

## Abstract

Research Project Title : The study of Lanna Cultural Food's (Nam Ngiew) characteristic in  
Chiang Rai Province

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The study of Lanna Cuisine (Nam Ngiew) identity of Chiang Rai Province was conducted with the application of questionnaire for data gathering, in-depth interview and the indigenous focus group discussion. The data gathering activities aforementioned were held in 16 districts of Chiang Rai and the results showed that the Lanna Cuisine (Nam Ngiew) identity of Chiang Rai Province could be categorized according to its uniquely strong chilli-hot paste. With the ingredient of fermented soybean, among others, the paste also has its unique aroma. The Nam Ngiew identity of Chiang Rai Province could be classified into two categories. The first category possesses thick red color at the surface. The color is from dried chilli containing in the paste and the oil while its taste is chilli hot. The fresh pig or chicken blood and red cotton flowers as well as tomatoes also support the thickness of the soup. In some areas, ingredients also include beef or fish. Those remarkable types of soup could be found in Muang district and its vicinity. The second category of soup is quite clear since it is the mixture of water and the stir-fried pork or chicken with chilli ingredients and tomatoes. Traditionally, preparation has been brought down from generation to generation of Tai. This category of soup is famous among those living in Mae Chan and Mae Sai as well as Chiang San and Chiang Kong districts. Flat Chinese noodle is also consumed with Nam Ngiew soup (This flat Chinese noodle in Chiang Rai also called Kow Soi. It is made of fermented rice and flattened before being cooked for the purpose. The cooked sheet is rolled and cut into long flat strings.) Round string and yellow noodles are also applicable for the purpose. To make the dish more delicious, it should be accompanied or seasoned with lime juice, fermented vegetables, spring beans, cabbage, pea tips, crispy pork rind and beef rind. Statistically, nutritional values found and approved from the Proximal Analysis include crude fat, protein, ash and salt which are treated with different methods as followed: Soxtec; Macro

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Kjedahl: Distillation Apparatus and Digestion Apparatus; Standard (AOAC) Moisture and Drying; and Volhard as well as CHO. As for calculative measure, By Difference was applicable for the purpose respectively.