

THAI FRUITS

Delicious & Sweet



Thai Fruits are taste sensations. A dazzling and exotic variety of fruits are available every where, most of which you will not find outside of South-East Asia. Lookeast will guide you through the fruitier side of life in Thailand.



Dragonfruit

Hot pink skin and green "scales" peeling back, this is one of the most striking fruits around. The white juicy flesh is riddled with small edible black seeds about the size of sesame seeds. High in fibre it has a mild sweet and slightly sour taste similar to kiwifruit.

Durian (Thurian)

"King of Fruits", it polarises opinions on its taste more than any other fruit. Chances are you either won't be able to get enough of it, or you'll cross the street to avoid the wafts drifting from the stall of a vendor. It has been described as "tasting like heaven and smelling like hell". The pale yellow flesh is rich and creamy with a taste



redolent of cream cheese and onions. High in minerals, proteins and fats. Pungent aroma



Grapes

Grapes have been growing in Thailand for only 60 years and are seldom used in cooking but are popularly eaten in raw. Most grapes in the kingdom are from the White Malaga type, which are oval shaped, sweetly pungent and yellowish green in colour.



Guava (Farang)

Thais only eat guava when it's green and crisp. Pleasant, mildly acidic flavour, generally served in slices with a mixture of salt, sugar and chilli or a sweet chilli and lime dipping sauce. Beware of the small hard white seeds.



Jackfruit (Khanun)

Can still pack quite a pong. The aroma is quite musky with a hint of over-ripe bananas, can be quite overpowering in confined places. The flesh is removed in small, bright yellow sections about 3 inches long and is very sweet and juicy, tasting of banana bubblegum.



Jujube

Small round and oval shaped the Jujube is only three to four cm in size and is grown on a thorny tree. There are 15 varieties of this fruit. The main variety of this sweet fruit has a tasty white flesh. Jujube is very popular as a juice. When eaten fresh it is often spiced with sugar and chili dip.



Langsart

The same size as alychee, the langsart has a pale yellowish-brown skin and grows in bunches like grapes. The white translucent flesh is divided into sections and is extremely sticky. Very sweet and juicy with a flavour a bit like passionfruit. Try to avoid chewing the seed in the middle as it's very bitter.



Longan (Lum-Yai)

Slightly smaller than a lychee with a smooth, dull brown skin. The translucent pulp tastes similar to that of a lychee but a little sweeter and not as juicy. There is a small hard inedible seed in the middle.



Lychee

Beneath the brittle shell of these pinkish-red orbs, the size of golf balls, is a translucent white pulp with a strong sweet musky flavour. While most have a large shiny brown seed the most desirable variety, known as "chicken tongue", contain a smaller atrophied seed thus providing more pulp.



Mango

Thai mangoes are among the world's sweetest. Oblong in shape the Nang Klang Wan is golden yellow with a light yellow flesh that is sweet and scented. Khieosawoei is also oblong and green in colour with a sweet whitish flesh. Thong Dam is oval but has a rounded tip and greenish orange skin. Mangoes are often eaten raw and mixed with a tangy texture mixed in a Som Tam sauce with chilli, peanuts and tomato. When ripe the mango is regarded as a taste delight with sticky rice and young coconut milk



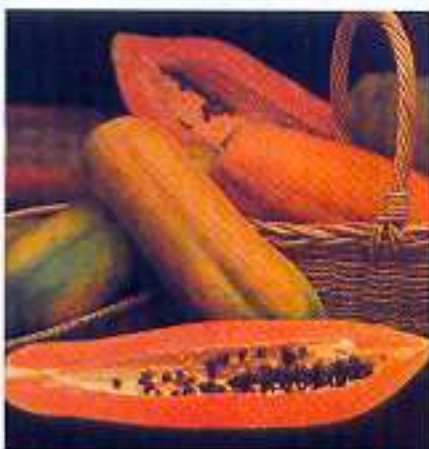
Mangosteen (Mangkhot)

"Queen of Fruits", technically a berry, about the size of a mandarin with a tough, leathery, reddish-purple rind and a stark white, fleshy mesocarp. Appeals to almost everyone immediately. Extremely sweet and mildly acidic. To open, cut through the skin around the middle and lightly pull and twist apart. The bigger segments contain a seed.



Orange

Oranges have grown in Thailand for centuries and the varieties range from the sweet orange with yellow greenish skin to the bright yellow flesh that is sweet and juicy. Som kio-wan, the tangerine, is smaller and yellowish green often sweet tasting, but can have a slightly sour but refreshing tang.



Papaya

Papayas vary a great deal in shape and size. The popular varieties are cylindrical and grow up to 35 cms long. The skin is reddish-orange and when ripe, the flesh is red, firm and sweet. Khak Nuan is similarly shaped with a yellow skin and yellowish-orange flesh that is sweet. Papayas

ripen quickly and the skin changes from green to golden orange. It is usually picked and sold in the market when green. Once it reaches the yellow-orange stage it should be eaten.



Pineapple

Thailand has two types of popular pineapple, which are used in curries or eaten plain. Pattawai is the larger pineapple, dark green on the outside and with light yellow flesh that can taste both sweet and sour. The Phuket pineapple is smaller and cylindrical shaped with brownish-yellow skin with and bright yellow flesh that is very sweet and fragrant.



Pomelo (Som-Oh)

Large juicy citrus fruit about 6-8 inches in diameter. Very similar in flavour to a grapefruit but much sweeter and without the bitterness. Comes in pink and yellow varieties and is available all year around.



Rambutan (Ngaw)

A particular favourite of the Thai people. Egg-shaped, about 2 inches long, and covered in soft greenish-yellow spines. The flesh is sweet with a touch of acidity and very refreshing. To open, partially cut through the skin or break open with a thumbnail and pull apart.



Rollinia (Noi-Naa)

A relative of the Custard Apple, the peppermint-green fruit has a bumpy surface covered in soft scales. The flavour is of a creamy lemon sherbet or lemon meringue pie.



Sapodilla

Resembling a kiwifruit in size and external appearance, the sapodilla grows in two varieties. The Krasauai is elongated and oval shape with brown skin and sweet honey flavoured reddish brown flesh, which is slightly gritty. The Mahok is more oval shaped with brown skin and slightly succulent reddish brown flesh. The center of the fruit contains several back seeds.



Rose Apple (Chom-Poo)

Extremely refreshing, tastes mildly of rosewater. Bell-shaped, in either red or green, is about 3-4 inches long, has a thin, edible waxy skin.



Santol (Gra-Torn)

Dull yellowish-brown, about the size of a softball. Sweet, with a touch of citrus tang, quite refreshing. Also known as the "lolly-fruit" as the fruit sticks to the large seeds, requiring you to suck the flavour out.



Salak

Grows in clusters of reddish-brown pods covered in short, sharp spines. The pulp is a creamy yellow with a sweet acid taste not unlike pineapple.



Starfruit / Carambola (Ma-Feung)

Sweet, watery, slightly acid tasting pulp that's extremely refreshing. 3-6 inches long, five distinct lengthwise ridges give the cross-section a five-pointed star shape. The thin, waxy, greenish-yellow skin is edible.



Tamarind (Makhaam)

Sweet and sour flavoured tamarind is a common ingredient in Thai cooking but is also popular as a snack. The cinnamon-brown pods are 3-6 inches long. Cracking open the thin shell reveals a rich jam-like pulp containing shiny brown inedible seeds.



Watermelon

There are two main types of watermelon grown in Thailand - the sugar baby or red variety and the round yellow variety. The red watermelon is large, globular with a dark green skin that covers a sweet juicy flesh that is slightly crisp. Because of the size and thickness of skin it's an ideal fruit for carving.

