



Thai
Cooking
in Hungary



Thai Cooking in Hungary

Sawasdee ka.

Welcome to “Thai Cooking in Hungary”, a short and easy Thai recipe book designed for those who wish to prepare authentic Thai dishes in Hungary.

The initiative for this recipe book came about at the encouragement of friends, colleagues, families and visitors who came to discover the abundance of fresh foods and ingredients suitable for preparing authentic Thai food in Hungary. They suggested that the Royal Thai Embassy compile a recipe book that would be available for Thai food lovers in Hungary.

As a person who enjoys cooking Thai food, I am pleased to introduce ten Thai recipes that have been carefully selected by me and Assistant Professors Apirat Sorose and Apinya Manarote from Thailand’s Rajamangala University of Technology who traveled from Thailand to help put together these recipes using domestic ingredients found in local stores and supermarkets in Budapest.

The variations of Thai food in this recipe book are well known dishes from Central and Northeastern Thailand. The infusion of local fresh produce such as Hungarian goose liver for Thai styled grilled liver dish and using kohlrabi as a replacement for papaya in our famous ‘Som Tam’ dish has made the Thai cooking experience in Hungary very exciting.

To further highlight the Thai cooking experience in Hungary, we invited our friends, sommeliers from the “Tasting Table Hungary” wine company, to pair each Thai recipe with a Hungarian wine, which you will find at the end of each recipe. A very delightful selection of local wines that cannot be missed with Thai food have been selected for you.

Finally, this recipe book is distributed both on digital (e – book) and printed formats. Please feel free to share the digital version with as many Thai food lovers as you can. We hope you enjoy Thai cooking.



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H.E. Mrs. Kanthong Unakul,
Ambassador of Thailand

Sincerely yours,

Kanthong.

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Introduction to **Thai Cooking** in Hungary.



Thai cuisine is renowned world over for its variation of flavours and rich nutrients. Its popularity enabled Thai restaurants to embark globally. However, one of the most frequent difficulties that those wishing to cook Thai food away from Thailand encounter is the pursuit of authentic Thai ingredients. This circumstance has led to the erosion of the rich flavors and aura of many Thai dishes, which are usually obtained by using indigenous Thai ingredients. Fortunately, for those living in a dynamic city like Budapest, Hungary, it wouldn't be much of a problem since fresh produce and Thai ingredients are readily available in abundance at various Asian shops and stores.

Figure 1 Tamarind juice and whole pods available at an Asian store in Budapest





Figure 2 Fresh vegetables and herbs at an Asian store in Budapest.



Figure 4 Kohlrabi roots at the Central Market in Budapest.

*Figure 3
Dried spices and
herbs at an Asian
store.*



The utilization of Thai ingredients are essential when preparing Thai food, in order to create the rich aromatic taste and fragrance of Thai culinary treasures. Tropical fruits such as tamarinds are easily accessible in Thailand. However, in the West, supplies may be limited due to seasonal fluctuations. Luckily in Hungary, preserved tamarinds can be easily found meticulously packaged in whole pod forms, whereas tamarind juice is compressed in a sauce bottle. Tamarinds are important ingredients for Thai dishes such as Pad Thai, Som Tam and Massaman curry, as they infuse sweet and sour tastes. Moreover, due to its acidic nature tamarinds also efficiently marinate and tenderize meat. Most Thai dishes contain a notable number of greens. Thai food is one of the most healthiest foods and helps to accomplishing a healthy and balanced diet. Fresh vegetables, such as bean sprouts and various kinds of tofu can be easily found in most Asian stores in Budapest, making it easy to find ingredients for the beloved Pad Thai noodles. Herbs such as basil leaves, kaffir lime leaves, lemon grass, ginger, galangal and corriandar are often used in Thai cuisine in order to stimulate herbal aromas and flavours. Galangal is an prominent herb, thinly sliced into hot soups, meat

dishes and curry as it offers numerous health enhancing medical properties such as anti-inflammation and anti-oxidants. Lemongrass is an aromatic healer commonly used in hot soups like Tom Yum in order to induct a citrusy fragrant and for flavor. It goes a long way in aiding detoxification, countering obesity, type 2 diabetes, anxiety and fatigue. However, these fresh herbs and vegetables are not very durable, therefore it is highly recommended to freeze them if you do not plan to use them within a few days, in order to retain their texture and flavors. For more durable herbs, you can choose herbs and spices that are preserved in

dried/dehydrated form. The zingy hot taste of Thai food is the result of bird's eye chili, which is commonly used to enhance spiciness. Bird's eye chili is one of the world's hottest chillies and contains a myriad of health benefits, such as regulating cholesterol and flatulence levels. Even though dried, the chili's strong flavor and spice content gives it an immense taste! A common ingredient to make curry is turmeric, a mustard yellow spice with peppery and bitter tinge. Turmeric is one of the nature's gifted medicines. It is believed to have numerous health attributes, such as preventing cancer cell growth.



Figure 5 Fresh vegetables in the Central Market in Budapest.



Figure 6 Curry paste



Figure 7 Canned coconut milk



Figure 8 Fish sauce



Figure 9 Fresh seafood in Budapest

Thailand's most famous street food, Som Tam or green papaya salad, contains a wide range of vegetables and meat, mixed with a good combination of salty, sweet and spicy flavours. Like most Thai cuisines, Som Tam is health friendly and free of saturated fats. However since papayas are rare in non-tropical countries, it is suitable to substitute papaya with kohlrabi roots (Figure 4) which can be found in most localities. Kohlrabi, or turnip cabbages, provide the same crunchy texture as raw papayas and are even richer in vitamin C than oranges! Vitamin C is highly beneficial as it stimulates the production of collagen in our body, keeps our skin healthy, fortifies the immune system and strengthens bones.

Thai curry dishes may also be easily and quickly made thanks to the availability of most curry mixes and pastes from Thailand. It is recommended to purchase these single packs of different types of Thai curry and coconut milk, and simply add the rest of the ingredients such as meat and vegetables in the quantities that you desire! Coconut milk is a key ingredient used to thicken many Thai curries and soups, such as Massaman curry, Chicken galangal soup, Tom yam soup and Thai green curry.

Another key ingredient to almost all Thai dishes is fish sauce. The aromatic and salty tastes of Thai food is derived from this special sauce. Available in many brands, fish sauce can be easily bought at most Asian stores in Hungary. Seafood is well loved among Thais and Thai food lovers all over the world. Pla – saam – rod, directly translated as three flavored fish, is a dish well known by Hungarians. As a close neighbor to Croatia and Slovenia, Hungarians are able to easily access fresh seafood anytime at most local markets and stores.





Preparation and Cooking

menu

Tom Yum Goong Naam Kon

*(Hot and Sour
Prawn Soup)*

Ingredients

Chicken stock	2 cups
Fresh prawns	200 g
Galangal (sliced diagonally)	2 tbsp
Lemon grass (thinly sliced)	¼ cup
Red onions	4
Kaffir lime leaves	5 leaves
chili (pounded)	½ tbsp
Coriander roots	3
Coriander	¼ cups
Roasted chili paste	2 tbsp
Creamy milk	¾ cup
Grounded salt	2 tsp
Fish sauce	3-4 tbsp
Lemon juice	3-4 tbsp
Brown sugar	1 tsp
Mushrooms	1 cup



IV.



Preparation and Cooking :

Step I.

Clean the fresh prawns by rinsing them thoroughly in cool water. Then peel the shells off and dispose of the dark vein by dissecting along its back ridge.

Step II.

Heat the stock to boil and apply the thinly sliced galangals, lemon grass and red onions into the boil to release a fragrance of savory herbs.

Tip: the stock is made by simmering chicken bones and skin in boiling water for many hours.

Step III.

Toss in fresh prawns and mushrooms into the mixture. To create Tom Yum's distinctive flavor, season the boil with fish sauce, brown sugar, lemon juice and bird's eye chili. Pour in some creamy milk and roasted chili paste for a desirable thickness. Lower the heat and let the mixture simmer until the mushrooms soften. Add finishing touches by showering coriander and chili on the surface and it is ready to

be served! Nature of the dish : A light creamy and spicy soup that can be eaten on its own or with steamed jasmine rice. The flavor of this dish are sweet, sour, and spicy with strong hints of fresh lemon grass and galangal. A true signature Thai dish.

Recommended wine with this dish : Gál Winery, Zweigelt Rosé 2015, Kunság.



Som Tam Thai

(Thai Papaya Salad)

Ingredients

Kohlrabi (shredded)	1 cup
Carrots (shredded)	½ cup
Dried shrimps	½ cup
Palm sugar	1½ - 2 tbsp
Fish sauce	2 tbsp
Lemon juice	1½ tbsp.
Chili	3-5
Garlic cloves	2 tsp
Roasted peanuts or cashew nuts	¼ cup
Cherry tomatoes	¼ cup
Green beans	¼ cup
Tamarind juice	1-2 tbsp



V.



Preparation and Cooking :

Step I.

Grind the chili, garlic cloves and green beans by using a pestle and a mortar in order to enable the ingredients to release and infuse flavors.

Step II.

Peel and shred the kohlrabi roots and carrots then place them into a bowl, along with chopped cherry tomatoes and dressing. Add palm sugar, fish sauce, lemon juice and tamarind juice. Toss in dried shrimps and slightly grounded peanuts or cashew nuts into the bowl and toss the ingredients together.

Step III.

Serve on a plate with grilled chicken, sticky rice, or fresh vegetables, such as green beans, cabbage or lettuce.

Nature of the dish : A fresh crispy Thai salad that infuses many sour, sweet and salty tastes. Som Tam is usually a dish accompanied with a variety of Thai dishes and can be served as a starter or main course in many meals.

Recommended wine with this dish : Hernyák Winery, Királyleányka 2011, Tokaj.



Pla Raat Phrik Saam Rot

*(Fried Fish with
Three-Flavors Sauce)*

Ingredients (for 2 servings)

Fish fillet	150 g
Corn or wheat flour	16 g
Long red chili	12 g
Garlic	5 g
Coriander roots	5 g
Grounded salt	4 g
Brown sugar	28 g
Tamarind juice	2 tbsp
Fish stock (can substitute with water)	¼ cup
Cooking oil (suitable for frying)	30 g
Cooking oil (suitable for deep-frying)	½ L



VI.

Preparation and Cooking :

Step I.

Dice and blend the coriander roots, garlic and long red chili together, then set aside.

Step II.

To deep-fry the fillets, heat the oil in a large skillet over medium heat. Coat fish fillets with flour and gently fry the fillets in the sizzling oil until it appears golden and crispy. When cooked, remove the fillets from the frying pan and set them aside.

Step III.

Add cooking oil in a frying pan. When the oil is heated, lay the coriander roots, garlic and long red chili then stir fry the mixture well together till a pungent aroma blooms.

Step IV.

Season with salt, brown sugar, tamarind juice and fish broth. Fiddle the heat and allow the mixture to simmer until it reaches a desirable thickness. Place the deep-fried fillets on a serving plate and spread the sauce on top. Serve with hot jasmine rice.

Nature of the dish : The fried fillets should appear golden yellow, crispy on the outside, but firm and juicy on the inside. The three flavored sauce that is poured over the fillets should be reddish-brown, with an appetizing aroma of spicy chili and garlic. The sauce should contain a satisfactory combination of sour, salty and sweet flavors.

Recommended wine with this dish : Budaházy Winery, Szent Tamás Furmint - Hárslevelű 2013, Tokaj



Pad Thai Prawns

(Thai Fried Noodles with Tiger Prawns)

Ingredients

Flat rice noodles	250 g
Fresh tiger prawns	250 g
Fried tofu (diced)	80 g
Pickled turnips (chopped)	50 g
Fried dried shrimps	50 g
Red onions (thinly sliced)	120 g
Eggs	2
Dried long red chili (crushed evenly)	10 g
Bean sprouts	250 g
Garlic (chopped)	100 g

Cooking oil

Banana blossom (chopped)	8 pieces
Lemon wedges	1 piece

Ingredients for Pad Thai sauce:

Tamarind juice	125 g
Palm sugar	120 g
Brown sugar	15 g
Vinegar	15 g
Fish sauce	30 g
Salt	5 g



VII.

Preparation and Cooking :



Step I.

Patently heat all of the ingredients for the Pad Thai sauce and together in a nonstick pot over low heat. Let the sauce simmer and dissolve for approximately 10 minutes until the sauce thickens into a caramel and let it sit aside.

Step II.

Set the wok on high heat and add cooking oil for frying. When the oil is heated, add red onions and fry until a fragrant develops. Add dried long red chili, fresh tiger prawns, fried tofu, dried shrimps, pickled turnips and rice noodles. Stir fry until the ingredients are crispy and golden. If the noodles dry quickly, add small amounts of water and stir fry until the noodles are tender and the liquid starts to dry out. Crack eggs into the wok and break the yolk. Add a generous amount of Pad Thai sauce into the wok and continue to stir fry until the sauce is well infused into the noodles. Keep stir frying evenly then add bean sprouts and garlic.

Step III.

Decorate the serving plate with some fresh vegetables on the sides, such as bean sprouts, garlic chives, banana blossoms, and wedges lemons.

Nature of the dish : A tasty dry noodle dish accompanied by fresh vegetables that can be served as a meal any time of the day. This dish is also suitable as a vegetarian dish when only vegetables are used as ingredients.

Recommended wine with this dish : Liszkay Winery, Pinot Noir Rosé 2015, Etyek Buda



Larb Ped

(Spicy minced duck salad)

Ingredients (for 3 servings)

Minced duck	200 g
Ground Roasted rice (uncooked)	100 -120 g
Dry chili flakes	3 - 5 g
Lime juice	20 - 25 g
Fish sauce	20 - 25 g
Water	75 g
Fresh diced kaffir lime leaves	3 g
Diced onions	15 g
Fresh mint leaves	5 g
Fresh coriander	15 g



VIII.



Preparation and Cooking :

Step I.

Place minced duck into frying pan, add boiled water and simmer until the minced duck meat is cooked to medium. Add fish sauce, lime juice and sugar and stir fry.

Step II.

Add onions, kaffir lime leaves, mint, coriander, chili flakes, lime juice and ground roasted rice. Stir fry until well cooked and aromatic. Add more seasoning as preferred.

Step III.

Serve with traditional Thai sticky rice and fresh vegetables.

Nature of the dish : The minced duck should not be over cooked until dry, fresh kaffir lime leaves, mint and onions present an aromatic fragrance. Outstanding flavors are salty, sour and sweet.

Recommended wine with this dish : Hummel Winery, Portugieser 2014, Villány



Kaeng Khiaw Waan Kai

(Green Chicken Curry)

Ingredients (for 2 servings)

Chicken thighs or breast (cut into spoon sized pieces)	150 g
Green curry paste	40 g
Eggplants (chopped) or green peas	100 g
Fresh coconut milk (part 1)	160 g
Coconut milk (part 2: 180 g of coconut milk mixed with 180 g of water)	360 g
Long red chili (sliced lengthways)	16 g
Basil leaves	10 g
Lime leave, stem removed	2 g
Palm sugar	14 g
Fish sauce	16 g



IX.

Preparation and Cooking :



Step I.

Heat large pot and pour the first part of fresh coconut milk (100 g).

Set the heat to medium high and simmer the coconut milk until a separate layer of cream appears.

Step II.

Add the green curry paste into the pot and sauté with the coconut milk. Stir and blend the mixture nicely until an aromatic scent flourishes. Gently pour the rest of the coconut milk in part 1 to circumvent burns.

Step III.

Place the chicken pieces in the mixture till it appears approximately 40% cooked. For flavoring, add palm sugar and fish sauce then stir together. Add the second part of the coconut milk into the mixture and return the pot to boil over high heat.

Step IV.

When the curry starts to boil once again, slowly place the chopped eggplants or green peas beneath the surface of the mixture.

Step V.

As the eggplants or green peas soften, slice the long red chili and lime leaves to expose their strong fragrance and flavors then finish off by showering them in the mixture, along with basil leaves. Stir well, then close the stove. Serve the green chicken curry with steamed jasmine rice or fresh Khanom Jean (Thai rice noodles).

Nature of the dish: An aromatic creamy curry with strong hints of chili and basil. A vegetarian option can be cooked without meat.

Recommended wine with this dish : Szászi Winery, Szent György-hegyi Szürkebarát.



Goose Liver With Bell Peppers

Ingredients (for 4 servings)

Fresh goose liver	600 g
Green, red and yellow bell peppers	12 g
Diced onions	40 g
Black ground pepper	5 g
White soya sauce	28 g
Chicken stock	30 g
Gravy (left over from grilling the liver)	30 g



X.

Preparation and Cooking :

Step I.

Steam whole goose liver until mildly cooked. Slice into pieces and sear on nonstick pan until medium well or well done, depending on preference. Once cooked, remove goose liver from pan and set it aside.

Step II.

Add diced onions and bell peppers into the frying pan. Add white soya sauce, oyster sauce, sugar, chicken stock gravy and black ground pepper for taste.

Step III.

Place contents in the frying pan on to a serving dish, and lay the cooked goose livers on top. Add seasoning as desired. The dish is ready to be served.

Nature of the dish : The goose liver should be seared until dark brown, while the vegetables should be fried until slightly crispy and warm. The flavors that stand out in this dish include sweet and savory, with a strong hints of grounded black pepper.

Recommended wine with this dish : Vida Winery, Kékfrankos 2013, Szekszárd 2014, Badacsony



Gaeng Massaman Kai / Nau

*(Massaman Chicken
(or) Beef Curry)*

Ingredients (for 5 servings)

Chicken thigh (or) beef cutlets (seasoned with 10 g of salt)	1,000 g
Massaman curry paste	100-120 g
Potatoes (chopped)	500 g
Big red onions	200 g
Fish sauce	¼ - cup
Salt	½ g
Coconut cream	500 g
Coconut milk	1,000 g
Tamarind juice	¾ cup
Roasted peanuts	100 g
Palm sugar	150 g
Brown sugar	¼ g
Bay leaves	4 leaves
Cardamom	4 pieces



XI.

Preparation and Cooking :

Step I.

Cook the seasoned chicken thighs (or) beef cutlets in a frying pan until the skin turns crispy and appears golden brown. When evenly cooked, set the meat aside to prepare the curry.

Step II.

Add 250 grams of coconut cream in the heating bowl and simmer until the cream starts to separate. Then add the Massaman curry paste into the bowl and simmer until a fragrance develops. Gradually add small amounts of coconut milk in order to avoid the curry paste overheating and then pour the rest of the coconut milk into the bowl. Set the heat to boil and add the previously cooked chicken thighs and peanuts. When the curry starts to boil, season with fish sauce, salt, brown sugar and tamarind juice to create a distinctive flavor. Keep the heat on medium and continue to simmer for 20 minutes. Then add chopped potatoes and red onions until tender. When the curry thickens, sprinkle the surface with bay leaves and cardamoms.

Step III.

Serve the Massaman curry with pickled vegetables and Thai jasmine rice.

Nature of the dish : A creamy curry with a coconut and tamarind base, to be served with steamed jasmine rice.

Recommended wine with this dish: Riczu-Stier Winery, Cabernet Franc 2013, Villány



Crispy Noodles

(Mee Krob)

Ingredients

Vermicelli noodles	180 g
Vegetable oil	1000 g
Yellow tofu	100 g
Small slices of pork	50 g
Prawn bits	50 g
Chopped red onions	10 g
Fermented soybean paste	10 g
Eggs	2
Fish sauce	15 g
Sugar	45 g
Palm sugar	100 g
Vinegar	30 g
Lime juice	30 g
Ketchup	20 g
Chopped pickled garlic	5 g
Chili	5
Thinly sliced orange peels	10 g
Coriander leaves	2 stems



XII.

Preparation and Cooking :

Step I.

Soak the vermicelli noodles in cold water and drain. Heat vegetable oil in frying pan until very hot. Fry vermicelli noodles until dark brown. Set the dish aside.

Step II.

Slice tofu into small thin slices (the size of a match stick). Leave out to dry, then fry in hot oil. Set the dish aside.

Step III.

Scramble eggs, and fry in hot oil by pouring the scrambled eggs through a colander or strainer, to create thin crispy eggs. This will be used as a crispy dressing to the dish.

Step IV.

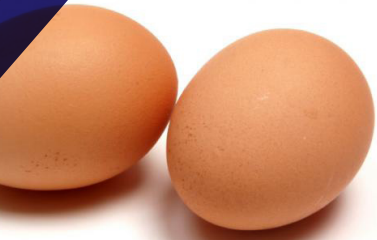
Stir fry onions and garlic in separate frying pan, then add pork and prawn bits. Add fermented soybean paste, vinegar, fish sauce, palm sugar, ketchup, lime juice for flavor. Simmer until thick.

Step V.

Add sauce to the vermicelli noodles and stir fry in low heat. Remove from frying pan onto serving dish and add fried tofu, pickled garlic, coriander and chili.

Nature of the dish : A sweet, salty, sour and crispy dish that can be served as an appetizer or snack.

Recommended wine with this dish : Böjt Winery, Egri Csillag 2015, Eger



Stir Fried Chicken and Cashew Nuts

Ingredients (for 3 servings)

Chicken fillet	150 g
Tapioca flour	40 g
Fried dried chili	10 g
Cashew nuts	100 g
Bishop onions	80 g
Diced green and red bell peppers	100 g
Spring onions	10 g
Chopped garlic	10 g

Ingredients for sauce

Oyster sauce	30 g
Sugar	15 g
Thai chili paste	30 g
Vegetable oil for frying	480 g



XIII.

Preparation and Cooking :

Step I.

Slice chicken into small pieces (1 cm) and marinate in flour.

Step II.

Pour vegetable oil into frying pan and heat until the oil is hot. Place chicken into the frying pan and fry until crispy golden brown. Add cashew nuts, dried chili, and bell peppers into the frying pan and stir fry until aromatic.

Step IV.

Prepare sauce by simmering oyster sauce, sugar and Thai chili paste in a small nonstick pot until the sauce thickens.

Step V.

Add sauce into the frying pan and continue frying. Add garlic, onions, sugar and chili for per preference. Fry until the ingredients are well cooked. The dish is ready to be served.

Nature of the dish : A sweet and salty dish with light hints of dried chili and chili paste. The dish should not be too spicy as the sweet and salty flavors should be highlighted in this dish. The dish can be served with steamed jasmine rice.

Recommended wine with this dish : Erzsébet Winery, Betsek Dűlő 2015, Tokaj.



Hungarian Wine and Thai Food ... A Perfect Match!

Hungarian wine is intertwined with my life: I work with it, and I love it. And I have always been a big fan of Asian cuisine, especially Thai. So I could not have been more excited when the Thai Embassy in Budapest told me about their project with experimenting with pairing Thai dishes with Hungarian wines. Hungarian wine and Thai cuisine may not have much to connect them to each other, but as it turned out, opposites attract. And they make a great team.

Food and wine pairing has been getting more attention lately, and there are many principles which sommeliers and chefs use when creating matches. The most basic is that the wines of a region or country nearly always are made in a style that complements the local cuisine and ingredients. So how to create good matches when Hungarian and Thai cuisine, ingredients, and climates are so very different? That was the challenge we faced, but when we thought about it creatively we came up with some delicious solutions. In the beginning we decided that we wanted to solely use wines made from Hungarian and Central European indigenous grape varieties (like furmint, királyleányka and kékfrankos). Since Thai cuisine is much lighter than Hungarian cuisine, we also decided to select wines that are not too full bodied, heavily oaked or high in alcohol.

Dry furmint with their grapefruit or lychee aroma and királyleányka with its beautiful perfumy nose turned out to be amazing pairings for many of the dishes included in this book. Dishes infused with lime, chili, pepper, cilantro, lemongrass, and other exotic and herbs and spices that make Thai food so incredibly delicious, are wonderful with these types of Hungarian white wines. With the reds we were equally lucky when choosing the local varieties. Kékfrankos and light Portugiser from Villány, for example, were not too overwhelming for these delicate, but spicy dishes. Tokaji aszú with its golden color, and citrusy, pruned apricot, and honey-like flavors was a perfect finish to a Thai meal. The comments of those who tasted, tested, and enjoyed our choices told us that it would not be the last time they would be pairing Thai food with Hungarian wine. We are happy with how our pairing project has started, and also excited that there is lots more to discover, and many more flavors to experiment with. We hope you follow our example and experiment with creating your own Thai food and Hungarian wine pairings!

Cheers,

Gábor Bánfalvi
Tasting Table Budapest



◀ Figure 10 *The Ambassador of Thailand explains the flavors of the Thai dishes that were paired with Hungarian wines at the “Tasting Table” in Budapest.*

▶ Figure 11 *The Ambassador of Thailand with Sommeliers from the Tasting Table.*



▲ Figure 12 *Wine pairing demonstration at the Thai Residence with Gabor Banfalvi.*



▲ Figure 13 *Deputy State Secretary Szilveszter Bus tries a Thai dish paired with Hungarian wine.*

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