

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





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 COM-MON 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.

































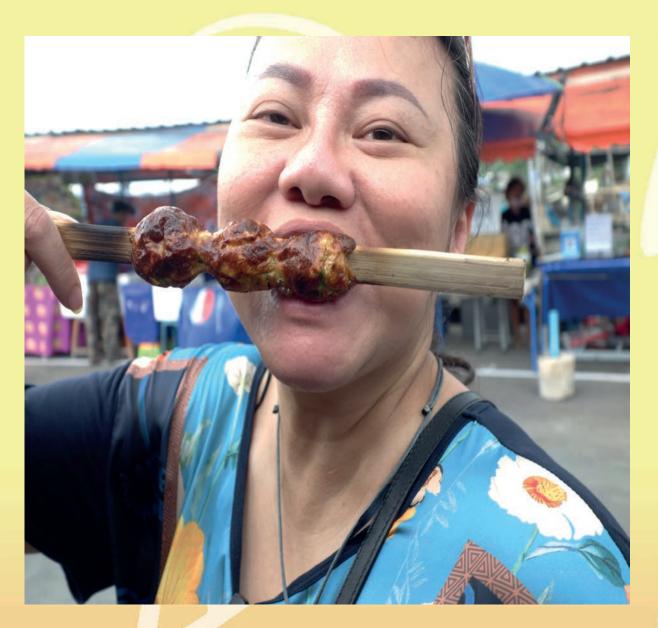
IF THERE IS ONE THEME IN THAILAND, IT IS "FOOD." THAI FOOD IS VERY LOW FAT AND USUALLY CUT INTO SMALL PIECES SO THAT IT COOKS QUICK-LY. AN AMERICAN-SIZED BEEFSTEAK WOULD FEED A THAI FAMILY OF FOUR! HUNDREDS OF DELICIOUS TAKE-AWAY DISHES ARE AVAILABLE AT THE AUTOGAR, SO INEXPENSIVE IT IS IMPOSSIBLE TO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







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 USUA -LY 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 PARMACY TO CARRY WITH YOU.



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