



TYME TO EAT!

A Guide to Thai Street Food for
People with Food Allergies

by TYME KUMTHAMPINIJ





Thai 'street food' is beloved by Thais and foreigners alike for its appearance, aroma and gastronomic variety that has been a long-standing part of the country's charm.

While Thais are familiar with ingredients that make up our favorite dishes, it might be challenging for the unfamiliar friends to realize what goes into a dish unless one gives it a taste. This kind of move is a rather adventurous proposition for those with allergies; but having to ask whether each dish contains the pesky allergens would take considerable fun out of the experience.

The Royal Thai Consulate General is pleased to introduce to you 'Tyme Kumthampinij', an admirable young American gentleman of Thai nationality. His book is a testament to his passion for Thai street food and his kindness to share his knowledge with other people who might have the food allergic condition like him to also be able to enjoy Thai food the way he has learned all his life.

We very much admired Tyme's thoughtfulness and generosity for creating this book and would also like to welcome Tyme to join our "Thai Cuisine & Biz Here" project (www.thaicgny.com/thai-cuisine-biz-here/) which is an open platform created by the Consulate for the Thai community in New York and nearby states to publicize their businesses on the Consulate's website without any cost.

Now it's time to turn the page and enjoy Tyme's world of Thai street food!



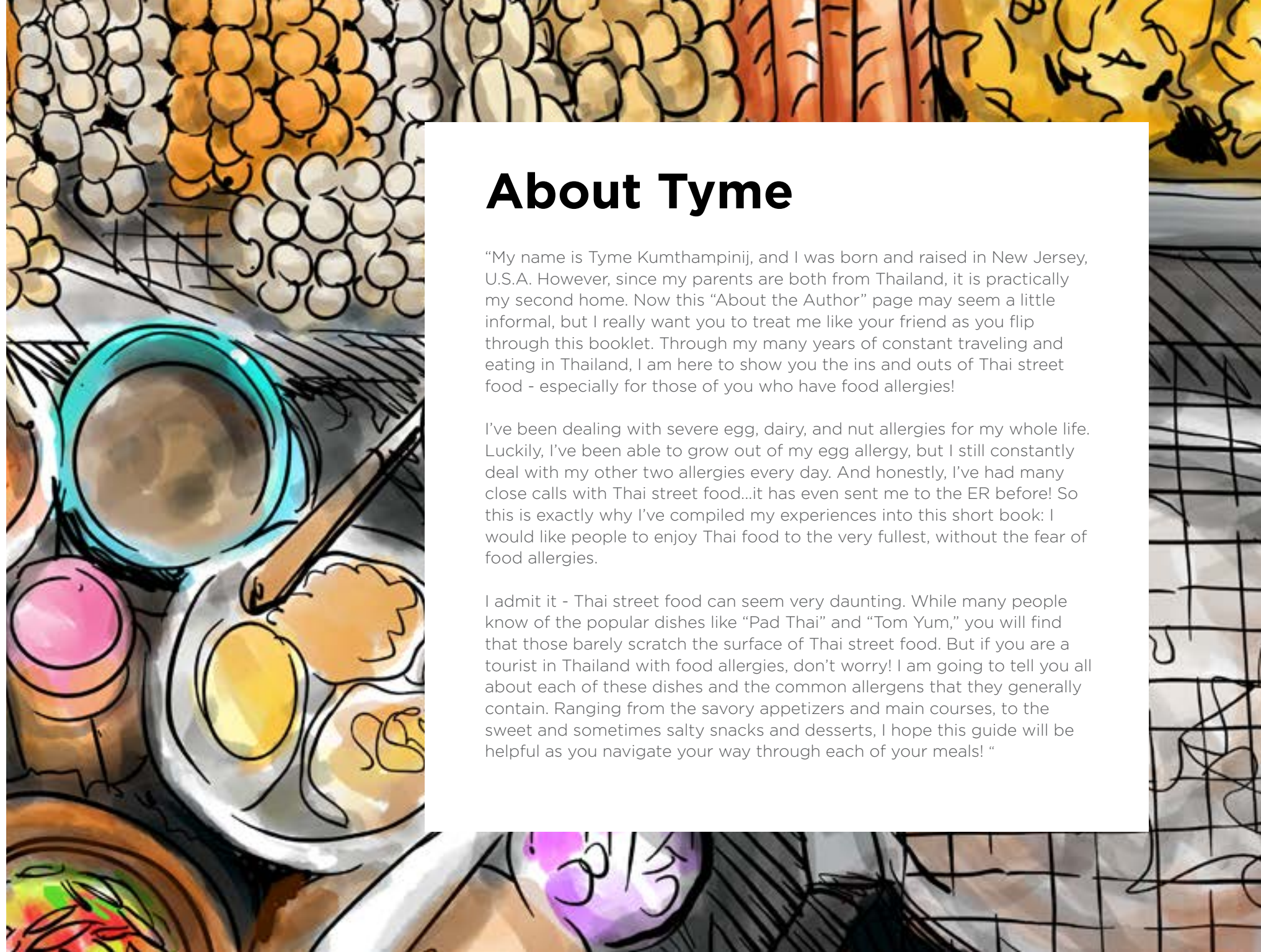
Mr. Fabio Chinda
Consul General
Royal Thai Consulate
General, New York

About Tyme

"My name is Tyme Kumthampinij, and I was born and raised in New Jersey, U.S.A. However, since my parents are both from Thailand, it is practically my second home. Now this "About the Author" page may seem a little informal, but I really want you to treat me like your friend as you flip through this booklet. Through my many years of constant traveling and eating in Thailand, I am here to show you the ins and outs of Thai street food - especially for those of you who have food allergies!

I've been dealing with severe egg, dairy, and nut allergies for my whole life. Luckily, I've been able to grow out of my egg allergy, but I still constantly deal with my other two allergies every day. And honestly, I've had many close calls with Thai street food...it has even sent me to the ER before! So this is exactly why I've compiled my experiences into this short book: I would like people to enjoy Thai food to the very fullest, without the fear of food allergies.

I admit it - Thai street food can seem very daunting. While many people know of the popular dishes like "Pad Thai" and "Tom Yum," you will find that those barely scratch the surface of Thai street food. But if you are a tourist in Thailand with food allergies, don't worry! I am going to tell you all about each of these dishes and the common allergens that they generally contain. Ranging from the savory appetizers and main courses, to the sweet and sometimes salty snacks and desserts, I hope this guide will be helpful as you navigate your way through each of your meals! "





This booklet, based on Tyme Kumthampinij's personal experiences with food allergies and Thai street food, serves to inform readers on the various types of street food commonly found in Thailand. More specifically, Tyme aims to guide foreigners with food allergies into the vast and complex world of delicious Thai street food.

Disclaimer: This guide does not include information on gluten, soy, and shellfish allergies, as all of the commonly used sauces, such as soy and fish sauce, in almost all Thai dishes contain these allergens.

This guide is meant to be an easily accessible handbook as you stroll through the streets of Thailand. While I do talk about the many ingredients that are commonly used in each dish, I want to emphasize that everyone makes food slightly differently. So please keep this in mind, and make sure you still ask each vendor about the ingredients before you eat anything!



Dr. Harish is a recipient of the American Medical Association (AMA) Physician's Recognition Award and is proud to be listed in the Castle-Conolly "NY- Metro Area Best Doctors" since 1999, as well as in the "Best Doctors" issues of New York and New Jersey magazines.

Dr. Harish is licensed in both New York and New Jersey and is Board Certified in Allergy, Asthma & Immunology for Adults and Pediatrics.

"Eating is such a basic human activity that most people take it for granted. People who live with food allergies, however, do not have that privilege, knowing that what they eat could result in a severe allergic reaction.

Since food-allergic individuals must verify every ingredient in their food, they often prefer to eat only at home - their safe space - and avoid eating out. It is often especially challenging to eat at restaurants where the cuisine is less familiar and where a language barrier may make it more difficult to know whether the food is safe for them to eat. This problem is obviously amplified when an allergic individual travels abroad.

To their rescue comes Tyme with this wonderful guide to Thai food for people with food allergies. In his book, Tyme helps readers to identify foods that they may need to avoid, but at the same time provides them with plenty of enticing Thai dishes that they can safely enjoy. Having treated thousands of individuals with food allergies over several decades, I cannot overstate the value of such a resource in helping people to explore a new cuisine with greater safety and less anxiety.

As Tyme states in his introduction, this guide is not a substitute for scrutinizing the ingredients used in any particular establishment. Readers should also remember that the guide refers only to three major food allergens: egg, milk and nuts.

I commend Tyme for sharing his personal experience for the benefit of the food allergy community, and wish the readers of this guide many safe and enjoyable experiences with the wonderful world of Thai cuisine."



Contents

Nibbles	6
Noodles	12
Rice Dishes	19
Snacks & Desserts	28
Beverages	37

Yum (ยำ)



Nibbles

Thai nibbles or appetizers are one of the most common street foods in Thailand. Walking down the street, you can find them on every block. Most of these nibbles are served on skewers, sticks, or as finger-foods for extra convenience.

Look Chin Tod (ลูกชิ้นทอด)

Look Chin Tod, also known as exploding fish balls, are deep fried fish balls, that are served with a sweet and spicy chili sauce. Just a tip: make sure to eat the fish balls immediately out of the fryer for maximum crispiness and deliciousness.

Look Chin Ping (ลูกชิ้นปิ้ง)

Look Chin Ping is an extremely popular snack and appetizer among Thais. Tender meatballs, usually made from beef or pork, are skewered and grilled, then served with a sweet and spicy chili sauce. (If you don't like to eat spicy food, you might want to ask for the sauce on the side!)

Geow Tod (เกี๊ยวทอด)

Geow Tod is crispy, deep-fried egg wonton, stuffed with ground pork. This dish is mainly eaten as an appetizer or small snack and is dipped in a sweet plum sauce or a sweet chili sauce. However, you can also often find Geow Tod as a topping in many noodle dishes.

Contains egg .

FYI, Wonton wrapper contain eggs.



Gooy Chai Tod (ก้วยช่ายทอด)

Gooy Chai Tod is made from a mixture of chives and tapioca starch that is formed into rectangles, which are then deep fried. Although quite dense and chewy on the inside, Gooy Chai Tod is still crispy on the outside. This appetizer is also served with an acidic, sweet, and slightly spicy dark soy sauce. Ever since I was young, Gooy Chai Tod has always been my favorite Thai appetizer!



Kao Niew Moo Ping (ข้าวเหนียวหมูปิ้ง)

Kao Niew Moo Ping is grilled and skewered pork that is served with steamed sticky rice. Traditionally, the pork is marinated in coconut milk, soy sauce, oyster sauce, and a bit of sugar to give it both tenderness and sweetness, but also a slightly salty taste. However, many vendors have recently begun to marinate their pork in milk rather than coconut milk for convenience. So if you have a dairy allergy, make sure to ask before you order it! This is a great afterschool snack, as it's filling and easy to eat.

May contain coconut and milk.



Gai Tod (ไก่ทอด)

Gai Tod is Thai fried chicken. The chicken can be marinated in many ingredients, which usually include coriander root, garlic, fish sauce, and soy sauce. Then, the chicken is dipped into a batter or flour, and deep fried until crispy. Order this with sticky rice to make it a full meal!

FIY: "Gai" means chicken in Thai.



Gai Yang (ไถ่ย่าง)

Literally translating to grilled chicken, Gai Yang is Thai style grilled chicken, which is marinated in fish sauce, sugar, and coconut milk or milk. Gai Yang is also usually eaten with steamed sticky rice and a sweet and spicy chili sauce.

May contain coconut and milk.



Gluay Khaek (กล้วยแขก)

Best eaten right out of the fryer, Gluay Khaek is crispy, deep fried, slices of banana, in a thin coconut milk and sesame batter. "Gluay" translates to banana and "Khaek" is a Thai colloquialism used for foreigners from countries such as India and Malaysia, which is where the snack originally drew influence from.

Contains coconut.



Moo Satay (หมูสะเต๊ะ)

Moo Satay is grilled and skewered pork, marinated in turmeric, coriander, curry powder, sugar, and coconut milk or whole milk. As the skewers are grilling, coconut milk or a mixture of coconut milk and whole milk is brushed onto the pork to keep moisture and tenderness. Moo Satay is served with a dipping sauce made from peanuts, curry paste, and coconut milk. Some vendors may even brush this dipping sauce onto the pork while grilling as well. So, if you have a dairy or nut allergy, it's best to stay away from this dish!

Contains coconut, milk, and nuts.

FYI: "Moo" means pork in Thai.



Som Tum (ส้มตำ)

A popular and famous dish among foreigners and Thai people alike, Som Tum is a sweet, spicy, and acidic papaya salad. Along with the raw shredded papaya, other vegetables such as string beans and grape tomatoes are also mixed into the salad. Then, fish sauce, lime juice, Thai chili, and palm sugar are added. This mix of vegetables and sauce is then mixed and pounded in a small mortar, allowing the sauce and flavors to be truly incorporated into the vegetables. Finally, the salad is topped with a generous amount of crushed peanuts, for a nutty and rich flavor. A highlight of ordering this dish is watching the vendors make it! They usually do it in a small mortar, so you can see them mixing your salad together right before your eyes. This delicious and refreshing salad is often eaten with foods like fried chicken and steamed sticky rice, as it's freshness often cuts away from the often overpowering saltiness and oiliness of fried foods. However, if you are allergic to nuts, I would steer clear from this dish as there is a high risk of contamination. Unless the vendors are kind enough to rinse the mortar and pestle for you.

Contains nuts.

Yum (ยำ)

Yums are basically Thai style salads. In each yum, the varying main ingredients are tossed in lime juice, fish sauce, chillies, and a touch of sugar. The even balance of sweet, sour, salty, and spicy flavors all seem to work in harmony. Some popular yums you might come across at Thai restaurants are Yum Woonsen (glass noodle salad), Yum MaMa (instant noodle salad), and Yum Pla Dook Foo (deep fried catfish salad). Depending on the type of yum and vendor, some yums are topped with peanuts or cashews to add a crunchy texture. If you have nuts allergies, you can simply ask the vendor to omit the nuts.

May contain nuts.

FYI: Thai people call nuts “tua”. Also, be careful if you are allergic to cashews, because unlike other nuts, Thais call them “Med Ma Muang”, which translate to “mango seed”.

Larb Nam Tok (ลาบ น้ำตก)

Larb Nam Tok can be made with many types of meats, but is mainly made from minced pork, beef, or sometimes chicken. Along with the meat, mint, chilis flakes, fish sauce, lime juice, and shallots are added to the mixture. Then, Kao Kua (roasted, uncooked sticky rice that is grounded) is also added for a unique nutty flavor and fragrance! This zesty dish usually served with steamed sticky rice and Som Tum



Noodle

Thai people love to eat noodles. Unlike in western cultures, noodles can be served as breakfast, lunch or dinner. Thai noodles not only come in a various types, but also can be served in many different ways. I bet you won't ever get bored of them!

Don't be overwhelmed by the many types of noodles you see. To put it simply, they are basically divided into a few categories: wheat noodles, rice noodles, and cellophane noodles.

Wheat & egg

noodles: made from wheat and eggs, these yellow noodles are called "Ba-mee".



Rice noodles: made from rice flour, the 3 types can be differentiated by the width of the noodles.



Sen-yai: the widest, flat rice noodles



Sen-lek: the medium width, flat rice noodles



Sen-mee: the thinnest rice noodles (vermicelli noodles)

Cellophane noodles: made from mung beans, this is called "Woon-sen".



Rad Na (ราดหน้า)

Rad Na is made with wide, flat rice noodles (Sen yai) or thin rice noodles (Sen mee), which is stir-fried in dark soy sauce to add the aroma to the noodles. It can also be made with crispy egg noodles. The dish is served in a thickened gravy of stock and cornstarch, with chinese broccoli and a choice of pork, beef, chicken, or seafood. Originally, Rad Na was made with thicker, additional sauce for more flavor and tenderness of the meat.

Contains egg if you order with crispy egg noodles.

Pad See Ew (ผัดซีอิ๊ว)

This noodle dish, usually made with wide, flat, rice noodles (or less popularly with thin vermicelli noodles) are stir-fried in a sweet and savory combination of dark soy and fish sauce. Along with this, egg, chinese broccoli, and a choice of meat (usually pork) are then added to the stir-fry. Because Pad See Ew has a rather unique, sweet and salty flavor, it is a favorite for many Thais, especially for lunch.

Contains egg.



Hoi Tod (หอยทอด)

Hoi Tod is essentially a savory, seafood, fried pancake. First, the batter made from cornstarch and mussels is poured onto the hot pan. Then, an egg is added and quickly scrambled into the lightly cooked batter. The Hoi Tod is then served over a bed of sauteed bean sprouts and with a drizzle of Thai sriracha sauce. Some people prefer their Hoi Tod crispy, while others prefer it softer - I love mine extra crunchy! Hoi Tod doesn't contain noodles, but you can usually find it sold together by Pad Thai vendor????!!

Contains egg.



Pad Thai (ผัดไทย)

Pad Thai is made with rice noodles, stir fried in fish sauce, tamarind juice, palm sugar, dried shrimp, fresh shrimp, firm tofu, sweet pickled radish, bean sprouts, chives, eggs, and is finally topped with chopped roasted peanuts. Since I am allergic to peanuts, which is one of the core ingredients, I only ever eat Pad Thai when it's made at home without peanuts. Interestingly, this dish was created to stimulate nationalism. In the 1930s, Thailand's street food industry was dominated by Chinese settlers. To combat loss of national identity and strengthen the Thai culture, Thailand's Prime Minister at the time invented and advocated for the cooking of Pad Thai. The scheme worked very well in increasing the number of Thai food vendors and boosting national pride.

Contains eggs and nuts.



Guay Tiew Look Chin Pla

(ก๋วยเตี๋ยวลูกชิ้นปลา)

Guay Tiew Look Chin Pla is noodles with fish balls. You can choose if you want these noodles to be served in a clear broth (made from chicken or pork), or without soup at all. Both the soup-based noodles and dry noodles are topped with scallion, bean sprouts, fried garlic, and most importantly, fish balls! Since these noodles are very lightly seasoned, you are provided plenty of condiments, such as sugar, chili flakes, vinegar, and fish sauce, to completely personalize your bowl of noodles. If you are allergic to nuts, make sure to let the chef know beforehand because many times, they top the dry noodles with ground peanuts. Also, you will often see the option to order Tom Yum at a Guay Tiew Look Chin Pla vendor - this is not the same as the well known Tom Yum Goong dish. In this case, Tom Yum means that the chef will season the noodles for you with sweet spicy and sour flavors and top it with ground peanuts.

May contain nuts.

Pad Kee Mao (ผัดขี้เมา)

Pad Kee Mao, also known as "Drunken Noodles," is a very spicy dish made with wide, flat rice noodles. These noodles are stir-fried with a meat (beef, pork, or seafood), chinese broccoli, baby corn, holy basil, Thai chili, soy sauce, oyster sauce, and fish sauce. This dish is visually very colorful, as it has red from the chili, green from the basil, yellow from the baby corn, and a golden brown from the stir-fried noodles. If you enjoy spicy food, this dish is a must try! But if you really can't take the heat, you might want to skip this one.



Guay Tiew Gai Toon (ก๋วยเตี๋ยวไก่ตุ๋น)

Guay Tiew Gai Toon is noodles in chicken broth, seasoned with Chinese five spice powder and soy sauce. The noodles are accompanied with green leaf lettuce, and braised chicken drumsticks or wings. The dark color of the broth might turn you off, but give it a try, trust me, it's very flavorful.



Yen Ta Four Noodles

(ก๋วยเตี๋ยวเย็นตาโฟ)

Yen Ta Four Noodles have the same clear, light broth as the Guay Tiew Look Chin Pla, but has a fermented soy bean sauce added. This sauce adds a distinct, bright pink color and special sweetness to the noodles. Pork blood cubes, squid, fried tofu, and morning glory are also added to the noodles. It can be served both dry or in broth.



Guay Tiew Nua Toon (ก๋วยเตี๋ยวเนื้อตุ๋น)

Guay Tiew Nua Toon is noodles in a beef broth seasoned with Chinese five spice powder and soy sauce. The beef is braised until extremely tender. The noodles are accompanied with green leaf lettuce, tender braised beef, sliced beef, and beef meatballs.



Guay Tiew Rua (ก๋วยเตี๋ยวเรือ)

In the olden times, Thai markets used to be situated along small canals, so vendors would make and sell their noodles while rowing their boats down these canals. This gives Guay Tiew Rua its unique name translating to “Boat Noodles.” However, If you ever see boat noodles nowadays, they are usually just sold on the sidewalks of streets. Guay Tiew Rua is almost the exact same as the Guay Tiew Nua Toon, except you can pick if you would like beef or pork and it has a slightly different soup. When you order boat noodles, the soup is usually seasoned with a lot of spice and heat. Boat noodles also usually have a richer soup that is achieved by adding a splash of coconut milk to it. Some people even order it with Namtok (literally translates to waterfall, but is actually dropping a splash of beef or pork blood) to create an even richer broth. Don't be scared, I guarantee you won't actually taste any blood. You can also order Guay Tiew Rua dry, without the soup. Be aware, sometimes the dry version is topped with ground peanuts. Boat noodles are commonly served with crispy pork rinds.

May contain coconut, nuts (if you order without broth).

Guay Tiew Kua Gai (ก๋วยเตี๋ยวคั่วไก่)

Wide, flat, rice noodles are stir-fried with chicken and eggs on a bed of green lettuce (you can call this dish the “sibling” of Pad See Ew). Guay Tiew Kua Gai has a smoky, charred flavor from the sizzling pan, making the noodles uniquely crispy on the outside but soft and smooth on the inside.

Contains egg.

Bamee Geow Moo Dang (บะหมี่เกี๊ยวหมูแดง)

Bamee Geow Moo Dang is egg noodles with pork and shrimp dumplings, marinated char siu pork (roasted pork) and yu choy (green, leafy vegetable). Bamee Geow Moo Dang can be served with or without the broth. If you are allergic to eggs, skip the dumpling as the wrappers are made from eggs. If you are allergic to dairy, you may have to be careful because some vendors marinate their char siu pork with milk. So if you want to be safe, just order the Bamee Geow Moo Dang without roasted pork.

Contains eggs (egg noodle and dumplings may contain milk).

Kanom Jeen Nam Ya (ขนมจีนน้ำยา)

This dish is made from fermented rice flour (long, thin threads) noodles, served in small bundles and topped with a fish curry sauce, which is a combination of Thai chili, coriander root, coconut milk, shallots, lemongrass, and finger root. The sauce looks similar to red curry, but is more watery. To finish off, the dish is topped with bean sprouts, string beans, holy basil, and pickled cabbage.

Contain coconu



Rice Dishes

Rice is a staple in Thai food, just like bread is for westerners. There are two main types of Thai rice dishes:

1. One dish meals: served in one portion, as a personal dish (like Kao Pad a.k.a. Thai-style fried rice)
2. Rice with entrees: served as plain, jasmine rice, which is eaten with different types of entrees on the side (people often order multiple entrees to share with each other). Unlike westerners, Thai people eat most of their meals family-style.

Kao Pad (ข้าวผัด)

Kao Pad is Thai-style fried rice. White rice is stir-fried with soy sauce, fish sauce, meat (usually pork, chicken, crab, or shrimp), and egg. The fried rice is then garnished with scallions for freshness. If you are allergic to egg, you may be able to ask the vendor to make your Kao Pad without eggs. However, you have to be careful of contamination, because most Thai vendors do not wash their pans after each dish they cook.

Contains egg (can be removed).

Kao Mun Gai (ข้าวมันไก่)

Kao Mun Gai Tod (ข้าวมันไก่ทอด)

Kao Mun Gai, also known as Hainanese Chicken Rice, consists of steamed or poached chicken and freshly sliced cucumber, served over seasoned rice and topped with a fermented soybean-based sauce. Kao Mun Gai Tod, less common than Kao Mun Gai, is the exact same as Kao Mun Gai, except the steamed or poached chicken is replaced with deep fried chicken and is accompanied by a sweet chili sauce, rather than the soybean sauce. Both these dishes are served with a winter melon, chicken soup.



Kao Ka Moo (ข้าวขาหมู)

This dish is hard-boiled egg and pork knuckle slow-cooked for a very long time in a Chinese five spice broth (star anise, cinnamon, fennel seed, Sichuan peppercorns, and cloves) with pickled cabbage served over white rice. The broth is actually a combination of sweet and salty flavor. The pork is delicious, super tender, and will melt in your mouth! This dish is enjoyed by both children and adults as it isn't spicy at all. Kao Ka Moo is a must try if you're not counting your calories!

Contains egg.



Kao Moo Dang (ข้าวหมูแดง)

Kao Moo Dang is roasted pork with a thick, sweet gravy served over white rice. In Thai, “Moo” means pork and “Dang” means the color red - so why is this dish called “Red Pork”? Well, as the name suggests, the marinated pork and the gravy has a distinct red color. This dish is almost always topped with a soft boiled egg, fresh cucumbers, and fresh scallions. Personally, I only eat this dish when my family makes it at home, as sometimes the vendors marinate their pork in milk and add nuts to the gravy for extra richness - a big plus for you if you're not allergic to nuts and milk!

May contain milk and nuts.

Kao Pad Ka Prow (ข้าวผัดกะเพรา)

Kao Pad Ka Prow is one of the most popular street foods in Thailand. When Thai people don't know what they should eat, they often just order Kao Pad Ka Prow. The dish is almost exactly the same as Pad Kee Mao (Drunken Noodle), except it is served over the rice. It still has the same core flavors of heavy heat from the Thai chilis, saltiness from the oyster, soy, and fish sauces, and the freshness from the basil. Once stir-fried with the choice of your meat, the basil always leaves a distinct aroma that is very pleasant in my opinion. Also, a crispy, fried egg is usually added onto the Kao Pad Ka Prow.

Contains egg (can be removed).

Fun fact: Thai basil is a unique herb that is indigenous to Southeast Asia. Thai basil is also able to withstand higher cooking temperatures than sweet basil can.





Joke (โจ๊ก)

Joke is rice porridge that is filled with ground pork and other condiments such as fresh julienne ginger, scallion, and soft-boiled egg. Joke is considered as “comfort food,” so it is commonly sold for breakfast - if you want to try this dish (which you really should!!), I would recommend getting up early since you will find more vendors selling it. If you're allergic to egg, you can just ask the vendor to make it without the soft-boiled egg. Whenever I am feeling ill, I would turn to Joke as the perfect remedy!

Contains egg (can be removed).



Moo Tod Kratiam (หมูทอดกระเทียม)

Moo Tod Kratiam is crispy, fried pork that is stir-fried with soy sauce and a lot of garlic. Similar to Kao Kra Pao, this dish is extremely popular and is often ordered by young children when they can't decide what to eat as it is the non-spicy alternative. Since the dish is predominantly salty, it is usually served with rice or as a side dish to counter spicy dishes such as curries. Crispy fried egg is always added to accompany the dish.

Contains egg (can be removed).

Pad Woon Sen (ผัดวุ้นเส้น)

Pad Woon Sen is a dry dish made from glass noodles (made from mung beans) stir-fried with egg, onion, tomato, scallion, and Chinese celery. The glass noodles' soft and slippery texture nicely contrasts the crunchy vegetables and the dish can be garnished with Thai chillis on top for a 'kick.' It is usually served with steamed rice.

Contains egg.



Kai Look Keuy (ไข่ลูกเขย)

Funny enough, Kai Look Keuy translates to “Son-in-law” eggs. I have yet to find credible reasons for the origin of its name, so maybe it’s something you can research into and let me know! To prepare the dish, half-boiled eggs are deep-fried in oil, then drizzled with fish sauce and sweet tamarind sauce. These crispy eggs are then topped with fried shallots, garlic, and chillies.

Contains egg.

Kai Palo (ไข่พะโล้)

This dish contains hard-boiled eggs and chunks of pork that are braised in a Chinese five spice broth (star anise, cinnamon, fennel seed, Sichuan peppercorns, and cloves). The stew is distinctively fragrant and has a sweet and salty delicious broth. This dish might scare some people off because of the broth’s dark color, but I can assure you that you won’t be disappointed when it comes to flavor!

Contains egg.



Kai Dao (ไข่ดาว)

This is your basic Thai, crispy, fried egg. Unlike the western image of a perfectly cooked sunny-side-up egg with smooth edges, Thai Kai Dao is practically deep fried until the edges turn golden-brown and crispy while the yolk is still runny. It is commonly served with other entrees.

Contains egg.

Kai Jeow (ไข่เจียว)

Kao Kai Jeow is a Thai style egg omelette that is seasoned with fish sauce and fried until fluffy and crispy. Like Kai Dao, it usually accompanies other entrees. This is also often eaten with a Thai sriracha sauce for those who love a kick of spice!

Contains egg.



Gang Keow Wan (แกงเขียวหวาน)

Gang Keow Wan or “Green Curry” gets its name from its bright and colorful green color. This bright color is achieved through the use of green chili. The curry is made from coconut milk, fresh green chili, shallots, coriander root, kaffir lime, lemongrass, galangal, cumin, shrimp paste, fish sauce, and palm sugar. Then, the meat (usually beef, chicken, or pork), Thai eggplant, Thai basil, are added to the curry. It is commonly eaten with steamed rice or Kanom Jeen (fermented rice noodles). If you’re ever traveling around Thailand looking for green curry, you can easily find it at any restaurant or street food vendor!

Contain coconut.

FYI: “Gang” means curry in Thai.

Gang Dang (แกงแดง)

Gang Dang or “Red Curry” is almost the same as green curry, except it is made from dried red chili. Red Curry is typically less spicy than the green curry. The red curry also commonly contains chicken blood curds, winter melon, and bamboo shoots. Like Thai green curry, red curry is commonly found everywhere in Thailand too!

Contain coconut.



Snacks & Desserts

Traditional Thai sweet treats (kanom waan) are served either warm or cold (with shaved ice). Most Thai desserts are made from coconut milk, fresh fruits, beans, and sugar.

Kao Niew Ma Muang (ข้าวเหนียวมะม่วง)

Kao Niew literally translates to sticky rice, while Ma Muang translates to mango. Kao Niew Ma Muang is sweetened sticky rice cooked in coconut milk and served with sweet, ripe mango, and coconut cream drizzled on top. Roasted mung beans are added on top for crunch. Although this may seem like an odd combination of flavors and textures, the sticky rice and mango actually go together quite well. This dessert is widely known and often a favorite for both tourists and locals, so it is very easy to find. However, a downside of Kao Niew Mamuang is that it is a seasonal dessert, which means it is best eaten during the summer when the mangoes are ripe. If you're a die-hard Kao Niew Mamuang fan, make sure you come to Thailand during its summer months (around March to June) for the tastiest Kao Niew Mamuang!

Contains coconut.



Kanom Buang (ขนมเบื้อง)

Kanom Buang, a Thai dessert that resembles a taco or crepe, consists of a crispy flour shell made from rice flour and green bean flour, which is filled with either a sweet, beaten egg cream (similar to meringue) and Foi Thong (small strips of sweet egg), or salted coconut shreds mixed with ground shrimp.

Contains egg and coconut.



Kanom Krok (ขนมครก)

Traditionally made with rice flour, oil, and coconut milk, Kanom Krok in modern day is sometimes made with a mixture of coconut milk and whole milk. This mixture is then poured into a hot semi-circle mold to create a disc-shaped dessert that is crispy on the outside, and soft and custardy on the inside. These discs can be filled with sweet corn, taro cubes, and green onions to give the dessert more flavors.

Contains coconut.

May contain milk.





Kao Niew Piek (ข้าวเหนียวเปียก)

Kao Niew Piek is sticky rice, cooked and served in warm coconut milk. This dessert can be made from either white or black sticky rice. The sticky rice provides a chewy texture, while the coconut milk contrasts this with a rich and slightly sweet-salty flavor. Unlike seasonal desserts such as Kao Niew Mamuang (mango sticky rice), Kao Niew Piek is always available throughout the year. Also, some recipes include toppings like young coconut, corn, taro, and longan (asian fruit, similar to lychee).

Contains coconut.

Kao Niew Tua Dum (ข้าวเหนียวถั่วดำ)

Kao Niew Tua Dum is lightly sweetened sticky rice, with warm black beans in warm coconut milk.

FYI: Thai people call both beans and nuts “Tua”. Please be aware and clarify to the vendors.

Contains coconut.

Sa Koo Tua Dum (สาหร่ายถั่วดำ)

Sa Koo Tua Dum is the same as Kao Niew Tua Dum, but the sweetened sticky rice is replaced with small tapioca pearls.

Contains coconut.

Tao Suan (เต้าส่วน)

Tao Suan is made from mung beans that are cooked until soft, then mixed with a sweet and sticky syrup. This yellow blend of mung beans and syrup is then ladled with a slightly salty and warm coconut cream. Tao Suan has quite a lot of protein from the beans and is not overly sugary, so it is great for people who are looking for healthy desserts and don't have the biggest sweet tooth!

Contains coconut.



Tua Kiew Tom Nam Tarn (ถั่วเขียวต้มน้ำตาล)

Simply, mung beans are boiled until soft before adding sugar for sweetness. Although it is eaten hot, Thais hold a widely-held belief that this dessert is good for cooling the body down. It is another healthy dessert that can fill you up with a punch of protein.



Gluay Buad Chee (กล้วยบัวหมี)

Gluay Buad Chee is made by steaming near-ripe bananas, cutting them up, and adding them into a warm pot of palm sugar and coconut milk. Some stores also top the dessert with white sesames at the end to make it look fancier.

Fun Fact: Due to the fairly white color of the dessert that is comparable to a Thai nun's white attire, the Thai translation of the dessert is "banana ordained as a nun."

Contains coconut.



Bua Loy (บัวลอย)

Bua Loy, translated to "floating lotus" in Thai, is glutinous rice flour balls boiled and served in sweetened and salted coconut milk. Similar to tapioca pearls, the glutinous rice flour chunks have a very soft but chewy texture. Some vendors even add pieces of taro to the Bua Loy. Bua Loy is actually one of the desserts I had the most while growing up!

Contains coconut.

Nam Kang Sai (น้ำแข็งใส)

Nam Kang Sai is a shaved ice dessert, where you can pick your own toppings. This is the perfect dessert for hot days!

Popular toppings selections:

- | | |
|------------------------------|-------------------|
| Salim | Lod Chong |
| Boiled Pumpkin | Sweetened Ginkgo |
| Boiled Taro | Lotus Root |
| Jackfruit | Corn |
| Thai Coconut Jelly | Coconut |
| Herbal Glass Jelly | Black Sticky Rice |
| Look Chid (sugar palm balls) | Tub Tim Krob |

Syrup selections:

- | | |
|---|--------------------------|
| Regular sugar syrup | Coconut milk syrup |
| Longan (asian fruit, similar to lychee) syrup | Sala (snake fruit) syrup |

This dessert is a favorite for many, because there are endless amounts of toppings that you can select and you are able to customize your bowl however you want!

May contain coconut (if you order with Thai coconut jelly or coconut milk syrup).





Lod Chong (ลอดช่อง)

Lod Chong consists of short, green noodles made from rice flour, that is served in a slightly brown mixture of sweet palm sugar and coconut milk and topped with ice. Sometimes, you can also order taro, corn, and black sticky rice as toppings! This is definitely a signature Thai cold dessert.

Contains coconut.



Salim (สลิม)

Salim is a thin noodles (similar-looking to vermicelli) made from mung bean flour. Salim usually comes in three colors: white, pastel pink, and green. These noodles are served in a clear, sweet syrup and ladled with a spoon of thick, fresh coconut milk. To finish off, the dessert is topped with shaved ice.

Contains coconut.



Tub Tim Krob (ทับทิมกรอบ)

“Tub Tim” in Thai translates to “pomegranate” simply because the dessert resembles a pomegranate seed. However, Tub Tim Krob is not actually made from pomegranates at all! This dessert is actually made from water chestnuts that are soaked in sala (snake fruit) syrup for a bright-pink color: almost resembling a pomegranate. Then, the chestnuts are coated in tapioca flour and boiled. After this, the Tub Tim Krob are strained from the water and put in a coconut milk and sweet syrup mixture, which is then topped with shaved ice. I actually remember making this dessert with my family when I was younger, during my annual visits to see my grandparents in Thailand

Contains coconut.



Chow Guay (เฉาก๊วย)

Chow Guay is cold herbal grass jelly that is either drizzled with a sweet, plain sugar syrup or topped with brown sugar. The jelly has a dark brown or black color and a distinctively fresh aroma. Being a light dessert, I would recommend this for anyone who wants a less rich and more refreshing dessert.



Kanom Pung Nam Dang (ขนมปังน้ำแดง)

Ka Nom Pung Nam Dang is soft, fresh white bread that is cut into small bite-size pieces and drizzled with a red, sweet sala (snake fruit) syrup. It is topped with condensed milk to give the dessert a sweeter and richer taste.

Contains milk.

Kanom Pung Ping (ขนมปังปิ้ง)

Kanom Pung Ping are grilled, thick slices of white bread that are flavored with toppings of your choice. Some popular toppings are butter and sugar, butter and condensed milk, nutella and bananas, butter and jam, Naam Prick Pao (thai chili paste) and Moo Yong (pork floss), and Sung Ka Ya (pandan flavored egg custard). Although these toppings are the most popular, you can always explore unique flavors or mix and match your own toppings!

Contains milk.

May contain eggs (if you pick Sung Ka Ya topping) and nuts (if you pick nutella).

Beverages

Beverage vendors can be found almost everywhere in Thailand. Many Thai drinks are extremely bright and colorful, giving Thai street food its vibrant aesthetic. Some vendors even put on a show, as they energetically mix and pour your drinks (often using traditional Thai-style, cloth tea & coffee filters) right in front of you!

Fun Fact: The beverage containers for many Thai street vendors are quite unique. Some beverage vendors use plastic bags (which look exactly like shopping bags, just a lot smaller) as drink containers, rather than cups. This is mainly to reduce their costs. While I admit that it definitely feels weird to drink from these plastic bags at first, you will probably get used to it pretty quickly! Don't worry, normal cups are still used by many Thai beverage vendors!





Cha Manow (ชามะนาว)

Cha Manow is sweet Thai lemon black iced tea. It is a refreshing drink to have on hot summer days.



O Liang (โอเลี้ยง)

O Liang is Thai black iced coffee has an extremely dark color which is sweetened with sugar. It is never served with milk.

FYI: “Dum” means black in Thai.



Cha Dum Yen (ชาดำเย็น)

Sweet Thai black iced tea actually looks more orange rather than black like O Liang, Cha Dum Yen is sweetened with sugar and never served with milk.



Ka Fare Yen (กาแฟเย็น)

Ka Fare Yen is Thai roasted iced coffee. Ka Fare Yen has a distinct aroma unlike that of other coffee. The sweetness comes from sugar, condensed milk, and evaporated milk, which also adds a richness and creaminess to the drink.

Contains milk.



Nom Yen (นมเย็น)

Also known as Thai pink milk, Nom Yen is sala (snake fruit) syrup mixed in milk (usually condensed milk). With its vibrant pink color, Nom Yen is a favorite and go-to drink for many Thai children. This is not only because of its attractive color, but also because Thai parents do not usually allow their children to have coffee or tea, so many Thai children grow up primarily drinking Nom Yen as a treat.

Contains milk.




Cha Yen (ชาเย็น)

The world-famous, orange-colored Thai iced tea is called Cha Yen. Cha Yen is made from a blend of spices and tea, including black tea leaves, star anise, cardamom, and crushed tamarind. Along with this, sweetened condensed milk and evaporated milk are added to the tea, giving Cha Yen its sweet jolt of flavor. However, Cha Yen’s iconic orange color is sadly artificial, with the use of food dye. This staple drink goes well with food that have intense spicy flavors, as the sweet, ice-cold, milky goodness will easily soothe the heat!

Contains milk.

This booklet, based on Tyme Kumthampini's personal experiences with food allergies and Thai street food, serves to inform readers on the various types of street food commonly found in Thailand. More specifically, Tyme aims to guide foreigners with food allergies into the vast and complex world of delicious Thai street food.



TYME TO EAT!

Allergy Card

ฉันมีอาการแพ้อาหารอย่างรุนแรง และอาจได้รับอันตรายถึงแก่ชีวิต ถ้าฉันทานอาหารที่มีส่วนผสมข้างล่างคือโปรดอย่าลืม!

ฉันมีอาการแพ้รุนแรง เช่น ถูงมือ กระดาษ หน่อ ซีน ที่ไม่มีสารสัมผัสตัวผมรวมถึงถ้วย ในการเตรียมและปรุงอาหารของฉัน ขอขอบคุณค่ะ

I have severe food allergies and will have an allergic reaction requiring medical attention if I eat any food that includes the following ingredients, even in small amounts.

Please use clean gloves, utensils, surfaces, and cookware when preparing my meal. Thank you.

ไข่
Egg

อาหารทะเลเปลือกแข็ง เช่น หอย / ปลา
Shell Fish

มะพร้าว / นม
Coconut / Milk

ถั่ว
Shrimp


นมวัวและผลิตภัณฑ์จากนมวัว เช่น นม โยเกิร์ต ชีส เนย
Dairy

ข้าวกล้อง / ซอสถั่วเหลือง
Soy

ถั่วลิสง
Peanuts

ถั่วลิสงต่าง ๆ เช่น ถั่วลิสง
Tree Nuts

ถั่ว
Wheat



TYME TO EAT! Allergy Card

“I commend Tyme for sharing his personal experience for the benefit of the food allergy community, and wish the readers of this guide many safe and enjoyable experiences with the wonderful world of Thai cuisine.”

Dr. Ziv Harish, MD, FAAAAI, FACAAI

