

## Tap Tim Krop

The sweetness of Thai  
desserts is second to  
none

There is no one that doesn't know the desserts with its outstanding identity like Tap Tim Krop, with its bright pink color, crispiness from diced Som Wang (or waternut), and the salty and greasy taste from coconut milk. If eating cool, it will make you feel fresh. It is available in all seasons, but it is the most popular in the summer (or almost throughout the year). However, does any know the origin of Tap Tim Krop? It is a dessert that is said to come from royal cuisine, but in fact, it was the snack of ordinary people.

The history of Tap Tim Krop began in the reign of King Rama V. As a matter of fact, this was the first time that Tap Tim Krop was mentioned because it was a dessert that only ordinary people would have for a long time before it appeared evidently in royal cuisine in the reign of King Rama V. The story began when Phra Wimada Ther Phra Ong Chao Sai Sawali Phrom Krom Phra Sutthasininat Piyamaharat Padiwaratda (Mom Chao Sai Ladawan), the royal consort of King Chulalongkorn the Great or King Rama V, adapted the recipe of Tap Tim Krop from commoners. With the cooking expertise of Phra Wimada Ther, Tap Tim Krop became the King's favorite dessert. Eventually, Tap Tim Krop of the royal cuisine's recipe was recorded and published to the commoners and passed on to us. The origin of the name does not need to be mentioned. Just the first glance and we understand why this dessert is called Tap Tim. Due to its sweet pink color, I think everyone might think that it really looks like the real Tap Tim before eating.





Though it is a dessert, if you think that it is a menu with no nutritional value, you are totally wrong. Though the cooking methods of Tap Tim Krop are not complicated, just only a few ingredients, but the main ingredient like Som Wang is enough to increase its nutritional value for this dessert menu. It is assumed that was popularly grown and eaten in China. Chinese people often call Som Wang as Ti Liak, Bae Toi, or Chui Ao. The popular places to grow them are Guangxi Province, Guangdong Province, or Guilin. With many properties of this Chinese herb, Som Wang has become famous from then until now.

Some Wang or waternut provides a cool effect, sweet taste, and crispy texture that is unique and more outstanding than other plants. Its properties are releasing heat; curing aphthous ulcer, thirst, and pharyngitis, dissolving phlegm, nurturing the lungs, stomach, and elements; and eliminating waste, urine, and milk. It is believed to reduce blood pressure by pounding 40 grams and boiling it to drink or it can be eaten fresh to cure aphthous ulcer, conjunctivitis, cystitis, and sore throat. It can prevent canker sores and beriberi, nourish the brain, and brighten the skin. Som Wang will become fully mature and ready in size and nutritional value when it reaches 7-8 months and its head and leaves turn yellow or brown.

Tap Tim Krop, the real Thai dessert with its outstanding appearance like the real Tap Tim and the deliciousness that Thai people favor, is considered to be the perfect dessert in the hot afternoon. Though many European dessert trends have been introduced, they come and go. They alternate as choices of dessert for Thai people all the time. However, a dessert that was invented by Thai people for Thai people like Tap Tim always remains a top choice for Thai people. Who will understand the needs of Thai people better than Thai people? For this hot afternoon, do not forget to find Tap Tim Krop to reduce the heat.