

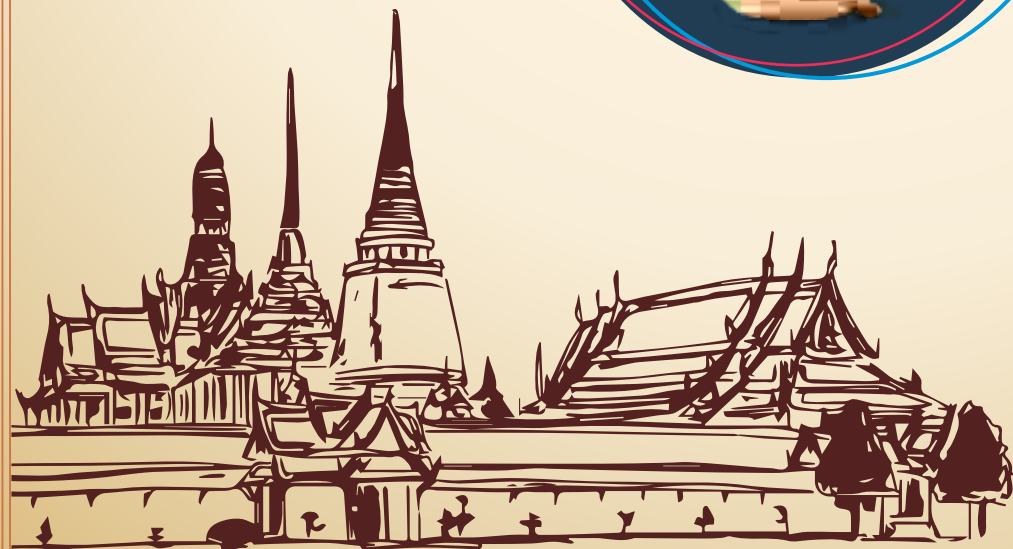
Thailand

Thailand is a land of economic potential located at the heart of ASEAN, a market of 600 million driving an accumulated economy worth more than US \$2.3 billion. Thailand connects the world to ASEAN through air transportation and is a land bridging mainland Southeast Asia. Suvarnabhumi International Airport is seeing the second phase development to increase its capacity to receive an increasing numbers of travelers from around the world. Thailand is moving towards sustainable development with green policy at its core.

Tourism and cuisine have long been trademarks of Thailand. Thailand is a land of hospitality and cultural richness originated from her harmonious diversity. The country has varieties of tourist attractions to offer and to fulfill each and everyone's dreams and desires. Its natural beauty and mystery range from sky-blue sea and white sandy beaches to greenish mountains flooded with stream of fog. Thailand is also a paradise of sports, entertainment and other leisure activities like golfing, shopping and nightlife.

The culinary delights of Thai food are appreciated worldwide. Thai cuisine is the mixture of influences from various cuisines e.g. Chinese, Indian, and other Southeast Asian, but with the touch of Thainess, it has created its own unique characteristics. In most Thai dishes, one or two of the main four flavours: saltiness, sourness, sweetness, and spiciness, play solo or duo before the others follow to tone down and balance the overall taste.

Most Thai people can't have sandwiches for their meal. They call sandwiches a snack.



Chicken in Galangal Infused Soup (Tom Kha Gai)

Tom Kha Gai is a well-known Thai mild-spicy soup. Those whose palate is fragile to the hot temper of Tom Yum (Thai hot & spicy soup) would prefer this soup instead. Coconut milk is added to soothe the sharp kick of fresh bird's eye chillies.

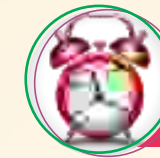


INGREDIENTS:

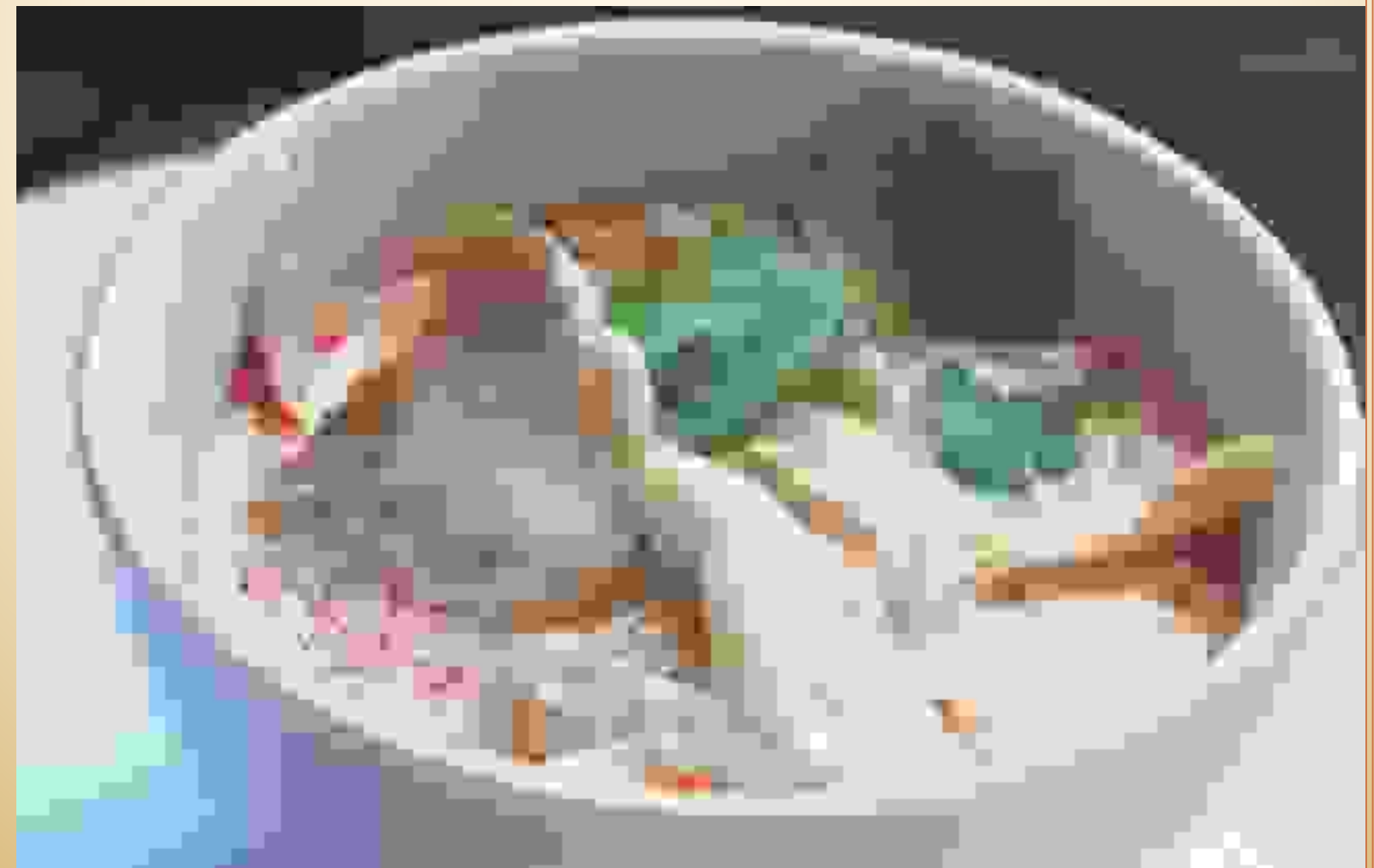
- 250 g Chicken meat
- 10 g Sliced galangal (crosswise)
- 1 stalk Sliced lemongrass (crosswise)
- 3 Kaffir lime leaves
- 80 g Straw mushroom, Oyster mushroom or Champignon
- 250 ml Coconut milk
- 100 ml Chicken stock
- 30 ml Lime juice
- 30 ml Fish sauce
- 8-10 Bird's eye chillies
- 1 sprig Coriander

METHOD:

1. Cut chicken into bite-sized pieces.
2. Put together coconut milk, water, sliced galangal, and lemongrass in a saucepan. Bring them to boil. Meanwhile, keep stirring.
3. Add the chicken, mushrooms, bird's eye chillies, and torn Kaffir lime leaves.
4. When the chicken is cooked, remove from heat and season with fish sauce and lime juice, and garnish with Coriander leaves.



Portion: 2
Preparation Time: 20 mins



Turkey



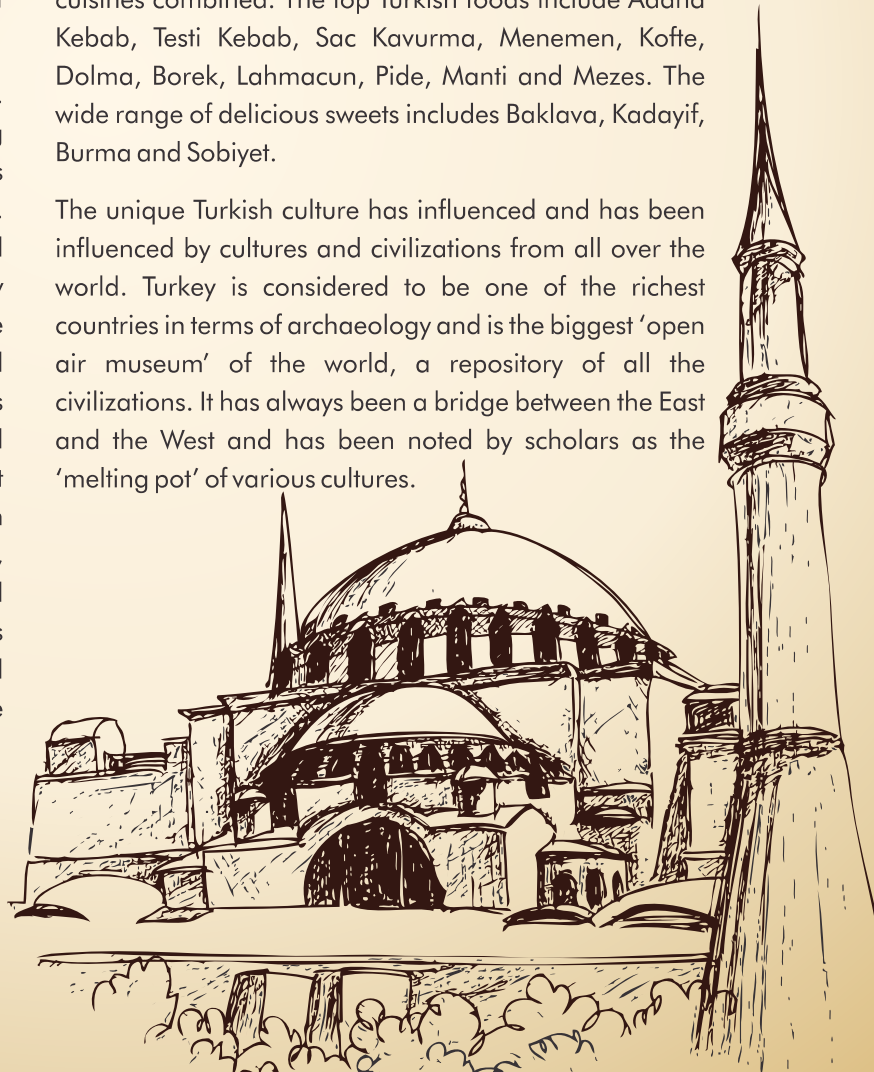
Turkey is like a mosaic made up of many different facets. Surrounded on three sides by warm seas, it falls in the temperate climate zone that witnesses pleasant weather year round. Summers in Turkey are long, almost eight months in some areas, therefore creating various options for perfect vacations. One can choose from picturesque mountain tops, laid back beach flairs, whimsy backdrops, warm tropical climate, history, culture, spas, shopping, and of course, the friendly culture to make holidays truly memorable.

Although modern Turks have embraced designer boutiques and shopping malls, bazaars are still the place where most locals shop and visitors explore in search of traditional Turkish flavors & goods. Turkey has some of the best bazaars for souvenir picking, bustling market areas house ceramics, handicrafts, soaps, sweets, carpets, lanterns, tea cups, chess sets, clothes, shoes, and trinkets. From big cities to small towns, the country has plenty of bazaars, often specializing in a few particular products.

Turkey has always been at the crossroads of civilizations. Nobody can visit the country without sighting intriguing ancient ruins scattered all over the country. Turkey has many extraordinary and truly unique natural wonders. The landscapes of Cappadocia are world-famous and enjoyed best on hot air balloon flights over its fairy chimneys. Cappadocia presents a beautiful dreamy slice of central Turkey that is lined with rock formations formed by volcanic eruptions that led to sculpted sinuous valleys and pointy chimneys. Local Cappadocians have chiseled beautiful homes into the soft rocks and make a perfect vacation for experiential travelers. A summer holiday in Turkey entails hidden arcs of sand, pretty shingle bays, un-spoilt villages, simple authentic restaurants, and beach resorts scattered among the mountainous peninsulas. Most beaches in Turkey can only be reached by car or boat, making them rarely busy even during the peak summer season.

Turkey is one of the world's best culinary destinations as the whole country offers an exceptional food and wine experience. The food in Turkey is prepared using fresh fruits and vegetables locally produced that make delectable gastronomic delights. All coastal resorts and major towns have restaurants to suit every palate - from traditional Turkish cuisine to modern global food. One can discover traditional Turkish food through a wide range of starters, main courses and desserts that are quite unlike any other dishes in the world. A lot of traditional Turkish food is based on the old ancient Ottoman cuisine and is inspired from Arab, Armenian, Greek and Turkish cuisines combined. The top Turkish foods include Adana Kebab, Testi Kebab, Sac Kavurma, Menemen, Kofte, Dolma, Borek, Lahmacun, Pide, Manti and Mezes. The wide range of delicious sweets includes Baklava, Kadayif, Burma and Sobiyet.

The unique Turkish culture has influenced and has been influenced by cultures and civilizations from all over the world. Turkey is considered to be one of the richest countries in terms of archaeology and is the biggest 'open air museum' of the world, a repository of all the civilizations. It has always been a bridge between the East and the West and has been noted by scholars as the 'melting pot' of various cultures.



Stuffed Eggplants with Ground Beef (Karniyarik)

INGREDIENTS:

- 5 cups of flour
- 2 eggs
- 3 tablespoons of oil (for dough)
- 1 tablespoon of lemon juice
- 1 teaspoon of salt
- 1 teaspoon of baking powder
- 1 cup of crushed walnuts or hazelnuts
- 375 gr of margarine, 5 cups of sugar, ¼ of a lemon
- 2 cups of starch



METHOD:

1. Boil 5 cups of sugar with 5 cups of water in a pot and stir until the sugar dissolves. Bring to a boil and add in the lemon peel of ¼ of a lemon. Cook until the sauce thickens (once it is difficult to drip from a spoon) and remove from heat.
2. Put sieved flour in a pot leaving a space in the middle. Add eggs, oil, lemon juice, salt and baking powder, and slowly pour in a cup of water. Knead until the dough is slightly tough and then divide into 14 -16 pieces. Cover and let sit.
3. Dredge each dough piece in starch one at a time, and roll out until they are as thin as possible. Sprinkle crushed walnuts over them - roll the dough from one edge and then the other. Gather the rolled dough at the center. Remove the rollers and set it into a 30-35 cm diameter tray.
4. Pour melted margarine over the dough by the spoonful. Cook in an oven on a low medium heat until they turn pink and get crusty
5. Remove from the oven and pour cold syrup over them by the spoonful.



Turkish people add a lot of lemon juice or vinegar in their soup. One of the most popular soups is lentil soup.



Yogurt is an important element in Turkish cuisine. In fact, the word yogurt comes from the Turkish verb yogurmak.

