

The Gloss Magazine

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Thai Chef Tao shares his skills on the Trail

His name is Taweesak Trakoolwattana, but those joining him on the Multicultural Food Trail can call him Tao. Executive Chef at SABA, a new Dublin Thai restaurant, he's about to share some of his culinary secrets. While it's never been easier to find authentic Asian ingredients in Ireland, it's hard to know where to start. Yes, that spicy red paste looks enticing, and so does that bottle of sweet chilli sauce, but what do you actually do with them?

This is where Tao comes in. Sign up for this Food Trail and he'll guide you and the other participants around the Asia Market in Dublin's Drury Street, showing how to choose the perfect ingredients for a fabulous Thai meal. Along with Asia Market buyer Helene, Tao will identify essential ingredients and explain how to use and store them.

The Trail also acknowledges that even now, some of us have no easy access to authentic Asian food. So a visit to a plain old Irish veg shop is included, where Tao shows how to substitute good local ingredients and still keep the genuine Thai flavours.

By this stage, you'll probably be feeling peckish. So it's back to SABA, where everyone in the groups (never more than ten) helps prepare a meal. It's a mini-master class as Tao explains his techniques and suggests ways of adapting basic dishes. And even if you feel your only contribution has been to pass him some rice, you'll feed like a culinary genius by the time you are ready to sit down and sample the delicious fruits of your labour.

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