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ISBN : 9780794607050 Publisher : PERIPLUS PUBLISHING Category : DESSERTS Language : ENGLISH Size (W x H) : 135x200x4 mm Weight : 0.10 Binding : paperback Number of page : 64 Sweets and Desserts were not daily items for the majority of traditional Thai household. Sweet offerings were reserved for special occasions, such as a wedding or funeral, and often were a part of the donation made to Buddhist monks on weekends and holy days. Thai farmers made sweets and desserts with homegrown fruits in various flavors and textures for these occasions, when they are consumed eagerly, making up for the lack of daily sweets. The luxury of sweet treats on a daily basis was confined to the royalty aristocracy. The royal kitchen was therefore the traditional center for Thai dessert development. Thai desserts in the olden days were made of fruits, rice flour, palm sugar and coconut milk. Increasing foreign trade during the modern era brought an influx of cultural exchanges which had an impact on traditional Thai sweets and desserts through the assimilation of new ingredients and techniques. First came the Portuguese influence the use of eggs in popular desserts such as the Thai custard sunkaya, and egg yolk in hot syrup thong yood, thong yip and foi thong, Later, Dutch, French and English influences followed suit in the form of cakes, tarts and caramel. Coconut can be considered to be the guiding spirit of Thai desserts, providing the creamy and buttery flavor before dairy products were introduced. In 1856, Dona Marie Germard de Pina, a Portugese, successfully used coconut cream and coconut

milk in place of dairy cream and milk in baking cakes. She was hired to hold a high position in the royal court of King Narai Ayutthaya, and ran cooking school to teach the Thais the use of coconut cream and milk. The coconut tree also lends a unique sweet flavor in its by-product, palm sugar. Made from the sweet sap of coconut flowers, palm sugar is indispensable in Thai desserts.