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## Demystifying Thai Food

*A practical guide to enjoying an extraordinary cuisine*

**Target Audience:** Lovers of Asian cuisine

**Length:** About 2,000 words

**Article Synopsis:** A “how to” approach to discovering and enjoying authentic Thai food anywhere in the world.

Most travelers like to be at least a little culinarily adventurous in foreign countries they visit, especially those renowned for complex exotic cuisines that are rich in culture and have been built on centuries of tradition. Unfortunately, such menus can be really intimidating and its easy to have a bad experience.

In this article, I'll take the guess work out of ordering food in Thailand, whether it is in a sidewalk stall, a busy neighborhood food court, or at a Michelin starred restaurant in Bangkok. What's more, I'll provide valuable tips on how to find the best Thai restaurants in your hometown or anywhere for that matter.

The focus of the article will be to equip the readers with enough information to navigate a Thai menu, order a complimentary variety of dishes, and ensure that there's neither a shortage nor an excess of food, no matter how many are at the table

Additionally, I'll give some insight about where to eat what. Thailand is a big country and enjoying regional dishes in the place they originated is essential to the experience. Khao Soi (yellow curry with chicken and crunchy noodles) consumed anywhere but Chiang Mai is sacrilege! Khao Pad Sapporot Talay (Pineapple fried rice with seafood) must be eaten on the beach in Phuket. Some of Thailand's most sought after dishes rely on seasonal crops, so you have to know where and when to find them. Gaeng Pad Ped Yang (Red curry with grilled duck) must be eaten in lychee season so you get the authentic flavor combination.

To make sure readers are properly equipped to order with confidence, I'll even give some mock orders for 2, 4, 6, and a party of 10 or more.

I'll have some good photos to accompany this article.

### Excerpts:

“Almost all Thai dishes are prepared in just a few minutes. There's not a lot of marinating and simmering in Thai cuisine”.

“If all the furniture matches and there's no picture of the King of Thailand on the wall, go somewhere else”.

“People will literally move to a different part of town to be near their favorite somtam vendor”.

“The number one ingredient in Thai food is “freshness”. That's why nobody eats seafood for lunch”