



The Healthy Heart of Thai Cuisine

At the heart of Thai cuisine are the nutritious and healthy herbs, spices and flavourings which provide a dazzling array of delicious and exotic tastes that make Thai cuisine so unique.

Marsh Mint (Sa-ra-nae)

The fresh leaves are used as a flavouring and eaten raw in Thai cuisine. Volatile oil contents give the plant several therapeutic uses, including carminative, mild antiseptic, local anaesthetic, diaphoretic and digestant properties.



Kaffir Lime (Makrut)

The leaves, peel and juice of the Kaffir Lime are used as flavouring in Thai cuisine. The leaves and peel contain volatile oil. The major therapeutic benefit of the juice is as an appetiser.



Sacred Basil (Ka-phrao)

Sacred Basil is an annual herbaceous plant that resembles Sweet Basil but has a narrower and reddish-purple leaves. The fresh leaves, which are used as flavouring, contain approximately 0.5% volatile oil, which exhibits antimicrobial activity, specifically as a carminative, diaphoretic, expectorant and stomachic.



Lime (Ma-nao)

Lime is used principally as a garnish for fish and meat dishes. The fruit contains Hesperidin and Naringin, scientifically proven anti-inflammatory flavanoids. Lime juice is used as an appetiser, and has antitussive, antifever, stomachic and antiscorbutic properties.



Greater Galanga (Kha)

Greater Galanga is commonly used in Thai cooking as a flavouring. The approximately 0.04% volatile oil content has therapeutic uses as carminative, stomachic, antirheumatic and antimicrobial agents.



Garlic (Kra-thiam)

Dried mature garlic bulbs are used as a flavouring and condiment in Thai cuisine. The bulbs contain 0.1 to 0.36% garlic oil and organic sulphur compounds. Therapeutic uses are as antimicrobial, diaphoretic, diuretic, expectorant, anti-flatulence and cholesterol lowering agents.



Chili (Phrik)

Chilli is used for garnishing and flavouring in Thai dishes. There are many different species of chilli. All contain capsaicin, a biologically active ingredient beneficial to the respiratory system, blood pressure and heart. Other therapeutic uses include being a stomachic, carminative and antifever agent, and digestant.



Lemongrass (Takhrai)

This erect annual plant resembling a coarse grey-green grass is used as a flavouring. Lemongrass contains 0.2 - 0.4% volatile oil. Therapeutic properties are as a diuretic, emmenagogue, anti-flatulence, antifever and antimicrobial agent.



Sweet Basil (Ho-ra-phia)

Its fresh leaves are either eaten raw or used as flavouring in Thai cooking. Volatile content varies between varieties. Therapeutic properties are as a carminative, diaphoretic, expectorant, digestant and stomachic agents.



Wishing You Healthy Dining

Source: Ministry of Commerce, Royal Thai Government.