

Pad Thai

Delicious “Pad Thai” that
will awaken the Thainess
in you

“Pad Thai” is a well-known menu for Thai people. Whether for young children until being an elder, “Pad Thai” must be one of the noodle menus that people of all genders and ages prefer. It is easy to find with various prices and flavors. Each home and each locality has its own best recipe. It is so famous that it has become one of the Thai menus that is internationally accepted for its flavor and complete nutritional value. If Tom Yam Kung is the winner as a beloved Thai food in the world, “Pad Thai” is among the top ranks (the 5th rank) and not too far apart. It is a food menu that is said to be a menu for Thai people. However, how many people know about the Thai history concealed in each word of “Pad Thai”?

If you look just on the surface, you might think that “Pad Thai” must be a food that has been influenced from a noodle country like China. In fact, “Pad Thai” is a menu that comes from the idea of Thai people so that we will receive the deliciousness in the real Thai style. The long history of “Pad Thai” started in the period of Field Marshall Por. Phibunsongkhram. In those times, many foreigners had come to Thailand and brought their own ways of live into the country until mixing with the Thai way of life, especially the Chinese. Both their ways of life and food became a part of daily life of the people in that period unknowingly. The government of Field Marshall Por. Phibunsongkhram tried to repel those foreign cultures and awaken the Thainess for Thai people to become patriotic and maintain the identity of the nation.





One of the food menus that Field Marshall Por. Phibunsongkhram saw which was popular and came from China was noodles. There were many places that sold noodles. It varied from pushcarts to formal restaurants. The government tried to withdraw the Chinese's way of life and abandon the teaching of Chinese language. However, the one thing that was hard to suppress was the noodles. So, the noodles became a splinter that stung the heart of the Thai government during that time.

After long consideration, the government of Field Marshall Por. Phibunsongkhram chose a strategy of setting a thief to catch a thief. They had to fight food with food as well. So, the mission of inventing a noodle dish that was completely opposite with ordinary noodles occurred by using Chan noodles instead of the noodles. Noodles need soup. Our menu had to be dry so we chose the stir-fried method to make it cooked instead of boiled or soft-boiled. We are probably familiar with Pad Thai with chicken, pork, shrimp, and others. However, the real and original Pad Thai had no pork because Field Marshall Por. saw that pork was Chinese food. So, the menu with pork was not popular in that period. To make sure that it was real Thai, this new menu was named "Kuai Tiao Pad Thai." Then, it was derived into "Pad Thai" we know today. From then on, "Pad Thai" has stayed with the Thai people in the position of a delicious noodle menu until now.

Not only it is this an impressive history, but the nutritional value in "Pad Thai" is also complete according to the needs of our body, including the protein from various meat, either shrimp, pork, crab, fish; vitamins from vegetables, like bean sprouts and banana blossom; and flour from Chan noodles, which are soft and the main source of carbohydrates that provides energy to its consumers.

Stir-fry the sliced yellow bean curd, add a pinch of pink dried shrimp, Chinese chive, and raw bean sprouts in the pan. Then, put in 2 big shrimps as you like. Season it and add tamarind sauce to make it sour and sweet. Put Chan noodles and mix together. Put on a dish and sprinkle with roasted peanuts. Eat with crispy and sweet side vegetables. Its delicious taste needs not be explained. "Pad Thai" is a noodles menu of Thailand, a delicious menu that came from the intention of creating a Thai menu that is second to no country in the world.