

Thai Food Ingredients

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Find out more about these ingredients, including what they look like, and where you can purchase them. Also, learn about common Thai fruit and how to prepare them, including fresh papaya, mango, pineapple, mangosteen, and more!

- [Thai Ingredients Glossary](#)
- [Lemongrass - How to Prepare and Cook with Fresh Lemongrass](#)
- [Lime Leaves \(also known as Kaffir Lime Leaves\)](#)
- [Fish Sauce - A Key Ingredient in Thai Cooking](#)
- [Golden Mountain Sauce - A Thai Secret Ingredient](#)
- [Chili Sauce - Different Types of Chili Sauce + How to Use it](#)

- [Sticky Rice and How to Cook It](#)
- [Thai Hot Chili Peppers](#)
- [Thai Fruit - How to Prepare Various Thai Fruit, Plus Buying Tips!](#)
- [Tofu - How to Cook with Tofu](#)
- [Palm Sugar & Coconut Sugar](#)
- [Shopping for Thai Ingredients at an Asian Food Store/Market](#)

Equipment/Cooking Techniques

You will get full instructions and guidance at this website:

<http://thaifood.about.com/od/introthaicooking/u/Basics.htm#s1>