



COOK AT HOME  
LIKE IN BANGKOK!



THAI PREMIUM GROCERY LINE

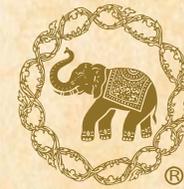


Blue Spice Co., Ltd.

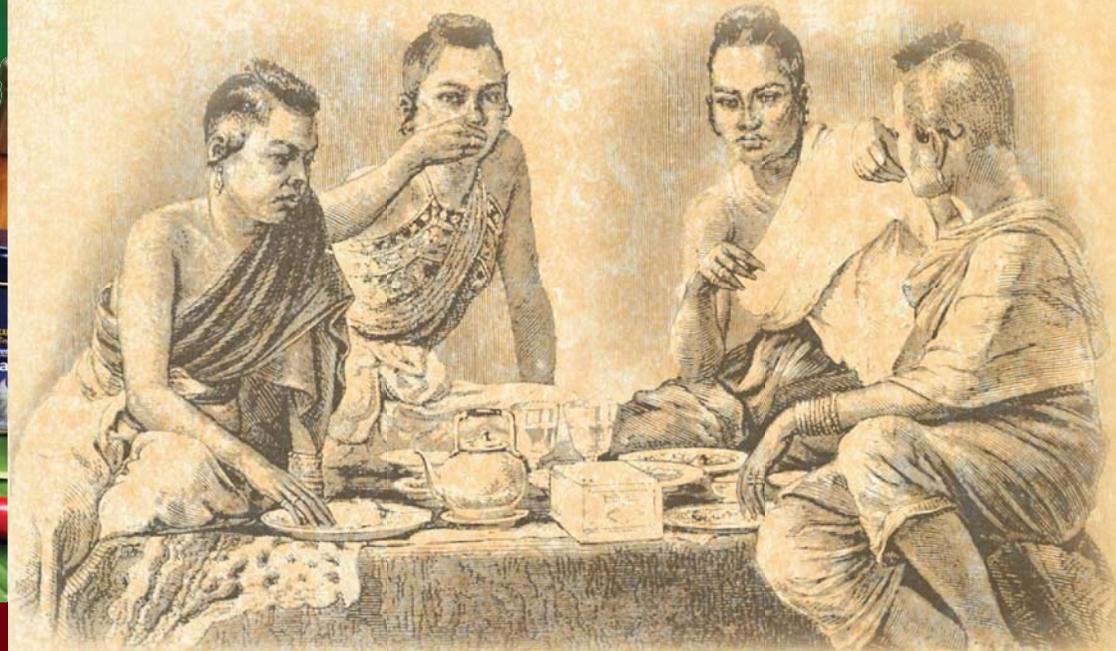
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BLUE ELEPHANT  
Royal Thai Cuisine



AMAZING THAI  
INGREDIENTS



# THAI INGREDIENTS

## Coriander ผักชี

Coriander - also known as cilantro- is the most common leafy herb in Thai cuisine. Not only its leaves and stems are used in numerous recipes but also its seeds and its roots that once crushed add a deep earthy flavour to seasonings and stocks. Leaves are mainly used for garnish on noodles, soups, curries and "Yum" Salads – as a tender herb, it is best to eat raw or add at the end of the cooking process in order to maintain its delicate flavour and texture.

Health Benefits: Rich in vitamin K, treats mouth ulcers, prevents bad breath, anti-allergic properties, prevents menstrual disorders, reduces blood pressure...



*"With diversified lands & climates, Thailand offers the perfect soils to grow essential ingredients for exquisite Thai Cuisine. Each region has its specific output & we select what they have best to offer."*



Master Chef Nooror Somany



## Lemongrass ตะไคร้

Lemongrass is an emblematic ingredient in South East Asian cuisine. Its lemony aroma perfectly complements soups and salads, and it is also, with garlic, one of the main components for most of curry pastes. Because it is a very fibrous grass, lemongrass is usually finely sliced or crushed – or simply used to infuse broths.

Health Benefits: Reduces fever, cold and arthritis pain, helps digestion and urinary dysfunctions, and cleanses body from toxic wastes.

## Tamarind มะขาม



Tamarind is a fruit in a pod, whose sticky flesh ranges from very sweet to very sour. It is one of the main souring agent in Thai Cuisine and the main ingredient in the recipe of the famous "Phad Thai Noodles". Tamarind tree leaves and flowers are also edible and used in soups and salads.

Health Benefits: Helps digestion, relieves pain and inflammation, anti-parasite

## Galangal ข่า

Galanga is a kind of mild ginger with a sharper citrusy aroma. Magical ingredient, it helps to make dishes more delicate by softening fishiness of seafood and heaviness of red meats. Also known as Thai ginger, it is abundantly used for Thai recipes like the famous Tom Kha soup.

Health Benefits: Digestive stimulant, relieves motion sickness, used for respiratory problems, regulates blood sugar level...



## Kaffir Lime มะกรูด

Kaffir lime is indispensable for cooking Thai Food and it cannot be substituted as its tropical citrusy flavour is the only one of its kind!

The kaffir leaves are widely used in Thai soups and curries, simmered in the sauce (as too hard to be eaten), or finely sliced to garnish dishes. The peel of the fruit is used to make Thai curry pastes.

Health Benefits: Reduces fever, blood pressure and digestive problems, very good insect repellent and hair cosmetic.



## Thai Garlic กระเทียมไทย

Thai Garlic is different from its cousins: its flavour is richer and it is easily noticeable with its smaller size and thicker purple skin. It is packed with so much health and taste goodness; this may be why garlic found its way in almost every Thai savoury recipes : fried, crushed, pounded into pastes, sliced, roasted, pickled... name it ! Garlic brings this deep dimension to the dishes. It is a must.

Health Benefits: Antibiotic and anti-fungal properties, improves digestion and metabolism



## Finger Root กระจ่างาย



Finger root has a slightly medicinal flavour that plays an important role in Thai Cuisine. Although less used than galangal or lemongrass, it often goes into curries, particularly fish curries and is a common ingredient for vegetable stews or fish soups. It is usually pounded or grated but more rarely, can be found in form of thin slices.

Health Benefits: Treats ulcers and other digestive problems, also told helpful for fertility issues

## Thai Chillies พริก

Dozens of varieties can be found in Thailand. Although not all endemic, chillies became an intrinsic part of Thai Cuisine. They are essential for Thai people and known for releasing endorphins. From green to orange and red, fresh, pickled or dried, chillies are generously used in many dishes and selected for their properties. For example, the tiny bird eye chili is the fiercest one, it will be used for adding spiciness when the serrano chili, with its mild "harmless" taste and bright red color, is rather used as a common garnish.

Health Benefits: Supports respiratory system, reduces blood pressure and heart diseases, boosts immune system and high in vitamin C



## Thai Basil กระเพรา, โหระพา

We find two different kinds of basil in Thailand, very different from the Italian version. Thai holy basil (fragile hairy leaves with peppery spicy flavour) is Thai People favourite as it is the main ingredient for 'Pad Krapao' the staple classic food; it is mainly used for stir-fry dishes. Thai Sweet Basil (bright green smooth leaves with a sweet anise taste) is used in large quantities now or cooked in curries, salads, soups and stir-fry recipes.

Health Benefits : Source of vitamins and essential nutrients, antioxidant, anti-viral, anti-bacterial and anti-fungal



## Turmeric ขมิ้น

Turmeric is a King of ingredients with its exquisite subtle flavour, pretty yellow color and a bunch of health benefits. Turmeric brings unique aromatic characteristics to curries, soups, stir-fried dishes, marinades for meats, and desserts.

Health Benefits: Natural cosmetic and dye, treating skin diseases, anti-inflammatory, antiseptic boosting immune system and preventing cancer

