

DESSERTS WITHOUT BORDERS

MAP & GUIDE



16

THAILAND ISSUE

RECIPES

3

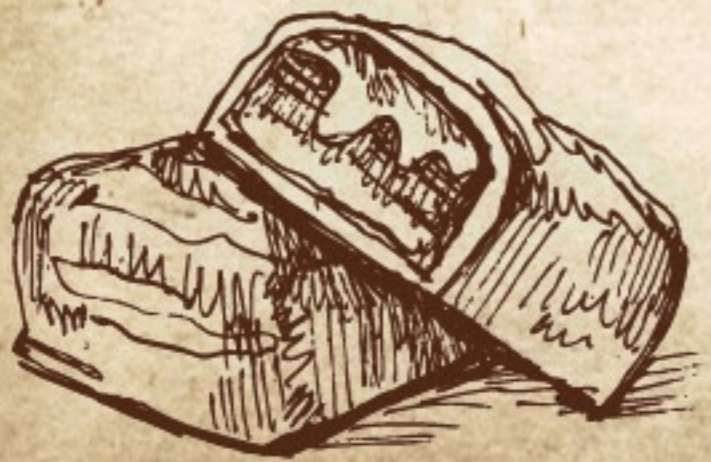
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KHANOM BUENG

SWEET THAI TACO

SERVES 6-8

Most good food in Thailand is made from coconut including the famous Thai crepe, called Khanom Bueng which is a crispy snack (khanom means 'cake' in Thai). Khanom Bueng, a Thai street dessert is made from several ingredients including rice flour, pigeon pea flour, eggs yolk, palm sugar and a pinch of salt. These thin pancakes are served plastered with thick coconut milk cream. Toppings usually consists of grated coconut alone or grated coconut with small shrimps as topping. Sometimes, the luxurious savory toppings may include strips of eggs, coriander leaves, chopped onion and sweetened pork as well. In the instances of sweet toppings, they can be golden thread (foi tong), raisin or persimmon. Usually the orange colored topping indicates the savory taste and yellow colored topping gives a sweet flavor.

"THESE THIN PANCAKES ARE SERVED PLASTERED WITH THICK COCONUT MILK"

KHANOM BUENG PREPARATION

1

Combine crepe ingredients and whisk until smooth. Batter should be consistency of traditional Western crepe batter. If necessary, add additional coconut milk or water to thin.

2

Lightly grease skillet with oil and drop tablespoons of batter onto skillet, spreading each with back of spoon to form a 3-inch circle. Fry 1 minute and turn.

3

Spread each crepe with a little beaten egg white, then palm sugar and cook 1 minute more. with coconut, black sesame seeds and green onions. Fold crepes in half like tacos (they must still be warm) and cool on wire rack.

IN BANGKOK A BOX OF KHANOM BUENG CAN BE PURCHASED FROM A STREET VENDOR FOR JUST 10 BAHT (OR ABOUT 30 CENTS)

Ingredients

OFFICIAL USE ONLY

Crepes:

1 cup rice flour
2 egg yolks
1 cup fresh coconut milk
2 tablespoons granulated sugar
2 to 4 tablespoons water
Oil or butter for greasing skillet

Filling:

2 egg whites, beaten to soft peaks
1/4 cup palm sugar
1/4 cup black sesame seeds
1/4 cup finely-grated fresh coconut
2 tablespoons chopped green onions