Nakhon Phanom- the Great Stupa

Let it be-diet philosophy in Thailand

Less killing, praying harvest, happy to have rice

As Buddhism is the principle of morality and ethic in Thailand, 90% Thai believe in Theravada Buddhism that the concept has same origin with Thai daily life. Buddhism is leading the system of morality and ethic in Thai society. Buddha worship activities contribute to art activities and harmonious society consensus, which is similar to the influence of Catholicism in Europe in Middle Ages.

Another reason for deep influence of Buddhism among the people is that most Thai families support their male family members to become monks in the temple. They'll live in the temple for a while to study Buddhist Doctrine and customs when they're 20 years old. Temples everywhere in the country are a community center, where there're not only Buddhism activities but also press released place, labor employment center, medicine distrubution station in small towns and countries. Sometimes, temples are used as temporary schools and informaries.

Affected by reincarnation concept, Thai believed that animal life is causal effect of soul reborn. People usually avoid eating the entire chicken or port on the plate or table that may cause bad association to the eaters. As a result, most of Thai food are cooked after being cut into pieces, or cut into pieces after being cooked. This diet concept will test if master and cooker is polite and knows culture. The customs of celebration will be held in the temple on important festival. Reduction of killing is show resprec to Buddha and do good deeds. So, Thai use rice products and fruits as offerings with meaning of easy to carry and luck in good harvest.

泰式「順心」的飲食哲學

首先談談泰國的飲食哲學，這影響了整個烹飪文化。泰式飲食哲學化成中文不外「順心」二字。「順」是順勢方便，依當地容易取得的食材進行烹調，原則是不生病、不麻煩。主要取用東南亞熱帶地區盛產的南薑、香茅、檸檬葉、打抛羅勒葉、生辣椒、椰漿來做半生鮮調理，食物講究的就是新鮮，不必煮爛，還要能在炎熱氣候中幫助人體自行發汗的效果，所以道地泰國菜必定有這些味道強烈的香辛材料。

「心」是指心歡口樂。在高溫的氣候裡，想要愉快地吃下一頓飯，甜、辣、鹹是必備的調味方法，糖和辣椒可以除濕痺、解氣滯、開胃下食，糖還具備溫和辣椒刺激的功能，不只保護人的腸胃還能減少中暑的機會，諸位到泰國旅遊或長住，餐桌上一定有辣椒與糖，在可以承受的狀況下吃一些，前幾次雖然可能腹瀉，但時間久了可以幫助減少水土不服所造成的內傷。

再者，泰人喜「不強量、不忌味」，比起花上許多時間弄灶動鏟，不如簡單烤肉、涼拌，再豪快地在上辣椒和魚露，輕鬆就能與親朋好友同歡。而華人常用的煎煮炒炸、滷煨燉燙等技術，在泰式經典美食中並非必須。

Sukhothai Loi Krathong and Candle

Thai cold vegetable dish in venegar-pepper sauce

“Satisfactory” Thai diet philosophy

Taling about Thai diet philosophy at first, it affects the whole cooking culture. Thai diet philosophy is nothing but “satisfactory” meaning “Shun-Hsin” in Chinese. “Shun” means to cook food materials that are easty to take locally, causing no illness and trouble. Food materials mainly from SE tropical zone where is abundant in galangl, citronella, lemon leaves, basil leaves, raw chili and coconut milk are used to make semi-fresh preparation. Fresh food is the first concerned without being well-cooked, and helpful for human body to self-sweat in the hot weather. The genuine Thai food must be cooked with strong spicy materials. “Hsin” means happy mind for delighted taste. With essential seasoning methods in sweet, hot and salty taste, people would like to have a good meal in the climate of high temperature. Sugar and chili can expel dampness, remove qi stagnation and stimulate appetite. Sugar’s warm and chili’s stimulation can not only protect human’s stomach but also decrease sunstroke. When you have trip or live in Thailand, chili and sugar are always prepared on the table. As long as you can stand, eating some chili and sugar may make you diarrhea for the first few times but will reduce internal injury resulted from unacclimatization. Furthermore, Thai prefer “less quantity and flexible taste” than taking much time to cook with cookingutensil. Having a fun with friends can just rely on simple BBQ, cold and dressed with sauce as well as strong chili and fish sauce. Cooking, frying, stewing, simmering and boiling often seen in Chinese cooking technique are not necessity for Thai classic cuisine.

當季專題　信仰中的飲食文化

米類是泰國不可缺的食材

泰式傳統經典菜不必然是湯湯水水。這些經典美食和華人概念中的點心比較相似，但可登大堂，常用於節慶、筵席或祭祀典禮上，其製作的複雜程度不下於中式功夫菜。泰國是世界稻米出口第一的稻米王國，糯米與稻米為主要食材，許多米類及糕類的變化應用，在民間已有數百年歷史，這些米食也可作主食用。

泰國宋干節即是國人熟悉的潑水節，這個節日是傳統的泰國年節，各地親友會回到故鄉老家相聚。泰人會準備「彩香椰米糕」、「椰漿紅米糕」和「棕櫚糖麻糬」來過節。彩香椰米糕是糯米糰磨後加花精，再以模造成型的小米糕，日常拜拜即可見；椰漿紅米糕是把椰漿加熱至焦紅色，收水後與糯米飯一起拌勻，吃起來甜而不膩。棕櫚糖麻糬是將糯米搗成精糰，加入棕櫚糖和烤椰殼漿，最後做條狀切塊，這道特產非常甜也非常黏，臺灣人不一定愛吃。

因為做這些糕點必須用很大的人力，藉由新年團圓的節日，全家一起完成這些活動是傳統上的大事，完成的糕點會拿去廟裡拜拜，桌上的供品其實也反映出每個家庭的同心協力的程度；到了傍晚，再準備好熱椰湯、烤雞塊、打抛豬肉、泰國啤酒等，就是一桌美好的佳節饗宴。

泰國用旦蕉來供奉祖先

泰國鬼月是在泰曆十月的下半月，源自婆羅門教與佛教，與華人的中元節一樣，都是慎終追遠、敬鬼安魂的日子，在三十日關鬼門之前，泰國人會準備花生糖、大小甜點、香花和佛掌型旦蕉來敬拜鬼神，旦蕉是芭蕉的一種，挑選貌美無傷的旦蕉來供奉鬼魂與祖先，象徵佛手引渡，明朝向陽，同時也有討好鬼魂的意思。

另一個特別的節日是「出夏節」，代表雨季結束，這天要包粽子。粽子有分甜粽與比較不甜的果粽，甜粽以紅豆、椰

▲清邁水燈節。　▶泰可泰的大佛

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Chiang Mai Loy Krathong Festival　　Sukhothai- Buddha statues

Rice is essential food material in Thailand

Traditional classic Thai dishes are not always full of lots of juice for sopping. Such dishes are similar to desserts in Chinese's minds. However, complicated production level of those often used in festivals, feasts or sacrificial ceremonies are no less than Chinese haute cuisine.

Thailand is the number one rice exporting country in the world. Sticky rice and rice are the main food materials. Many changes in application of rice and rice cake that can be used as principal food have been several hundred of years history in folk.

Thai "Songkran" is also well-known "the Water-Sprinkling Festival" to Taiwanese. This festival is traditionally new year holidays in Thailand, and the relatives everywhere will go home to get together. Thai will prepare "Flower essences coconut rice cake", "Coconut red rice cake" and "Palm sugar mochi" to celebrate the festival. Flower essences coconut rice cake is mixed to a paste adding with flower essences, and form shapes of small rice cakes by molding for daily worship; coconut red rice cake is mixed evenly with sticky rice, drain and dry, by heating coconut milk to deep red color that tastes sweet and not greasy. Palm sugar mochi is smashed to fine paste adding with palm sugar and toasted coconut hust, and cut into strips; however, this specialty is quite sweet and sticky that Taiwanese may not like to eat.

It must take all family members much manpower to make ricecakes for this traditional events in family reunion in New Year festival. Completed ricecakes are used to worship in the temple, and offerings on the tables can actually refect each family's cooperation; at dusk, hot coconut soup, roasted chicken, chili pork and Thai beer, etc. are prepared for a table of wonderful feast in

泰國重要的佛日

佛誕節	（佛陀誕生、成道、涅紀念日）定為泰陰曆六月十五日。如那一年閏八月，這個紀念日便改為七月十五日舉行。
萬佛節	（泰國的萬佛節）泰國的傳統佛教節日，在每年泰曆三月十五日舉行。如逢閏年，改為泰曆四月十五日。
三寶佛節	（泰國阿莎訪哈普差節）泰國三大佛教節日之一。
守夏節	（泰國的守夏節）泰國的守夏節亦稱坐守居節、入夏節、入雨節等，是泰國最重要的佛教傳統節日，每年泰曆八月十六日舉行。
解夏節	（泰國的解夏節）每年泰曆十一月十五日為泰國的解夏節，亦稱出夏節、逾雨節、安居競節等，是泰國重要的佛教傳統節日之一。

奶、糖為原料，果粽則是用香蕉或芭蕉為原料，把原料和糯米一起裹入粽葉，天然香氣十足，天然的果豆類也能幫助消化。

發糕和千層糕是全國常見的美食，這兩種甜點與前述的彩香椰米糕，在大小喜事、新居落成、剃度出家、誦經法會、生日壽宴、神會村筵等場合中必定上桌。泰式發糕和臺灣做法類似，口味也雷同；千層糕是把椰漿凍與米漿凍層疊切塊，晶瑩剔透，好看又好吃。

泰國菜以方便取得的熱帶蔬果、稻米和香料為主要食材，運用不同的方式去調理，變化出既漂亮又美味的佳餚。又因為豐富的農產支持了水產養殖業，因此世界各國的饕客都喜愛去泰國享受平價的「酸辣」海鮮料理。但真正的泰式傳統節慶菜，更重視甜和清爽的調和。

▲那空帕儂-米糕。

Nakhon Phanom-rice cake

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the festival.

Kluai Khai is used for ancestral worship in Thailand

Thai ghost month is in the second half month of October in Thai calendar. Originated from Brahmanism and Buddhism, it's same as Chinese Hungry Ghost Festival, days to reverence ancestors and respect ghosts. Thai will prepare peanut candies, desserts, flowers and Buddha's palm-shaped Kluai Khai to worship ghosts and gods before ghost door is closed on the 30th day. Kluai Khai is a kind of plantains, which better shape is choose to worship ghosts and gods, symbolizing Buddha's care and pleasing ghosts.

Another special festival is "the Summer Festival", meaning rainy season is over and zongzi (rice dumpling) will be made on this day. There're sweet zongzi and less sweet fruit zonzi; the former is made with material such as red bean, coconut milk and sugar, and the latter is wrapped banana or plantain material together with sticky rice in reed leaves that pure and simple natural sweet smell plus natural bean are helpful for digestion.

Muffins and layer cakes are common gournet in Thailand, which two desserts and the aforesaid Flower essences coconut rice cake are essential food offered in various parties, new built houses, becoming monks, the chanting sutra ceremonies, birthday parties and village feasts. Cooking method and taste of Thai muffins are similar to those of Taiwan muffins; layer cake can be cut with coconut milk jelly and rice milk into slices that are crystal clear, good looking and delicious.

Thai food is made with easily accessible tropical fruits and vegetables, rice and spice to cook beautiful and delicious delicacies in different preparations.

On the other hands, plentiful farm products back up aquaculture in Thailand. Therefore, lots of Thai food lovers would like enjoy fair price “sour and hot” seafood in Thailand. Nevertheless, actual traditional festival Thai food is sweet and refreshing flavor concerned.

Important Buddhist holidays in Thailand	
Khao Phansa Day (Buddha Birthday Festival)	(Buddha’s birth, enlightnment and nirvana memorial day) is set on June 15th in Thai lunar calendar. If it’s leap month in August that year, this memorial day will be changed to July 15th.
Makha Bucha Day	Thai Makha Bucha Day, a traditional Buddhist holiday is held on March 15th in Thai lunar calendar. If it’s leap year, this day will be changed to Apr.15th.
Asarnha Bucha Day	(Thailand ASALHAPUJA DAY); it’s one of three Buddhist days in Thailand
Buddhist Lent Day	(Thailand Buddhist Lent Day) is alos called “spiritual renewal day”, “summer retreat day” and “rain retreat day” is the most traditional Buddhist day in Thailand, held in Aug.16th in Thai lunar calendar.
Chak Phra & Thot Phapa Festival	(Thai Chak Phra & Thot Phapa Festival) is held in Nov. 15th in Thai lunar calendar, also called “wan-ok-phansa”, “rain over festival” and “festival at home”, etc., one of important traditional festivals.