

Thailand

Asia

Menu

1. *Tom yam goong* (hot and sour shrimp soup)

Ingredients:

- 1/2 lb. shrimp, shelled and de-veined, with shells reserved
- 3 cups water
- 2 garlic cloves, minced
- 5 limes , juiced
- 3 thin slices fresh or dried galangal
- 1/4 cup fish sauce
- 2 stalks lemon grass, cut into 1-inch strips
- 2 shallots, sliced
- 1/2 cup sliced straw mushrooms
- 1/4 cup lime juice
- 1 tsp. black chili paste
- 1 Tbsp. chopped cilantro/coriander leaves

Directions:

Rinse the prawn shells and place them in a large pot with the water. Heat to boiling, strain the broth, and discard the shells. Add the garlic, lime rinds galangal, fish sauce, lemon grass, and shallots to the stock. Then add the mushrooms and chili peppers. Cook gently for two minutes. Add the shrimp to the soup and reheat to boiling. When the shrimp are cooked, place the lime juice and black chili paste in a serving bowl. Pour the soup into the bowl, stir, garnish with the cilantro leaves and serve.

2. *Rau cai chua* (pickled vegetable nibbles)

Ingredients:

- 1 lb. carrots, peeled and cut into 2-in.-long matchsticks
- 3 Tbsp. salt
- 1 lb. daikon, peeled, halved lengthwise and cut into thin crescents
- 6 Tbsp. granulated sugar
- 1 cup Chinese white rice vinegar
- 1 1/2 lbs. cucumber, peeled, seeds removed, cut into 6 in.-thick stems lengthwise, then cut crosswise into 2 in.-long sticks

Directions:

Toss the carrots in a sieve set over a bowl with 1 Tbsp. salt. Let stand for 45 minutes. Gently press the carrots against the sieve to remove remaining moisture. Rinse and drain. Repeat with daikon. Whisk sugar and vinegar together until sugar is completely dissolved. Divide the mix among 3 quart-sized plastic bags; put carrots in one bag and daikon in the other. Seal and shake bags until they are coated. Lay the bags flat on a plate and refrigerate for 24 hours. The next day rinse cucumbers like the carrots and daikon and place them in the third plastic bag. Refrigerate for 4-6 hours. Drain vegetables and serve at room temperature.

3. Cooked rice

Consumption comparisons

Percentage of children underweight

United States of America: 1%

Thailand: 19%

Life in Thailand

Known as “the land of smiles,” the country of Thailand is renowned for the warmth of its people and the sophistication of its culture. In rural villages, the home is usually a simple wooden house raised on posts. Domestic animals like water buffalo, pigs, and chickens are kept below the house, while the family lives above in a single room. Each child is assigned certain duties according to age and ability, such as leading the buffalo to graze or caring for younger siblings while parents work the fields.

Typical meal

Harmony is the guiding principle behind each dish. A typical meal might consist of a soup, a steamed dish, a fried dish, a hot salad, and a variety of dipping sauces.

Hot lunch



This little girl is enjoying food from hot lunch program, which lightens financial burden on parents by feeding many children.

References: <http://www.compassion.com/about/where/thailand.htm#Body7TitleText>

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