



The Oriental Thai Cooking School

## Regional Thai Cuisine

*July to September 2017*

**Monday**  
*Central*



**Khai Sawm Roob**  
*Quail Egg Croquettes*



**Yam Plaa Thoo Samunprai**  
*Spicy Mackerel Salad  
with Thai Herbs*



**Gaeng Khua Gai Gub Fak**  
*Red Chicken Curry  
with Wax Gourd*



**Khao Nio Gaew**  
*Caramelized  
Sticky Rice*

**Wednesday**  
*Northeastern*



**Som Tam Thawd**  
*Green Papaya Fritter  
Salad*



**Laab Gai**  
*Spicy Minced Chicken Salad*



**Tom Sap Si Krong Moo**  
*Spicy Spare Rib Soup*



**Gluyay Chuam**  
*Bananas with  
Coconut Milk*

**Thursday**  
*Southern*



**Moo Hong**  
*Southern Style  
Braised Pork*



**Khao Yam Pak Tai**  
*Rice Salad with  
Mixed Herb*



**Gai Tom Khamin**  
*Chicken Soup  
with Turmeric*



**Khanom Kho**  
*Southern Style Dumplings  
in Coconut Milk*

**Friday**  
*Central*



**Lohn Plaa Khem**  
*Salted Mackerel with  
Chicken Dip*



**Moo Sub Thawd**  
*Grathiam Prik Thai  
Pork Patties*



**Tom Yam Goong**  
*Spicy Prawns Soup with  
Lemongrass & Straw Mushroom*



**Med Khanoon**  
*Mock Jack Fruit Seeds*

**Saturday**  
*Northern*



**Miang Kham**  
*Mixed Thai Herbs with  
Condiment wrapped with  
Betel Leaves*



**Aeb Moo**  
*Grilled Spicy Pork  
in Banana Leaves*



**Khao Soi Gai**  
*Egg Noodles with  
Curried Chicken Sauce*



**Khao Nio Piak Lamyai**  
*Sticky Rice Pudding  
with Longans*

**Sunday**  
*Eastern*



**Thoong Thawng**  
*Deep-fried  
Golden Pouches  
with Vegetarian Filling*



**Plaa Muk Phad Khai Khem**  
*Stir-fried Squids  
with Salted Egg Yolks*



**Tom Yam Plaa Grapong**  
*Herbed Seabass  
Spicy Soup*



**Khanom Mun**  
*Steamed Cassava  
Pudding*