

Garlic

The original ancient medicine
to the delicious dish

Before starting to cook a delicious dish, one thing that Thai people like to do as a habit is pound 1-2 garlic cloves and fry in hot oil. If you do not put in garlic, it feels incomplete for no reason. It's like something is missing. Therefore, garlic is a household herb that never strays away from the daily life of Thai people from the past until present. Not only its ability in making food more delicious, but its medical properties are also famous. Because of these various properties, there are still some questions on whether it's true that such small garlic cloves can do so many things.

There are more than 300 species of garlic around the world. Each type of garlic comes in different sizes, smells, and flavors. The strong smell is the identity of garlic, which is not pleasurable to some people. However, this strong smell is a benefit of garlic. When the garlic is pounded, the Alliin in the garlic will react with the Allinase and become Allicin, which produces the strong smell and medical properties. However, when the garlic is heated, its properties will change. With these specific properties, the garlic is chosen as the main seasoning in almost all Thai food dishes and menus to remove the fishy smell of other ingredients, especially in meat dishes, like fried pork with garlic. All you need is chopped pork and a pinch of roughly pounded garlic. Then, stir-fry and season as you prefer. Less than 5 minutes and this delicious menu is ready to eat. Another menu that no Thai

person has never eaten is stir-fried pork with basil leaves. If the basil is the actor of this menu, the garlic is like the actress. Its importance is not less than the pork. There are many other featured garlic menus, whether they be fried chicken in which people prefer to eat the garlic more than the chicken; Som Tam without the garlic will have a strong smell of the fish sauce; shrimp paste sauce; and many other menus. If listing all real Thai menus with garlic as an ingredient, it will take days and the list will pile up to the ceiling.

Normally, we are familiar with buying garlic for 10-20 baht per kilogram. What if I say that there is garlic as high as 200 baht per kilogram? Believe it or not, this is the price of the best garlic in Thailand, which is garlic from Si Saket. What makes ordinary garlic have such a high price? It is because Si Saket's garlic has a smell and taste that are stronger than other garlics. To put it simple, this garlic gives more flavor and smell when cooking. The dish will become more delicious than other garlics.

What are the benefits of this strong smell spice to our body? Which parts of the garlic can we use? The absolute thing is that it can reduce infections and kill bacteria. Garlic is popular for curing dermatophytosis and scabies. It can also be eaten to reduce coagulopathy or an infected wound, heartburn, and hyperlipidemias.

It might take days to talk about the benefits of garlic. Therefore, it is not unusual that garlic is still popular as an alternative herbal medicine. To receive the benefits and delicious taste of garlic, the proper selection and storage of the garlic must not be neglected. We must choose garlic with an even size and no black spots. Storage is not complicated at all. Keep in a dry place and away from moisture. Peel and refrigerate is another popular method.

The saying “Yot Yiam Krathiam Dong” is a compliment that we have heard since we were young. That saying is not wrong at all. Whether it is raw, cooked, or pickled, the benefits and deliciousness from garlic is still there. It is an herb that is truly delicious. What is your favorite garlic menu?

