

Create your own flavours of Thailand



# LARB GAI



North Eastern Thai (I-saan)

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## Larb Gai

Serves: 4

**LARB IS A SPICY MINCED-MEAT SALAD FOUND ON MENUS IN MOST THAI RESTAURANTS ALL OVER THE WORLD. WHILE IT'S COMMON TO USE CHICKEN AND PORK, A VEGETARIAN VERSION USING COOKED TOFU CUT IN SMALL CUBES IS ALSO TASTY.**

### MAKING THIS DISH

Place the minced chicken in a saucepan, add water and cook over high heat by stirring well to break up the meat.

Remove the pan from the heat, then add fish sauce, lime juice, chilli powder and mix well.

Leave to cool, before adding spring onion, shallot, coriander, mint leaves and and ground roasted sticky rice. Gently stir everything together.

Serve with steamed rice or sticky rice.

### WHAT YOU'LL NEED

400 grams of minced chicken

50 ml water

3 tablespoons of fish sauce

3 tablespoons of lime juice

1 - 2 tablespoons of chilli powder

3 spring onions (finely chopped)

1 red shallot (thinly sliced)

2 sprigs of coriander (roughly chopped)

Leaves of 2 sprigs of round - leaf mint

2 tablespoons of sticky rice (roasted and ground)

## NORTH EASTERN THAILAND



### THINGS TO SEE AND DO

UNESCO World Heritage listed Ban Chiang Archaeological Site in Udon Thani (a Bronze Age civilisation that flourished over 5,000 years ago) and Ban Chiang National Museum

Phu Phrabad Historical Park in Udon Thani (a landscape dotted with rocks of different sizes and shapes, caves and cliffs with traces of prehistoric paintings)

Wat Pa Phu Kon in Udon Thani (2.5 hours' drive from Udon Thani town, Wat Pa Phu Kon was only completed in 2013, hence lacks history, but do not fail to impress its visitors with location and architecture. Inside the temple lies a huge reclining Buddha made from marble from Italy)

Chiang Khan in Loei (a charmingly sleepy town on the banks of Mekong River)

Dinosaur fossils at Phu Wiang National Park in Khon Kaen



### UPPER NORTHEAST (UDON THANI, LOEI, KHON KAEN)

The upper northeast is bordered by Mekong River along its northern and eastern sides with several bridges and checkpoints connecting Thailand and Lao PDR. Udon Thani is the main transportation hub in this region, whereas Khon Kaen is the main trading hub and Loei is home to some of Thailand's most beautiful national parks.

### TRAVEL TIPS

While this region may lack some modernity, it is rich in culture, history and natural attractions. This region is probably the least popular among foreign tourists, therefore suitable for travellers looking for off beaten track destinations.

Tourists wishing to visit Lao PDR must carry their passports.



# EACH OF THE FOUR DIFFERENT REGIONS OF THAILAND HAS THEIR OWN UNIQUE STYLE OF COOKING AND TASTES.

We will be showing you how to cook a different Thai dish from each of the 4 regions in Thailand, using ingredients you can find in Australia.

We have recipes from all regions to collect, make at home and share with your family and friends.

For more information, visit [amazingthailand.com.au](http://amazingthailand.com.au)

