

ELEGANT | RESORTS

MASTERS IN LUXURY TRAVEL SINCE 1988

TASTE  
OF  
THAILAND

Cookbook

# Welcome

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## ยินดีต้อนรับ

Having lived in Bangkok for three years with my children, while also exploring the rest of the country extensively, Thailand holds a very special place in my heart. As well as the lovely locals in 'The Land of Smiles', I have always been drawn to just how much it has to offer – from dynamic cities and glittering temples, to world-class wellness retreats and lush jungles. There are also many amazing beaches to choose from across the hundreds of remote islands and marine national parks.

Of course, Thai cuisine is also a huge part of any visit and, just like the country itself, is so diverse – from authentic street food to exquisite fine dining. I have seen just how important food is in the Thai lifestyle, with many hours spent sharing dishes with friends and family. While in Thailand, fresh pomelo salad and local fish steamed with lemongrass were my go-to favourites.

Here at Elegant Resorts, we work closely with Thailand's best luxury hotels, each housing restaurants that showcase the country's fabulous food. With this in mind, we're delighted to introduce our Taste of Thailand Cookbook, featuring recipes from the expert chefs of these properties, chosen to highlight the signature flavours and natural bounty of their region. They may feature a few authentically Thai ingredients, but they can easily be found in an Asian supermarket or substituted for something more familiar. So, from the comfort of your own kitchen, get ready to recreate the delightfully distinct flavours of Thai cuisine, using recipes from those that know it best.



*L. Hezell*

Managing Director



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# Why Travel to Thailand?

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Thailand is a strikingly diverse kingdom, filled with natural wonder and a seemingly endless list of cultural and historical attractions that allure visitors from around the globe – whether it's fun-seeking families, wellness enthusiasts, extreme adventurers or honeymooners in search of romance. Dubbed the 'Land of Smiles', you can always expect a warm welcome to Thailand, whether exploring the dynamic cities, beautiful beaches or breathtaking national parks filled with spectacular wildlife. Experienced first-hand by our Luxury Travel Specialists, choose from Elegant Resorts' carefully curated selection of luxury hotels and tailor-made itineraries across the country – ranging from a bespoke wellness retreat in Koh Samui, to an unforgettable elephant encounter in the northern bamboo jungles.

## DID YOU KNOW?

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Thailand has over 1,400 islands within its territory.

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## WHERE TO GO IN THAILAND?

To view our luxury collection, please visit:  
[elegantresorts.co.uk/thailand/c](http://elegantresorts.co.uk/thailand/c)

## Northern Thailand

Northern Thailand promises a beautiful blend of ancient temples, lush jungles and remote hill tribes, offering an authentic Thai experience unlike anywhere else. Explore the labyrinth of cobblestone streets in Chiang Mai's Old Town, encounter charming elephants in Chiang Rai's forests, or visit the Golden Triangle where the mountains of Thailand, Laos and Myanmar meet.



## Bangkok

Bangkok dazzles with its unique combination of old and new; swanky rooftop bars and sleek designer malls sit alongside authentic street food stalls, bustling night bazaars, magical temples and mammoth Buddhas. Tour the streets by tuk-tuk, wander neon-lit Chinatown, and cruise in elegance along the Chao Phraya River.



## Koh Kood

Wonderfully off-the-beaten-track and perfect for a remote escape, Koh Kood is an unspoiled paradise of pristine sandy beaches and jungle-clad mountains. Relaxing is the predominant pursuit, though you can also enjoy exploring the rainforest and bathing in the Klong Chao waterfall.



## Andaman Coast

Phuket is renowned for its beautiful beaches, gin-clear waters and exceptional scuba sites, as well as its colonial architecture, colourful Buddhist temples and Chinese shrines. The iconic limestone karsts of Phang Nga Bay also await at the Andaman Coast, as do Krabi's wildlife-filled national parks and the famed Similan and Surin Island dive sanctuaries.



## Gulf of Thailand

Part of the same archipelago as the enchanting Ang Thong National Marine Park, Koh Samui – meaning Island of Thousands of Coconut Trees – is an oasis of natural beauty. Alongside white sandy beaches and clear, coral-filled waters, you can enjoy big game fishing, sea kayaking or exploring by 4WD.

### DID YOU KNOW?

There are around 35,000 temples across Thailand.

# Thai Cuisine

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Khao | Nua | Kai | Pla | Kung

Thai cuisine is both artfully simple and incredibly diverse, making it a firm favourite around the globe and a key reason that many travellers choose to visit 'The Land of Smiles'. The country's abundance of unique ingredients and fresh produce are transformed using clean and simple cooking methods, with a focus on perfectly balancing five distinct flavour pillars: sweet, sour, salty, spicy and bitter.

Among the key ingredients that create the unmistakable taste of Thailand are kaffir lime leaves, palm sugar, lemongrass, tamarind, chilli, fish sauce, coconut and galangal – to name just a few. There is also an intricate interplay of texture and colour, as well as the many medicinal benefits of traditional Thai ingredients.

With 17 provinces, the food and flavours vary around Thailand, guaranteeing an ever-changing culinary experience wherever you dine. Whether tasting the flavour-filled street food of Chiang Mai or trying out an exquisite Michelin-starred restaurant in Bangkok, expect a taste sensation and the unforgettable flavours of the country's distinct culinary tradition.

## **DID YOU KNOW?**

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The verb 'to eat' in Thai ("kin khô") literally translates as 'to eat rice', emphasising the importance of rice in the daily diet.

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# Food in Southern Thailand

Southern Thai food tends to be much hotter than cuisine from other regions and is renowned for its intense flavours. Often influenced by Indonesian and Malaysian cuisine, dishes are marked by a natural abundance of herbs, as well as a rich blend of spices that are not used elsewhere in the country – particularly turmeric and cumin. The south of Thailand is also where the majority of the country's coconut groves are found, making rich coconut-based curry another regional staple. Its proximity to the Malaysian Peninsula and the Gulf of Thailand makes for an abundance of wonderfully fresh seafood.





Why do you think Thai food is so popular around the world?

Authentic Thai food is prepared with fresh ingredients. At Six Senses Yao Noi, we use produce straight from the garden, giving dishes a refreshing burst of strong flavours that you can't get with other cuisine.

Why do you love to cook Thai food?

I grew up eating Thai food and there is something comforting about its familiarity. My mother was a chef and owned a restaurant, so that's definitely where my love for cooking began – I find joy in serving people good food.

**CHEF TON**  
Executive Sous Chef



## Six Senses Yao Noi

KOH YAO NOI, THAILAND

Overlooking the famed Phang Nga Bay's limestone islands, Six Senses Yao Noi boasts a spectacularly serene setting nestled against a beautiful stretch of sand. Use of wood and palm thatch gives the secluded guest villas a natural feel, while amenities include dedicated butlers, the Six Senses Spa, open-air Cinema Paradiso and an Experiences Team on-hand to arrange bespoke excursions. Farm-to-table cuisine from Thailand and around the globe is served, alongside an extensive international wine list.



# Goong Pad Khing

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This delicious dish of stir-fried tiger prawns showcases the fresh seafood on offer around Yao Noi and the southern region of Thailand. The warmth of ginger marries perfectly with the salty soy sauce and spicy chilli, creating a traditional Thai delight that is quick and relatively simple to prepare.



## INGREDIENTS – SERVES 2

Vegetable oil	2 tbsp
Fresh ginger, sliced	4 tbsp
Garlic, crushed	1 tbsp
Red chilli, chopped	1 tbsp
Large tiger prawns, deveined, rinsed and dried	6
Chinese cooking wine	2 tbsp
Soy sauce	4 tbsp
Oyster sauce	2 tbsp
Sugar	1 tbsp
Ground black pepper	2 tbsp
Chicken stock	8 tbsp
Coriander, for garnish	4 tbsp

## INSTRUCTIONS

Heat the vegetable oil in a large skillet over medium-high heat. Add the ginger, chilli and garlic and cook for 30 seconds until fragrant. Add the tiger prawns and stir to coat with the oil. Continue to cook for 1-2 minutes, stirring constantly to ensure even cooking on all sides.

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Add the cooking wine and continue to stir for 15 seconds. Stir in the soy sauce and reduce the heat to medium. Cook for 1 minute, stirring occasionally.

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Stir in the sugar, pepper and chicken stock. Turn the heat to high, cover and cook for 2 minutes. Turn the heat down to low and give the prawns a final stir, ensuring that the sauce is coating the prawns completely. Remove from the heat. Top tip: the prawns will be done once they are evenly coloured and have shrunk in size but are no longer getting smaller.

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Serve into two bowls with three prawns per bowl. Garnish with the coriander and serve.

What does Thai cuisine mean to you?

Thai cuisine for me means home. As any Thai person will tell you, food is one of the most important aspects of life in this country. It means quality time and sitting together to enjoy a meal as a family.

Why do you love to cook Thai food?

To be able to work with fresh produce from the land. I see the passion and care that local farmers and fishermen put into their trade, making me want to cherish and respect their produce in my kitchen.

**SUMALEE KHUNPET**  
Executive Sous Chef



## Four Seasons Resort Koh Samui

KOH SAMUI, THAILAND

Set on the island's northwest tip, this exotic hillside retreat nestles in a natural amphitheatre facing a small cove and the Gulf of Thailand, offering spectacular views of the surrounding islands and the private beach. An indulgent hideaway of understated elegance, Four Seasons Resort Koh Samui offers distinctive design, an incomparable location, gracious hospitality, a forest-surrounded spa, great children's facilities and immersive excursions, as well as traditional Thai cuisine and freshly caught seafood.



# Tom Som Talingpling Pla Kapong

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Light and full of flavour, this clear soup features the traditional Thai blend of kaffir lime, lemongrass and coriander, as well as the turmeric often seen in the southern region. A distinct sourness is derived from the bilimbi, a tropical fruit that is said to have several medicinal benefits, ideally balanced by the delicate seabass.



## INGREDIENTS – SERVES 2

Sea bass fillets	300g
Bilimbi, cut into quarters (fresh or frozen)	6
Chicken stock	500ml
Kaffir lime leaves, torn	4
Shallot, crushed	4 cloves
Lemongrass, finely sliced	2 sticks
Garlic, crushed	4 cloves
Turmeric	6g
Coriander root, crushed	2
Spring onion	20g
Fish sauce	4 tbsp
Soy sauce	2 tbsp
Lime juice	2 tbsp
Salt	¼ tbsp
White sugar	1 tbsp

## INSTRUCTIONS

In a large saucepan or pot, bring the chicken stock to the boil.

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To the stock, add the lemongrass, turmeric, garlic, shallot, coriander root and bring to the boil again.

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Add the bilimbi and season the mixture with the soy sauce, fish sauce, sugar and salt.

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Add the seabass and simmer the broth until the fish is tender – around 7 minutes. Take care not to over-stir and break the fish.

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Add lime juice and serve into soup bowls, garnishing with the spring onion.

Why do you think Thai food is so popular around the world?

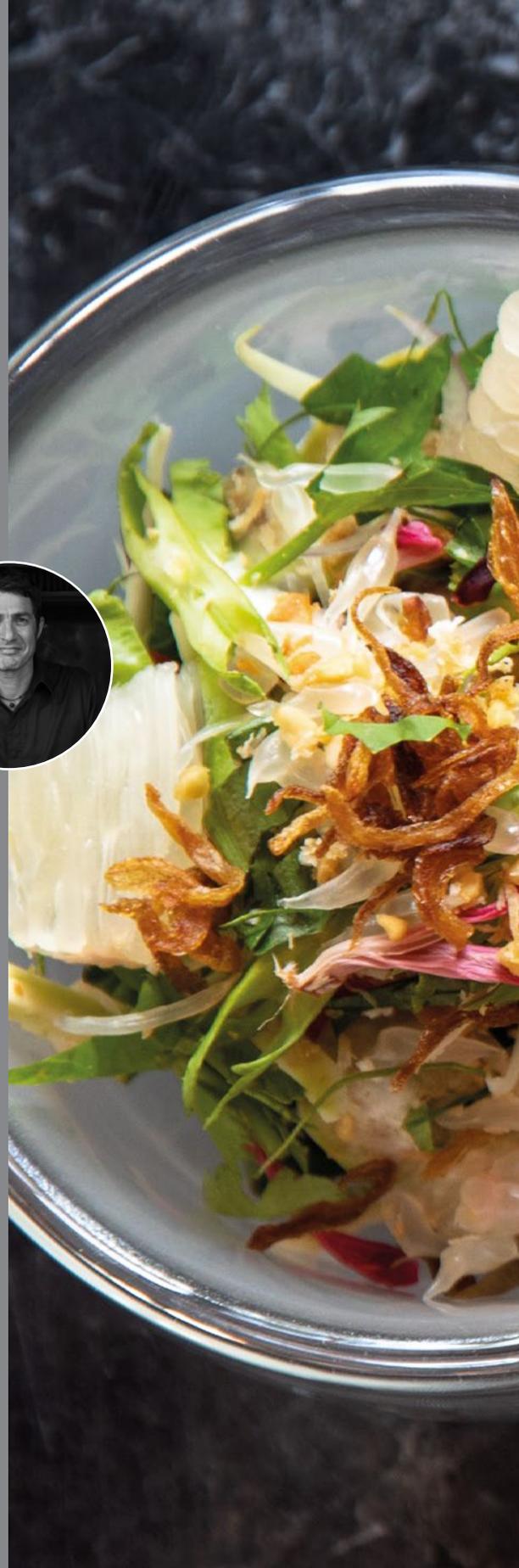
Because it conveys the absolute love and respect this country has for its cuisine and cooking methods, as well as the unique Thai contrast of sweet, spicy, salty and sour. On top of this, it's healthy and refreshing.

What is important to you when it comes to food?

As an Italian, I love everything that is simple, healthy and sustainable, without too many manipulations. The mentality of my 'Nonna' of zero wastage and respect for the ingredient, is my main inspiration.

**STEFANO ARTOSIN**

Regional Executive Chef for Aman



# Amanpuri

PHUKET, THAILAND

Translating to 'peaceful place', Amanpuri combines signature Aman elegance with a rustic charm, comprising distinctive pavilions and villas nestled amid lush green coconut palms. This serene sanctuary is set on a verdant peninsula, sloping down to the sheltered cove of Pansea Beach, where a range of marine activities can be enjoyed, while bespoke treatments are on offer at the renowned spa. In the five eateries, Amanpuri's culinary masters conjure up delicious feasts from near and far.

# Yaam Phuket

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Served in Amanpuri's Thai Restaurant, this humble yet flavour-filled salad wonderfully embraces the local produce of the area, featuring vegetables commonly found in Phuket. Naturally plant-based and nutritious, this delicious medley is best enjoyed as a starter or a side and is gloriously simple to make – while still packing a punch in taste and texture!



## INGREDIENTS – SERVES 2

Pomelo, sliced	120g
Wing bean, sliced	30g
Green bean, sliced	30g
Green mango, sliced	30g
Coriander, chopped	30g
Thai eggplant	150g
Kaffir lime leaves, torn	3
Peanuts, crushed	60g
Shallot, sliced	60g
Garlic, sliced	30g
Lime juice	45ml
Chilli powder	6g
Sugar	To taste
Salt	To taste

## INSTRUCTIONS

Sauté half of the sliced shallots (the other half will be left raw for a contrast in textures) and all the garlic until golden. Set aside and leave to cool.

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In a bowl, combine all the ingredients and mix well. If you require more moisture, drizzle over some soy or fish sauce.

How and why did you become a chef?

Aunt Yai: Growing up in a small village, my mother and I would make “kanom krok”, a traditional coconut pudding, to sell to our neighbours. It made me realise just how much food means to people – it brings happiness and togetherness!

What does Thai food mean to you?

Uncle Nun: Having operated the “Kook Thai” food stall in Trang for over 20 years, our focus remains on homecooked dishes using the local fishermen’s daily catch and the herbs grown in the kitchen’s own garden.

**UNCLE NUN AND AUNT YAI**  
Chefs and Creators of Tak Khai



# Rosewood Phuket

PHUKET, THAILAND

Along the secluded shoreline of Emerald Bay, Rosewood Phuket immerses you in serene beachfront living, designed with a sustainable focus. The wellness concept Asaya allows you to blend your own essential oils for bespoke therapies, while inquisitive young guests can connect with the environment through the Rosewood Explorers programme. Four distinct restaurants provide sophisticated culinary journeys, with Tak Khai focusing on a traditional family-style sharing of seafood dishes from local married couple, Uncle Nun and Aunt Yai.



# Nam Prik Goong Sod

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Nam Prik is a type of spicy prawn Thai dip – “prik” means chillies – with plenty of lime and very bold flavours. It is served as part of a bigger spread and, for many Thai families, a meal isn’t quite complete without a Nam Prik on the table!



## INGREDIENTS – SERVES 2

Shell-on prawns	80g
Banana leaves	2
Bird chilli red, sliced	500g
Bird chilli green, sliced	60g
Shallot, sliced	8g
Palm sugar	25g
Prawn stock	30ml
Shrimp paste	15g
Fish sauce	25g
Lime juice	10ml
Tamarind juice	10ml

## INSTRUCTIONS

In the pot, cover the prawns with water. Bring to the boil and simmer for around 4 minutes. Drain them, peel them, then dice into pieces. Keep the stock that you drain.

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Wrap the chopped prawn in a banana leaf and grill for 3-4 minutes. Put aside to cool.

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Put the shrimp paste into a bowl. Add the lime juice, fish sauce, palm sugar, tamarind juice and 30ml of the leftover prawn stock, mix well.

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Add the shallot, chilli and chopped grilled prawns. Mix again.

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Transfer to serving bowl and enjoy the dip with raw vegetables such as carrot, cucumber and lettuce leaves, or steamed greens.

Why do you love to cook Thai cuisine?

Though much of my training has been in European cooking, I am from Thailand and am so proud to cook the country's cuisine. The unique herbal blends, complex tastes and delicate cooking techniques make it, to me, the most exciting cuisine there is!

What are the main influences on your cooking style?

My wife comes from a Peranakan family (the people who originally moved from China to Phuket). As a result, a lot of my cooking comes from typical Peranakan dishes that I have adapted – including the recipe I've shared here.

**CHEF KLA PRAKOBKIT**  
Executive Chef at Trisara



# Trisara

PHUKET, THAILAND

Nestling in a private bay on Phuket's quiet and unspoilt north western coast, Trisara is a sanctuary of serenity and space, where private villas and residences sit on terraced hillsides overlooking the Andaman Sea. Arriving at a Trisara table means connecting with the community; expect the freshest local ingredients from passionate producers, transformed into deliciously simple yet extraordinary cuisine, all served with warm smiles and genuine Thai hospitality.



# Pla Muek Phad Dum

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A long-forgotten family recipe of Chef Kla Prakobkit and one of his favourites, Pla Muek Phad Dum is a simple yet delicious dish of squid stir-fried in its own ink with garlic.

Quick and easy to prepare, it highlights the fresh seafood and delicately balanced flavours of southern Thai cuisine.



## INGREDIENTS – SERVES 2

Fresh squid	300g
Garlic, finely chopped	20g
Shallot, chopped	30g
Lemongrass, crushed	1 piece
Black squid ink	100ml
Chicken stock	50ml
Oyster sauce	20ml
Soy sauce	10ml
Sugar	10g
Ground black pepper	5g
Cooking oil	1 tbsp
Kaffir lime leaves or fresh coriander (to garnish)	10g
White jasmine rice (to serve)	120g

## INSTRUCTIONS

Prepare the fresh squid by cleaning and cutting the flesh into rings of around 1cm in width.

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Preheat the wok with 1 tbsp of cooking oil. Add the crushed lemongrass, chopped garlic, chopped shallot and fry on a medium-high heat until fragrant.

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Add the squid and fry until the texture is set – around 3 minutes. Then, add the chicken stock and squid ink. Let it simmer for 2-3 minutes, before reducing to a low heat.

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Season with 2 tbsp of the oyster sauce, 1 tbsp of soy sauce, the sugar and pepper. Simmer until the sauce becomes caramelised.

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Meanwhile, cook the jasmine rice according to the packet instructions. Serve alongside the squid, garnished with the finely sliced kaffir lime leaf or fresh coriander.

How and why did you become a chef?

As I child, I loved to watch my mum and grandmother cooking, finding that I had a natural ability and connection with food. I initially trained in cooking Italian cuisine, but soon realised that my favourite is Thai food.

What does Thai cuisine mean to you?

Everything complements each other in Thai cuisine. It has texture, colour and incredible flavour, all while using ingredients and herbs with medical benefits.

There is no job I'd rather have than creating and sharing delicious Thai food.

**BUSABA WONGPHOTHISARN**

Chef de Cuisine at Nahmyaa Restaurant



## COMO Point Yamu, Phuket

PHUKET, THAILAND

Located on the quieter east coast peninsula of Phuket, COMO Point Yamu provides panoramas across the sparkling Andaman Sea and the ancient limestone karsts of the UNESCO-protected Phang Nga Bay. As well as the world-class COMO Shambhala Retreat Spa and a range of immersive excursions, this luxury hideaway houses the exceptional Nahmyaa restaurant, serving southern Thai specialities. Learn the art of this distinct culinary tradition during an informal in-house cooking class, run by award-winning COMO chefs.



# Crab and Coconut Curry

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Crab curry is a popular southern Thai dish consisting of fresh curry paste cooked in coconut milk with crab meat. A distinctive yellow colour is derived from fresh turmeric, often used in the southern region.



## INGREDIENTS – SERVES 2

### Red curry paste:

Dried red chilli, soaked in water	3g
Dried small red chilli, soaked in water	3g
Galangal, peeled and finely sliced	3g
Lemongrass, finely sliced	10g
Kaffir lime zest	3g
Coriander root, finely sliced	5g
Shallots, finely sliced	5g
Garlic, finely sliced	5g
Fresh turmeric	2g
Coriander seed	2g
Black peppercorn	2g
Shrimp paste	5g
Salt	2g

### Ingredients:

Red curry paste	2 tsp
Cooked crab meat	100g
Coconut milk	235ml
Young ginger, peeled and julienne	30g
Fresh turmeric, peeled and julienne	20g
Green peppercorn, crushed	20g
Asian betel leaf, sliced	20g
Palm sugar	½ tsp
Fish sauce	2 tsp
Vermicelli noodles	50g

## INSTRUCTIONS

Make the red curry paste. In a dry pan, toast the coriander seeds and black peppercorns until golden and fragrant. Put all the ingredients into a blender or mortar and blend or pound until it becomes a paste. If needs be, the red curry paste can be substituted by a good ready-made paste, available in most regular and Asian supermarkets.

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In a large wok, stir fry the red curry paste in vegetable oil at a low heat. Add the ginger, turmeric and green peppercorn and stir gently until soft.

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Add the coconut milk and bring just slightly to the boil.

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Add the crab meat, stirring gently. Do not let the mixture fully boil, but keep it simmering. Season with the palm sugar and fish sauce.

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Before serving, add betel leaf and gently stir the curry dish without breaking up the crab meat. This dish normally has a soup-like consistency and is best served together with blanched vermicelli noodles.

Why do you love to cook Thai food?

There is nothing I love more than seeing guests smile as they enjoy my flavourful and authentic Thai cuisine. Since I began cooking alongside my mother aged five, every single dish has been cooked from my heart.

What are the main influences on your cooking style?

For me, traditional Thai food is the best in the world, so I don't like to change too much! My favourite dishes to cook are classics and, to add authenticity, I use herbs and spices grown in the Anantara spice garden.

**CHEF PITAK SRICHAN**

Chef De Cuisine at Dee Plee



# Anantara Layan Phuket Resort

PHUKET, THAILAND

Set on a tranquil bay, Anantara Layan Phuket Resort is a tropical sanctuary that combines a breathtaking location with genuinely warm hospitality. Discover the famous four-flavour balance of Thailand's renowned cuisine, luxuriate in the award-winning Anantara Spa, or learn the skilful art of Muay Thai kick boxing. Join a world-class chef as he leads you step-by-step through the exotic ingredients, health benefits and centuries-old methods of Thailand's flavourful heritage.



# Thai Coconut Sticky Rice and Mango

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A Thai classic, this heavenly dessert combines glutinous rice with coconut milk and fresh mango, creating a sweet treat that is both refreshing and deliciously indulgent, as well as being wonderfully simple to create.



## INGREDIENTS – SERVES 2

Tinned coconut milk	475 ml
White sugar	4 tbsp
Salt	1 tsp
Pandan leaf, chopped	2 leaves
Thai sticky rice	200g
Ripe mango, sliced	2
Mint (to garnish)	2 sprigs
Toasted yellow mung beans (to garnish, optional)	A sprinkle

## INSTRUCTIONS

Prepare and cook the sticky rice according to the packet instructions. Set aside.

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Add the coconut milk into a saucepan with the white sugar, salt and pandan leaf and bring to the boil, simmering until they are well mixed into a syrup. Remove the pandan leaf.

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Spoon 1 tbsp each of the sweet coconut sauce into two small bowls.

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Add half of the steamed sticky rice to each bowl and leave for around 15 minutes for the rice to soak up the liquid.

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Garnish the bowls with a sprig of mint and an optional sprinkle of toasted yellow mung beans for crunch. Serve alongside the sliced mango and the rest of the sweet coconut sauce.

What does Thai cuisine mean to you?

Thai cuisine makes me very proud to be Thai. I grew up accompanying my grandmother on market visits to buy fresh produce, learning the arts of tasting and blending, as well as the importance of herbs and spices.

What are the main influences on your cooking style?

Fresh, local produce inspires me when creating new menus. I like to use regional Thai ingredients and combine them with imported products, giving my cooking a wonderful story and creative edge.

**CHEF GOGH**

Executive Chef at The Sarojin



## The Sarojin

KHAO LAK & PHANG NGA BAY, THAILAND

This award-winning boutique resort captures the essence of Thailand, boasting seamless service, a focus on sustainability and an authentic insight into local Thai communities. Dine beside a candlelit jungle waterfall, a secluded white-sand beach or on your own private island, or sip Champagne as you glide across the Andaman Sea aboard the Lady Sarojin luxury yacht. With spa treatments, cookery classes and enriching excursions all available, The Sarojin's motto is 'the only limit is your imagination'.



# Tord Man Poo

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Great for a starter and easy and quick to create using simple ingredients, these tasty crab cakes give an authentic taste of southern

Thailand, wrapped with lemongrass and served with a high-quality sweet chilli sauce (available in most supermarkets).



## INGREDIENTS – MAKES 10-12

Cooked crab meat	250g
Minced prawns	150g
Whole lemongrass stalks	100g
Breadcrumbs	120g
Light soy sauce	1 tbsp
Chopped coriander root	1 tbsp
Sugar	1 tsp
White pepper	1 tsp
Vegetable oil (for cooking)	6 tbsp
Shop-bought sweet chilli sauce (for serving)	

## INSTRUCTIONS

Place the minced prawn and crab meat in a large bowl. Add the chopped coriander root, white pepper, sugar and white soy sauce. Mix well.

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Take small amounts of the mixture and roll with your hands into neat balls – around the size of golf balls. Carefully cover each one with breadcrumbs.

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Place the lemongrass stalk on the chopping board and crush it using the flat side of a knife. Take one patty and carefully stuff it inside the lemongrass stalk. Repeat this with each of the patties.

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Heat the vegetable oil in a pan and deep fry the crab cakes until heated through and golden brown – this should take a couple of minutes on either side. Ensure that the pan isn't too hot, or the outsides will burn without cooking through.

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Dab off any excess oil on kitchen paper and serve the cakes with sweet chilli sauce.

Why do you think Thai food is so popular around the world?

Thai cuisine demonstrates intricacy, attention-to-detail, texture, colour and medicinal benefits, as well as fantastic flavour. There is also a lot of variety – including curries, salads, and wok-fried dishes – meaning there is something for everyone.

What are the main influences on your cooking style?

Traditional recipes and authentic dishes are my cooking style, influenced heavily by my mother. I also take inspiration from the chefs that I've worked alongside, who helped me to develop my skills and get to where I am today.

**CHEF LAONGDAO TOHKHOT**  
Chef de Cuisine at Sri Trang



## Phulay Bay, a Ritz-Carlton Reserve

KRABI, THAILAND

Sophisticated in its design and enjoying a magnificent location, Phulay Bay, A Ritz-Carlton Reserve sees contemporary architecture and accents of Thai culture combine to create an environment where relaxation is the very essence of the guest experience. The resort's eclectic restaurants present a culinary voyage to tempt any palate, while there is also the jungle-surrounded spa, private beach and a range of Thai-inspired activities to enjoy.



# Chicken Massaman Curry

A global Thai favourite, massaman is a rich and relatively mild coconut-based curry, made using spices not often found in other dishes – including star anise, cumin and cinnamon. Due to its Muslim roots, the curry is often made with chicken, though you can substitute this for any other meat or vegetables.



## INGREDIENTS – SERVES 4-6

### Massaman curry paste:

Dried red chilli	2 tsp
Cinnamon	½ tsp
Star anise	1 ½ tsp
Coriander seeds	1 tbsp
Cumin seeds	1 tsp
Salt	1 tsp
Galangal, peeled and finely sliced	3.5cm piece
Lemongrass, finely sliced	2 sticks
Shallot, peeled and diced	2 diced
Garlic, peeled and diced	5 cloves
Roasted peanuts	40g
Shrimp paste	1 tsp

### Massaman curry:

Massaman curry paste	3 tbsp
Coconut milk	475ml
Boneless chicken thighs with skin	550g
Roasted peanuts	30g
Palm sugar	2 tbsp
Fish sauce	2 tbsp
Tamarind juice	125ml
Lime juice	2 tbsp
Small shallot, peeled and sliced	1
Potato, peeled and cubed	600g
Vegetable oil (for cooking)	2 tbsp

## INSTRUCTIONS

Begin by making the massaman curry paste. Place the cumin, coriander and peppercorns into a skillet (with no oil) over a medium-high heat. Toast the spices for around 3 minutes, tossing every 30 seconds to avoid burning. Leave to cool.

With a pestle and mortar, finely pound the chilli and salt together. Add the galangal and lemongrass, pounding well. Add the garlic, shallot, shrimp paste, cinnamon and toasted cumin, coriander and star anise. Continue pounding to a smooth paste.

In a wok, heat the vegetable oil and sauté the curry paste on a medium heat until fragrant – around 2 minutes. Prepare the chicken into small pieces and add to the paste. Stir-fry until coated and the chicken begins to become tender.

Add the peanuts, potato, coconut milk, palm sugar, lime juice, fish sauce, tamarind and shallots and continue stirring. Simmer for 12-15 minutes, until the chicken is cooked through. Ladle into serving bowls and enjoy with steamed sticky rice.

How and why did you become a chef?

I was once a grocer and instead of throwing away leftover vegetables, I learnt to cook with them.

Today, using fresh ingredients is still essential and I source all my seafood from local fishermen in Koh Kood.

What are the main influences on your cooking style?

Born in Thailand, the cuisine is part of my roots and heritage, something that I acknowledge in each of my dishes. However, I also love to travel and discover new recipes, giving them a distinctly Thai twist.

**CHEF BENZ**

Head Chef at Benz's



## Soneva Kiri

KOH KOOD, THAILAND

Soneva Kiri is an idyllic resort located on the remote island of Koh Kood, an area known for its tropical rainforest, dramatic waterfalls and traditional village life. Here, luxuriously rustic guest villas all overlook the unblemished beaches of the Gulf of Thailand. Dining venues range from the exciting treetop dining pod next to an atmospheric waterfall, to intimate moonlit dinners on a private stretch of beach, with all cuisine made from organic produce and freshly selected herbs from the kitchen garden.



# Tom Yam Goong

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One of Thailand's most renowned dishes around the globe, Tom Yam soup is both hot and sour, featuring the essential trio of Thai herbs: lemongrass, galangal and kaffir lime leaves. Add hot chilli, zesty lime juice, tender straw mushrooms and juicy prawns, and you're left with a healthy, soothing and delicious broth filled with wonderful Thai flavours.



## INGREDIENTS – SERVES 2

Shell on king prawns	10 prawns
Water	250ml (for stock)
Straw mushrooms (canned or dried), sliced	60g
Lemongrass, sliced	4 stalks
Galangal, sliced	2 tbsp
Kaffir lime leaves	2 tbsp
Lime juice	2 tbsp
Fish sauce	2 tbsp
Bird chilli, finely smashed	10 pieces
Fresh coriander (to garnish)	4 leaves

## INSTRUCTIONS

Wash the prawns and remove their shells.

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Keep the shells and add to a saucepan, covering them with 250ml of boiling water. Boil for two hours. Remove the shells and keep the prawn stock.

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To the stock, add the lemongrass, galangal, kaffir lime leaves, straw mushrooms and prawns and continue to simmer until the prawns are tender – around 3 minutes. While it simmers, add the fish sauce, lime juice and chilli.

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Serve into two bowls, garnish with the coriander leaves and serve immediately. At Benz's, Chef Benz serves this delicious soup in a hollowed green coconut.



# Spa and Wellness Food

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Due to the organic, local produce and farm-to-plate approach to dining, Thai food lends itself effortlessly to wellness cuisine. As a tropical country, Thailand offers an abundance of both well-known and indigenous fruit and vegetables, used in everything from hearty curries and spicy salads to invigorating fresh juices. Protein usually comprises lean meat, fresh fish or local seafood, while the cuisine is often naturally free of several allergens; dairy is frequently replaced by coconut milk and other plant-based alternatives, while the everyday use of rice and rice-based noodles mean that many dishes are gluten-free. Clean cooking methods – such as wok-frying, steaming and boiling – ensure that the fresh ingredients are used to create nutrient-dense and nourishing dishes, without ever compromising on taste.



SPA  
THE TRADITION  
[unreadable]



Why do you think Thai food is so popular around the world?

Thai food is where healthy meets delicious, often using locally sourced ingredients and with a natural lack of many allergens. Here at Chiva-Som, we use the freshest seasonal seafood supplied from the small fishing community nearby, caught daily.

What is your favourite dish to cook or eat?

A very simple, light dish of local fish wrapped in banana leaves and grilled until tender. Keeping the fish as the star of the show, it is served just with fresh local vegetables and a spicy chili and garlic sauce.

**PAISARN CHEEWINSIRIWAT**

Food & Beverage Director



# Chiva-Som International Health Resort

HUA HIN, THAILAND

Set amid seven acres of lush, tropical gardens in the royal city of Hua Hin, the award-winning Chiva-Som is one of the world's most lauded luxury wellness resorts. The beachfront hideaway fuses international standards with traditional Thai hospitality to deliver a bespoke, holistic wellness experience. As well as world-renowned spa therapies, the resort's delicious, nutritious wellness cuisine has won multiple accolades, using organically grown fruits and vegetables straight from Chiva-Som's gardens.



# Tom Som

## Poached Mullet in Thai Herb Broth

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Beautifully light and fresh, this delicious low-calorie dish is filled with goodness. Many of the ingredients have medicinal benefits, particularly ginger. Offering an aromatic and distinctly Thai flavour to complement the delicate sea bass, it has been used for centuries for stomach aches, digestion, flu and nausea.



### INGREDIENTS – SERVES 4

White peppercorns	12
Lemongrass, finely chopped	1 stalk
Coriander root, finely chopped	1
Shallots, finely chopped	4
Vegetable stock	750ml
Ginger, finely sliced	5 pieces
Mullet	8 x 30g fillets
Endives, halved length ways	2 pieces
Miso paste	2 tbsp
Tamarind cider	2 tbsp

#### To garnish:

Finely sliced ginger, sliced shallots and red chilli

### INSTRUCTIONS

Use a pestle and mortar to pound the peppercorns, lemongrass, coriander root and shallots into a fine paste.

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Put the paste into a saucepan over a medium heat and sauté until fragrant. Add the vegetable stock and ginger, bring to the boil and then lower the heat and simmer for 10 minutes.

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Add the mullet and endives. Continue to simmer for another 10 minutes, or until the fresh fish is cooked.

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Season with the miso paste and tamarind cider.

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To serve, pour the soup into four serving bowls, placing two mullet fillets into each. Garnish with the ginger, shallots and red chilli.

What are the main influences on your cooking?

Having grown up with grandparents who ran a farm, I have a natural affinity with sustainable, plant-based eating. I've been raised harvesting vegetables, collecting berries and mushrooms and still love to use the earth's wonderful ingredients.

Why do you love to cook wellness cuisine?

I love to develop tasty and satisfying dishes that follow the guidelines of ancient Asian healing traditions and current nutritional research. Food is such a powerful tool for maintaining wellbeing on all levels!

**KAI MUELLER**  
Culinary Director



# Kamalaya Wellness Sanctuary

KOH SAMUI, THAILAND

A true oasis of calm and spirituality overlooking the Gulf of Thailand, Kamalaya is nestled on a sacred hillside in the south of Koh Samui. Backed by lily ponds and lush jungle, the multi-award-winning resort promises a holistic wellness experience that combines ancient eastern and innovative western wellness concepts. Nutritious menus use fresh and organic produce, featuring a great selection of vegetarian, vegan, low inflammatory and low allergenic dishes.



# Thai Cabbage Rolls

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Fresh and versatile, cabbage is rich in antioxidants. In this plant-based and deliciously nutritious recipe, cabbage leaves encase a medley of fresh vegetables and noodles. The perfect accompaniment, tahini and sesame seeds provide a rich source of unsaturated fats and blood-enriching nutrients, as well as delicious nutty flavours.



## INGREDIENTS – MAKES 4 ROLLS

Large cabbage leaves	8
Cabbage, finely shredded	350g
Glass noodles	80g
Carrot, finely shredded	150g
Shiitake mushroom, finely sliced	30g
Chinese celery, finely sliced	15g
Garlic, finely sliced	2 cloves
Spring onion, finely sliced	15g
Vegetable stock	60ml
Sesame oil	3ml
Sesame seeds	1g
Black pepper	To taste
Sea salt	A pinch
Chives, blanched (for wrapping)	8 pieces

### Tahini dressing:

Tahini	30ml
Sesame oil	15ml
Lime juice	20ml

## INSTRUCTIONS

To create the dressing, use a blender to mix the tahini and lime juice, then slowly pour in the sesame oil as you continue to blend. Set aside.

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Blanch the cabbage leaves for a few seconds in boiling salted water and cool immediately in ice water. Dry, cut out the hard stem and discard.

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Heat the vegetable stock in a pan, then add the garlic, glass noodles, shredded cabbage, carrot and shiitake mushroom. Stir until the liquid has completely reduced. Stir in the celery and spring onions, and remove from the heat. Add the sesame oil, sesame seeds, salt and pepper.

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To make the wraps, take two blanched cabbage leaves and layer them on a cutting board. Place a quarter of the filling in the centre and fold up carefully. To tie them, take a small bowl and place the blanched chives in the bowl in a cross shape. Place the folded wrap on top, and then tie the chives to secure.

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Steam the wraps for 3-5 minutes and serve with the tahini dressing.



# Food in Bangkok and Central Thailand

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The traditional cuisine of central Thailand uses many of the ingredients from the region – particularly pork, palm sugar, coconut milk and seafood from both the Gulf of Thailand and the mighty Chao Phraya River. Back in the 18th century, Chinese traders left their culinary mark here, their influence shown in the central region's frequent use of tofu, ground pork, wok-fried dishes and noodles. Pad Thai, a favourite around the world and now a Thai national dish, was said to have originated here due to this Chinese influence. Due to its location, the area's cuisine also often combines influences from the regions that surround it.





How and why did you become a chef?

I lived in the USA for many years, trying out the Thai restaurants there and finding that I wanted to introduce foreign diners to a greater breadth of Thai cuisine.

As tasty as it is, it's not all Pad Thai.

What are the main influences on your cooking style?

First and foremost, it's the flavours and textures of Thai food that I grew up with. A lot of my cooking is based on family recipes, but I also like to research old Thai cookbooks for inspiration.

**PIM TECHAMUANVIVIT**

Executive Chef at nahm



# COMO Metropolitan Bangkok

BANGKOK, THAILAND

COMO Metropolitan Bangkok is perfectly positioned to experience the spirit of Bangkok, while housing sleekly-designed rooms, an outdoor swimming pool and a world-renowned spa. Famed for its award-winning Thai cuisine, COMO Metropolitan Bangkok's headline restaurant, nahm, gained a Michelin star for the second consecutive year in 2019. nahm uses robustly flavoured ingredients and melds them together to create a sophisticated, subtle elegance in which every element is in perfect balance.



# Nine Treasures Miang

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Miang is a simple, classic Thai snack comprising a mix of dressed ingredients, served atop a betel leaf. This version is called Nine Treasures as it has – you guessed it – nine main ingredients. Don't worry if you can't find them all, just take the recipe as a guide and use your own imagination. Snake fruit can be substituted for acidic fruits like citrus or sour plums, while the betel leaves can be replaced by bitter greens such as endive, chard or kale.



## INGREDIENTS – MAKES 10 MIANG

### Miang dressing:

Palm sugar	23g
Fish sauce	8g

### Miang mixture:

Pomelo, broken up into small pieces	100g
Sour mango, julienne	30g
Pomegranate seeds	30g
Shallots, sliced	10g
Lime zest	15g
Snake fruit, cut into thin slices	15g
Cooked chicken, shredded	15g
Cooked lobster meat	50g
Shallots, fried	5g
Grated coconut, toasted	5g
Lime juice	5ml
Miang dressing	20g
Betel leaves (to serve)	10
Fresh coriander leaves (to garnish)	10
Long mild red chilies, julienne (to garnish)	2

## INSTRUCTIONS

First, you make the Miang dressing. In a small pan, caramelize the palm sugar until dark and slightly reduced. Remove from the heat and add the fish sauce. Stir until fully mixed and set aside to cool.

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Meanwhile, wash and dry the leaves. If using the betel leaves, clip off the hard stems. If using other leaves, trim those to about 7cm rounds. You will need about 10 pieces.

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Stir 5ml of lime juice into 20g of the Miang dressing. Place the rest of the Miang ingredients into a large bowl and toss with the dressing.

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Divide this Miang mixture between your 10 leaves. Garnish each with a julienne (matchstick) of red chili and a coriander leaf.

How and why did you become a chef?

Somewhere very close to my heart, I trained to be a chef here at the Mandarin Oriental, Bangkok. Though my career has taken me around the world, I believe that the best Thai cuisine is found at Sala Rim Naam.

What does Thai cuisine mean to you?

Thai food means everything to me. I have fond childhood memories of my mother going to the local market in the early morning, buying organic produce so that she could cook for me before I went to school.

**PRASERT SUSSADEEWONG**  
Executive Chef at Sala Rim Naam



## Mandarin Oriental, Bangkok

BANGKOK, THAILAND

Located in a quiet spot on the banks of the historic Chao Phraya River, yet just minutes from Thailand's bustling capital's most iconic landmarks, Mandarin Oriental, Bangkok promises exceptional service and style. Experience the friendly Thai way of life and mingle with locals at one of the many immersive markets, before returning to the luxurious spa to unwind. Boasting nine outstanding restaurants that offer a variety of cuisine, this timeless property provides a true culinary discovery on the River of Kings.



# Phad Gaprow Moo

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Pad Gaprow Moo is a popular dish in the Thai street food scene. Ground pork is stir-fried with aromatic ingredients and then served over fluffy rice. Thai basil leaves cool the fiery red chilli and add the perfect fresh finish to this dish that's crammed with crunch and colour. It is also often served with a fried egg on top.



## INGREDIENTS – SERVES 2

Minced pork	150g
Vegetable oil	40g
Small red chilli, crushed	10g
Garlic, finely chopped	15g
Fish sauce	25g
Oyster sauce	30g
White pepper	5g
White sugar	4g
Pork or chicken stock	50g
Banana pepper, sliced	10g
Big red chilli, thinly sliced	50g
Fresh holy basil leaves	3g
Sweet black soy sauce	4g

## INSTRUCTIONS

Heat the oil in a wok and add the crushed small chilli and chopped garlic. Stir fry until fragrant.

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Add the minced pork and the stock. Cook for 4 minutes on a low heat.

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Season with the fish sauce, oyster sauce, white pepper, white sugar and sweet black soy sauce. Increase the heat and stir fry the mixture for 1 minute.

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Add the sliced banana pepper, large red chilli and fresh holy basil. Stir fry again for 2 minutes.

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Serve immediately with steamed jasmine rice.

How and why did you become a chef?

When I was just four years old, my toys of choice were a pan and various kitchen utensils! Ever since, inspired by the delicious cuisine that my mother cooked daily, I have created flavoursome Thai food that flaunts irresistible aromas, impressive visuals and an incredible taste.

What is your favourite dish to cook and eat?

My favourite dish has to be a delicious and wonderfully simple paste made from fresh chilli and mashed grilled river fish from the Chao Phraya, eaten as a dip with fresh vegetables. This is a popular dish here and just reminds me of home!

**CHEF KANOKWAN JINUNTUYA**

Head Chef at Thiptara



# The Peninsula Bangkok

BANGKOK, THAILAND

Located overlooking the historic Chao Phraya River, The Peninsula Bangkok is a unique wave-shaped hotel, adorned in a contemporary Thai style and enjoying uninterrupted views of the captivating city. As well as a stunning riverside spa and three-tiered swimming pool, four restaurants offer exquisite cuisine and beautiful settings. Other foodie activities include authentic cookery classes, visits to local markets and a workshop on the importance and variety of Thai herbs.



# Yum Som O

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Beautifully light, delicious and easy to make, Yum Som O – pomelo salad – is a classic Thai appetizer. The juicy prawns, vibrant pomelo, creamy coconut and crisp shallots create a flavoursome salad that perfectly refreshes the palate and whets the appetite before your main meal. The Peninsula Bangkok's Thiptara restaurant serves this salad as an appetizer with whole river prawns from the Chao Phraya.



## INGREDIENTS – SERVES 4

Tamarind paste	200ml
Fish sauce	100ml
Palm sugar	120g
Roasted chili paste	50g
Pomelo, cut into chunks	200g
Roasted peanuts, coarsely ground	50g
Toasted coconut chips	20g
Shallot, finely sliced	10g
Spring onion, finely sliced	10g
Kaffir lime, very finely sliced	10g
King prawns, grilled	8
Whole coconut, cut in half (to serve, optional)	2

## INSTRUCTIONS

Make your salad dressing by adding the tamarind paste, fish sauce, palm sugar and chilli paste to a saucepan and heat until all ingredients are well mixed. Remove from the heat and leave to cool.

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Once cooled, add the roasted peanut and coconut into a mixing bowl with the dressing and stir.

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Add the pomelo, crispy shallot, spring onion and kaffir lime and combine again by gently tossing the ingredients until they are well mixed.

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For an authentic dish, serve the salad into the four coconut halves. Bowls can also be used. Top each portion with two grilled king prawns and enjoy.

Why do you love to cook Thai food?

When it comes to cooking, I love comforting and home-cooked style dishes. Thai meal times are about sharing and, each time I cook, I like to create something that people can experience and enjoy together.

Why do you think Thai food is so popular around the world?

Thai food is probably the most versatile in the world. You can make a dish super spicy or rich and mild, yet it still keeps its integrity and distinct Thai flavour. What's more, it is beautiful to look at and smells incredible!

**CHEF DAMRI MUKSOMBAI**  
Executive Chef at Chon Thai



## The Siam

BANGKOK, THAILAND

Set across three acres of lush landscaping along the city side of the Chao Phraya River, The Siam is a truly luxurious urban resort. Guests can dine at the hotel's signature Thai restaurant 'Chon' or join the chefs for authentic cooking classes in a spectacular setting. The Opium Spa provides a haven of wellness, the Muay Thai training centre allows you to try Thailand's national sport, and the hotel's beautiful boat is perfect for a sunset river cruise.



# Yum Takrai Pla Krapong Thord

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Fresh, flavoursome and packing a punch, this dish comprises spicy deep-fried seabass and a lemongrass salad served with Nahm Yum Sai dressing. Served as a starter at The Siam's Chon Thai restaurant, the fiery chilli is artfully combined with the refreshing flavours of mint and lemongrass, beautifully enhancing the delicate fish.



## INGREDIENTS – SERVES 4

Seabass	4 large fillets (approx. 200g each)
White flour	80g
Quality vegetable oil	500ml
Lemongrass, trimmed and thinly sliced	4-5 stalks
Shallots, thinly sliced	40g
Fresh coriander	A handful
Fresh mint	A handful
Medium chillis, deseeded and thinly sliced	2
Roasted cashew nuts	10g
<b>Dressing:</b>	
Fish sauce	2 tbsp
White sugar	2 tbsp
Lime, juiced	2
Warm water	2 tbsp

## INSTRUCTIONS

Make the dressing first by simply mixing all dressing ingredients together in a bowl until the sugar is fully dissolved. Keep to one side.

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Cut the seabass into bitesize pieces and coat each piece with the white flour. Heat the oil in a wok or deep-frying pan and then deep fry the seabass until golden all over. Remove from the oil, placing the fried fish onto kitchen paper to absorb the excess oil.

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Before serving, place the fried seabass in a mixing bowl and add the sliced lemongrass, shallots, coriander, mint, chillis and cashew nuts. Carefully mix in the dressing without breaking the seabass pieces.

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Finally, place the pieces of seabass onto serving plates and add the vegetables and herbs on top, spooning over any extra dressing left in the bowl.



# Food in Northern Thailand

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Heavily influenced by Yuannanese, Shan and Burmese cuisine, Northern Thai food is likely a world away from the dishes you've encountered at your local Thai restaurant at home. One of Thailand's least spicy schools of cooking, the cuisine is characterised by mild, often bitter flavours, using the produce and spices that are indicative of its relatively cool climate – such as ginger, tamarind, coriander, mint and Thai basil. Pork is more prominent here than more southerly regions, as well as a wider variety of meats such as water buffalo. Freshwater fish and crustaceans are also often served in abundance.





How and why did you become a chef?

Coming from a family of chefs, food was integral to my childhood. I remember whenever there was a special occasion in our village, my grandma was called to cook.

Since learning the practice as a child, I haven't looked back.

What are the main influences on your cooking style?

Authentic northern Chiang Mai recipes and heirloom dishes are still the main influence on my cooking style, offering guests Thai dishes that they may not recognise or have tried elsewhere. I am also crazy about chilli!

**CHEF ANCHALEE LUADKHAM**

Executive Sous Chef



## Four Seasons Resort Chiang Mai

CHIANG MAI, THAILAND

Four Seasons Resort Chiang Mai is set in the beautiful Mae Rim Valley, overlooking terraced rice fields and just minutes from the cultural heritage of Thailand's northern capital. Charming Lanna-style guest accommodation is designed to reflect a luxurious northern Thai home, right down to the Siamese artefacts and original paintings. As well as two authentic Thai and Western eateries, there is a cooking academy in which you can learn how to create regional dishes and join tours to local food markets.



# Gai Ok Curry

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'Gai' translates to chicken, the main ingredient in this flavoursome northern Thai dish.

Unlike many Thai curries, there is an absence of coconut milk, highlighting the difference of this region's cuisine. The recognisable zest of galangal, lemongrass, turmeric, coriander and kaffir lime, however, maintain the distinct Thai taste, perfectly balancing to create a curry filled with flavour.



## INGREDIENTS – SERVES 2

### Gai Ok Curry Paste:

Galangal	80g
Lemongrass	100g
Fresh turmeric	70g
Garlic	70g
Shallot	100g
Dried chilli	1g
Shrimp paste	10g
Anchovy pla ra (paste)	50g

### Gai OK Curry:

Gai OK curry paste	50g
Cooking oil	30ml
Chicken, diced	300g
Chicken stock	70ml
Fish sauce	10ml
Kaffir lime leaves	1g
Green peppercorns	3g
Spring onion, chopped	2-3 stalks
Fresh coriander, chopped	2-3 pieces
Preserved red chilli (to garnish)	50g

## INSTRUCTIONS

Begin by making the curry paste. Combine all the curry paste ingredients into a mortar and pound with a pestle until it becomes a paste.

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In a wok, heat the cooking oil and add 50g of the freshly made curry paste. Stir until fragrant.

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Add the chicken and stir-fry for around 5 minutes until it becomes tender. Add the chicken stock and simmer. Continue to simmer until the chicken is cooked through and season with the fish sauce.

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Turn off the heat and add the green peppercorn, coriander, kaffir lime leaves and spring onions. Stir. Serve and garnish with the red chilli. Enjoy with steamed jasmine rice.

How and why did you become a chef?

Growing up, the food I ate was mostly leftovers from monks at the local temple. I became fascinated by the region's produce and what could be done with it outside of this humble setting.

What is your favourite dish to cook or eat?

Though my career has taken me around the world, I still prefer to cook and eat Chiang Rai's unmatched cuisine. Simple yet beautifully delicate in flavours and textures, one of my favourite dishes is the one I've shared here, Som Tum.

**CHEF PISAN TORPHET**

Camp Chef at Nong Yao



## Four Seasons Tented Camp Golden Triangle

CHIANG RAI, THAILAND

Set in the midst of Chiang Rai's exotic bamboo jungle, Four Seasons Tented Camp Golden Triangle invites each of its guests to participate in a wildlife experience like no other – a close-up and sustainable elephant encounter – while the rich jungle environment also plays host to diverse birdlife and makes for great photography. Wellness treatments and healing botanicals await at the tented spa, while the finest Thai, Laotian and Burmese cooking is served beneath the Nong Yao restaurant's rustic thatched-roof pavilion.



# Som Tum Salad

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A Thai staple with clear Laotian influences, Som Tum is a super simple, healthy and fresh salad that can be eaten as a starter, side or light bite. Not like the sweet orange fruit you may be used to, green papayas are crisp and savoury in flavour, quite closely resembling cucumber. The refreshing crunch of the green papaya is flavoured with palm sugar, chilli, lime juice and fish sauce, achieving the classic Thai tastes of sweet, sour, salty and hot.



## INGREDIENTS – SERVES 2

Green papaya, shredded	100g
Carrot, shredded	20g
Bird's eye chilli	2 pieces
Garlic	1 clove
Palm sugar	1 tbsp
Cherry tomatoes	20g
Dried shrimp	1 tbsp
Roasted peanuts	5g
Green beans, chopped into quarters	30g
Anchovies	5g
Fish sauce	To taste
Fresh lime juice	To taste

## INSTRUCTIONS

Place the bird's eye chilli, garlic and green beans into a mortar and pound with a pestle. Place the mixture in a large bowl.

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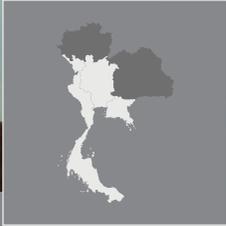
To the bowl, add the fish sauce, palm sugar, anchovy and fresh lime juice.

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Add the shredded papaya, carrot, cherry tomatoes, shrimp and roasted peanuts and gently mix.

---

Serve.



# A Tasting Tour of Thailand

Thailand's culinary delights vary depending on where you visit in the country, making moving around essential for a full foodie experience. With this customisable itinerary, get set to embark on a flavour-filled tasting tour of Thailand, including three luxury properties in three distinct regions.

## OUR RESTAURANT RECOMMENDATIONS...

### ISSAYA SIAMESE CLUB, BANGKOK

An award-winning Thai restaurant and bar located in a 100-year-old villa with beautiful tropical gardens.

### EATTHAI, BANGKOK

A high-end food market in the upscale Central Embassy mall, serving Thai delights from several regions.

### DAVID'S KITCHEN, CHIANG MAI

A highly decorated fine dining European Thai fusion restaurant with a laid-back atmosphere.

### THE WHOLE EARTH RESTAURANT, CHIANG MAI

Tantalizing Thai food in an authentic environment, with plenty of vegetarian options.



## DAY 1-2 | FLY TO BANGKOK

Fly to Bangkok and take a private car transfer to **Mandarin Oriental, Bangkok**.

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## DAY 2-5 | BANGKOK

Whether seeking spicy street food or upscale Michelin star-awarded eateries, Bangkok is a true paradise for food lovers. Your base in the capital is the **Mandarin Oriental, Bangkok**, an elegant riverside property with no less than nine eateries offering a variety of cuisine, as well as a cookery school. From the hotel, head out on a thrilling evening food tour by tuk tuk. Join a local foodie as you whizz around the city at night, visiting famous local eateries and sampling true Thai favourites – from the city’s best Pad Thai, to lesser-known recipes. Pass the vivid colours of the flower market and magnificent temples, experiencing a whole new side to Bangkok.

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Take a private car transfer to Bangkok Airport for your flight to Chiang Mai. Here, take a private car transfer to **Four Seasons Resort Chiang Mai**.

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## DAY 5-8 | CHIANG MAI

Dubbed Thailand’s ‘Rose of the North’, Chiang Mai offers a delightfully different culinary experience to other regions. While staying at the **Four Seasons Resort Chiang Mai**, master the art of creating Thailand’s renowned cuisine with a Four Seasons chef as your guide. Begin the day at a colourful local market, collecting fresh ingredients for your upcoming masterpiece. Return to the Rim Tai Kitchen and learn the principles of Thailand’s culinary heritage as you prepare a selection of classic dishes. When the masterclass is over, try out your exquisite creations for lunch. Other pastimes at this enchanting resort include traditional Thai spa treatments and excursions to local temples.

Take a private car transfer to Chiang Mai Airport for your flight to Phuket. Here, take a private car transfer to the **Ao Por Grand Marina** and board your speedboat transfer to **Six Senses Yao Noi**.

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## DAY 8-13 | KOH YAO NOI

End your Thai adventure at the sensational **Six Senses Yao Noi**, enjoying the views over Phang Nga Bay’s glittering water and iconic limestone karsts. After enjoying the various activities on offer – from Muay Thai boxing to kayaking through the mangroves – what better way to end the day than with a private barbecue at sunset? Sail by longtail boat to your own desert island paradise, where your personal chef will prepare a bespoke three-course menu using the finest local ingredients. Dine on sensational Koh Yao Noi seafood, authentic satay skewers and fresh tropical fruit, all while enjoying the sunset and exploring the uninhabited island.

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## DAY 13 | FLY TO LONDON

Take a private speedboat transfer to the **Ao Por Grand Marina**, followed by a private car transfer to Phuket Airport. Here, board your flight to London.





SPOTLIGHT ON:

# Rosewood Phuket

With the stunning backdrop of Emerald Bay, Rosewood Phuket is the ultimate destination for luxury island living.

The natural health benefits of a life by the ocean are complemented by culturally inspired wellness practices, while four delectable dining options each lead guests on a creative culinary journey...



## Ta Khai

### TRADITIONAL THAI

Sustainable and stylish, reclaimed materials create rustic Thai pavilions beside the ocean. Authentic, simple and traditional Thai menus are planned around the local fishermen's daily catch, ensuring the freshest seafood you can get.

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## The Shack

### FRESH SEAFOOD

Simply prepared seafood cooked in the hot stone oven or on the charcoal grill is served at rustic poolside restaurant, The Shack, highlighting the natural bounty of the Andaman Sea.

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## Red Sauce

### AUTHENTIC ITALIAN

Deliciously fresh dishes for breakfast, lunch and dinner are served from the open kitchen in this Italian restaurant with a laid-back al fresco terrace boasting views over Emerald Bay.

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## Mai

### LIGHT BITES

A super cool and sophisticated lounge serving light bites and creative cocktails. A laid-back poolside hideaway by day, Mai turns to a full-service bar as the sun sets, backed by chill-out music.



# FLAVOURS OF THAILAND

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