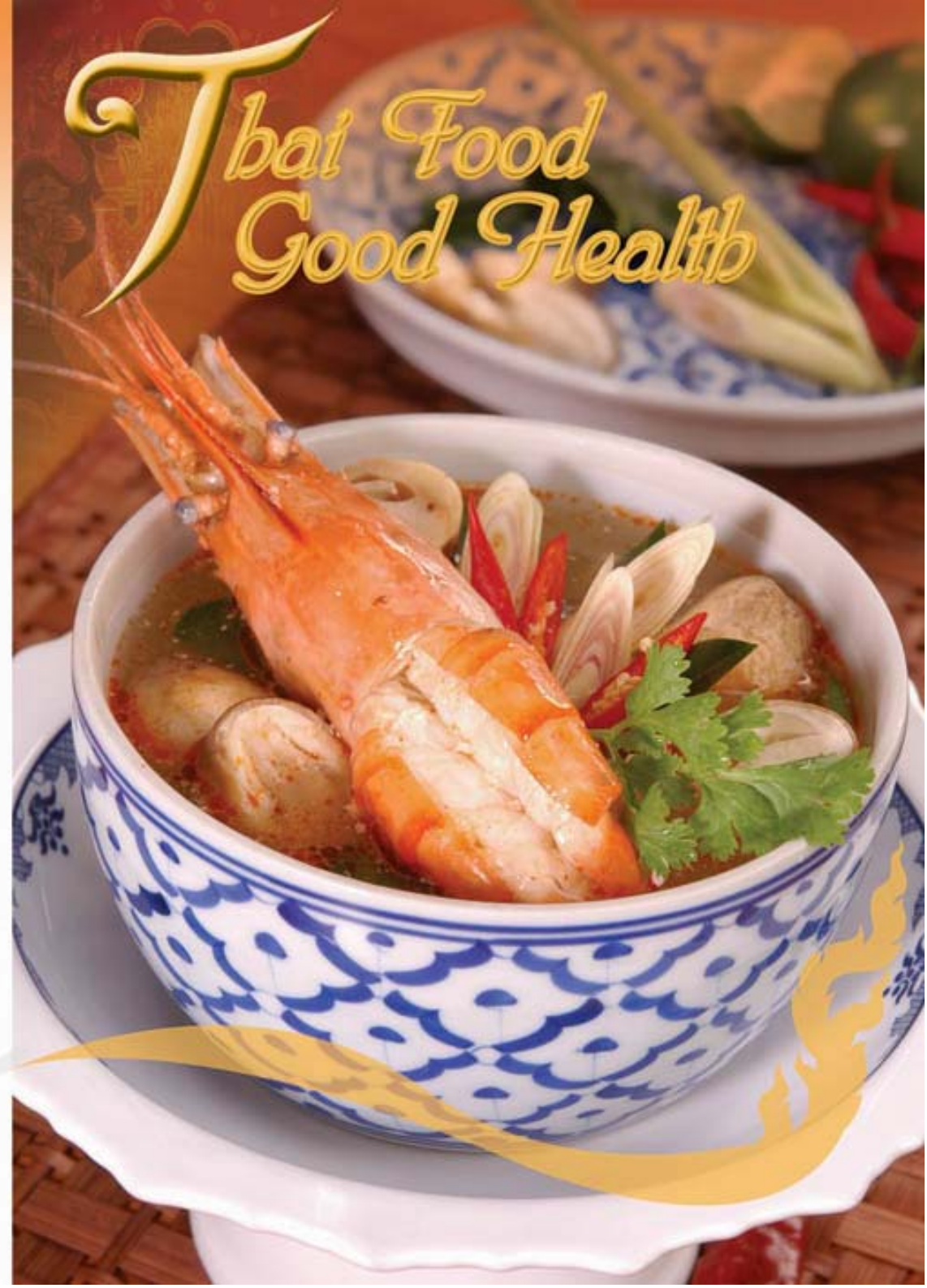


Thai Food Good Health



Division of Research and Coordination
The National Research Council of Thailand



Department of Educational Technology,
Faculty of Education, Kasetsart University



Thai Food Good Health

by
The National Research Council of Thailand
and
Kasetsart University

This document is partially to the research project on
The Strategies on Proactive Promotion of the Thai Kitchen to the World



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Advisors: Ahnond Bunyaratvej, *Secretary General*; Mathuros Sumipan, *Deputy Secretary General*; Sunanta Sompong, *Director of Research Project and Coordinator, National Research Council of Thailand*; Napavarn Noparatnaraporn, *Kasetsart University* **Food Technology Experts:** Warunee Varanyanond; Anchanee Utaipatanacheep, *Kasetsart University*; Somsri Charoenkiatkul, *Mahidol University* **Technical Experts:** Jongkon Kanperm, *Kasetsart University* **Food Preparation:** Mantana Ruamruk; Nongluck Varutamakul; Suphanna Charoenkul **Editor:** Narong Sompong, *Kasetsart University* **Editorial Team:** Channuan Ratarasarn; Cherdpong Kheerajit **Compugraphic Design:** Boonyarit Kuanhavej; Siripen Pilakun, *Center of Educational Media and Technology, Srinakharinwirot University*

Please give your comments on this document through

<http://www.thaifoodtoworld.com>

E-mail : fednurs@ku.ac.th, g4666079@ku.ac.th

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Thai Food Recipes for Health

Thai food is the cultural heritage that represents the Thai nationality and presently very popular worldwide. It is outstanding in term of tastes, high nutritional values and the diverse of herbs and spices that useful for health.

(Source: Research and Development of Thai Food Quality and Nutritional Values for Export)

- | | |
|--------------------------|--------------------------|
| Warunee Varanyanond | Gassinee Trakoontivakorn |
| Anchanee Utaipatanacheep | Plernchai Tangkanakul |
| Mantana Ruamruk | Ngamjit Lowitooon |
| Yenjai Titatarn | Urai Phawsungtong |

Institute of Food Research and Product Development, Kasetsart University
Department of Home Economics, Kasetsart University



Thai Food

Thai food is a cultural inheritance transferred to and from generations. In Thai eating culture, rice is the main component to be consumed with other supplement. The Thai menu is composed of diverse methods on cooking, for instance, boiling, soup, frying, spicy salad and the chilli paste with the combination of tastes; sour, salty, sweet and spicy that are rarely found in other national cuisines.

Basically, the preparation and the cooking methods of the Thai food are delicate. In addition, the decoration by using various colors of vegetables and fruits including the carving of these materials are the arts inherited from the ancient time. These make the Thai food popular in many countries.

The Thai food whether a set or a one-plate dish, each provides five groups of nutritional values; carbohydrate, protein, fat, vitamins and minerals including fibers and in sufficient amount. Good quality of protein comes from various meats; chicken, pork, beef, egg and the seafood. It also provides adequate fat either from plants or animals. Generally, almost of the cooking methods require small amount of oil and not too much meat but emphasize on various vegetables and fruits which are the sources of vitamins and minerals, i.e. beta carotene to keep fresh and to prevent from cancer. Besides, the fibers in vegetables and fruits are good for evacuation and reduce the cholesterol in blood. Spices supplement for instance, ginger, galangal, lemon grass, kaffir lime leaf, sweet basil and krachai provide tasty fragrance and also medical substances to prevent and heal some diseases, i.e. obesity, cholesterol, heart diseases, diabetes and cancer, etc.

By the way, consumption of the Thai food in sufficient quantity and proportion to daily needs would supply adequate nutritional substances that suitable for adults who require weight control.

Thai food is outstanding in the combination of tastes and the nutritional values which are different from others and make the foods popular all over the world.



Soup Category

Ingredients

Shrimp	500	gm.
Mushroom	600	gm.
Chilli paste	150	gm.
Soup stock	2,500	gm.
Citric acid	10	gm.
Salt	15	gm.
Fish sauce	100	gm.
Lime juice	15	gm.

(For 6 persons)

Preparation:

- ◆ Roast the chilli paste mixture and pound until ground then fry with oil and take aside.
- ◆ Peel the shrimp except its tail
- ◆ Peel the mushroom, divide by two
- ◆ Heat the soup stock and mix with all seasonings until boiling, add shrimps and mushroom and boil until done
- ◆ Add the chilli paste to favorite taste

Nutritional Value per 100 grams of food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
43.47	3.60	2.15	2.43	0.90	24.66	0.23

Strength : Low fat and low calories.

Tom Yam Kung



Tom Kha Kai

Ingredients:

Chicken	500	gm.	Kaffir lime leaves	3	gm.
Coconut milk	1,000	gm.	Soup powder	11	gm.
Mushroom	200	gm.	Salt	10	gm.
Fresh galangal	50	gm.	Hot chilli	10	gm.
Bashed galangal	25	gm.	Lime juice	50	gm.
Bashed lemon grass	100	gm.	Fish sauce	6	gm.
Coriander root	37	gm.	Coriander leaves	5	gm.

(For 6 persons)

Preparation:

- Cut up the chicken
- Mix galangal, lemon grass, kaffir lime leaves and coriander root, all bashed, add coconut milk and heat until fragrant, add chicken and low heat until done then season with salt, soup powder, fish sauce, hot chilli, mushroom, remove from heat, add lime juice and sprinkle with coriander leaves

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
95.96	7.44	5.96	3.14	1.06	11.31	0.24

Strength : Phosphorus and low fat.

Tom Kha Kai



Spices Mixture Category

Kaeng Khiao Wan Kai

Kaeng Khiao Wan Kai

Ingredients

Chicken	500	gm.
Kaeng Khiao Wan chilli paste	200	gm.
Coconut milk	1,000	gm.
Coconut cream	250	gm.
Ma-kheua phuang	400	gm.
Green & red chilli	30	gm.
Sweet basil	40	gm.
Kaffir lime leaves	2	gm.
Palm sugar	30	gm.
Fish sauce	80	gm.

(For 8 persons)

Ingredients for chilli paste

Hot chilli	30	gm.
Chilli	10	gm.
Lemon grass	15	gm.
Galangal	7	gm.
Kaffir lime skin	8	gm.
Garlic	60	gm.
Shallot	40	gm.
Coriander seed	5	gm.
Cumin	2	gm.
Pepper	3	gm.
Coriander root	5	gm.
Sweet basil	20	gm.
Salt	5	gm.
Shrimp paste	10	gm.
Vegetable oil	150	gm.

Preparation:

- ◆ Pound all the mixture for chilli paste, fry with oil and take aside
- ◆ Fry chilli paste with a bit coconut cream until fragrant, add chicken and fry rather done
- ◆ Add coconut milk
- ◆ Season with sugar, fish sauce, ma-kheua phuang, stir until done, add coconut cream, chilli, kaffir lime leaves and sweet basil

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
113.6	6.41	8.04	3.85	2.34	41.27	0.72

Strength : Protein, fat and high fiber.

Beef Masaman

Ingredients

Beef	1,000	gm.
Masaman chilli paste	320	gm.
Coconut milk	2,400	gm.
Coconut cream	200	gm.
Cardamom	10	fruits
Bay leaf	9	leaves
Cinnamon	3	gm.
Potato	600	gm.
Palm sugar	280	gm.
Fish sauce	220	gm.
Tamarind juice	200	gm.

(For 10 persons)

Preparation:

- Roast chilli paste mixture until fragrant
- Pound thoroughly and fry with oil
- Cut up the beef
- Simmer the meat in the coconut milk until tender, use low heat

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
187.33	6.70	12.09	12.93	1.60	22.46	1.06

Strength : Protein, high fat, high calories and fiber

Beef Masaman



Kaeng Liang

Ingredients

Pepper	12	gm.
Shallot	82	gm.
Ground dried shrimp	60	gm.
Shrimp paste	26	gm.
Hot chilli	2	gm.
Sweet basil	46	gm.
Gord gourd	108	gm.
Sponge gourd	264	gm.
Mushroom	176	gm.
Pumpkin	432	gm.
Water	2,224	gm.

(For 6 persons)

Preparation:

- Pound pepper, shallot and dried shrimps then add shrimp paste, mix thoroughly
- Dissolve the chilli paste in water and heat until boiling
- Add vegetables and season as taste

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
25.96	2.29	0.24	3.66	1.00	34.30	0.65

Strength : Low fat, low calories and fiber

Kaeng Liang





Fried and Salad Categories

Kai Phad Phed

Ingredients

Chicken	442	gm.	Coriander root	2	gm.
Krachai	6	gm.	Fresh pepper	18	gm.
Dried chilli	18	gm.	Water	536	gm.
Pepper	2	gm.	Oil	10	gm.
Kaffir lime skin	4	gm.	Fish sauce	17	gm.
Galangal	12	gm.	Palm sugar	14	gm.
Lemon grass	20	gm.	Sweet basil	10	gm.
Shallot	28	gm.			
Garlic	44	gm.			
Salt	4	gm.			
Shrimp paste	6	gm.			

(For 4 persons)

Preparation:

- Cup up the chicken
- Pound the chilli mixture with krachai, chilli, pepper, kaffir lime skin, galangal, lemon grass, shallot, garlic, salt, coriander root and shrimp paste thoroughly
- Heat the pan and fry the chilli paste with oil
- Add chicken and fry until done, add water and simmer with low heat
- Season with fish sauce and palm sugar and sprinkle with sliced krachai, fresh pepper and sweet basil

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
122.88	10.88	5.68	7.06	2.32	40.43	1.29

Strength : Protein and fiber.

Kai Phad Phed



Phanaeng Kai

Ingredients

Chicken	500	gm.	Kaffir lime skin	5	gm.
Coconut milk	500	gm.	Palm sugar	60	gm.
Dried chilli	18	gm.	Shrimp paste	25	gm.
Galangal	6	gm.	Coriander seed	8	gm.
Lemon grass	12	gm.	Cumin	4	gm.
Shallot	25	gm.	Roasted peanut	20	gm.
Garlic	60	gm.	Chilli	100	gm.
Coriander root	15	gm.	Kaffir lime leaves	2	gm.
Pepper	6	gm.	Fish sauce	10	gm.
			Salt	10	gm.

(For 5 persons)

Preparation:

- ◆ Cut up the chicken and take aside
- ◆ Pound the chilli mixture with dried chilli, galangal, lemon grass, shallot, garlic, coriander root, pepper, kaffir lime skin thoroughly, add roasted peanut
- ◆ Roast coriander seed and cumin and pound thoroughly
- ◆ Heat the pan and pour an amount of coconut milk, add chilli paste and fry until fragrant and shine, add spices and chicken and fry until done, add coconut milk and simmer with low heat until rather dried
- ◆ Season with fish sauce, palm sugar and sprinkle with sliced kaffir lime leaves And chilli

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
174.15	13.24	9.19	9.62	2.60	3.99	8.32

Strength : Adequate protein, fat, calories and fiber

Phanaeng Kai



Somtum

Ingredients

Shredded papaya	400	gm.
Som Tam sauce	120	gm.
Long beans	80	gm.
Tomato	120	gm.
Hot chilli	5	gm.
Dried shrimp	25	gm.
Garlic	8	gm.

Ingredients for Som Tam Sauce

Tamarind juice	100	gm.
Fish sauce	80	gm.
Salt	1	gm.
Citric acid	1.5	gm.
Palm sugar	150	gm.
Water	50	gm.
Lime juice	20	gm.

(For 4 persons)

Preparation:

- ♦ Mix all the ingredients for sauce together and boil, simmer until rather sticky.
- ♦ Pound chilli and garlic roughly
- ♦ Add papaya, long beans, tomato and dried shrimp and pound roughly
- ♦ Mix Som Tam sauce and season to sour taste with lemon juice and serve with fresh vegetables; cabbage, swamp cabbage and long beans

Nutritional Value per 100 grams for food

Calories (Kcal.)	Protein (gm.)	Fat (gm.)	Carbohydrate (gm.)	Fiber (gm.)	Calcium (mg.)	Iron (mg.)
62.23	3.36	0.51	11.05	1.75	55.06	0.58

Strength : Low fat, calories and adequate fiber.

Somtum



One-plate Dish Category

Phad Thai

Ingredients

Narrow rice noodles	400	gm.
Water	400	gm.
Phad Thai sauce	320	gm.
Dried shrimp	60	gm.
Chopped salted white radish	40	gm.
Yellow soybean curd	160	gm.
Bean sprouts	400	gm.
Chinese leek leaves	60	gm.
Egg	4	eggs
Vegetable oil	120	gm.
Ground peanut	40	gm.

Ingredients for Phad Thai sauce

Shallot	50	gm.
Garlic	25	gm.
Palm sugar	125	gm.
Sugar	10	gm.
Fish sauce	50	gm.
Tamarind juice	25	gm.
Vinegar	33	gm.
Salt	1	gm.
Ground dried chilli	1	gm.
Vegetable oil	40	gm.

(For 4-5 persons)

Pound shallot and garlic until ground and fry with oil until fragrant, add other mixture, simmer until sticky.

Preparation:

- ♦ Fry rice noodles with water until soft
- ♦ Add sauce and mix thoroughly
- ♦ Add dried shrimp, chopped salted white radish and soybean curd
- ♦ Add oil around the pan, break eggs and fry until done
- ♦ Add bean sprouts, Chinese leek leaves and fry and serve warmly

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
216.16	7.26	10.84	22.39	1.78	67.98	0.94

Strength : High calories, protein, fiber, calcium and phosphorus.

Phad Thai



Khao Phad Kra Prao

Ingredients

Cooked rice	250	gm.
Kra Prao sauce	70	gm.
Chicken	80	gm.
Soup stock	2	table spoon
Vegetable oil	1	table spoon
Sliced chilli	5	gm.
Sacred basil	10	gm.

(For 2 persons)

Ingredients for Kra Prao sauce

Sacred basil	10	gm.
Red & green hot chilli	35	gm.
Garlic	75	gm.
Shallot	25	gm.
Galangal	10	gm.
Ground black pepper	1.5	gm.
Shrimp paste	3	gm.
Fish sauce	75	gm.
Palm sugar	20	gm.
Salt	5	gm.
Vegetable oil	100	gm.
Water	200	gm.

Preparation:

- Pound hot chilli, garlic, shallot, galangal, black pepper, shrimp paste together and add sacred basil and pound roughly
- Fry the chilli paste with hot oil and season with salt, palm sugar and fish sauce
- Fry chicken with oil, add chilli, rice and Kra Prao sauce, fry thoroughly and add sacred basil and serve warmly

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
153.36	7.35	5.0	19.74	1.39	20.62	0.35

Strength : Low calories, fat and high fiber.

Khao Phad Kra Prao



Nam Ya Pla

Ingredients:

Serpent head fish	500	gm.
Coconut milk	1,000	gm.
Dried chilli	50	gm.
Krachai	220	gm.
Shallot	56	gm.
Garlic	75	gm.
Galangal	10	gm.
Lemon grass	10	gm.
Shrimp paste	18	gm.
Palm sugar	25	gm.
Salt	8	gm.
Salted fish	50	gm.
fish sauce	10	gm.

(For 6 persons)

Preparation:

- ◆ Pound dried chilli, salt, garlic, galangal, lemon grass, shallot, krachai until ground, add shrimp paste and salted fish
- ◆ Boil the fish until done, remove the fish meat and add with chilli paste
- ◆ Boil an amount of coconut milk, add the chilli paste, stir, softly add the less coconut milk, stir together and season with fish sauce and palm Sugar
- ◆ Served with fermented Thai noodle and vegetables

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
149.7	4.24	12.74	4.52	1.41	28.12	7.0

Strength : High fat, calories and fiber

Nam Ya Pla





Dessert Category

Kluay Buad Chee

Ingredients:

Ripe banana	12	fruits
Coconut milk	1,000	gm.
Coconut cream	200	gm.
Sugar	200	gm.
Salt	5	gm.

(For 12 persons)

Preparation:

- ◆ Peel banana and divide into 4 pieces
- ◆ Dissolve sugar and salt in the coconut milk
- ◆ Heat the coconut milk until slightly boiled, add the bananas, heat until boiling
- ◆ Add coconut cream and boil

Nutritional Value per 100 grams for food

Calories	Protein	Fat	Carbohydrate	Fiber	Calcium	Iron
(Kcal.)	(gm.)	(gm.)	(gm.)	(gm.)	(mg.)	(mg.)
193.20	1.31	10.0	24.49	1.23	6.69	0.53

Strength : Fat, fiber, and high calories.

Kluay Buad Chee



Additional Recipes Recommended



The special qualification of the Hom Mali rice species is the white color of the seed similarly to the color of the jasmine flower plus the fragrance of the Pandanus leaves. The seeds after boiling are soft and delicious. These made Khao Hom Mali popular and favorite among the foreigners.

There are also various recipes of the Thai food recommended, for instance:



Khao Tang Nua Tang



Khao Kriab Pak Mub



Spring rolls



Pork Satay



Kat Hoo Bai Toey



Sticky rice with ripe mango



Sticky rice with toppings



Jackfruit in syrup

Thai Herbs in Food for Health



Thai food is composed of herbs as the main compositions which refer to plants and vegetables including seasonings and spices. These represent the identity of the Thai food. Spices are used to season the odors, tastes and colors of the foods and as well to prevent the savory of the meat. Moreover, these spices contain various medical characteristics, thus Thai food is appropriate to good health.

(Source: Nutritive Values of Healthy Thai Foods, 2002)

Somsri Charoenkiatkul
Visith Chavasit
Nipa Rojroongwasinkul

Vongsvat Kosulwat
Somkiat Kosulwat
Atitada Boonpraderm

Institute of Nutrition, Mahidol University

Food application

The rhizome of krachai is used in some specific mixture, almost are for fish soup; Nam Ya Pla and Kaeng Som due to the spicy and bitter taste of krachai that are good to reduce the fishes' savory and as well to other fish dishes; Phad Phed Pla Dook (spicy fried catfish) and Kaeng Khiao Wan Pla Graay, etc.



Krachai

Kra prao or sacred basil is used in Kaeng Pha, Kaeng Kae and some spicy fried meat dishes to reduce the savory of the fish meat. Fresh leaves are sprinkled on food before removing from heat.



Kra Prao

Medical application

- carminative
- antihistamine
- antifungal, bacterial
- Cardamonin to stop the growth of cancer

- carminative
- reduce sugar in blood
- release tension
- stomachic



Turmeric

Food application

Turmeric is used in curry dishes, normally in Kaeng Phed, Kaeng Tai Pla and Kaeng Luang and as well other dishes of southern food. It is also good as a coloring agent.

Medical application

- carminative
- stomachic



Galangal

Galangal is used both its flowers as vegetables and fresh and hard rhizomes. The hard rhizome is very spicy and good to season many recipes of chilli pastes, the fresh rhizome is found good in Tom Kha Kai.

- carminative
- stop the growth of cancer
- antifungal, bacterial and yeast



Ginger

Thai people use ginger to reduce fishes smell in many dishes; Tom Som, steam fish with lime or fry with meat and as well ingredients in Miang (tidbits), such as Miang Kum, Miang Pla Tou, Miang Som. It is also mixed with pickling, mussels, Tai Pla, Saeng Wha, etc. Chopped ginger is tasty to fry with meat and as well Yam Pla Tu, Yam Khing, Yam Pla Kra-pong and Yam Hoy Kraeng. Pickled ginger is a good supplement to boiled rice and many types of paste. Ginger juice and ginger boiled in syrup and mixed with mung bean or sweet potato are tasty desserts.

- carminative
- antihistamine
- antibacterial, fungal, yeast, virus



Lemon grass

Food application

Lemon grass is spicy and bitter and used for seasoning the Thai food and as the main ingredient in every recipe of Kaeng Phed, spicy salads and Tom Yam.

Medical application

- carminative
- antibacterial, fungal, yeast
- diuretic



Coriander

This plant can be used by every part; plant, root, leaves and fruits. Normally, the coriander leaves are sprinkled to season the food, while the coriander fruits are mixed in the soup and curry for good smell and its root is used together with garlic in soup and some kind of snacks and desserts.

- carminative
- diuretic



Chilli



The popular species of chilli used for cooking are hot chilli, red, green and yellow chilli, sweet pepper, etc. which are different in the levels of its spicy tastes. Chilli can be used both fresh and dried or pickling in vinegar and to every dish that requires hot and spicy tastes.

- digestive
- to protect cancer
- carminative
- expectorant
- relief pain
- relief sickness



Food application

Pepper is popularly found in every kind of chilli pastes, in soup together with coriander root and garlic and as well sprinkle for good smell. It is normally used in cooking of Kaeng Phed, Kaeng Pa and Phad Phed.

Kaffir lime skin is one of spices mixed in chilli paste for Kaeng Phed and Phad Phed, and in Nam Prik (for Thai noodles). Kaffir lime juice is sour and used to reduce savory of meat. It is actually mixed in fermented fish paste, Kaeng Som and Kaeng Tay Po.

Chopped kaffir lime leaves are used to reduce meat smell and season Kaeng Phed, Phad Phed, Chu Chee Pla, Kaeng Tom Som, Tom Yam, Hua Mok, Tam Kanoon, Khao Yam and etc.

Lime juice is used to make sour taste in Tom Yam, Som Tum, Phla, spicy salads and many chilli pastes and as well lime juice for drink.

*Pepper**Kaffir lime**Lime**Medical application*

- carminative
- expectorant
- diuretic
- stomachic /colic
- digestive

- carminative
- expectorant

- expectorant
- carminative
- antiscorbutic

Food application

Sweet basil is used to season the food odor; Kaeng Lieng, Kaeng Nhoa Mai, Oam Pla and also as vegetable for Nam Ya and chilli paste.

Cumin is roasted and pounded to make chilli paste in some curries, Kaeng Phed and Kaeng Khiao Wan.

Onion is used in Kaeng Masaman, spicy salads, and soup stock.

Shallot is used to reduce meat savory and as seasoning and also the main ingredient in chilli paste for Kaeng Phed, Tom Kloong, Kaeng Lieng, Tom Yam, Lhun, Yam, Larb and Nam Prik and as well in some desserts.

Sweet basil is used as vegetable supplement and also odor seasoning in spicy recipes; Kaeng Phed and Phad Phed.

*Sweet basil**Cumin**Onion**Shallot**Sweet basil (horapba)**Medical application*

- carminative
- laxative

- carminative
- expectorant

- carminative

- carminative
- stomachic
- catarrh relief

- carminative

Food application

In the middle part recipe, the fresh leaves are used to wrap the tidbits of Miang khum. In the south, they are used in some curries with shrimp, fish and mussels and as well as vegetables with chilli paste.

*Cha-phloo*

Cha-ohm is also vegetable supplement whether boiled or steamed and also mixed with egg and fried. It is used in some curries in the north and northeast recipes; Kaeng Kae and Kaeng Lao.

*Cha-ohm*

Fresh leaves and young flowers are blanched or boiled to supplement with the chilli paste. Its flowers are used as ingredients in Kaeng Lieng and Kaeng Som. Besides, the ripe pumpkins are used in many dishes both soups and fried dishes. It is also good to make many recipes of desserts; pumpkin boiled in syrup and pumpkin in coconut syrup.

*Pumpkin**Medical application*

- stomachic
- expectorant
- colic

- cooling

- beta carotene

Food application

Thai people in every part eat the tamarinds' fresh leaves, flowers and the pods as vegetables and seasoning agents. The content in the ripe pods provides sour taste. People in the middle part of Thailand use the young pods as ingredient of the tamarind paste. The fresh leaves are used in soups; Tom Klong Pla Kroab and Pork and pumpkin in coconut soup.

*Tamarind*

Garlic is actually important ingredient in Thai food and found in every recipe prior to fry vegetables and meat. It is also unable to be missed in soup and chilli paste and as well spicy salad. This is including the pickled garlic, garlic plants and fried chopped garlic to sprinkle the food.

*Garlic*

The blanched leaves are delicious with chilli paste. Gord gourd is good also as ingredient in many recipes; vegetable soup, Kaeng Lieng or fried vegetable or mix with omelet.

*Gord gourd**Medical application*

- carminative
- cooling
- laxative
- antihistamine

- carminative
- reduce blood pressure
- prevent heart disease
- antibacterial, fungal, yeast, virus

- intestinal stimulating
- carminative
- colic
- antipyretic
- reduce sugar in blood