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Isaan Cuisine

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Authentic healthy meals from South-East Asia



Nathalia and Paul McLean-Thorne



Synopsis

An introduction and step-by-step guide to Isaan cuisine, the simple, spicy and healthy cooking of a people from North-East Thailand and Laos. Isaan cooking is notable for recipes such as Laap, Papaya Salad and Sticky Rice.

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Customer Reviews

The first couple of recipes I have tried turned out pretty good. Just a note on the book itself. My biggest concern on getting into this book is the seriously flawed transliteration used to attempt to familiarize western readers with the Thai/Isaan names of the dishes. NOTE TO THE AUTHORS: If you ask 1000 English speakers how to pronounce "Say Gork", you and I both know you won't get anything close to à „à,ªà %à,ªà,£à,- à,ª. I have always heard that it's unproductive to point out problems without offering solutions, so here's mine: Try to think about how your audience (English speakers in this case) will sound out the Thai/Isaan words. In the above example, I think you would have been better off going with "Sai Grawk". As Thai linguists (myself included) know, it is impossible to accurately reproduce Thai/Isaan words using the English Alphabet, but we have to be

careful and use the best possible spellings in order to enable readers to get as close as possible to the real names of the dishes. But there is a bright side.....at least you didn't name your book "Isarn Cuisine" ;-)

Since a visit to Khon Kaen, have been looking for a cookbook for the region. Was pleased with this choice as it is simple and the results taste authentic - the laap is great. Also some helpful tips such as what can be substituted for papaya in a salad.

These are probably authentic recipes, but I didn't find them to be very appealing overall. We typically love Thai and Loatian cuisine. My fault for not researching further to become more familiar with it before purchasing, but I have returned it. It's heavy on steamed fish and other steamed dishes, and as the introductions explain this is typical for this cuisine. It's lighter and low fat because they use steaming and boiling rather than cooking in fat or with coconut milk. Since this isn't our thing, the book wouldn't have gotten any use in our house.

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