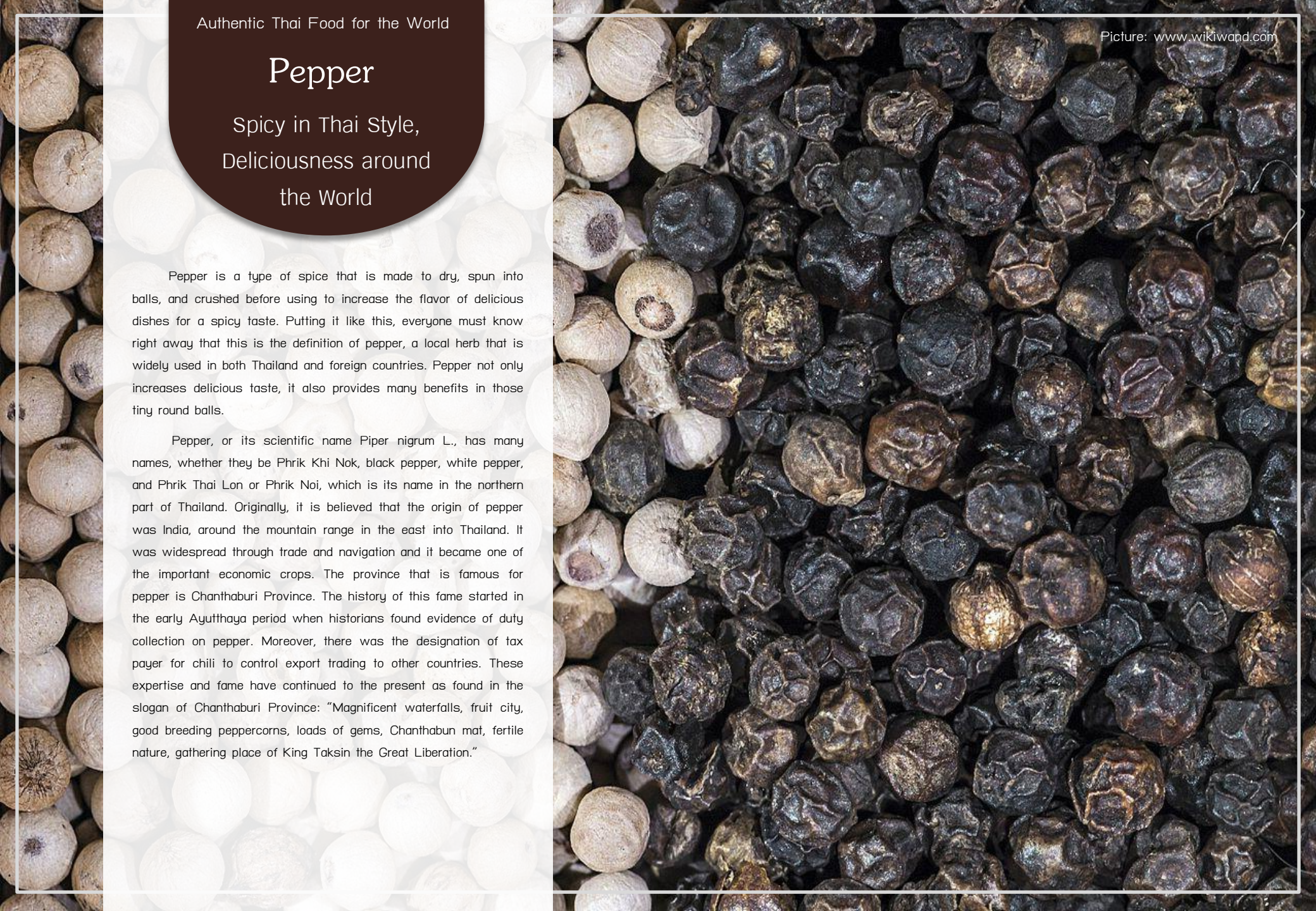



Pepper

Spicy in Thai Style,
Deliciousness around
the World

Pepper is a type of spice that is made to dry, spun into balls, and crushed before using to increase the flavor of delicious dishes for a spicy taste. Putting it like this, everyone must know right away that this is the definition of pepper, a local herb that is widely used in both Thailand and foreign countries. Pepper not only increases delicious taste, it also provides many benefits in those tiny round balls.

Pepper, or its scientific name *Piper nigrum* L., has many names, whether they be Phrik Khi Nok, black pepper, white pepper, and Phrik Thai Lon or Phrik Noi, which is its name in the northern part of Thailand. Originally, it is believed that the origin of pepper was India, around the mountain range in the east into Thailand. It was widespread through trade and navigation and it became one of the important economic crops. The province that is famous for pepper is Chanthaburi Province. The history of this fame started in the early Ayutthaya period when historians found evidence of duty collection on pepper. Moreover, there was the designation of tax payer for chili to control export trading to other countries. These expertise and fame have continued to the present as found in the slogan of Chanthaburi Province: "Magnificent waterfalls, fruit city, good breeding peppercorns, loads of gems, Chanthabun mat, fertile nature, gathering place of King Taksin the Great Liberation."





hai menus that contain pepper as the main ingredient that I would like to recommend is spicy stir-fry, such as spicy stir-fried chicken, fish, or meat. Your mouth is probably watering just by talking about it. These are some of the Thai dishes that fresh pepper plays a major role. Stir-fry the ingredients, fresh chili, fingerroot, lime leaf, and add 3-4 bunches of young pepper. The smell and flavor of the spicy stir-fry that is so familiar to us is now complete.

It is unbelievable that a ball of pepper can be full of nutrients. Next time, when you are looking for a supplement for your brain, try home-grown vegetables like pepper. It not only contains many benefits, it tastes very spicy in Thai style as well.