

A woman with grey hair and glasses, wearing a white shirt and a red patterned apron, is holding a bag of green vegetables and talking to a customer. She is standing behind a market stall with various fresh produce, including green beans, red chili peppers, and other vegetables. The background shows other market stalls and people, creating a busy atmosphere.

BANGKOK'S FAMOUS AUTOGAR MARKET

Located just across the highway from the famous Chatuchak weekend market, just one sky train stop from Dream Cones, is the Autogar food market, the most extensive and up-scale open air market in Bangkok. Scrupulously clean and brimming with all kinds of fresh treats, an extensive food court where you can sit and eat, and loaded with the personalities of hundreds of kindly vendors, the Autogar is a “must see” stop on you is it to Bangkok

A woman with dark hair pulled back, wearing a blue sleeveless top and a red apron, is smiling at the camera. She is standing behind a counter in what appears to be a market stall. In front of her is a large, round wooden cutting block. She is using a large knife to slice a piece of dark red meat on the block. To her left and right, large pieces of meat are hanging from hooks. The background is slightly blurred, showing more of the stall and some equipment.

THE MOST COMMON MEAT IN THAILAND IS PORK, MADE MORE POPULAR BECAUSE THE CHINESE BUDDHISTS DO NOT EAT BEEF. THE PORK SEEN HERE HAS BEEN SLICED THIN, MARINATED IN A SAUCE TO SOFTEN AND FLAVOR IT, WHICH MAKES IT DARKER AND IS THEN SOLD TO BE PAN FRIED OR GRILLED.

THAI BEEF IS MOSTLY "RANGE FED" MEANING THEY EAT GRASS AND SHRUB BUT ARE NOT "FINISHED" BY FEEDING THEM LARGE QUANTITIES OF GRAIN AS IS USUALLY DONE IN THE DEVELOPED COUNTRIES. THIS RESULTS IN A TASTY BUT LEAN MEAT.

**PREMIUM BEEF COMES FROM AUSTRALIA AND NEW ZEALAND.
PRICES SHOWN IN THAI BAHT=33/USD**



PORK IS DEFINATELY ON THE MENU AND IS SOLD IN A VARIETY OF WAYS, BOTH FOR "TAKE-HOME" OR YOU CAN EAT IT IN THE FOOD COURT.





THAILAND IS FAMOUS FOR ITS SEAFOOD, WHICH IS USUALLY CAUGHT AT NIGHT AND DELIVERED TO THE MARKETS EARLY IN THE MORNING. MANY PEOPLE ACTUALLY GO RIGHT TO THE SEASHORE AND BUY FRESH FISH AND CRABS RIGHT OFF THE BOAT.

A VARIETY OF FRESH SHRIMP, ALWAYS FRESH, NEVER FROZEN IS AVAILABLE, MUCH OF IT FRESH FROM THE SEA BUT THERE IS A LARGE AND GROWING MARKET FOR POND-RAISED SHRIMP AND PRAWNS THAT ARE MUCH LESS EXPENSIVE THAN THOSE FROM THE OCEAN. ABOVE ARE "MUD CRABS," WHICH LIVE IN THE INTERTIDAL ZONE. THEY ARE THAILAND'S LARGEST CRAB AND VERY ESTEEMED.





TIGER SHRIMP (UPPER LEFT) IS THE MOST COMMON SPICES, THESE BEING "MEDIUM" SIZE BUT THEY CAN GO AS LARGE AS SIX TO THE KILO. BELOW, LEFT ARE FRESH WATER PRAWNS, GROWN IN HUGE QUANTITY. THEY ARE A BIT BLANDER IN FLAVOUR BUT ARE INEXPENSIVE AND CAN BE FOUND QUITE HUGE, 1-2 BEING A PORTION. THEY ARE OFTEN SERVED WITH A SPICY SAUCE.

ABOVE IS THE FAMOUS BLUE CRAB, AVAILABLE IN GREAT QUANTITY BUT THE BREEDING SEASON IS CLOSED. THERE ARE SEVERAL SMALLER VARIETIES, SOME OF WHICH ARE SOLD FERMENTED.



THE MANTIS SHRIMP, UPPER LEFT, A FIERCE LITTLE CREATURE WITH VICIOUS CLAWS LIKE A PRAYING MANTIS TASTES LIKE LOBSTER AND IS MUCH ESTEEMED BUT IT IS SO HEAVILY ARMoured WITH A SPIKEY SHELL IT MUST BE HANDLED WITH GLOVES. SCALLOPS ARE SMALLER THAN THOSE FROM COLD WATER BUT ARE USED IN STEWS AND OFTEN GRILLED WRAPPED IN BACON.

ABOVE, THE WHITE POMFRET IS THE MOST ESTEEMED FISH, MORE BUTTERY AND SUCCULENT THAN ITS COUSIN THE LARGER BLACK POMFRET.



HORSESHOE CRAB EGGS ARE VERY POPULAR WITH A STRONG SEAFOOD FLAVOR BUT SOME ARE ALLERGIC TO IT.



SQUID ARE AN IMPORTANT FOOD ITEM IN THAILAND, FOUND IN A VARIETY OF SPECIES AND OFTEN SOLD DRIED, WHICH INTENSIFIES THEIR FLAVOR FOR USE IN STEWS





















IF THERE IS ONE THEME IN THAILAND, IT IS "FOOD." THAI FOOD IS VERY LOW FAT AND USUALLY CUT INTO SMALL PIECES SO THAT IT COOKS QUICKLY. AN AMERICAN-SIZED BEEFSTEAK WOULD FEED A THAI FAMILY OF FOUR! HUNDREDS OF DELICIOUS TAKE-AWAY DISHES ARE AVAILABLE AT THE AUTO-GAR, SO INEXPENSIVE IT IS IMPOSSIBLE TO MAKE THEM AT HOME FOR LESS.



THE HEART OF THAI CUISINE ARE SPICES AND PASTES. THERE ARE ABOUT 30 VARIETIES OF CURRIES PLUS MANY FERMENTED FISH PASTES, SOY AND TAMERAND BASED MARINADES AND MEAT CONCENTRATES TO BE USED TO STRENGTHEN THE TASTE OF STEWS. IN FRONT ARE MANY DIFFERENT VARIETIES OF TOFU, SOME AGED IN SAUCES AND CRAB AND SHRIMP PASTES.



DIT
ปลาช่อนผัดพริกขิง
FRIED RED CHILI PASTE
WITH CRISPY SNAKE-HEAD FISH
ราคา 70 ฿ / 100 g

DIT
ปลาดุกผัดพริกขิง
FRIED RED CHILI PASTE WITH
CRISPY CATFISH
ราคา 70 ฿ / 100 g

DIT
ปลาลิลผัดพริกขิง
FRIED RED CHILI PASTE WITH
CRISPY GOURAMY FISH
ราคา 70 ฿ / 100 g

กุ้งอบวุ้นเส้น
CRISPY SHREDDED SHRIMP
SPICY SALAD
ราคา 80 ฿ / 100 g

DIT
น้ำพริกนรกปลาช่อน
SOURAMY SPICY CHILI FLAKE
(NAM - POK - NA - ROK)
ราคา 70 ฿ / 100 g



THAIS ARE FAMOUS FOR THEIR KINDLINESS AND HOSPITALITY. POLITENES IS ALL-IM-PORTANT. NEVER "WA" (CLASP HANDS AND BOW) TO A SHOPKEEPER, JUST SMILE AND SLIGHTLY BOW. WA ONLY TO AN OLDER PERSON, SOMEONE'S PARENTS OR SOMEONE OF AUTHORITY.



WHEREVER YOU GO IN THAILAND THERE IS LOADS OF FOOD AND QUITE OFTEN THE CHEAPEST IS THE BEST. THE FOOD STANDS ARE NUMEROUS AND QUITE COMPETITIVE, SO ONLY THE BEST SURVIVE. CLEANLINESS IS QUITE HIGH IN THE BIG OPEN-AIR MARKETS BUT ONE SHOULD FOLLOW A FEW SIMPLE RULES:

1. WASH FRUIT OR RAW FOOD
2. IF IT'S HOT, IT'S OK TO EAT
3. IF IS COLD, COOKED FOOD, REHEAT
4. DO NOT EAT UNCOOKED SHELLFISH
5. TOURIST RESTAURANTS USUALLY SELL LOUSY, EXPENSIVE FOOD
6. FOOD COURTS IN BIG MALLS USUALLY HAVE GOOD FOOD

THAILAND IS A PARADISE FOR THE TRAVELER, WHO RARELY GET BAD FOOD, BUT IT IS GOOD TO PICK UP A FEW PACKS OF THIS MEDICINE IN THE PHARMACY TO CARRY WITH YOU.



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