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All recipes and culinary instructions are based on the author's original creations and research. Cultural notes and historical content are presented with respect to Thai traditions and heritage.

Central Thai Cuisine

*Central Thai Cuisine: Authentic
Recipes from the Heart of Thailand
A Collection of Iconic Dishes from
Thailand's Central Region*



INTRODUCTION

01

Discover the story, balance, and beauty of Central Thai cuisine.

ESSENTIAL TOOLS & INGREDIENTS

05

All the must-have kitchen tools and key ingredients to cook authentic Thai food at home.

COOKING TECHNIQUES

07

Master the essential methods to bring out true Thai flavors, from stir-frying to curry preparation.

CULTURAL INSIGHTS

67

Discover how royal heritage, urban living, and international trade influence Central Thai cuisine.

**BONUS SECTION —
INGREDIENT
CHECKLIST & MEAL
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 7-Day Central Thai Cuisine
Meal Plan

Menu Overview

01



02



03



PAD THAI

11

A global favorite stir-fried rice noodle dish, perfectly balanced with sweet, sour, and savory notes. Served with shrimp, crunchy peanuts, and a squeeze of lime.



TOM YUM GOONG

16

Thailand's legendary hot and sour soup with bold chili and lemongrass aroma. Juicy shrimp swim in a rich broth bursting with flavor and fragrance.



GREEN CURRY CHICKEN

21

Creamy coconut curry infused with green chili, basil, and kaffir lime leaves. Tender chicken pieces soak in a sauce that's spicy, sweet, and deeply satisfying.

"A Collection of Iconic Dishes from Thailand's Central Region"

Menu Overview



04

MASSAMAN CURRY

26

A rich, mellow curry with warm spices, potatoes, and peanuts.

A perfect blend of Thai and Persian influences in one comforting bowl.



05

PAD KRAPOW

33

Thai holy basil stir-fry that packs bold heat and incredible aroma.

A quick, fiery favorite often topped with a crispy fried egg.



06

KHAO MAN GAI

39

Tender poached chicken served over fragrant rice, with rich soy-garlic sauce.

A Thai comfort food inspired by Hainanese roots, light yet deeply flavorful.

"Central Thai cuisine blends rich coconut, bold herbs, and timeless technique into flavors the world loves."

07



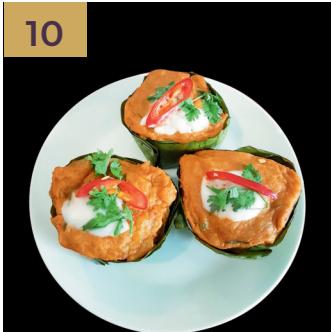
08



09



10



SON-IN-LAW EGGS

45

Deep-fried boiled eggs with a golden crust and gooey center.

Topped with tangy tamarind sauce and crispy shallots for a sweet-savory punch.



THAI FRIED RICE

51

Jasmine rice stir-fried with garlic, egg, and a dash of fish sauce.

Simple, satisfying, and perfect with any protein or just on its own.

CHICKEN SATAY WITH PEANUT SAUCE

56

Marinated chicken skewers grilled to perfection and dipped in creamy peanut sauce. A classic appetizer that brings the aroma of Thai street food to your kitchen.



THAI STEAMED FISH CURRY CUSTARD (HOR MOK)

62

A delicate and savory blend of red curry, coconut milk, and fish, gently steamed in banana leaf. Soft, aromatic, and uniquely Thai in every bite.

INTRODUCTION



FALL THAI FOOD



Discover the Authentic Tastes of Central Thai Cuisine

Central Thai cuisine is celebrated for its perfect harmony of sweet, salty, sour, and subtle heat. Rooted in royal traditions and shaped by vibrant riverbank markets, it reflects the cultural richness of Thailand's heartland.

From iconic dishes like Pad Thai and Tom Yum Goong to comforting favorites like Khao Man Gai and Son-in-Law Eggs, this cookbook brings you 10 beloved recipes that capture the essence of Central Thai flavors.

With easy-to-follow steps and accessible ingredients, this collection invites both new and seasoned cooks to explore the depth, warmth, and balance of one of the world's most treasured cuisines—right from your own kitchen.

Essential Tools & Ingredients



Cooking

Creating delicious, authentic Central Thai dishes is easier when your kitchen is well-equipped and stocked with essential ingredients. Here's a handy guide to help you get started:



ESSENTIAL TOOLS



Mortar and Pestle

Essential for crushing herbs and spices to release their authentic flavors, especially when making curry pastes and sauces.



Saucepan and Stockpot

Ideal for simmering soups, curries, and boiling ingredients like noodles and vegetables.

Wok or Large Frying Pan

A wok is the heart of Thai cooking—perfect for stir-frying, sautéing, and deep-frying. A large pan can substitute if a wok isn't available.



Rice Cooker or Pot

Central Thai meals usually include fluffy jasmine rice, making a rice cooker invaluable. Alternatively, a heavy-bottomed pot with a lid works well.

