

Create your own flavours of Thailand



# SOM TUM



North Eastern Thai (I-saan)

อีสาน

## Som Tum

Serves: 4

**SOM TUM IS A DELICIOUS GREEN PAPAYA SALAD THAT OFFERS A WELL-BLENDED TASTES OF SOURNESS, SWEETNESS, SALTINESS AND SPICINESS.**

### MAKING THIS DISH

Roughly crush garlic and chillies in a mortar.

Add dried shrimp and green beans into the mortar, then pound to bruise them.

Add peanuts, and pound a few more times.

Add palm sugar, lime juice and fish sauce.

Add cherry tomatoes and pound them softly.

Add shredded papaya flesh and gently pound them a little more, then use a big spoon to mix everything together.

Serve as salad or with steamed rice or sticky rice.

### WHAT YOU'LL NEED

1 clove of garlic (peeled and crushed)

1 – 2 fresh chillies (crushed)

15 grams of dried shrimps

40 grams of green beans (cut into 3 cm long pieces)

30 grams of unsalted peanuts (roasted)

1 tablespoon of palm sugar

1 ½ tablespoons of lime juice

1 ½ tablespoons of fish sauce

4 cherry tomatoes (halved)

100 grams of green papaya flesh (thinly shredded)

### NORTH EASTERN THAILAND



### THINGS TO SEE AND DO

Phimai Historical Park in Nakhon Ratchasima

Phanom Rung Historical Park in Buriram

UNESCO Natural World Heritage Khao Yai National Park

Wineries in Khao Yai region

Jim Thompson Farm in Nakhon Ratchasima (only open in December)

Ban Tha Sawang Silk Weaving Village in Surin

Eating local cuisine served with steamed sticky rice



### I-SAAN

While the North East of Thailand is the least known tourist destination, its cuisine is the most popular. This is home to Som Tum, Larb and Thai styled grilled chicken with chilli dipping sauce. As this region shares its history with Khmer Kingdom, there are many magnificent historical sites that show the richness of Khmer influences in present. The region is perfect for travellers who want to experience authentic, rural Thai life in a laid – back atmosphere.

### TRAVEL TIPS

Khao Yai region in Nakhon Ratchasima is famous for national park suitable for trekking, mountain biking and bird watching. The region also produces some of Thailand's best dairy and fresh produce, as well as wine. There are also several golf courses around there.

While Phanom Rung and Phimai are the two best preserved sandstone castles, there are also smaller ones scattered in Surin and Si Sa Ket.

The highlight of Ban Tha Sawang is an ancient style silk woven fabric called Pha Yok Thong, which is woven from very fine silk threads and golden threads.

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

Every 10 days 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.

Remember there are more recipes and Thai cooking ideas on our website.

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

