

Region: Central
Country: Thailand
Population: 68 million (nationwide)
Capital: Bangkok

Central Thailand (including Bangkok) is the most populous region in Thailand. It is home to the Chao Phraya River and its many tributaries, as well as the famous floating river market.

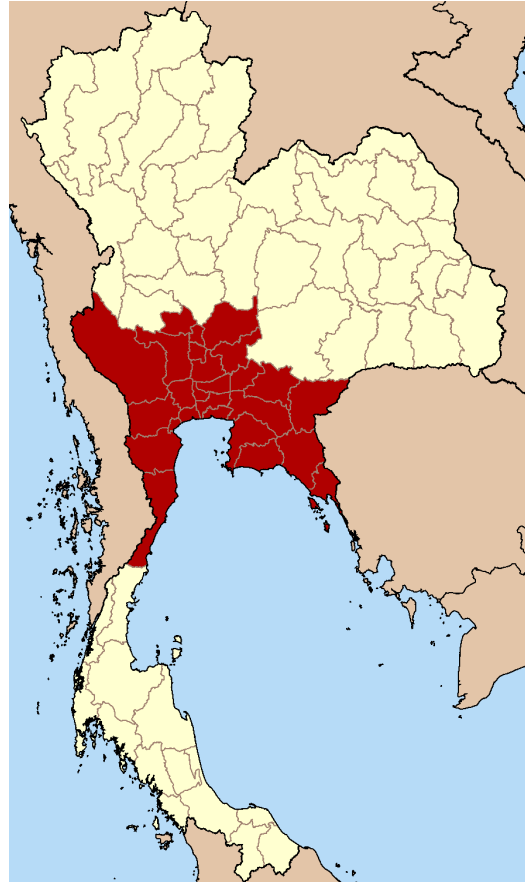
The dishes that foreigners associate with Thai cuisine actually originate from Central Thailand. Being located in the middle of the country allows the people to try foods from other regions and incorporate the ingredients and cooking styles into their own.

Thai cooking is all about balancing the following flavours – sweet, salty, sour, spicy and bitter. In Thailand, virtually every table holds a four-way sauce holder with salty, sweet, sour, and spicy flavors. Consumers are given the flexibility to season the food according to their taste.

Food in Central Thailand is the most diverse and has the widest range of menus when compared to food from other regions. It can be categorized into the following groups:

- (a) Spicy salad
- (b) Spicy dipping sauce
- (c) Stir-fried e.g. non-spicy, spicy, and curry paste stir-fried dishes
- (d) Soup e.g. mild-flavoured, spicy and sour, and hot and spicy
- (e) Curry e.g. with varying degrees of spiciness, amount of gravy, and coconut-based recipes

Rice is a must with every meal, and the staple in this region is jasmine rice.



(Image credit: Wikipedia)