

Thai Balance

Kitchen

The four tastes Thai cooking balances, and what supplies each.

The four elements, adjusted to taste in almost every dish.

Taste	From	Adjust with
Salty	Fish sauce, soy	Fish sauce
Sour	Lime, tamarind	Lime juice
Sweet	Palm sugar	Palm sugar
Hot	Fresh and dried chilli	Chilli
Aromatic	Lemongrass, galangal, kaffir lime	Fresh paste

Galangal is not ginger and lime leaves are not lime zest. The substitutions are commonly suggested and genuinely change the dish.