

动感 橄榄餐厅评论

restaurant review

泰美味

解析12道经典泰菜，
精选国内13间+泰国11间餐厅

小食代

本土大牌餐厅的副牌们



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香港叉烧擂台

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RMB¥30/HK\$50 2014年总第9期



Part 2

泰国菜 ≠ 咖喱冬阴功

吃过几次经典菜后,就是过了泰国菜的入门阶段。除了我们上一部分提及的这些菜,泰国菜另有许多选择。这个部分出现的朋友都是对泰国菜深了解的人,看看他们有什么好推荐。



我的家乡是曼谷。作为一个大都市,除了我们本国的菜肴,那里也有来自世界各地的美食。曼谷就像一个大熔炉,有许多从其他地方来工作的人,因此商务区有不少便捷的泰国简餐,例如泰式炒河粉、青木瓜沙拉、

Pad See Ew Gai(酱油鸡肉煮米粉)、Kuay Teaw(肉丸棵条)等;曼谷同样也有堪称艺术的Fine Dining,这类餐厅在泰国其他地方是很少见的。

相对而言,曼谷的泰国菜口味比较轻。很多菜都有咖喱,但辣味并不单一。东北部的泰国人喜欢更辣更刺激的食物,他们的特色菜是青木瓜沙拉,泰国南部的人也吃很辣的食物,很多菜都加入了特色黄咖喱;泰北的人喜欢在食物里拌入各种各样的辣椒酱。

我每次在泰国餐馆用餐,都会尝试他们的咖喱,有不同的特色。要想在中国吃到正宗美味的泰国菜,最简单的办法就是认准有“Thai Select”标志的餐馆。这是泰国商务部根据餐厅的菜单正宗程度、环境装修以及服务是否达到标准而颁发的认证。餐厅分布各大城市,包括北京、上海、广州、深圳、厦门以及南京。



在我看来,没有绝对代表泰国菜的经典菜肴。尽管泰国人也认为冬阴功是经典的泰国菜,但不同的餐馆,冬阴功的配方是不一样的,例如加不加椰奶。泰国还有很多的美味没有介绍给中国人民,所以泰国皇家驻广州总领事馆决定出版《泰国烹饪秘密 Secrets to Thai Cooking》这本书的中文版,希望让更多人了解更多泰国的美食,例如曾被美国有线电视新闻网评为世界上最美味的50种食物第一位的玛沙曼咖喱Gaeng Massaman。



泰国驻广州领事馆送出2014本《泰国烹饪秘密》给2014位我们杂志的读者作为马年礼物。来信至广州市环市东路368号广州泰国皇家总领事馆泰国商业信息中心,邮编510064;或写电邮至Thaiscrets@qq.com,注明姓名、电话、地址及喜欢泰菜的理由,即有机会获取。

Part 2

Thai food ≠ Curry, Tom Yum Kung

Once one tries a few selected Thai menus, he or she has entered the realm of Thai food. Apart from the menus we already introduced in the previous part, there are still many more dishes to choose from. Those who appear in this part are Thai food experts. Let's see what advices they can give.

Suphatra Srimaitreephithak Royal Thai Consulate-General, Guangzhou
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I come from Bangkok. As a metropolitan city, Bangkok is abundant with a variety of food from all over the world. Bangkok is a melting pot of people who migrate from the other parts of Thailand to work. Express menus, cooked in Thai style, therefore can be found in business areas such as Pad Thai, Som Tam (Green Papaya Salad), Pad See Ew Gai (Wok-fried Rice Noodles with Chicken and Dark Soya Sauce), and Kuay Teaw (Different noodle soups with meats and meatballs). At the same time, many Thai restaurants in Bangkok also offer the fine dining that is rare to find in the other parts of the country.

Comparatively, the food in Bangkok tastes milder than the other parts of Thailand. Many dishes are curry-based, spicy but not always chili hot. Northeastern Thais take much hotter and spicier food. Their signature dish is Som Tam (Green Papaya Salad). Southerners also take a very spicy food with many dishes featuring yellow curry. For those in the north, they prefer having food with different kinds of Nam Prik or chili paste.

Whenever I am in a Thai restaurant, I would prefer to taste their curries. The easy tip for an authentic Thai food is to look for the sign "Thai Select" Thai Cuisine, an award from the Ministry of Commerce of Thailand given to the restaurants that meet the Ministry's standard in terms of authentic Thai menu, decoration, and quality service. The "Thai Select" restaurants can be found in cities across including Beijing, Shanghai, Guangzhou, Shenzhen, Xiamen, and Nanjing.

(Photo of Consul-General to Guangzhou)

From my point of view, there is no definite dish that can represent classic Thailand cuisine. It is true that Thai people also regard Tom Yum Kung as a classic Thai food. But the recipe of Tom Yum Kung can be varied from one restaurant to another, for example, with or without coconut milk. There are still plenty of dishes that can be introduced to Chinese people. This is why the Royal Thai Consulate-General in Guangzhou decided to publish the Chinese version of the book "Secrets to Thai Cooking" originally created by the Ministry of Foreign Affairs of Thailand. In the book, one can find many other delicious food and dessert menus such as Gaeng Massaman (Massaman Curry). The Curry has been rated by CNNGo as number one on the World's 50 most delicious food.

*(Cover of "Secrets to Thai Cooking",
Chinese version)*

As a New Year present to the audience for the Year of Horse, the Thai Consulate in Guangzhou will send 2,014 "Secrets to Thai Cooking" books to 2,014 Restaurant Review readers all over China for free. Just write a letter to "Thailand Business Information Center. Royal Thai Consulate-General, Guangzhou, 368 Huanshi Dong Lu, Guangzhou 510064" or e-mail to Thaisecrets@qq.com with your name, telephone number, address and tell us why you like Thai food.