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# **Experience The Authentic Taste Of Thailand With Authentic Thai Food Recipes**

When Thais eat, they put 1 or 2 dishes in the middle of the table along with a pan of rice. The dishes are shared by everybody, using serving spoons. Then, they help themselves to rice and put whatever food they like on top. Thais eat rice with a spoon and a fork. The rice is typically cooked in an electronic rice cooker. Thais don't add salt or any other seasoning when preparing rice because [Thai food recipes](#) are well-seasoned.

The primary tastes in Thai food recipes are sweet, sour and salted while the dominant ingredients in the Thai food recipes are sharp Thai herbs and hot chili.

The proper way to Mix Thai Dishes:

When Thais eat, they generally have 3-5 dishes on the table. They like to mix a spicy dish with a mild one and a sauce that is served with fresh and boiled veg.

Spicy Thai food recipes:

The hottest spicy dish, that you are most likely already acquainted with, is spicy soup with lemon grass called tom yum. Other hot dishes could be green curry with chicken or cut pork with sweet basil and chili. Deep-fried fish with spicy sauce is also preferred.

Mild Thai food recipes:

Both plants and beef dishes can be mild. It could be fried pork with garlic and black pepper, fried chicken with ginger, vegetarian soup with cut pork, omelet and fried mixed vegetables.

Sauces Served With vegetables:

There are many types of sauces in Thailand, but the primary ones are either shrimp paste based or coconut milk based. Shrimp paste based sauce is among the preferred dishes among Thais and it's served with fried mackerels.

The sauce is normally truly spicy since fresh chilies are crushed and mixed with the other ingredients. Thais eat the dish with a lot of veg, both fresh and boiled. Coconut milk based sauces change depending on the essential ingredients. Prawns, salted fish, saved crab and fermented soybeans are the most common.

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