

Authentic Thai Food for the World

Chicken Massaman

Famous Thai Food around
the World

If someone asks you, which Thai curry dish do you think about the first? I'm sure that your answer must definitely be sour curry or spicy soup with shrimp, very familiar dishes with Thai people. On the other hand, if you ask the same question to a foreigner, the answer will surprise you because the Thai curry in the heart of foreigners is chicken massaman, the food that Thai people might overlook.

The proof of the world's popularity in massaman curry is the ranking of the best 50 dishes of the world by leading new agencies like CNN. The world's winner is Thai massaman curry. The unique flavor of curry and its incomparable smell show how meticulous it is cooked and its long history of Thai food. It is not surprising that chicken massaman will become one's favorite after trying it for the first time.

Though it is a Thai food with a long history, its appearance and seasonings like powdered coriander seeds, powdered cumin, clove, and cinnamon that do not look Thai are questionable. If you have the same doubt about this, your doubt is correct. According to the records, the origin of massaman curry was India. It was believed that the Persians or Iranians introduced it in the era of King Narai the Great. There was a food cultural exchange and its name was in the directory of Thai food during the reign of King Rama 2 or about 230 years ago.



Picture: www.seriousseats.com



From that day until now, the cooking methods and ingredients have greatly changed to be palatable to Thai people. This includes increasing or decreasing some spices, changing the meat, and adjusting the flavors to be more sour, salty, and sweet, which are the three main flavors of Thai people, until it became a recipe that we eat today. Even in Thailand, massaman curry varies according to each region. For example: massaman curry of Thai Muslims is called salaman instead of massaman. Its clear distinctness is its sweet taste. In the style of Malay-Java, cloves, cinnamon, and red onion are put into the curry. For the spices, roasted coconut, powdered turmeric, day lily, and Chinese bamboo shoot will be added. Lastly, for massaman curry of the central region, the quantity of curry and spices are reduced but emphasize strong flavor and fat from coconut milk, one of the recipe's main ingredients.

If we only look at the ingredients of massaman curry, whether they be meat, coconut milk, sugar, spices, and seasonings, massaman curry is quite thick and oily. But why we do not feel greasy after having it? Because the spices that are the ingredients of the curry not only get rid of the fishy smell and increase the aroma, it also has medical properties. For example: cloves can cure stomachaches, heartburn, and flatulence; and cardamom can cure flatulence and help our stomach to digest this delicious menu easily.

Chicken massaman, a dish that combines the perfect eastern spices with the meticulousness of Thai food, represents the Thai people's way of life that is simple but full of colors and delicacy. It is named as the best menu in the world that foreigners have accepted until becoming the number one dish.