

thai by  ai
my own kitchen

Nieuwestad 3, 8911 CG Leeuwarden
058 – 737 01 24

- MENU -

my own kitchen

"If you really want to get to know me, taste my food."

Sawadee (welcome)!

- SUDJAI SOMSIRI -

Welcome to my kitchen. With more than twenty-five year of experience both in hotels and restaurants around the world, I have been able to taste the different cuisines that our world knows. These experiences have inspired me enormously. Yet I keep returning to my roots: cooking the purest Thai dishes as we are still used to do at home, in our small village, Khong Chiam. In my own kitchen here in beautiful Leeuwarden I prepare the traditional Thai dishes as much as possible with locally sourced fresh ingredients.

"...bringing Thai-streetfood to the restaurant..."

thai by Jai opened its doors on the 14th of May 2019. Many satisfied customers already know where to find us and we are very happy with them. With 36 seats and an open kitchen, our restaurant has an intimate and casual atmosphere. If the weather permits, you can also visit our terrace, where you can enjoy the authentic Thai kitchen in the sun. Our staff consists of a mix of Thai/Dutch people living in Friesland and international students from NHL-Stenden. We train our staff in our restaurant to provide our guests with good service with a smile in a warm, homely atmosphere.

THE THAI KITCHEN IS NOT ONLY SPICY

Thai food has the name to be spicy, the first introduction to 'Tom Yam' (no. 14/15/16), the spicy Thai soup is indeed very spicy. Completely in line with the Thai kitchen, thai by Jai has a number of spicy (chilli) dishes on the menu but of course there is also plenty of choice for guests who do not want to eat spicy or prefer less spicy. (🌶 = mildly spicy, 🌶🌶 = seriously spicy).

A "complete" Thai meal consists of a soup, a curry, a meat-, fish- or a vegetable dish and of course cooked rice. A salad (laab) can replace the curry but is usually added to the meal. In the Thai kitchen it's important that the flavours of the different dishes are varied, in both terms spices and spiciness and still keep their balans. In Thailand, the dishes are not served in courses during a meal but everything will be served at once. This makes it possible to experience the different flavours in a meal all at once. If you need help, don't hesitate to ask us for our menu. We are curious about your choice and wish you to enjoy your meal.

than hí aroy! (ENJOY YOUR MEAL!)



SUDJAI SOMSIRI & JIM SCHOOT

APPETIZER

[10] **Popia Tord**



€ 10

Three crispy fried homemade vegetarian spring rolls

[11] **Satay Gai**



€ 10

Three chicken breast satay's with homemade peanut sauce

[12] **Tord Man Pla**



€ 10

Three homemade Fish Cakes

[13] **Roum Mit**



€ 18

Mix of appetizers (2 pieces of each)

SOUPS



[14] **Tom Yam Kung**



€ 10

Shrimp soup with mushrooms, galanga (kind of ginger), lemongrass, lemon leaves, chilli, tomatoes and coriander



[15] **Tom Yam Gai**

€ 10

Chicken soup with mushrooms, galanga (kind of ginger), lemongrass, lemon leaves, chilli, tomatoes and coriander



[16] **Tom Yam Pak**

€ 9

Soup with mushrooms, galanga (kind of ginger), lemongrass, chilli, tomatoes, lemon leaves and coriander

[17] **Tom Kha Kung**



€ 10

Shrimp soup with coconut milk, galanga (kind of ginger), mushrooms, lemongrass, lemon leaves and coriander

[18] **Tom Kha Gai**

€ 10

Chicken soup with coconut milk, mushrooms, galanga (kind of ginger), lemongrass, lemon leaves and coriander

[19] **Tom Kha Pak**

€ 9

Soup with coconut milk, mushrooms, galanga (kind of ginger), lemongrass, lemon leaves, and coriander

VEGETARIAN

€ 21,- per dish

[20] Masaman Toahu



Fried tofu cooked in Massaman curry, coconut milk, potatoes, onions and peanuts

[21] Kaeng Phed Toahu

Fried tofu cooked in red curry, bamboo, coconut milk, sweet Thai basil and vegetables



[22] Panang Toahu



Red curry with tofu, beans, chilli and lemon leaves



[23] Kaeng Kiow Wahn Toahu

Fried tofu cooked in green curry, bamboo, coconut milk, sweet Thai basil and vegetables

[24] Toahu Prieauw Wahn

Fried tofu in sweet and sour sauce with tomatoes, cucumber, pineapple and onions

[25] Pad Pak Roun Mit Toahu



Fried tofu with various fried vegetables, Fungi-mushrooms, oyster sauce and soy sauce



[26] Toahu Pad Khing



Fried tofu with ginger, chilli, onions, Fungi-mushrooms, paprika and soy sauce



[27] Toahu Pad Med Mamung Himapan



Fried tofu, cashew nuts, chilli, onion, paprika, oyster sauce and soy sauce



[28] Toahu Pad Krapao



Choice of finely chopped or sliced tofu with Krapao leaves, chilli, bamboo, vegetables, oyster sauce and soy sauce



all main courses are served with
THAI JASMINE RICE

PORK

€ 23,- per dish



[30]

Panang Muh



Cooked pork in red curry with beans, chilli and lemon leaves

[31]

Muh Gratiam Prik Tai *



SOJA

Fried pork with garlic, pepper and vegetables



[32]

Muh Pad Khing



SOJA

Fried pork with ginger, chilli, onions, Fungi-mushrooms and paprika



[33]

Muh Pad Krapao



SOJA

Choice of finely chopped or sliced fried pork with Krapao leaves (spicy Thai basil), chilli, bamboo and vegetables



[34]

Pad Phed Muh



VIS

Fried pork in currypasta, bamboo, sweet thai-basil, onions, vegetables, chili, lemon leaves and fishsaus

all main courses are served with
THAI JASMINE RICE

CHICKEN

€ 23,- per dish

[40] Masaman Gai



Cooked chicken in Massaman coconut milk, potatoes, onions and peanuts



[41] Kaeng Phed Gai

Cooked chicken in red curry, bamboo, coconut milk, sweet Thai basil and vegetables



[42] Panang Gai



Red curry with chicken, beans, chilli and lemon leaves



[43] Kaeng Kiow Wahn Gai

Cooked chicken in green curry, bamboo, coconut milk, sweet Thai basil and vegetables

[44] Gai Priauw Wahn

Cooked chicken in sweet and sour sauce with tomatoes, cucumbers, pineapple, paprika and onions

[45] Gai Gratiam Prik Tai



Fried chicken with garlic, pepper and vegetables



[46] Gai Pad Khing



Fried chicken with ginger, chilli, onions, Fungi-mushrooms and paprika



[47] Gai Pad Med Mamung Himapan



Fried chicken, cashew nuts, onion and paprika



[48] Gai Pad Krapao



Choice of finely chopped or sliced fried chicken with Krapao leaves (spicy Thai basil), chilli, bamboo and vegetables



all main courses are served with
THAI JASMINE RICE

B E E F

€ 25,- per dish

[50] **Masaman Nüa**



Cooked beef in Massaman coconut milk, potatoes, onions and peanuts



[51] **Kaeng Phed Nüa**

Cooked beef in red curry, bamboo, coconut milk, sweet Thai basil



[52] **Panang Nüa**



Red curry with cooked beef, beans, chilli and lemon leaves



[53] **Kaeng Kiow Wahn Nüa**

Cooked beef in green curry, bamboo, coconut milk, sweet Thai basil and vegetables

[54] **Nüa Priauw Wahn**

Cooked beef in sweet and sour sauce with tomatoes, cucumbers, pineapple, paprika and onions

[55] **Nüa Gratiam Prik Tai**



Fried beef with garlic, pepper and vegetables

[56] **Nüa Pad Nahm Man Hoi**



Fried beef with oyster sauce, broccoli, paprika and onions



[57] **Nüa Pad Khing**



Fried beef with ginger, chilli, onions, Fungi-mushrooms and paprika



[58] **Nüa Pad Krapao**



Choice of finely chopped or sliced fried beef with Krapao leaves (spicy Thai basil), chilli, bamboo and vegetables



[59] **Pad Phed Nüa**



Fried beef in currypasta, bamboo, sweet thai-basil, onions, vegetables, chili, lemon leaves and fishsaus

all main courses are served with
THAI JASMINE RICE

DUCK

€ 26,- per dish



[60] Kaeng Phed Ped Yang

Crispy fried duck on red curry with coconut milk, pineapple, tomatoes, sweet Thai basil and vegetables



[61] Kaeng Kiow Whan Ped

Crispy fried duck on green curry, bamboo, coconut milk, sweet Thai basil and vegetables

[62] Ped Priauw Wahn *

Crispy fried duck in sweet and sour sauce with tomatoes, cucumbers, pineapple, paprika and onions

[63] Ped Pad Phak *



SOJA

Crispy fried duck with vegetables and soy sauce



[64] Ped Pad Khing



SOJA

Crispy fried duck with ginger, chilli, onions, Fungi-mushrooms, paprika and soy sauce



all main courses are served with
THAI JASMINE RICE

FISH AND SEAFOOD

€ 25,- per dish



[70] **Schu Schie Pla**



Fried seabass fillet in coconut milk, red curry, lemon leaves and chilli

[71] **Pla Priauw Wahn ***



Fried seabass fillet in sweet and sour sauce with tomatoes, cucumbers, pineapple, paprika and onions



[72] **Pla Pad Khing**



Fried seabass fillet with ginger, chilli, onions, Fungi-mushrooms, paprika and soy saus



[73] **Pla Sam Ros**

Fried seabass fillet with garlic, chili, tamborin, palm sugar en fishsaus



[74] **Gung Pad Med Mamung Himapan**



Fried shrimps, cashew nuts, onion, paprika and soy saus



[75] **Gung Pad Krapao**



Fried shrimps (hole body) with krapao (spicy Thai basil), chilli, bamboo, vegetables and soy saus



[76] **Pla Mük Pad Krapao**



Fried squid with krapao (spicy Thai basil), chilli, bamboo, vegetables and soy saus



[77] **Pad Phed Kung**

Fried shrimps in currypasta,, sweet thai-basil, onions, vegetables, chili, lemon leaves and fishsaus



all main courses are served with
THAI JASMINE RICE

FRIED RICE AND NOODLES

€ 19,- per dish

[80] **Khao Pad Gai**



Fried rice with chicken, eggs, onions, broccoli, tomatoes, cucumber and soy sauce

[81] **Khao Pad Nüa**



Fried rice with beef, eggs, onions, broccoli, tomatoes, cucumber and soy sauce

[82] **Khao Pad Kung**



Fried rice with shrimps, eggs, onions, broccoli, tomatoes, cucumber and soy sauce

[83] **Khao Pad Pak**



Fried rice with eggs, onions, broccoli, tomatoes, cucumber and soy sauce

[84] **Pad Thai Toahu**



Fried rice noodles with tofu, eggs, peanuts, taugé, leek and fried onions

[85] **Pad Thai Kung**



Fried rice noodles with shrimps, eggs, peanuts, taugé, leek and fried onions

[86] **Pad Thai Gai**

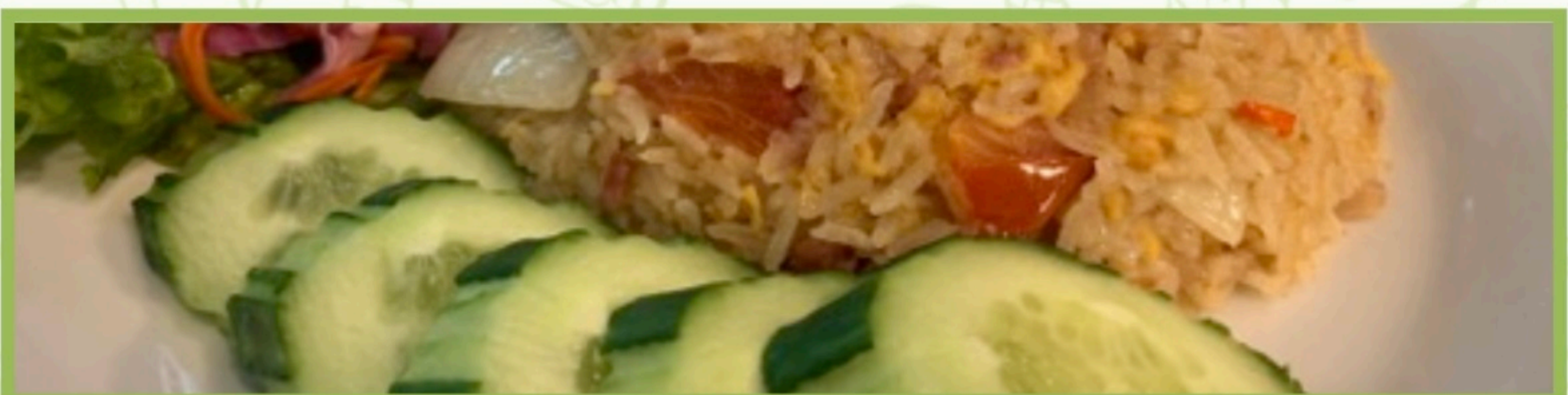


Fried rice noodles with chicken, eggs, peanuts taugé, leek and fried onions

[87] **Pad Sen Mie Laeng Gai**



Fried egg noodles with chicken, eggs taugé, leek and fried onions



(served with Prik Nam Pla or Dried Chili on request)

* salads from Isaan *

€ 25,- per dish

[90] **Laab Gai**

Chopped chicken, red onions, mint, lemon leaves, chilli powder, rice powder, lemon juice and coriander

[91] **Laab Nüa**

Chopped beef, red onions, mint, lemon leaves, chilli powder, rice powder, lemon juice and coriander

[92] **Laab Muh**

Chopped pork, red onions, mint, lemon leaves, chilli powder, rice powder, lemon juice and coriander

[93] **Laab Ped**

Chopped duck, red onions, mint, lemon leaves, chilli powder, rice powder, lemon juice and coriander

[94] **Laab Vega**

100% plantbased Redifine Meat (pork or beef), red onions, mint, lemon leaves, chili powder, rice powder, lemon juice and coriander

[95] **Thaise Somtum**

Papaya salad with chilli, tomatoes, garlic, fish sauce and peanuts

[96] **Yum Nüa**

Beef salad, onions, cucumbers, tomatoes, chilli, celery, fish sauce and lemon juice

[97] **Yum Talay**

Seafood salad from mussels, squid, Black Tiger shrimps with rawit chili, tomato and celery



all main courses are served with
THAI JASMINE RICE
(these dishes can be made spicier on request)



WHY YOU GET HICCUPS FROM PEPPERS

In front of you is a delicious dish from Jai. You will take a bite and soon you will feel as if your mouth is on fire. You will take a few gulps of water, but it does not help. And then you also get hiccups. How did that happen?

Spicy food: some people love it and others prefer to avoid food with little red pieces in it. Everyone is familiar with the burning sensation in your mouth, but did you know that eating (red) chilli pepper could also give you hiccups?

Peppers contain capsaicin, the substance that provides the burning sensation. The pepper genome contains 7 inactive and 1 active copies of the gene that can 'set us on fire'. The active gene probably originated as a mutation and offered an evolutionary advantage because the enemies of the plant also suffer from that burning sensation. Capsaicin activates the pain receptors (TRPV1) in your mouth. Their function is to regulate body temperature. When activated by capsaicin or temperatures above 43 ° C, they provide that painful, burning feeling.

TRPV1-RECEPTORS IN THE MIDDLE REEF

TRPV1 receptors can be found throughout your body. They are even in your eyes. Anyone who has rubbed his or her eyes while cutting a pepper knows that. More surprising is the presence of capsaicin receptors in the nerves that control your diaphragm. A spasm of your diaphragm followed by a tightening of the glottis, the vocal cords and the space between them, causes a short blockage of air supply in the trachea. When the incoming air strikes the glottis, you hear a hiccup. Scientists have not yet figured out exactly how capsaicin does it, according to Medical News Today, but it has been known to cause a spasm in your diaphragm and takes care of it by the hiccups.

THAI MILK TEA OR A BEER HELPS

A Finnish study showed that the number of TRPV1 receptors a person has and their distribution in the body genetically determines the tolerance for spicy foods. Nevertheless, you can get used to spicy food and build up a tolerance for it. The mechanism of this is not exactly known, but it is probably better to tolerate spicy food the more you eat it. After a TRPV1 receptor has been activated, it "rests" for a while so that it no longer transmits signals. Capsaicin is therefore also used to combat chronic pain.

Dishes with red / green / yellow pepper do not become less spicy by cooking or baking because capsaicin is a stable substance. The burning sensation that capsaicin causes disappears quickly, because the stomach and intestines digest the substance. However, this knowledge is not of much use to you if you are on fire. Drinking water does not help because capsaicin does not dissolve well in water. Fat and ethanol provide a solution. Drink a glass of whole milk (not skimmed!) Or a nice Thai beer with your too hot Thai dish...

Than hí aroy! (ENJOY YOUR MEAL!)