

Mark Wien

Lifestyle

6x60' HD

Food To Die For

Mark Weins is a traveler and blogger who fell in love with eating. Imagine, how exciting and it would be to combining the sources of delicious food while travelling. And take you to explore varieties of rich and taste cousine of Thailand.



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EP.1 Noodle menus

Pad Thai

“Pad Thai” is one of the first Thai menus that is very well-known and very easy to find. In almost every Thai restaurant abroad always have this dish on the menus. However, once you are in Thailand, the origin “Pad Thai”, you must not miss to try this traditional noodle dish, cooking in Thai style. This may make you forget the taste of “Pad Thai” you used to experience before.



EP.2 Toast and Grill

Moo Ping

“Moo Ping” or grilled pork is just like BBQ, but “Moo Ping” would have a lot of fat cover the meat and no need to have vegetables like tomatoes or onions to grilled with it. “Moo Ping” is marinated with special sauce, peppers, and garlics. It can be eaten alone, but Thai people like to eat it with rice.



EP.3 Baking with leaf

Ho mok

“Ho mok” is the food with more than 10 ingredients. Most of them are fish meat. Some hormok may use different meat and vegetable, depending on what they can find in each local area. Therefore, Ho mok in the Southern would be different from hormok in the northern part of Thailand. Let’s go around Thailand, from the North to the South, to find out more about Ho mok in each area.



EP.4 Yummy Salad

Yum Tau Poo

“Yum Tau Poo” was the food that is served for noblemen and the kings in the palace. Therefore, it was meticulously prepared in every step to cook it, including the craving part. The craved vegetable is not only for the beautiful decoration, but there are also some stories of the cookers, hiding in it. It shows the skills and their devotion to the food.



EP.5 Stirred-Fried and Deep-Fried Pad Kraprao

Among delicious Thai food, one of the dominant taste that is a must is the spiciness. This is “Pad Kraprao”, a simple Thai spicy stirred fried dish that is well-known worldwide. The dish is full of rich Thai spicy herbs. For me, I would definitely recommend this dish to my foreign friends, so that they can truly experience the real taste of Thai spicy food.



EP.7 Seafood Tom Yum

“Tom Yum” or spicy and sour soup is a local Thai food that was originally made in China. In double spice Chinese eating culture, many meals are not served with drinks on the table, so instead, Chinese would have soup to clear their throats during a meal. One of the most famous dishes in Thai cuisine is “Tom Yum Kung” or spicy and sour shrimp soup. It contains the spiciness, sourness, saltiness, and sweetness all in one dish.



EP.6 A Sound of foods Nam Prik Kapi

“Nam Prik” or chili paste is the food making from many ingredients that give strong tastes such as chilies, garlics, onions, herbs, and the spices that have strong and unique tastes and smells, putting all and mashing everything together in a mortar.



EP.8 Traditional Sausage Sai Aou

Isan sausage may have strong sour taste, but the northern sausage or as they call it “Sai Aou” would have strong spicy taste. They are served with other dishes in “Kantok”. (Introduce each dishes in “Kantok”) “Nam prik” or chili paste, “Cab moo” or dried pork, these are eaten as appetizer.



EP.9 Secret of boiled Massaman

“Massaman” curry uses many different kinds of spices and herbs, and also meat is highly important. Today, Grandma will show me how to cook chicken “Massaman” curry which is a famous Thai, Persian influenced curry. The best part of the chicken to be used for cooking “Massaman” is the thigh meat, because this is one of the most tasty parts of the chicken. Chicken thigh are also more fatty, which gives the “Massaman” a better flavor and texture.

