



Thailand



Photo From: <http://savorysweetlife.com/wp-content/uploads/2009/06/padthai.jpg>

Meals

- **Breakfast:** In Thailand, breakfast is a hearty meal that centers on a portion of meat and some vegetables served over a bed of rice. Eggs, rice porridge, and tea are also staples in Thai breakfast.
- **Lunch:** In Thailand, lunch is a medium-sized meal eaten in the first few hours of the afternoon. A typical lunch in Thailand consists of pork, chicken, or seafood served with vegetables over rice or noodles.
- **Dinner:** A typical dinner in Thailand shares many of the same characteristics as lunch, with a portion of meat and a portion of vegetables being served over a bed of rice or incorporated into noodles. However, some dishes, like satay and spicy soup, are also very common dinner items.
- **Dessert:** Dessert is a common dish in Thailand. Most desserts include fruit and rice as a base.

Frequently Used Foods:

- **Fruits and Vegetables:** apple, pear, lychee, pomelo, durian, melon, mango, banana, coconut, guava, gooseberry, jackfruit, jujube, corn, asparagus, cabbage, celery, cucumber, garlic, onion, spinach, mushroom, tomato, okra, radish, pea [More Fruits](#)
[More Vegetables](#)
- **Protein:** Pork, chicken, eggs, beef, fish, shrimp, prawn, tofu, peanut, cashew, duck
- **Spices:** Sweet basil, ginger, turmeric, holy basil, lemon basil, coriander, cilantro, dill, chili pepper, pepper, mint, lemongrass, soy sauce, fish sauce, curry

- **Oils/Misc:** Sunflower oil, rice, noodles, coconut milk, rice wine vinegar

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Tom Yum Goong:** ([recipe](#)) ([images](#))
- **Panang Gai:** ([recipe](#)) ([images](#))
- **Khao Kha moo:** ([recipe](#)) ([images](#))
- **Gai Pad Med Ma Muang:** ([recipe](#)) ([images](#))
- **Pad Thai:** ([recipe](#)) ([images](#))
- **Gang Keow Wan:** ([recipe](#)) ([images](#))
- **Som Tam:** ([recipe](#)) ([images](#))
- **Khao pad:** ([recipe](#)) ([images](#))
- **Coconut Cake:** ([recipe](#)) ([images](#))
- **Fried Bananas:** ([recipe](#)) ([images](#))

Religion: Theravada Buddhism is the official religion of the country, with over 80% of the population adhering to this philosophy. Muslim is the next largest religion, with about 10% of the population.

National Holidays and Dietary Requirements:

- **Magha Puja:** This holiday, celebrated on the full moon of the 3rd Thai lunar month (February), commemorates Buddha's teaching of Ovada Patimokkha.
- **Chakri Memorial Day:** Celebrated on April 6th annually, this holiday recognizes the establishment of the Chakri Dynasty and the founding of Bangkok. [More on Chakri Memorial Day](#)
- **Songkran Festival:** This is the primary holiday on the Thai calendar and occurs between April 13th and 15th. This holiday recognizes the importance of family, with many people coming home to be with their loved ones. Further, April 14th is celebrated as Family Day in Thailand. [Songkran](#)
- **Royal Ploughing Day:** Also known as farmer's day, this holiday recognizes and honors the farmers of the country. Celebrated in May (actual date announced by the Bureau of the Royal House Hold), the Royal Ploughing Day is a chance to gather and

give praise to a section of the population that goes underappreciated throughout the year. [Royal Ploughing Day](#)

- **Chulalongkorn Day:** Celebrated annually on October 23rd, King Chulalongkorn Day is the anniversary of the death of King Chulalongkorn, who led several major reforms in Thailand. [King Chulalongkorn Day](#)

Etiquette: Do not rush a meal. It is both polite and enjoyable to pick at your food and engage in conversation with the other people at the table.

Take smaller portions at the meal. This ensures that each diner is able to get an adequate amount of each dish presented to the table.

When eating with chopsticks, do not leave them in the bowl. This symbolizes death and is incredibly bad luck.

Do not use a fork to put food into your mouth. Instead, use the fork to shovel food onto your spoon.

[Do's and Don'ts of Thai Dining Etiquette](#)

Food History: Thai food is unique from all other cuisines of Southeast Asia, with an uncanny ability to mix sweet, sour, bitter, spicy, and salty in their food. Further, the diet and variety of ingredients is heavily based upon both geography and religion in the country. This disparate impact has had a tremendous impact on the country's modern cuisine, with each region of the country utilizing a different blend of spices, meats, and fruits. Thai food has become increasingly popular throughout the world, and it is easy to see why; Thai cuisine utilizes a multitude of ingredients, cooking methods, and spices to make it both exceptional and enjoyable.

Additional Information and Acknowledgements:

<http://whatisthaifood.com/history-of-thai-food/>

<http://www.phuket.com/cuisine/toptenfood.htm>

<http://www.chingari-restaurant.com/how-to-eat-according-to-thai-etiquette.php>