

## TOM KHA KAI, TOM KHA GAI,

OR THAI COCONUT SOUP IS A SPICY AND SOUR HOT SOUP WITH COCONUT MILK IN THAI AND LAO CUISINES. IN THAILAND, MOST TOM KHA KAI RECIPES TYPICALLY INCLUDE COCONUT MILK, GALANGAL, KAFFIR LIME LEAVES, LEMONGRASS, THAI CHILI PEPPERS, CORIANDER (OR DILL WEED), STRAW MUSHROOMS (OR SHIITAKE OR OTHER MUSHROOM), CHICKEN, FISH SAUCE, AND LIME JUICE. FRIED CHILIES ARE SOMETIMES ADDED. IN A THAI-STYLE TOM KHA KAI, DILL WEED IS NOT USED, WHEREAS IN A LAO-STYLE TOM KHA KAI, DILL WEED IS USED. DILL WEED IS A COMMON HERB WHICH IS USED IN LAO CUISINE. THE THAI'S ANSWER TO DILL WEED (KNOWN IN THAILAND AS PHAK CHI LAO, SINCE IT IS KNOWN LOCALLY AS A LAO HERB) IN THAI TOM KHA IS CORIANDER OR CILANTRO. IN THE LATE 19TH CENTURY, TOM KHA WAS NOT A SOUP. IT WAS A DISH OF CHICKEN OR DUCK SIMMERED IN A LIGHT COCONUT BROTH WITH A GENEROUS AMOUNT OF GALANGAL. IT WAS THEN SERVED WITH A BASIC ROASTED CHILI JAM AS A DIPPING RELISH



## TOM YUM OR TOM YAM

IS A TYPE OF HOT AND SOUR THAI SOUP, USUALLY COOKED WITH SHRIMP (PRAWN). TOM YUM HAS ITS ORIGIN IN THAILAND. IN RECENT YEARS, TOM YAM HAS BEEN POPULARISED AROUND THE WORLD.

THE WORDS "TOM YAM" ARE DERIVED FROM TWO THAI WORDS. TOM REFERS TO THE BOILING PROCESS, WHILE YAM REFERS TO A THAI SPICY AND SOUR SALAD. INDEED, TOM YUM IS CHARACTERISED BY ITS DISTINCT HOT AND SOUR FLAVOURS, WITH FRAGRANT SPICES AND HERBS GENEROUSLY USED IN THE BROTH. THE BASIC BROTH IS MADE OF STOCK AND FRESH INGREDIENTS SUCH AS LEMONGRASS, KAFFIR LIME LEAVES, GALANGAL, LIME JUICE, FISH SAUCE, AND CRUSHED CHILI PEPPERS.

COMMERCIAL TOM YUM PASTE IS MADE BY CRUSHING ALL THE HERB INGREDIENTS AND STIR FRYING IN OIL. SEASONING AND OTHER PRESERVATIVE INGREDIENTS ARE THEN ADDED. THE PASTE IS BOTTLED OR PACKAGED AND SOLD AROUND THE WORLD. TOM YUM FLAVORED WITH THE PASTE MAY HAVE DIFFERENT CHARACTERISTICS FROM THAT MADE WITH FRESH HERB INGREDIENTS. THE SOUP OFTEN INCLUDES MEATS SUCH AS CHICKEN, BEEF, PORK, OR SHRIMP.

THE BASIC INGREDIENT OF TOM YUM IS SHRIMP OR PORK. IF SHRIMP IS THE BASE INGREDIENT, PUT IT IN SOUP AFTER THE SOUP BOILS. IF PORK IS THE BASE INGREDIENT, PUT IT IN THE SOUP BEFORE IT BOILS. THE MOST POPULAR TOM YUM BASE IS RIVER SHRIMP CALLED "TOM YUM GOONG"

THE ESSENTIAL INGREDIENTS OF TOM YUM ARE HERBS SUCH AS LEMONGRASS, GALANGAL, KAFFIR LIME LEAVES. OTHER INGREDIENTS ARE ALSO IMPORTANT ESPECIALLY THAI CHILIES MUSHROOM, CORIANDER LEAF (CILANTRO), TOMATOES, SWEET WHITE ONIONS, LIME JUICE, JUICE, SUGAR, AND FISH SAUCE. "TOM YUM NAM KHON" IS A VARIETY WITH COCONUT MILK OR EVAPORATED MILK.



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## PRODUCTS AT AMBIENT TEMPERATURE:

- SHELF-STABLE RAMENG, UDON, RICE NOODLE ETC..
- SAMBAL OELEK
- TOM YAM CHILI PASTE, GREEN AND RED CURRY PASTE, PAD THAI SAUCE, TAMARIND PUREE ETC..

FOR MORE INFORMATION, PLEASE CONTACT US

## PADTHAI, OR PHAD THAI

IS A STIR-FRIED RICE NOODLE DISH COMMONLY SERVED AS A STREET FOOD AND AT MOST RESTAURANTS IN THAILAND.

PAD THAI IS MADE WITH SOAKED DRIED RICE NOODLES, WHICH ARE STIR-FRIED WITH EGGS AND CHOPPED FIRM TOFU, AND IS FLAVORED WITH TAMARIND PULP, FISH SAUCE, DRIED SHRIMP, GARLIC OR SHALLOTS, RED CHILI PEPPER AND PLAM SUGAR AND SERVED WITH LIME WEDGES AND OFTEN CHOPPED ROASTED PEANUTS. IT MAY CONTAIN OTHER VEGETABLES LIKE BEAN SPROUTS, GARLIC CHIVES, PICKLED RADISHES OR TURNIPS, AND RAW BANANA FLOWERS. IT MAY ALSO CONTAIN FRESH SHRIMP, CRAB SQUID CHICKEN OR OTHER ANIMAL PRODUCTS. MANY OF THE INGREDIENTS ARE PROVIDED ON THE SIDE AS CONDIMENTS SUCH AS THE RED CHILI PEPPER, LIME WEDGES, ROASTED PEANUTS, BEAN SPROUTS AND OTHER



## GREEN CURRY

THE NAME " GREEN " CURRY DERIVES FROM THE COLOR OF THE DISH, WHICH COMES FROM GREEN CHILLIES. THE " SWEET " IN THE THAI NAME ( WAN MEANS " SWEET " ) REFERS TO THE PARTICULAR COLOR GREEN ITSELF AND NOT TO THE TASTE OF THE CURRY. AS THIS IS A THAI CURRY BASED ON COCONUT MILK AND FRESH GREEN CHILLIES, THE COLOR COMES OUT CREAMY MILD GREEN OR, AS THIS COLOR IS CALLED IN THAI, " SWEET GREEN ". ITS INGREDIENTS ARE NOT EXACTLY FIXED. THE CURRY IS NOT NECESSARILY SWEETER THAN OTHER THAI CURRIES BUT, ALTHOUGH THE SPICINESS VARIES, IT TENDS TO BE MORE PUNGENT THAN THE Milder RED CURRIES. GREEN CURRY WAS INVENTED DURING THE REIGN OF KING RAMA 6 OR RAMA 7, BETWEEN THE YEARS 1908-1926.

