 www.thaifoodheritage.com or tfh@nfi.or.th; booking online is requested.) The creatively designed environment teaches students about the roots of four regional Thai cuisines based on their geography, cultures, traditions, and folk wisdom.

The identity of what constitutes Thai food is conveyed in three zones in the area of the **'Suvarnabhumi'** (The Golden Land), which display all the natural wealth of Thai produce from the country's fertile land and waters,

including the **"Royal Initiative Projects"** for the first zone. The second zone depicts the **"Delight to Thai Taste"**, which is about all the herbs and spices used in Thai food, that can be seen through dishes at the Sra Pathum Palace cooked by H.R.H. Princess Maha Chakri Sirindhorn and the late H.R.H. Princess Srinagarindra who was His Majesty King Bhumibol's mother. An interactive digital format allows viewers to pick and choose which dishes they want to learn more about. The third zone is **"the Food of the World"** where Thai produce is processed for greater value addedness and ease of usage and consumption in global markets; such as, concentrated banana syrup, crispy yogurt, and velvet tamarind jam.



Afternoon

Walk around **"Talat Bang Lamphu"** (Ram Buttri Rd., Talat Yot sub-district, Phra Nakhon, Bangkok), which has assembled traditional and new style Thai dishes in one market. There are stalls selling Phat Thai, Khao Chae (rice in cold jasmine scented water served with some accompaniments), Sai Krok Pla Naem (Thai pork sausage with fish salad), and Chui Kuai (steamed Chinese rice cakes topped with sweet preserved radish), as well as desserts like Thap Thim Krop (**'red ruby'** water chestnut dice with crushed ice in coconut milk), Bo Kia (assorted cooked beans, dried Chinese fruit, and chewy rice flour dumplings with crushed ice and syrup), and Khanom Bueang Mae Prapha (Thai crispy).





Take a break from the hustle and bustle of the market at the **"Mitramitr Teahouse"** (32 Phra Sumen Rd., Chana Songkhram sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 2126 6567). The traditional Chinese teahouse offers more than 30 types of teas that are paired with traditional Thai desserts and snacks. For example, Hong You Zue Bao tea is served with Khanom Tan (fluffy toddy palm cake), Khanom Kluai (steamed banana cakes), and Khanom Thuai Bai Toe (pandan coconut custard) from Bang Lamphu, and Indian desserts like Gulab Jamun from Phahurat, and Cho Muang (steamed mauve flower-shaped stuffed dumplings).

Stroll down the same road to the **"Phiphit Bang Lamphu Museum"** (Phra Sumen Rd., Chana Songkhram sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 2629 1850), which pays homage to Bang Lamphu, one of Old Bangkok's most famous commercial districts that still possesses the charms of the olden days. The area is also known for its wide variety of food stalls and shophouse eateries selling cuisine from different cultures that reflect the immigrant settlers in the area.

Though Bang Lamphu has evolved into a residential and entertainment area, a closer look reveals hidden depths that are uncovered at the **"Phiphit Bang Lamphu Museum"**, which is a learning centre aimed at sharing interesting stories about the lifestyles of the people in Bang Lamphu with visitors so they can better appreciate the history of the place.

The Museum, which is built in an old printing house, was beautifully restored and made into a **"universal design"** museum, which allows access and ease of movement for people of all ages and with disabilities. There are detailed explanations in Braille for the blind, and all visitors can avail themselves of guided tours in seven languages: Thai, Chinese, Japanese, Korean, English, German, and French.



Evening

For dinner at the Phra Athit district, you are truly spoilt for choice. After a day of sampling food, eat a light refreshing salad-based meal at the **"Veggie Veggie"** (Phra Sumen Rd., Chana Songkhram sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 2282 5770), or the **"MisterPas"** (140 Phra Sumen Rd., Chana Songkhram sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 2629 3207), which is a small cosy restaurant serving European cuisine including Italian and fusion food. Or head towards Muslim food at the famous no-frills **"Roti Mataba"** (36 Phra Athit Rd., Chana Songkhram sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 2282



As the evening deepens, great cocktails can be unexpectedly found at the **"Escapade Burgers & Shakes"** (112 Phra Athit Rd., Chana Songkhram sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 8 1406 3773), or at the chic Thai style **"Moonshine Bar"** (Phra Athit Rd., Chana Songkhram sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 8 1869 8988).

Late Night

For those who ate lightly at Phra Athit Road, there is always the reliably delicious Thai street food sold late at night lit up with lights like a beacon attracting night owls. There is the internationally acclaimed **"Thip Samai Phat Thai Song Khrueng Chao Kao Dang Doem Thae"** (313-315 Maha Chai Rd., Samran Rat sub-district, Phra Nakhon district, Bangkok, Tel. +66 (0) 2221 6280). The claim to fame the owner proudly explains is certainly not the noisy open-air shophouse but fans flocking to the premises solely for the taste of their noodles and the warm welcome of the Thai people.

Recommended dishes include Phat Thai Sen Chan, Phat Thai Song Khrueng (with extra toppings), and Phat Thai Sen Chan Man Kung (with prawn fat). The latest product is bottles of their famous **"Sauce Phat Thai"**, which comes in two formulas. There is a "Sauce Phat Thai Man Kung" and the original **"Sauce Phat Thai"**. This allows fans of Thip Samai to recreate their own versions of their favourite Phat Thai literally everywhere around the world.





Route 2

WALKING THROUGH MULTI-CULTURAL BANGKOK

Street Food

Not only did “Bangkok” win the “World’s Best City Award” in 2008 and from 2010-2013 organised by Travel and Leisure magazine, but it also won the “Best Street Food City in the World” from www.virtualTourist.com. In addition, “Newsweek”, the famous U.S. website, declared that Bangkok is “the Lady Gaga of Asia”, especially in terms of roadside food or street food, which is the best on earth. Variations of the colourful roadside food, which cannot be found in the Western culinary culture, create a sensation of vibrancy and excitement to the gastronimist. Every alley, lane and road in Bangkok is lined with a wide array of mouthwatering street food on both sides, e.g. Khao Khai Chiao (Thai omelette with rice), Phat Thai (Thai stir-fried noodles), Hoi Thot (crispy oyster omelette), Kuai Tiao Pet (duck noodles), Bami Kiao Mu Daeng (egg noodles with wonton and red BBQ pork), Kuai Tiao Luk Chin Pla (rice noodle soup with fish ball), Kuai Tiao Rat Na (pan fried noodles with seafood in gravy), Phat Si-lo (stir-fried ribbon noodles with soy sauce), Khao Man Kai (Chicken rice), Khao Mu Daeng (rice with red BBQ pork), grilled seafood, kebab, Roti, Khao Niao Mamuang (mango sticky rice), and so on. The charm of the Thai street food fascinates everybody so much that they can’t help coming back again and again.

Morning

For an old-time Western-style breakfast that was enjoyed by Bangkokians in the past, the “**On Lok Yun**” (72 Charoen Krung Rd., Wang Burapha Phirom, Bangkok, Tel.+66 (0) 2223 9621) has retained its traditional décor in its original location with marble topped tables and a virtually unchanged menu of Kafae Boran (traditional Thai coffee), Chut Khai Dao (a set of sunny-side up eggs), and Khanom Pang Sangkhaya (bread with coconut custard).



Mid Morning

Fortified by breakfast, walk towards Bangkok’s “**Little India**” (Phahurat Rd., Wang Burapha Phirom, Bangkok, Tel. +66 (0) 2630 7906) where early Indian immigrant traders settled, and is a place where Sikhs and Muslims live harmoniously with each other. Along the streets, see the wealth of materials used by Indians in their daily life and pick up herbs and spices sent in from India. Naturally, some of the city’s most authentic Indian cuisine can be found here; such as, freshly fried “**Samosas**” (pyramid shaped pastries with spicy fillings) which have been sold for over two generations, numerous vegetarian food and desserts at the “**Panchap Sweets**”, which has been around for more than 15 years, (436/5 Chak Phet Rd., Wang Burapha Phirom, Bangkok, Tel. +66 (0) 8 9178 5963). Their recommended



dessert is the delicate milk-based dessert “**Rasmalai**” made from soaking rich fresh milk curd cakes in light syrup before being served chilled with fresh milk. As this dessert tastes best fresh, it is rarely made at restaurants, and should be enjoyed whenever it is sold. There is also other equally delicious fare that keeps well and is ideal for taking away; such as, “**Gulab Jamun**” (fried milk curd balls soaked in syrup) and different types of “**Laddu**” (balls of sweetened nuts and beans).

Noon

For lunch, make your way to the **"Royal India Restaurant"** (Chak Phet Rd., Wang Burapha Phirom, Bangkok, Tel. +66 (0) 2221 6565) to enjoy a smoky chicken leg tandoori, or for those who prefer curries, choose a chicken tikka masala, which has a rich tomato gravy that should be mopped up with garlic naan fresh from the tandoori oven.

End the tour of Phahurat district by paying respect at Thailand's first Sikh temple, **"Gurudwara Sri Guru Singh Sabha"**, which has its bright golden dome (Phahurat Rd., Wang Burapha Phirom, Bangkok).



Afternoon

Not far from Little India is Bangkok's famous Chinatown or Yaowarat that Chinese settlers have called their home for generations. One of the most well-known and highly respected temples among the Thai-Chinese nationwide is **"Wat Mangkon Kamalawat"** (Charoen Krung Rd., Pom Prap Sattru Phai district, Bangkok, Tel. +66 (0) 2222 3975) or what the Chinese people call **"Wat Leng Noei Yi"**. The temple is architecturally designed according to Tae Chew Chinese tradition. Step out of the temple to walk around Yaowarat to see the lifestyles of this old Chinese commercial district, which includes Talat Kao (Old Market), Chinese herbal and wine stores, and all types of food stalls.



Evening

As dusk falls, relax with a drink or two at the **"Tep Bar"** (67-71 Soi Nana, Maitri Chit Rd., Pom Prap Sattru Phai district, Bangkok, Tel. +66 (0) 9 8467 2944). The décor of this bar which reflects Thai culture stylishly serves up traditional and modern Thai classics; such as, Phat Thai Kam Pu (Phat Thai with crab claws), Mu Sarong (deep-fried pork balls wrapped in egg noodles), Nuea Yang Tao Than (charcoal grilled beef), Lap Mu Kon Thot (deep-fried spicy pork balls), and Kung Sabai (deep-fried prawns wrapped in egg noodles). For adventurous drinkers, a variety of Ya Dong (traditional

facelift when transformed into new names; such as, Phra Yai Whipped. According to traditional Thai medicine, Ya Dong tinctures for medical purposes are often brewed in water, as they are said to also be absorbed quickly by the body, and this is why Ya Dong cocktails are a signature at the Tep Bar. To complete the Thai style atmosphere, there are live Thai classical music and traditional Thai performances.



Late Night

As the night is long, there is plenty of sustenance along the long Yaowarat Road filled with famous street food stalls like Kuai Chap Nai Lek (Auan) for its clear peppery soup with pork organs and crispy pork with rice noodle rolls, Bami Mangkon Khao with its fine egg noodles with wonton, crabmeat, barbecued pork and duck, Phat Thai Ratchawong, Kuai Tiao Khua Kai Kratha Thong Lueang for smoky stir-fried chicken and rice noodles, and Chit Luk Chin Pla, which sells fish ball noodle soup.



Route 3

FOLLOW THE RIVER OF CULTURE

Khanom Kudi Chin

"The Chao Phraya River" is not only a major river that nurtures the Central Thai people, but also carries with it the culture of the country reflecting the people's beautiful way of life by the riverside, especially in "Kudi Chin" quarter. This age-old community with its history tracing back more than two centuries is located on the Thon Buri bank of the Chao Phraya River. "The Santa Cruz Church" is important evidence that proved the arrival of the Roman Catholics, Portuguese descendants, or the so-called "Farang Phutthaket" by the Siamese, who fled from Ayutthaya after being conquered by Burma in 1767. Other Portuguese scattering in different areas of Bangkok also relocated here to live together as one big community. Apart from the Portuguese, there were the Chinese who earlier settled in this quarter as well. Thus, the culinary culture passed down until the present is "Khanom Farang Kudi Chin" or Kudi Chin Cake, which can be claimed to be the original of Western bakery in Thailand. There are 2 types of this cake: the classic one and the non-classic one. The former is small, no topping, soft, fragrant and not overly sweet. The latter comes in a bigger size and topping including raisins, persimmons, squash as well as sugar. Its texture is dry and fluffy with a chewy taste of sugar coated on the surface. It is a hybrid cake between Western and Chinese bakery, i.e. the main body of the cake is from the Portuguese while the topping from the Chinese, the two main races who resided in this quarter.

Morning

Take a breezy long-tailed boat ride at the Sathon Pier and disembark at the Si Phraya Pier. The jetty is not far from the yellow and white painted **"Karawa Church"** (1318 Charoen Krung Rd., Talat Noi, Samphanthawong district, Bangkok, Tel. +66 (0) 2266 4849). This historic Roman Catholic church was constructed since the time when Thon Buri was Siam's third capital city at the end of the 19th century.



For a nourishing breakfast, drop by **"Kuai Tiao Pet Chao Tha"** (945 Soi Wanit 2, Talat Noi, Samphanthawong district, Bangkok, Tel. +66 (0) 2233 2541) where diners can choose from Pet Phalo served with rice or noodles and the rarely found stir-fried egg noodles with water mimosa.

The next stop is the stunning **"So Heng Tai Mansion"**, which was built more than 250 years ago around the time of the Rattanakosin Era when Bangkok was founded as the capital. It was one of the most outstanding mansions of the era and is an example of traditional Chinese architecture and a work of master carpenters who did not use a single nail in building the entire intricately carved wooden structure.



The church is a short walk away from the nearby market that had existed since early Chinese settlers lived in the area who called the market **"Tala Kia"**, but most Bangkokians would better know this place as **"Talat Noi"**, which is considered the entrance to Chinatown.



Noon

Befitting a place near Chinatown, sit down to a dim sum lunch at the **"Kwan Siu Ki"** shophouse (894 Charoen Krung Rd., Samphanthawong district, Bangkok, Tel. +66 (0) 2234 6384), which has been making its steamed morsels for more than 60 years. There are many delicious one-plate dishes; such as, **"Bami Kiao"** (wonton noodles), **"Koi Si Mi"** (egg noodles with chicken gravy), **'Rat Na'** (stir-fried noodles with a gravy of Chinese broccoli and meat), and tender traditional style 'Pet Yang' (roast duck), and other a la carte offerings.



Afternoon

Take a ferry at the Saphan Phut Pier to cross the river to **"Wat Kanlayanamit"** or **"Wat Sam Po Kong"** (371 Thetsaban Sai 1, Wat Kanlaya sub-district, Thon Buri district, Bangkok, Tel. +66 (0) 2466 4643), which was built during the era of King Rama III, combining both Thai and Chinese architectural styles. This temple is particularly famous for granting prayers requesting safe journeys and finding good friends.



Nearby is the Portuguese Roman Catholic **"Santa Cruz Church"** (Soi Kudi Chin, Thetsaban Sai 1, Wat Kanlaya sub-district, Thon Buri district, Bangkok, Tel. +66 (0) 2472 0153-4). It is located near the historically significant **'Kudi Chin'** district populated by early Portuguese and Chinese settlers along the bank of the Chao Phraya River. Be sure to sample the famous ancient **'Khanom Kudi Chin'** pastry, which is a crumbly egg pastry with a sugary crust dotted with dried fruit.

Another historic trip back in time is to visit the **"Ban Ruean Song Panya"**, which has a riverside décor that offers ancient desserts like **"Som Kaeo"** (pomelo in syrup served with crushed ice) and Thai-Muslim sweets **"Khanom A-lua"** that are beautifully moulded into the shape of roses with its characteristic crusty exterior and sweet creamy interior, and traditional Thai sweet-savory snacks like **"Krop Khem"**, addictive deep-fried crackers coated with peppery salted caramel.

Evening

Cross the ferry again to the other side of the Chao Phraya River to Bangkok's largest flower market, **"Pak Khlong Talat"** to relax with well-mixed drinks at **"Yodpiman River Walk"** (390/17 Ban Mo Rd., Wang Burapha Phirom sub-district, Phra Nakhon district, Bangkok Tel. +66 (0) 2623 6851). There are many Thai restaurants along the river to enjoy such as **"Ban Mae Yui The River"**, which has recommended dishes; such as, classics like Tom Yam Kung, Kaeng Khiao Wan, Phla Kung (spicy prawn salad), and Phat Thai Kung Maenam (Phat Thai with river prawns), or **"Mango Tree"**, which is known for its Sikhrong Mu Yang Namphueng (grilled pork spare ribs with honey glaze), lamb Matsaman curry, and lobster with curry sauce.



Take a walk at **"Pak Khlong Talat"**, which is picturesque when all lit up at night, and redolent with the scent and sight of flowers from all over Thailand and around the world, as well as the sound of traders and florists conducting their trade.



All Kinds of Gourmet







Route 1

HEALTH KITCHEN

Healthy Food

The wild heat of weather, life under pressure and rush hour are all the cause that slowly destroys our health. Thus, "Healthy Food" has become the resolution many people are looking for, especially Thai cuisine, which has been known to be healthy because vegetables, herbs and spices are included in the dishes. Also, Thailand is a leading source of growing organic vegetables and fruits, the essential elements used to create healthy dishes.

Together with the aim to be a medical hub of the world, Thailand has potentiality to do so due to having a wide range of healthy restaurants offering healthy and raw food meals as well as gluten-and lactose-free dishes or products for those who are sensitive to gluten or lactose in addition to clean food or food that is un-, not overly, and minimally processed, refined, and handled in order to gain the ultimate benefits and all essential nutrients from the nature. There are plenty of restaurants serving healthy dishes cooked by professional chefs as well. Above all, both chefs and the restaurant owners will pay close attention to selecting and using only fresh, clean, seasonal food ingredients. Super food dishes are also provided; for example, quinoa, spirulina algae, avocado, and pomegranate.



Morning

For those who want to eat well, one of the city's earliest organic vegetarian restaurants is the "Anothai" restaurant (Soi Phra Ram 9 Hospital, Phra Ram 9 Rd., Bangkok, Tel. +66 (0) 2641 5366-70). It is well-known for its delicious savoury fare and desserts made from carefully selected delicious organic fresh ingredients. There are traditional dishes and modern healthy dishes; such as, organic fruit juices, herbal teas, deep-fried tofu wrapped in seaweed, green salads, pasta with eggplants, and different home-made scones and muffins.

For those who prefer international fare, a good choice is a newcomer "Gram Gourmet" (7th Fl., The Helix @Emquartier, Sukhumvit Rd., Watthana district, Bangkok, Tel. +66 (0) 2269 1000) which has all day breakfast that is made with quality raw materials known for their healthy values. The menu is inspired from various dishes from around the world; such as, spirulina bowl, butternut squash quinoa salad, chicken burrito bowl, salmon royal pancake and smoothies; like instant refresh shake (lemonade + honey), healthy heart (flaxseed + strawberry). There is also a variety of jams, fruit juices, and home-made dressings that can be taken home.





Noon

A healthy lunch can be enjoyed at the **"Simple. Natural Kitchen"** (235/5 Soi Sukhum Rd., Watthana district, Bangkok, 2510) which selects the finest seas are grown organically in farms with Not only are its vegetables organi ingredients thanks to its raw ma **"Thai Green Market"**, which is a g producers who believe in growing food using traditional natural wa made into dishes like Simple risotto spicy sausage, and beet pineapple. After the meal, there a wide selection of carefully chos organic produce and products take home.



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Afternoon

Learn to cook professionally at the **"Let's Cook Like a Pro!"** course at the **"Tinee Eatery Workshop"** (2 Soi Latphrao 94, Wang Thong Lang district, Bangkok, Tel. +66 (0) 2559 2475). Taught only by appointment, learn how to make your favourite dishes with award-winning chef Tinee or Khun Suthinee Santiwattana who is also one of the partners/owners of the café **"Red Petite"** in South Melbourne, Australia. Under her tutelage, students can learn how to make a variety of dishes from appetisers to main courses and desserts.





After all that hard work in the kitchen, sit down to eat, which can include vegetarian and gluten-free veg, and comfort food. Some popular menus are "salmon served with salad and vinaigrette", "pasta with olives and grilled vegetable", scones and organic bread. Don't forget to pick up some delicious home-made bread to liven up your sandwiches; such as, balsamic onion, lemongrass and ginger jam, tangerine and vanilla jam, as well as feta cheese and spiced pickles cheeseboard.



Evening



Route 2

ALL ABOUT VEGANS

Vegan Food

It appears that “vegetarian cuisine” or food that contains no meat and animal tissue has become increasingly more popular. As a result, Thailand has variations of vegetarian restaurants to cater to all types of vegetarians no matter be they a vegetarian who eat eggs or also called Ovo Vegetarian (Ovul means an oval or egg shape), a vegetarian who eats dairy products but no eggs or Lacto Vegetarian (Lactose is a sugar found in milk), and a vegetarian who eats both eggs and dairy products and may include other animal products provided that it does not cause harm to such animals like honey, or Lacto Vegetarian.

Most importantly, the vegetarian restaurants in Thailand serve a wide range of vegetarian dishes including Thai dishes; such as, Miang Kuai Tiao (fresh rolled noodles served with spicy dip), Mi Krop (crispy sweet rice vermicelli), Krathong Thong (crispy golden cups), Yam Thua Phu (spicy winged bean salad); Northern dishes; such as, Khao Soi (wheat noodle in curry), Khanom Chin Nam Ngiao (Northern style fresh rice noodles in spicy tomato infused broth), Lap Het (spicy mushroom salad), and so on; Chinese dishes; such as, Phat Mi Che (veggie stir-fried noodles), Chap Chai Che (Chinese mixed vegetables soup) and; Italian dishes; such as, Caprese (salad with mozzarella, tomatoes and basil), Verdure Risotto (risotto fried rice with vegetables). Desserts and cakes that are free of meat, dairy, egg, as well as coffee using soy milk are also available.

It’s no surprise at all if Thailand will become a paradise for the veggie folks.

Morning

Instead of heading north to the famous restaurant “**Khun Churn**” at its Chiang Mai headquarters, enjoy a healthy light breakfast at its Bangkok outlet easily accessible in being right off Ekkamai BTS, which is linked to the Bangkok Mediplex Building (42 Sukhumvit Rd., Phra Khanong sub-district, Khlong Toei district, Bangkok, Tel. +66 (0) 2713 6599). The restaurant serves both vegetarian and “**Che**” (Chinese vegetarian food without strongly scented herbs) in popular Thai, Northern Thai, and international dishes. To satisfy its clients, there are more than 100 dishes in their extensive menu.

For a light breakfast, order fresh fruit juices to sip while starting with pale green caviar from the sea called umi-budo or sea grape. For something heavier, there is Phak Khom Se Cheese (spinach gratin) and Salat Het Krop (crispy mushroom salad). For a Northern style breakfast, there is Khao Soi (curry noodles), Khanom Chin Nam Ngiao (pork and tomato stew with fermented rice noodles), and Lap Het (spicy mushroom salad).



Even though it is a wholly vegetarian menu, the owners have learnt to cater to the tastes and eating cultures of different nationalities, which is how they are able to win the hearts of Chinese customers from Singapore, Hong Kong, China, as well as Indians and Europeans, with their extensive selections.

For a breakfast at a place that bills itself as an international vegan restaurant, another choice not too far away is the “**Broccoli Revolution**” (899 Soi Sukhumvit 49, Sukhumvit Rd., Khlong Ton Nuea district, Watthana district, Bangkok, Tel. +66 (0) 2662 their unique vegan takes; such as, light and healthy breakfast, “**cous** in Moroccan style, broccoli quinoa with salad. Also recommended “**spinach, cucumber, celery, green lime, ginger**” and “**No.9 beetro carrot, green apple, lime**” mixed vegetables and fruit healthy drinks





Hop on the BTS to pick up some more vegetarian and 100% organic food and products at one of the most luxurious outlets, **"Be Organic by Lemon Farm"** (G Fl., The Portico Lang Suan, Soi Lang Saun, Lumpini sub-district, Pathumwan district, Bangkok, Tel. +66 (0) 2652 1968 www.lemonfarm.com). The supermarket provides a lot of different kinds of organic food and goods.



For lunch, head back to the **"Na Aroon"** at Ariyakul (Soi Sukhumvit 1, Khlong Toei Nuea, Watthana Bangkok, Tel. +66 (0) 2254 8880), which is a carefully decorated vintage home from the 1940s that serves Thai vegetarian food. The principle of the restaurant is to choose seasonal produce prepared according to traditional Thai cooking methods. Classic Thai dishes include appetisers like Miang Kuai Tiao (rice noodle with assorted fillings), Mi Krop (sweet crispy Krathong Thong (crispy golden cups with vegetables), while dishes to enjoy with rice include Yam Thua Phu (winged bean salad) and Nam Mafueang (starfruit chilli dip) which goes well with Khao Ho Bai Bua (rice wrapped in lotus leaf) and Tom Chio (traditional clear spicy soup). For dessert there are unusual Thai desserts like Bua Loi Nam Fakthong (sticky rice balls in pumpkin juice) and home-made Western desserts like apple crumble, chocolate pudding, and bread and butter pudding.

Afternoon

Spend the hours immersed in a green bubble. The restaurant itself also has beautiful plant and floral arrangements. After the delightful lunch, stroll around the boutique hotel's garden which is planted with many dwarf plants and flowers in a landscape designed to resemble an English garden. There are many interesting trees like plumeria and old trees that were originally brought in from China by the homeowner. When the food is digested, participate in a "yoga therapy" course followed by a light meditation session offered by the hotel.



Evening

Remain at Sukhumvit when night falls by having vegetarian Italian food at the "Govinda" (6/5 Soi Sukhumvit 22, Khlong Toei Nuea, Watthana district, Bangkok Tel. +66 (0) 2663 4970), which is certified by the People for the Ethical Treatment of Animals (PETA) as one of the top 10 best vegetarian restaurants in Asia. The homey restaurant's name is taken from a Hindu deity, but the cuisine is firmly rooted in offering vegetarian versions of classic Italian menus with dishes; such as, caprese salad of sliced tomatoes and fresh mozzarella with basil and olive oil, cheesy creamy verdure risotto brightened up by the addition of tomatoes, peas and asparagus, and pizza verdure which tops a classic tomato sauce with fresh tomatoes, peppers and zucchini, while pasta lovers will experience something new with the appearance of soy-based bacon in their spaghetti Carbonara.



Route 3

BEAUTIFUL HALAL DINING

Halal Food

"Halal" in Arabic means any production, services or distribution that follow Islamic Law. Thus, "Halal food" refers to food that is prepared, mixed, or processed as prescribed in Islamic Law. Chefs must be a Muslim, keep kitchen appliances clean and not jointly use them with anything unlawful in Islam. Food ingredients must not be contaminated with any forbidden items. Meat must not come from forbidden animals; such as swine, dogs, monkeys; carnivorous animals including lions, tigers, bears; poisonous animals (and plants) and pests like rats, centipedes, scorpions; animals forbidden to be killed in Islam, e.g. ants, bees, and woodpeckers; repulsive animals like flies, worms; mules and domesticated and the like and; animals not slaughtered according to Islamic Law, i.e. the slaughter must be a Muslim and not torment the animals. The animals must be dead before being cooked. Animal blood and alcohol are also forbidden. With this rigidity, the Muslim will notice Halal logo at the restaurants and products in Arabic as **حلال** in a rhombus frame. "The Central Islamic Council of Thailand" is displayed under the frame. The logo is granted by the Islamic Affairs Committee of the Central Islamic Council of Thailand or the provincial Committee to the entrepreneurs to show it on any labels, products or business.

Halal food is available everywhere in Thailand. Besides Muslim dishes; such as Khao Mok Kai (chicken briyani), Kaeng Karuma (chicken or goat korma), Kaeng Massaman beef or chicken, Thai and international cuisines are also considered Halal food if they are cooked following Islamic Law.

Morning

Learn how to make Halal Thai food in a private cooking class at the **"Blue Elephant Cooking School and Restaurant"**, which is only available by appointment (233 Sathon Tai, Sathon district, Bangkok, Tel. +66 (0) 2673 9353-8 www.blueelephant.com). At this elegant whitewashed colonial-style building more than 100 years old located along Sathon Road, people have learnt to associate it as the home to the famous Halal-certified restaurant known throughout Europe. As the taste of its Halal-certified cuisine gained global acceptance, the chain has grown to 12 international outlets in Europe and the Middle East. The menu has a wide selection of ancient Thai dishes and fusion-Thai food. The private cooking lessons are taught by founder & master chef Nooror Somany-Steppe who generously shares all her tips and tricks in making each dish taste its best.



The course starts off early in the morning by taking a walk to the fresh market to purchase fresh produce. Learn tips on how to select fresh quality produce that are at its prime. Students bring back their shopping and start preparing each dish and then partake the full-course lunch they spent the morning preparing. Of course, foodies should not miss supplementing their own efforts with meals from the menu with rare ancient dishes and royal cuisine using authentic recipes from the royal court. Recommended dishes include lamb Matsaman curry, Tom Yam Kung, Kaeng Khiao Wan Kai Dam (green curry made with black chicken), and Kung Thot Sauce Makham (deep fried prawns with tamarind sauce).

Afternoon

From a richly spiced meal, head to feast your eyes with an equally eye-boggling array of treasures in the form of gemstones and accessories at the **"Jewelry Trade Centre"** (919/1 Silom Rd, Bang Rak district, Bangkok Tel. +66 (0) 2630 1000). The building has two sections. In the "Bangkok Jewellery Avenue" zone, this is where you can find stores and shopfronts with dazzling troves of precious and semi-precious stones. This building is considered the sole biggest permanent venue for gemstones. The other zone called **"Bangkok Art Galleria"** is where you can peruse and look at all the different types of art and sculptures by famous Thai and international artists.



The next stop is the Thai style floral design at **"The Museum of Floral Culture"** (315 Soi Sam Sen 28, Sam Sen Rd., Dusit district, Bangkok, Tel. +66 (0) 2669 3633), established by Sakul Intakul the famous Thai floral designer whose distinct designs are even famous overseas. The exhibitions, which are housed in an old teak Thai-colonial house built in the era of King Rama VI, show the various styles of traditional Thai floral design and various types of floral arrangements favoured by other Asian countries like China, India, Lao PDR, and Indonesia.



The Museum offers many courses and workshops related to floral arrangements and handicrafts on a rotating basis each month. Courses offer the learning of how to make traditional floral garlands in the shape of small squirrels called Kratae, small traditional floral arrangements, how to arrange classic lotus blossoms and petals in more contemporary styles, making intricate floral garlands for Mother's Day, and making floral window hangings.

After whiling pleasant hours amid flowers, take a seat at the “**Dok Mai Thai Salon du The**” along the verandah of the mansion surrounded by orchids. Take a trip back in time amongst the wicker armchairs as one nibbles on an assortment of freshly made Thai and Asian desserts while sipping aromatic floral teas using flowers, herbs and spices personally selected and blended by Museum founder Khun Sakul, and inspired by the designer’s trips overseas. Some of the most popular blends are a rose-scented black tea, osmanthus oolong tea, green jasmine tea, and spiced milk tea that reminds him of Kashmir, India. There is also a Thai black milk tea unique to this museum with a floral, spicy taste.



Evening

For dinner, take an adventurous culinary trip to the “**Spice & Rice Thai Halal Restaurant**” (1st Fl., The Sukosol Hotel, Si Ayutthaya Rd., Ratchathewi district, Bangkok, Tel. +66 (0) 2247 0123 ext. 1116). It is not often that one comes across a venue that proudly presents itself as a fully certified halal Thai restaurant, and in this narrow niche, the Sukosol Hotel, certainly has built itself a reputation in being an elegant fine dining venue with impeccable service that is matched by the quality of its outstanding Thai food, which includes authentic traditional recipes and health food selections. Recommended dishes are Tom Yam Kung, Phat Thai Ho Khai (wrapped in omelet), Matsaman curry with beef or chicken, Pla Tot Khamin (turmeric fried fish), Kai Kolae (spiced curry grilled chicken), and barbecued lamb. For those who want to try other cuisines, a menu of Middle Eastern favourites is also available.



Route 4

FULL FLAVOUR IN PATTAYA

Halal Food Buffet

"Pattaya", a colourful tourist city in Eastern Thailand, always arranges unique and novel experience to cater to tourists. Recently, it has had more than 10 Halal restaurants around the city to offer but the most thrilling things is a Halal buffet service by a well-recognised hotel in Pattaya which no one has done before. The dishes are prepared by chefs who have had extensive experience in Halal cooking for decades. In addition, Halal food here has been accredited Halal food services standard for tourism by the Department of Tourism, Ministry of Tourism and Sports, in cooperation with the Central Islamic Council of Thailand. Thus, the restaurant is in accordance with the Halal practices. Recommended menus include Sup Hang Wua (oxtail soup), Nuea Phat Phrik Thai Dam (fried beef with black pepper) and Si Khrong Kae Op (roast lamb cutlets), another vibrant option of Pattaya you shouldn't miss.

After your choice of breakfast, start heading towards Thailand's Eastern region to the eternally popular beach resort town of Pattaya in Chon Buri province.



Noon

Take a break for a halal lunch at the **"Vantage Restaurant"**, which is located in the Vantage Resort (24/42 Soi Map Song-Khai Muai 17/1, Siam Country Club Rd., Bang Lamung district, Chon Buri Tel. +66 (0) 3840 5383, +66 (0) 9 2770 9351) which is a boon to Muslim travelers who often have difficulty in finding halal dining outlets. Both Thai and international guests can sample Thai and European food that are made with fresh high quality organic produce, which are also used in many healthy dishes. The restaurant is best known for Kaeng Khiao Wan Kai (chicken green curry), Som Tam (spicy green papaya salad), Caesar salad, and all types of lamb-based dishes.





Afternoon

The next stop is perfect for hot days for the entire family is in Pattaya's newest water park "Cartoon Network



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Evening

After hours of fun in the sun, make your way to “**The Harbour**” restaurant at the A-One The Royal Cruise Hotel (499 Mu 9, Soi 2, Pattaya Nuea, Nong Prue sub-district, Bang Lamung district, Chon Buri, Tel. +66 (0) 38-259-500-5, +66 (0) 38-259-555). Located in the boat-shaped hotel, this restaurant is certified as being of high halal standards by the Tourism Authority of Thailand (TAT) and the Central Islamic Council of Thailand (CICOT). Recommended dishes include the spicy tangy Sup Hang Wua (oxtail soup), Nuea Phat Phrik Thai Dam (stir-fried beef with black pepper), and Sikhrong Kae Op (roast lamb ribs). For those with big appetites, the restaurant is also the first dining venue in Pattaya to offer a halal buffet.



Night

Enjoy the night scene along this city which never sleeps around the Marine Plaza Hotel as it is where there are many restaurants catering to Arabic and Middle Eastern clientele. This location is the hub of Muslim cuisine in Pattaya as the same way as Soi Nana is the food cluster of halal food in Bangkok. The cuisines are truly varied and include food from lesser found countries in Thailand like Egypt, Kuwait, United Arab Emirates, and Iran.

Given that traffic is light at night, those who prefer driving back to Bangkok can zip home in two hours, while those who prefer a leisurely pace should opt for a good night's rest and hearty breakfast at the hotel before driving home the next morning.

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