

## Lap Mu

Delicious menu that everyone must give a thumb up

One of the menus to eat with sticky rice and papaya salad is definitely Lap Mu with its spicy and unique flavor in northeastern style, just like the papaya salad. Its smell from herbs and roasted rice are outstanding. It is the menu that anyone who eats it will say "Yummy!"

With its spicy flavor, it is not hard to guess that Lap is a local food from the northeast and the north of Thailand, including Laos and Xishuangbanna. In the past, Lap was not a food that common people could eat because Lap was a noble food, which were made only in religious or auspicious ceremonies, like house blessing ceremony, wedding, and ordination ceremony. Later, it spread and was adapted to reach the common people and the young generation until it became popular.

The name of Lap does not come from the word "ลาภ," which means luck or wealth. In fact "Lap" is a verb that means finely chopped, which is an important procedure that makes Lap different from "Nam Tok." Lap uses finely chopped meat, but Nam Tok uses sliced meat. The word Lap is often followed by the name of the meat that is used as an ingredient, which are numerous according to the preferences of people, whether they be Lap Mu, Lap Kai, Lap Pet, Lap Nuea, or Lap Pla Duk, which are all delicious.





The cooking methods for Lap Isan and Lap from the northern region are different. Lap Isan uses finely chopped meat seasoned with fish sauce, lime, and powdered chili to complete the Isan flavors, which are spicy, salty, and sour, and increases its smell with mint, spring onion, and shallot. There is also the smell and crispiness from the roasted rice. Lap is often eaten with many side dishes, like sweet basil, cabbage, cucumber, and mint, which can reduce the spiciness and increase the dietary fiber in the body.

Meanwhile, Lap in the northern region is mostly roasted, emphasizing the spices that are roasted in the pan. Its taste is spicier than Lap Isan. The curry paste with the combination of local spices is its strong point that makes the northern Lap have a different taste. For example: Ma Wan, the spicy spices, and another one with a similar name, Ma Khaen, which is the leading actor for Lap Mu. Another spice that provides the spicy taste is the long pepper. The last one is dried coriander seed, which will give the specific smell and flavor of Lap Mu. Moreover, the northern region has another food that is similar to Lab but uses fresh blood, which is called "Lu".

Lap Mu not only gives protein from the pork, it also provides benefits to the body with many herbs in this menu, which are spring onion which prevents the fat from clinging to the walls of blood vessels, reduces the incidence of ischemic heart disease, and reduces the cholesterol level; roasted rice which provides the greasy smell with properties that nourish the body and cure beriberi; and mint which not only gives the spicy flavor, but also makes you perspire, cures stomachaches, and gets rid of heartburn.

"Lap" might be a "fortune" for Thai people because it is easy to find. The cooking methods are not complicated with a flavor and smell that can enthrall everyone and it is not boring to eat, especially when eating with the sticky rice and fresh vegetables. The deliciousness does not need to be described. If you have no plan for a meal this evening, we would like to recommend this delicious Isan menu as one of your choices.