

Create your own flavours of Thailand



# MANGO STICKY RICE



Central Thai

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## Mango Sticky Rice

Serves: 5

**MANGO STICKY RICE IS ONE OF THE MOST POPULAR THAI DESSERTS. IT IS BEST SERVED WITH RIPE MANGOES. HUA HIN IS HOME TO ONE OF THE LOCAL FAVOURITE MANGO STICKY RICE SHOPS i.e. MAE NONG NUT AND PA JUEA.**

### MAKING THIS DISH

Rinse the sticky rice several times or until the water is clear in order to remove the starch, then soak the rice in water for a few hours.

Cook the rice in the steamer until fully cooked. You might need to stir it a few times. Set the cooked rice aside.

Boil 400 ml of coconut cream over medium heat, add white sugar and a pinch of salt. Keep stirring until the sugar is fully dissolved. Turn off the heat.

Put the sticky rice in a large mixing bowl, then slowly add the sweetened coconut cream while stirring regularly. Set aside.

To make the dressing, simply pour 100 ml of coconut cream in a saucepan, add salt and cook over low heat. Set aside.

Serve the sweetened sticky rice with some ripe mangoes. Pour the dressing over the rice, just before serving.

### WHAT YOU'LL NEED

500 grams of Thai sticky rice

400 ml of coconut cream

75 grams of white sugar

A pinch of salt

### FOR THE DRESSING

100 ml of coconut cream

A pinch of salt

### TO SERVE

With ripe mangoes

### CENTRAL THAILAND



### THINGS TO SEE AND DO

Phra Nakhon Khiri Historical Park (Khao Wang)

Khao Luang Cave

Mrigadayavan Palace

Kaeng Krachan National Park

Cha – am Beach

Hua Hin Beach

Markets in Hua Hin (Chat Chai Market and Hua Hin Night Market)

Eating seafood and local desserts



### PHETCHABURI & PRACHUAB KHIRI KHAN (HUA HIN)

Located a few hours' drive west of Bangkok, Phetchaburi and Prachuab Khiri Khan (in particular Cha – am and Hua Hin beaches) offer perfect spots for short holidays. These former fisherman villages which had become the favourite among the local elites, are now home to several wellness resorts, waterparks and golf courses.

### TRAVEL TIPS

Inside Khao Luang Cave, you will find over 150 Buddha images and stalactites. Visit during the day, when the rays of the sun shining through holes of the ceiling beautifully illuminates the cave chambers.

Kaeng Krachan National Park is Thailand's largest national park and is famous for its diverse wildlife and forests.

A small fisherman market at Khao Takiab is best visited in the morning.

### RECOMMENDED LOCAL EXPERIENCES:

Eating Kanom Mor Gang (Thai coconut custard) in Phetchaburi and mango sticky rice in Hua Hin (Pa Juea and Mae Nong Nut are the most popular ones.)

While Hua Hin is home to several world – renowned wellness resorts, for a more authentic experience, try Thai massage or oil massage on the beach.

# 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)

