

Authentic Thai Food for the World

## Sticky Rice with Mango

Match the differences to become  
delicious



When talking about sticky rice, the first thought of many people would be Som Tam, Lap, Nam Tok, or Tom Sap, spicy Isan menus that are popular around the country. On the other hand, the ripe mango, whether they be the super sweet species, like Nam Dok Mai; the sour species, like Ma Muang Rat; or the mellow sweet, like Ma Muang Kaem Daeng; and other hundreds of species according to your preferences. Just by listening to this, these are 2 extremely different menus. Believe it or not, when you combine the 2 things together, the result is the beloved desserts menu of Thai people in the summer time, which is sticky rice with mango.

Rice is a famous product of Thailand for a long time and it has been attached with the Thai way of life since the past. Each species of rice is suitable with different cooking methods. Apart from the food that we eat daily for 3 meals a day, rice is used to make many desserts, like Khao Chae, Khao Niao Pla Haeng, and Khao Niao Sangkhaya. However, there is no menu that is more famous than the sticky rice with mango. The cooking methods and the ingredients are not complicated, only cooking Khao Niao Khiao Ngu with undiluted coconut milk, powdered salt, and white sugar. These are the ingredients of deliciousness. The sticky rice is steamed to eat with the mango of your choice, sprinkled with thick coconut milk, and roasted soybean for crispiness. The different touches can create the perfect dimension for this menu.

The origin of sticky rice with mango is not clear, including both the discovery period and the originator of this menu. However, it can be guessed that it has been one of the Thai desserts for a long time. The mango has many interesting nutrients, whether they be dietary fiber and vitamins. Moreover, the mango is full of Polyphenols which is an anti-oxidant, like Mangiferin, Gallic Acid, Gallotannins, Quercetin, Isoquercetin, Ellagic Acid, and  $\beta$ -Glucogallin. It is believed that the mango may have properties that resist diabetes, cancer, inflammation, infection, and free radicals. Though it is not as obvious, it is not wrong to say that the mango is another fruit that provides benefits to the body.

This beloved and delicious menu of Thai people, depending on how much you like it, has high calories from the mango, sticky rice, and coconut milk. An adequate quantity is an important thing that should not be overlooked, especially in those who have health problems, such as high blood pressure. However, if you can limit consumption, this menu is not bad. There is only perfect deliciousness.