

Thai Cooking Classes at Montra



Learn to cook famous Thai dishes in a relaxed and friendly environment. Small classes are conducted in a traditional open kitchen, and led by Thai cooks, making for a highly personalized and rewarding experience.

You'll get a feel for real Thai culture as you experience its rich colors, and unique flavors and smells. Students will prepare a complete 5-course meal for lunch completely from scratch.

This program is the ideal way to enjoy an authentic cultural and culinary experience. It's also perfect for the serious home cook who wants to learn how to cook authentic Thai food for their next dinner party, for spouses accompanying husband or wife on a business trip, or the adventurous traveler. You can choose the day and time you would like to learn the cooking. Please let us know one day in advance, so we can prepare everything for you.

Our staff emphasizes a friendly teaching style centered on actually doing, rather than watching. We guarantee that by the time you complete our course you will not only have learned a thing or two about Thai cooking but will also have had a most memorable experience.

Thai cuisine is the national cuisine of Thailand. Thai cuisine places emphasis on lightly-prepared dishes with strong aromatic components. Thai cuisine is known for being spicy. Balance, detail and variety are important to Thai cooking. Thai food is known for its balance of five fundamental flavors in each dish or the overall meal: hot (spicy), sour, sweet, salty, and (optional) bitter

Our courses include:

- An introduction to Thai ingredients.
- Your personal chef's hat and apron.
- Comprehensive, easy-to-follow Thai cook book with the Thai food recipes you learn in class.
- Eating all the food that you cooked for lunch.
- Free transfers between your hotel and Koh Tao Montra (in case you don't stay at Montra)

There are 4 choices of food and 1 choice of dessert
The dishes can be varied by request but those are the most popular ones.

The following 4 choices are most commonly chosen by other students:



✓ Fried spring roll rolls are an appetizer. Spring rolls can be found in several Asian countries. Fried spring rolls are generally small and crispy. They can be sweet or savory; the latter are typically prepared with meat or vegetables. This version is fully wrapped before being [pan fried](#) or [deep fried](#).



✓ Tom Yum (Goong) is perhaps one of the most famous dishes in [Thai cuisine](#). It is widely served in neighboring countries such as [Malaysia](#), [Singapore](#), and [Indonesia](#), and has been popularized around the world.

Tom yum is characterized by its distinct hot and sour flavors, with fragrant herbs generously used. The basic broth is made of stock and fresh ingredients such as [lemon grass](#), [kaffir lime](#) leaves, [galangal](#), [lime](#) juice, [fish sauce](#) and crushed [chili peppers](#).

In Thailand, tom yum is usually made with [prawns](#) (tom yum goong), [chicken](#) (tom yum gai), fish (tom yum pla), or mixed seafood (tom yum talay or tom yum po taek) and mushrooms - usually straw or [oyster mushrooms](#). The soup is often topped with generous sprinkling of fresh chopped [coriander](#) (cilantro) leaves.



✓ Massaman Curry is a southern [Thai dish](#) that is [Muslim](#) in origin. It is most commonly made with [beef](#), but can also be made with [duck](#), [chicken](#), or [tofu](#).

The flavoring for Massaman curry is called Massaman curry paste (nam prik kaeng masaman). The dish usually contains [coconut milk](#), roasted [peanuts](#), [potatoes](#), [bay leaves](#), [cardamom](#) pods, [cinnamon](#), [palm sugar](#), [fish sauce](#), and [tamarind](#) sauce. [Muslim](#), and later [Portuguese](#), traders brought spices such as [turmeric](#), [cinnamon](#),

[cumin](#), [cloves](#) and [nutmeg](#) from the [Middle East](#) and [India](#) to the south coast of [Thailand](#). The dish is served with rice and sometimes with pickled [ginger](#) or "Ajaad" sauce made with [cucumber](#) and peppers macerated in vinegar.

The name Massaman is thought to be derived from the word [Musulman](#)[\[citation needed\]](#), a linguistic variation of the word [Muslim](#). One of the earliest Thai recipes of the 19th century AD recorded it as "Mud-saman".



✓ Som Tam is a spicy [salad](#) made from shredded unripened [papaya](#). Som tam is derived from a traditional dish in [Laos](#) called [tam mak hoong](#). The dish combines the four main [tastes](#) of [Thai cuisine](#): sour lime, hot chili, [salty](#) fish sauce, and sweetness added by [palm sugar](#). In Thailand, it is customary that a customer ask the preparer to make the dish suited to his or her tastes.



✓ Pad Thai ("fried [Thai style](#)") is a dish of stir-fried [rice noodles](#) with [eggs](#), [fish sauce](#) [tamarind](#) juice, red [chili pepper](#), plus any combination of [bean sprouts](#), [shrimp](#), [chicken](#), or [tofu](#), garnished with crushed [peanuts](#), [coriander](#) and [lime](#), the [juice](#) of which can be added along with Thai [condiments](#). Pad Thai is one of [Thailand's](#) [national dishes](#). Though the dish had been known in various forms for centuries – it is thought to have been brought to the ancient Thai capital of [Ayuthaya](#) by Vietnamese traders – it was first made popular as a national dish by [Luang Phibunsongkhram](#) when he was [prime minister](#) during the 1930s and 1940s, partly as an element of his campaign for Thai nationalism and centralization, and partly for a campaign to reduce rice consumption in [Thailand](#)



✓Dessert: e.g. banana with coconut milk, potato with coconut milk, sticky rice with coconut milk, or Mango with sticky rice(depends on the season).



The Price for a one day cooking class is 1.900 THB/ person. The course takes around 3 – 4 hours and of course you can share your self made meal with your family or friends. Please contact to info@kohtaomontra.com or 077 457 057 61.

Some impressions from previous cooking classes:







Some information about Thai food and its history

Although popularly considered a single [cuisine](#), Thai food would be more accurately described as four regional cuisines corresponding to the four main regions of the country: [Northern](#), Northeastern (or [Isan](#)), [Central](#), and [Southern](#), each cuisine sharing similar foods or foods derived from those of neighboring countries and regions: [Burma](#), [the Chinese province of Yunnan](#) and [Laos](#) to the north, [Cambodia](#), Laos and [Vietnam](#) to the east and [Malaysia](#) to the south of Thailand. In addition to these four regional cuisines, there is also the Thai Royal Cuisine which can trace its history back to the palace cuisine of the [Ayutthaya kingdom](#) (1351-1767 CE). Its refinement, cooking techniques and its use of ingredients were of great influence to the cuisine of the Central Thai plains.

The culinary traditions and cuisines of Thailand's neighbors have influenced Thai cuisine over many centuries. Regional variations tend to correlate to neighboring states as well as climate and geography. Southern [curries](#) tend to contain [coconut milk](#) and fresh [turmeric](#), while northeastern dishes often include [lime](#)

juice. The cuisine of Northeastern (or [Isan](#)) Thailand is heavily influenced by [Lao cuisine](#). Many popular dishes eaten in Thailand were originally Chinese dishes which were introduced to Thailand mainly by the [Teochew people](#) who make up the majority of the [Thai Chinese](#). Such dishes include [chok](#) (rice porridge), [kuai tiao rat na](#) (fried rice-noodles) and khao kha mu (stewed pork with rice). The Chinese also introduced the use of a wok for cooking, the technique of deep-frying and stir-frying dishes, and noodles and soy products.

Thai meals typically consist of either a single dish or [rice](#) (khao in Thai) with many complementary dishes served concurrently and shared by all. It is customary to serve more dishes than there are guests at a table.

Thai food was traditionally eaten with the right hand but it is now generally eaten with a [fork](#) and a [spoon](#); this was instituted as part of [Westernization](#) under Prime Minister [Phibun Songkhram](#) in the 1930s and 1940s[citation needed]. The fork, held in the left hand, is used to push food into the spoon. The spoon is then brought to the mouth. A traditional ceramic spoon is sometimes used for soups. Knives are not generally used at the table. [Chopsticks](#) are used primarily for the consumption of noodle soups, but not otherwise used.

It is common practice for Thais and [hill tribe peoples](#) in the [North](#) and in [Northeast Thailand](#) to use sticky rice as an edible implement by shaping it into small, and sometimes flattened, balls by hand which are then dipped into side dishes and eaten. Thai-Muslims frequently eat meals with only their right hands.

Thai food is often served with a variety of sauces (nam chim) and [condiments](#). These may include phrik nam pla/nam pla phrik (consisting of fish sauce, lime juice, chopped chilies and garlic), dried chili [flakes](#), [sweet chili sauce](#), sliced chili peppers in rice vinegar, [sriracha sauce](#), or a spicy [chili sauce or paste](#) called nam phrik. In most Thai restaurants, diners can find a selection of Thai condiments, often including sugar or [MSG](#), available on the dining table in small containers with tiny spoons.

With certain dishes, such as khao kha mu (pork trotter stewed in soy sauce and served with rice), whole [Thai peppers](#) and raw [garlic](#) are served in addition. Cucumber is sometimes eaten to cool the mouth after particularly spicy dishes. They often also feature as a [garnish](#), especially with one-dish meals. The plain rice, sticky rice or the khanom chin (Thai rice noodles) served alongside a spicy curry or stir-fry, tends to counteract the spiciness.

A Thai family meal will normally consist of rice with several dishes which form a harmonious contrast of ingredients and ways of preparation. The dishes are all served at the same time. A meal at a restaurant for four people could, for instance, consist of fish in dry red curry (Chu chi pla), a spicy green papaya salad with dried prawns, tomatoes, yardlong beans and peanuts (Som tam Thai), deep fried stuffed chicken wings (Pik kai sot sai thot), a salad of grilled beef, shallots and celery or mint (Yam nuea yang), spicy stir fried [century eggs](#) with

crispy basil (Khai yiao ma phat kaphrao krop), and a non-spicy vegetable soup with tofu and seaweed (Tom chuet taohu kap sarai) to temper it all.

Rice is a staple grain of Thai cuisine, as in most [Asian](#) cuisines. The highly prized, sweet-smelling [jasmine rice](#) is indigenous to Thailand. This naturally aromatic long-grained rice grows in abundance in the [verdant patchwork of paddy fields](#) that blanket Thailand's central plains. Steamed rice is accompanied by highly aromatic [curries](#), [stir-fries](#) and other dishes, sometimes incorporating large quantities of [chili peppers](#), lime juice and [lemon grass](#). Curries, stir-fries and others may be poured onto the rice creating a single dish called khao rat kaeng a popular meal when time is limited. [Sticky rice](#) (khao niao) is a unique variety of rice that contains an unusual balance of the starches present in all rice, causing it to cook up to a sticky texture.

Noodles are popular as well but usually come as a single dish, like the stir-fried [Phat Thai](#) or in the form of a noodle soup.

Common Drinks in Thailand:

[Cha yen](#) - Thai iced tea

[Krating Daeng](#) - an [energy drink](#) and the origin of [Red Bull](#).

[Oliang](#) - a sweet Thai black [ice coffee](#).

[Sato](#) - a traditional [rice wine](#) from the [Isan](#) region.

Other alcoholic beverages from Thailand include [Mekhong whiskey](#) and [Sang Som](#). Several brands of beer are [brewed in Thailand](#), the two biggest brands being [Singha](#) and [Chang](#).