

## Foodie's Guide To Eating Thai

{คู่มือนักชิมอาหารไทย}

REALTHAIRECIPES.COM



## Authentic - รสชาติไทยแท้

- I want food Thai people like to eat, not food Thai people think foreigners like to eat.  
ฉันอยากกินอาหารไทยที่คนไทยกินไม่ใช่อาหารที่คนไทยคิดว่าคนต่างชาติชอบกิน
- Please don't add western vegetables if possible.  
กรุณาอย่าใส่ผักที่ไม่ใช่ผักไทย เช่นบรอกโคลี, แครอท, ฯลฯ
- I can eat fermented things like fish sauce, shrimp paste, fish paste, etc.  
ฉันกินของหมักดองเช่น น้ำปลา, กะปิ, ปลาร้า, ฯลฯ ได้
- What are the recommended dishes here?  
ที่นี่มีอาหารแนะนำอะไรบาง
- We want to order Thai-style to share.  
ขอสั่งอาหารแบ่งกันกิน แบบไทย

ฉันชอบอาหารไทยมากๆ

## Vegetarian - มังสะวิรัติ

Thais understanding of vegetarian may differ from yours. They're familiar with Chinese vegetarian ("Jae" "เจ") which also forbids garlic, shallots, scallions, cilantro and many other strong flavored herbs.

- I'm vegetarian, but not Chinese Vegetarian (Jae). I can eat all vegetables and herbs.  
ฉันกินมังสะวิรัติ ไม่ใช่เจ ฉันกินผักได้ทุกชนิด รวมทั้งกระเทียม หอม ฯลฯ

- I don't eat:  
ฉันกิน:
- meat / เนื้อสัตว์
  - seafood / อาหารทะเล
  - fish sauce / น้ำปลา
  - oyster sauce / น้ำมันหอย
  - shrimp paste / กะปิ
  - meat broth / น้ำซุปเนื้อสัตว์
  - milk / นม
  - eggs / ไข่



## Street Food

- Don't be afraid to eat street food. The most delicious food in Thailand is usually found at street vendor stalls. Look for clean vendors.
- walking & eating isn't rude - it's totally normal.
- Ask locals for recommendatons for their favorite vendors -- everyone has an opinion and they love to talk about food.



## How to find authentic Thai

### Outside Thailand:

Ask local Thais, try websites, Thai companies, or the Thai embassy for recommendations.

### Inside Thailand:

- Look for restaurants not meant for travellers.
- Stay away from touristy areas.
- Look for lots of Thais eating, not other foreigners.
- Lines, packed tables, and crowds are always a good sign.

## Spicy - เผ็ด

- I can eat spicy.  
ฉันกินเผ็ดได้
- I want Thai level of spicyness.  
ฉันอยากกินเผ็ดแบบคนไทยกิน

### I want my food

- ฉันอยากได้
- not spicy at all / ไม่เผ็ดเลย
  - a little spicy / เผ็ดนิดหน่อย
  - medium spicy / เผ็ดปานกลาง
  - spicy / เผ็ดแบบธรรมดา
  - very spicy / เผ็ดมาก
  - so spicy Bangkokians would cry / เผ็ดมากๆ ขนาดคนกรุงเทพฯร้องไห้



## Food Allergy - แพ้อาหาร

\*\* Food allergy can be fatal. Please explain to the chef thoroughly.  
\*\* การแพ้อาหารอาจทำให้เสียชีวิตได้ โปรดอธิบาย ให้แม่/พ่อครัวเข้าใจ

- I have food allergy(ies).  
ฉันแพ้อาหารบางชนิด

- I am allergic to:  
ฉันแพ้:
- peanuts / ถั่วลิสง
  - nuts / ถั่ว
  - shellfish / หอย
  - shrimp / กุ้ง
  - crab / ปู
  - fish / ปลา
  - milk / นม
  - eggs / ไข่
  - soy / ถั่วเหลือง (รวมทั้งซอสถั่วเหลือง, ซีอิ๊ว, เต้าหู้)



## How to eat Thai-Style



Thais share their food by putting all of the dishes in the center of the table. Each person has their own plate of rice. If a serving spoon is placed in a common dish, use that to scoop a small amount of food on to your plate. If not, use your own spoon.

### The biggest no-nos:

1. Don't pile your plate with food all at once, mixing the flavors. Eat one dish at a time.
2. Don't take huge amounts of the common dish, it's seen as stingy. Also, you should eat what you've taken (unless you don't like it!). Don't leave large amounts of food on your plate at the end of the meal that others could have eaten.
3. Make sure your spoon is clean before reaching into the common dish.

### How to order:

Generally, a Thai meal is varied. The more people, the more dishes, and the more chance to try new things. A typical Thai meal will try to incorporate a soup, a vegetable dish, a meat or fish dish, a curry, etc. Essentially one of everything. Usually one person will order for the group. If you are unsure how to eat something, look around or just ask.

## Did you know?

- Thai people eat with a fork and spoon.
- Peanut sauce did not originate in Thailand. It comes from Malaysia and Indonesia.
- Many of the popular appetizers you know are actually street or snack food.
- Thai people like to balance flavors - it's not uncommon to find salt in fruit juice, sugar in salty dishes, or chilies in dessert.
- Thailand was never colonized, but Thai food was heavily influenced by Portuguese, Chinese and Indian settlers.
- Pad Thai, one of Thailand's most famous dishes, is common street food.
- Thai people snack all day long.
- 90% of Thai conversation is about food. (OK, maybe only 50%!)

## Who made this?

We are a Thai & American couple who love to eat and cook. We run RealThaiRecipes.com and post authentic Thai recipes from our home in Bangkok. Please drop us a line at [cook@realthairecipes.com](mailto:cook@realthairecipes.com) if you like this guide or have any suggestions. :)