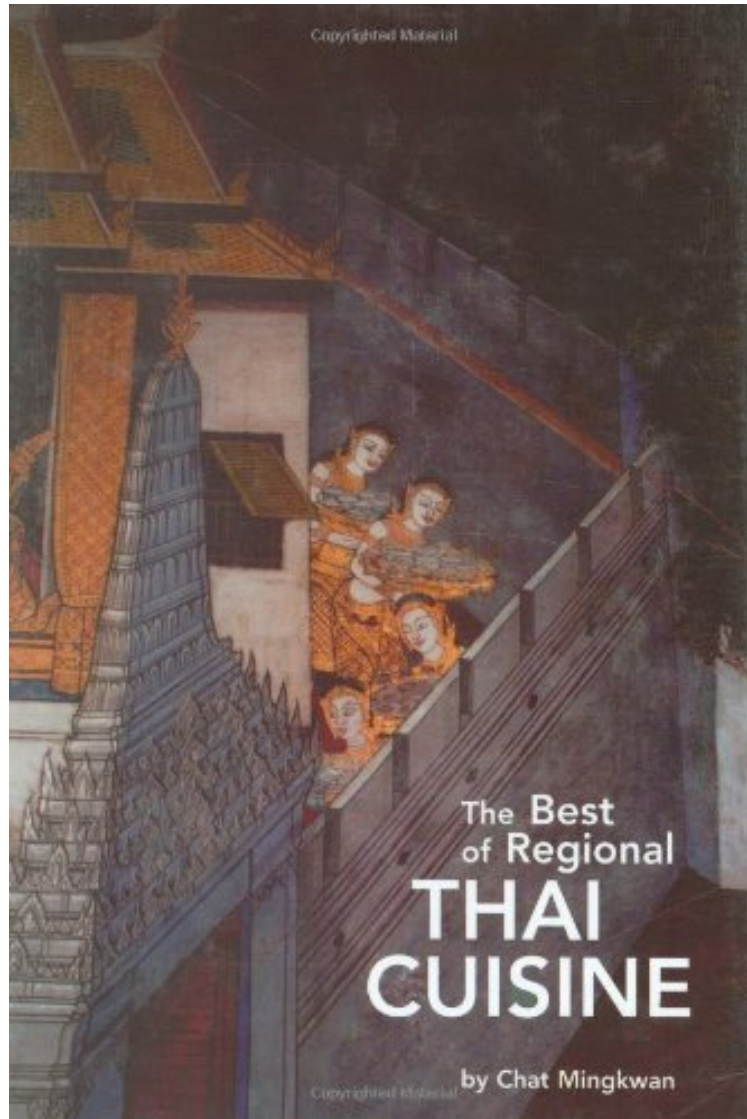


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## The Best of Regional Thai Cuisine

*Chat Mingkwan*

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#2590119 in Books Hippocrene Books 2001-10-31Original language:EnglishPDF # 1 1.04 x 6.33 x 9.27l, 1.24 #File Name: 0781808804216 pages | File size: 31.Mb

**Chat Mingkwan : The Best of Regional Thai Cuisine** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Best of Regional Thai Cuisine:

0 of 0 people found the following review helpful. Chef Chat's recipes are great!By DayI recently took a Thai cooking class with Chef Chat. As a class we prepared 6 dishes at each of the 4 classes-- so that's 24 recipes. All were great and are included in this book. Chef Chat was a great instructor-- in case anyone else has an opportunity to take a cooking class by him.14 of 15 people found the following review helpful. Some of the BEST, most authentic Thai recipes!By C. L. A.After having gone through several supposedly "authentic" books on the subject, I decided to take a cooking

class. I was annoyed that my versions of Thai cuisine never seemed to even come close to even a typical restaurant. Chat was the one who was teaching that day, and in about one hour, I had somehow created my FAVORITE dish, Green Curry! I couldn't believe that with a few specialized ingredients, the elusive magic that I wanted was there. I made my own green curry paste first. THAT I think made all the difference. You can't duplicate something like this from a can or jar in some store. We did several other dishes that day during class, and every single ingredient somehow stayed distinct. What I'm trying to say is that Chat is an amazing cook! This book of his has all recipes you could want on the cuisine. And it really is authentic, because he grew up there! A big difference. He runs over how and why the food is different by region. He identifies the common unique ingredients in most of the dishes (like galangal root, thai bird eye chilies, kaffir lime, and fish sauce of course!). And there are many pictures that go along with each dish. Each recipe is all laid out and described in one page, because he makes it very easy. He's very good at explaining as well the reasons why one prepares an ingredient a certain way (like using a mortar and pestle instead of the blender). This is my favorite cookbook from a person who really made me feel like I can actually cook. I've since had four cooking parties with over ten people with recipes from Chat. 3 of 4 people found the following review helpful. My favorite cookbook! By P. Aynesworth I couldn't have said it much better than the above reviewers have. A great book that is foolproof, even containing photos of the ingredients in the beginning. You absolutely must try the green curry paste for your next attempt at curry, and find out what you have been missing. You will find that you can easily make better Thai food than the restaurant can offer, and experience true homemade Thai, the way it is supposed to be. Thanks Chat for a wonderful cooking class as well...you were a lot of fun and I wish you good luck!

Chef Chat Mingkwan takes the reader-chef on a culinary tour of his home country, offering favorites from each of Thailand's four regions: the cool, mountainous North, where "Curried Egg noodles" are the signature dish; the drier Northeast (Isan) where resourceful chefs rely on staples like glutinous rice and dried fish; the fertile Central region, which is home to Bangkok, abundant with seafood as well as fruits and vegetables; and the tropical South where locally grown coconut is a popular ingredient and where the majority of Thailand's Muslim population is concentrated, thus making seafood and chicken curries the classic dishes of the region. Thai people have taken the best of culinary influences from nearby countries such as China, India, Cambodia, Indonesia, Laos, Malaysia, Burma and Vietnam, and adapted them to produce distinctly Thai creations like "Galangal Chicken," "Green Curry Chicken," and "Three Flavor Prawns." In addition to over 150 recipes, all adapted for the North American kitchen, Mingkwan provides helpful sections on Thai spices and ingredients as well as cooking techniques.

About the Author As the youngest child in a Bangkok family, Chat Mingkwan was often left behind to help his aunt prepare the family dinner while his older brothers and sisters ran off to play. At first, he disliked the task of cooking, but soon he learned to enjoy his new knowledge and skills, including discovering the sweet revenge of spicing and spicing his siblings' meals. Mingkwan came to the United States and completed a degree in design from California State University. He worked for several years in the hospitality design business, specializing in kitchen and restaurant design. Later Mingkwan followed his passion to become a chef and apprentice, this time of South Asian cuisine, and mastered the skills of Thai cooking. Mingkwan worked for several years as a chef at a restaurant specializing in Southeast Asian cooking in San Francisco. Currently, Chat Mingkwan is doing what he enjoys most: teaching cooking classes, catering, traveling, writing, and promoting his new business. He resides in the San Francisco area.