



Kanom Krok / Kai Krok

Overview

Kanom Krok and Kai Krok are two of the most popular Thai foods because they are easy to make. They use a mold to cook, which is a very common kitchen item in our country. This leaflet aims to tell you how to make these foods.

History

Kanom means snack, and Krok in Thai means 'mortar', but Kanom Krok has nothing to do with mortar. It is called this because of this interesting love story;

A long time ago, there was a man named Gati (in Thai, 'coconut milk'), and he fell in love with a girl named Pang (in Thai, 'flour') who was the daughter of the head of the village. Unfortunately, the head of the village made his daughter marry a man from Bangkok. Gati heard about this news and was going to stop the wedding. The night before the wedding, Pang found out about her father's plan to make a pit to trap Gati on the way from Gati's home to Pang's premises. To save him, she snuck out of her house to warn him. It was a dark night and Gati was on his way to see Pang as well. They saw each other from far away, and with so much joy Pang ran to Gati and fell into the pit. Gati jumped in after her to try to help her. However, Pang's father saw only Gati fall into the pit, so they buried him right away. The next morning, the Pang's father dug the ground wanting to see that his plan was successful, but what he saw was Gati and Pang dead in each other arms.

The villagers knew about this sad news, so to remember Pang and Gati's love they made a Thai dessert made of coconut cream and flour. They cooked it in a cast iron pan with small round indents in it. Then putting one on top of the other, they made making a whole. This was a symbol of the two of them being together forever.

Now, Kanom Krok has been adapted to Kai Krok, which in Thai means egg.

Ingredients

1. Rice flour
2. Oil
3. Coconut milk
4. Sugar & Salt
5. Corn, Taro (topping for Kanom Krok)
6. Eggs (for Kai Krok)

Procedure

1. Mix rice flour and coconut milk together, then pour sugar and salt, into mixture.
 2. Spread a little oil in a mold to make sure flour doesn't stick to the mold.
 3. Pour the mixture into the mold and add a topping. Then, wait for it to completely cook and enjoy!
 4. To make Kai Krok, use only eggs instead.
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