

Miang kham

Miang Kham is the traditional Thai snack since King Rama VI. The name "Miang Kham" is translated to "one bite wrap", from Miang means food wrapped in leaves, and Kham means a bite. Due to all ingredients for Miang Kham are healthy herbs and easy to find, so it is popular snack to picnic with family or friends.

There are many types of wrap such as raw fresh Piper sarmentosum (Thai: chaphlu) or Erythrina fusca (Thai: Thonglang) leaves. In Thai royal cuisine has alternate of wrap that adept the dish to represent of beautiful and social status called Miang Kham Kleep Bua, which are used lotus petals wrapped all herb ingredients.



Ingredients

1. Palm syrup
2. Roasted coconut
 - High protein and Calcium
3. Unsalted peanut
 - High protein
 - Reduce the risk of heart disease and gallstones
4. Dried shrimp
 - High protein and Calcium
5. Ginger
 - Fights cold and flu
 - Helps relive digestive issue
6. Red onion
 - Reducing cholesterols
 - Lowering blood sugar
7. Lime (including peel)
 - Reduces heart disease
 - Rejuvenates skin
8. Bird eye chili
 - Antioxidant
 - Improves digestion



How to eat

Take 1 lotus petal, fill in all ingredients much as you want, then wrap up and eat in one bite

How to take more beautiful pictures!

Recommended shots below.



1) Using Thai traditional umbrellas



2) Arms spread out



3) Be opposite