FOOD SETS IN SUAN SUNANDHA PALACE

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Abstract - The purpose of this research was to study the identity of the royal family. With the data collection tools from the evidence. Research Methodology 1**)** Identity of Thai food. Feature The benefits Artistic / cultural values And the value of Thai medicine. Analyze data using content analysis.
1. Attribute Thai food: One set of Thai food consists of at least seven types of food: rice, spicy rice, rice and jasmine rice, snacks, sarongs and muaythai. The taste is sweet and sour, sweet, spicy, very careful cooking. Cooks must have science and adaptable art. The decorations are matched with each other, so often carved on special occasions.
2. The benefits of the smell of spices and herbs. There are several sets of desserts available. Consumers get enough nutrients. Complete all five groups.
3. Artistic / cultural values Aesthetically Visible and mentally, before the taste. Cultural value Incorporation of traditional Thai style, convenient to eat, seasonal and art on benjarong.
4. The value of Thai traditional medicine. In the body, we consist of four elements, water, wind, fire, when the four elements in the body balance. People are rarely sick. In the absence of balance, illness often arises from illnesses caused by individual health deficiencies. In order to prevent potential illnesses, adjusting the dietary habits of everyday people. By using the flavors of diet medicine to balance the body to prevent illness. 2**)** The study of one-dinning culinary cooking conducted a study on the acceptance of 15 consumers with a randomized trial. 9-point Hedonic scale was used to analyze the data using the statistical program. The research found that the selection of raw materials and cooking of the palace. Kapi must come from the canal. Chili is derived from some elephants. The results of the sensory acceptance study showed that mean, percentage, and standard deviation were found. The test taker is at level 8.4. Mostly, the color of the test taker is at 8.6. Most like the smell of the test taker at level 8.3. Very much like the taste of the test taker at level 8.5. Most liked. The test subjects were 7.9, very much liked and overall liking. Most Favorite 8.6

Keywords - Identity , Thai Foods , Authentic Thai Cuisine ,Sunandha Wang cuisine

I. INTRODUCTION

Human life is by 4 factors. We can maintain a healthy diet with four factors: food, clothing, housing and medicines. To live our lives today. We need food that is useful and adequate to the needs of the body. Food is very important to mankind and is one of the four main factors of life. Thai food is a regular food of the people of Thailand. The accumulation and transmission from the past. It is a national identity. Thai food is a national culture of Thailand. Thai food is considered a delicious food with great taste. In the past, Thai cuisine was popular among the people in the palace. Especially during the reign of King Chulalongkorn, King Rama V invented a large number of royal dishes. Some menus are still very popular today. The Royal Thai Cuisine was started in the reign of King Rama I, the Great King Rama I, the city was established as the capital city instead of Krung Thonburi. Make the capital of the city, which is a lot of places. The royal palace became a cultural center for performing arts as well as the original royal food. The food of the palace is the duty of the department.

The female boss and his servants to serve. Which also plays a very important role in the royal palace. The palace is the center of cultural exchange in food. Thai people often send their children. Get ready to learn about the homework. Women who donate in the palace and skilled in cooking are referred to as "the machine", which is responsible for allocating raw materials for cooking to the King and his boss within the palace. She has a girlfriend. The SuttaSena Dancer PiyarachPanya Control the engine room. He is very strict about the food, clean, safe, beautiful and taste. Makes food difficult for her. He is the master of the kitchen. In order to maintain the prince's care in the royal palace and in SuanDusit throughout the reign (PanidaSansitCharansanit, 1998), the royal palate is different from the typical food. The food must have a pleasant taste. No one taste too much, so the royal food is also called. "Food for the boss" SuanSunandha Palace OrSuanSunandhaRajabhat University. The original food. King Chulalongkorn, King Rama V is graciously pleased. To build a palace of SuanSunandha as a park of consorts and princesses. At that time, SuanSunandha Palace was the university for training. The royal family. And the daughters of nobility. Practice the homework, the homework, the housework, the art, the embroidery as well as the sweet food. For that reason. The researcher considers that Thai food is a legacy of Thai wisdom. Food with daily use And the refinement of the people in the palace, but the era. Researchers have recognized the importance of this so they are interested in studying

the identity of Thai food. Feature The benefits Artistic / cultural values And the value of Thai medicine. And study the cooking process of the palace, which will be.The identity of the palace To remain with their children to continue to not be lost with time.

II. DETAILS EXPERIMENTAL

In food education Park SuanSunanta Use qualitative research and quantitative research.

2.1 Research tools

The main tools are human instruments or researchers. To act It is a vehicle for storing and interpreting data.
Secondary tool is a questionnaire to collect data to assess the satisfaction of the product,
Notebooks for recording time, trial time, digital photo box To collect images we use as research data, such as photography from rare books that can not be copied. From books in the library and photography equipment. Experimenting and Storage Devices.

2.2 Data Collection

2.2.1. In the qualitative research (Wualitative Research), the researcher used the documentary research to collect information about the royal food. This study was divided into 1 food.

1) Travel to the archives SuanSunanta. Office of the President SuanSunandhaRajabhat University to find out about the history of the important people in SuanSunandha Palace and guests who were in the palace.
2) Get the information. Find the line of his family. To find the culinary expertise. And collect food information.
3) Find Thai traditional recipes from the Library of Congress. PridiBanomyong Library Library of Silpakorn University and SuanSunandhaRajabhat University Library

2.2.2. In quantitative data collection Quantitative Research The research was conducted by a random sampling of 15 respondents to the satisfaction questionnaire on the royal recipes.
Group 1, Academic Staff, 5
Group 2, 5 staff
Group 3, 5 students

2.3 Data Analysis

2.3.1 Qualitative (Wualitative Research) The researcher started the analysis of the SuanSunandha food recipe. At least seven types of food are rice, meat dishes, curry dishes. Guestbook Dip The food is full of delicious food is delicious, sweet sour, salty, spicy, food is different from the villagers. The food was prepared by a researcher. The researcher collected a dish consisting of rice, spicy rice, roasted chicken soup, And Jasmine water. This table consists of food that is sour, sweet, salty, spicy, and this dish has a unique feature. The benefits Artistic / cultural values And Thai traditional medicine. Because all this food is composed of herbs. The body has enough nutrients and useful.

2.3.2 Quantitative Research

1. Scoring
Sensory tests consist of techniques used for precise verification. Using human responses to food And to control the bias. For example, the data of the sample to be tested must not be recognized by the tester beforehand. Sensory tests provide information on the critical product's sensory properties. It is beneficial to the product developer. Food scientist Quality control staff and department managers. Sensory testing is Scientific methods used to assess, measure, analyze and discuss the results of product testing through contact systems, including vision, smell, touch, taste and hearing.

The human touch system used to assess the quality of the food. Includes sight, hearing, taste and smell. Sometimes the human touch system will influence each other. For example, dark foods are often more likely to be flavored than light foods. Sometimes, human exposure is unlikely to change, such as drinks. there is a strawberry orange (miss sasikarnsirima) In this study, the researcher set a randomized trial to find the mean. In the sensory tests, 9-point Hedonic scale was used. Color (natural), flavor, texture And overall liking. The criteria are as follows.

9 mean most like
8 means very much like
7 mean like moderately
6 means little like
5 means do not say like or dislike
4 means less like
3 mean not like moderately
2 means not much like
1 means not like most (Associate Professor Dr. PairoteViriyacharee)

2. Finding the Basic Formula The researcher brought the food to the test takers. The questionnaire was used to test the acceptance of 15 testers and to collect data from the acceptance questionnaire for data analysis using statistical packages.

3. The royal recipes. In the experiment of royal recipes, the researcher conducted five sensory acceptance tests: color, flavor, texture and overall liking. Then, study the acceptance of 15 consumers by the academic staff, students, SuanSunandhaRajabhat University. SamutSongkhram Campus Data were collected and analyzed using statistical packages.

III. RESULTS AND DISCUSSION

Basic Research is a documentary research to collect information about the royal food of SuanSunandha. The research was carried out by using the research method. The researcher studied the process and quantity of raw materials. To study the effect of royal food on the sensory side. As well as related research. This is the way to study. The results of the research on Thai royal pavilions are as follows.

1.Rice cooking
2.Fried egg soup
3.Ranchuan Curry
4.Moo sarong
5.Bualuang Vilas
6.Mee-Krob-Chow-Wang
7.Water Jasmine

3.1 Rice cooking

3.1.1 Raw Material

1. 2 liter of rice
2. Water 4 liters

3.1.2.Equipment

1. Pot
2. Vine and charcoal

3.1.3 How to do

1. Put the rice into the pot. Make less than half the pot.



Picture 1 Ricecooking

2. a few times Then put the 4 liters of water up the fire. Enough boiling and spoon bubbles leave the people around for about 10 minutes to scoop up. When the middle of the grain has a little white kidney, then cover the lid.
3. Roll down (called wipe) the water until dry.
4. Lift up the light (called Dong), turn the pot around. Let's light it all together for another 10 minutes, lift down the lid, leave it for a moment to ripe. Scoop (Half an hour)

3.2.Fried egg soup

3.2.1 Raw Material

1. Pork chop 200g
2. 6 eggs
3. ¼ cup vegetable oil
4. 1/3 cup fish sauce
5. cowl 6
6. Lettuce 300 grams
7. Put 1/4 cup water
8. Pepper 1/4 teaspoon
9. 1 liter of water
10. 2 onion (cut about 1 inch long)

3.2.2 Equipment

1. Brass pan
2. Electric Stove
3. Turner
4. Cup
5. knife - the butcher
6. bowl

3.2.3 How to do

1. Put the oil pan on the oil until the oil is hot. Put the eggs into the yellowish. (One side takes about 2 minutes) when cooked and then cut into pieces. Prepare to use in the next step.
2. Put the water in a saucepan and bring to a boil. Wait until boiling garlic, add pork, chopped pork until cooked pork.
3. Put the lettuce on a boil and put the omelets in pieces. And all the rest.
4. Boil until boiled again and put the cup. Garnish with onion and onion.



Picture 2Fried egg soup

3.3.Ranchuan Curry

3.3.1. Raw materials

1. Pork 300 grams
2. 1 cup chili paste
3. Lemongrass cut 1/2 cup
4. 3 shallots
5. 3 garlic cloves
6. 1 liter of water
7. Lime 1 ball

3.3.2 Equipment

1. Brass pan
2. Electric Stove
3. Turner
4. Cup
5. knife - the butcher
6. bowl

3.3.3 How to do

1. Pour the water into the pan. Medium heat When the water begins to boil, add chili paste to dissolve it. Then add the shallots, lemongrass, garlic and chili. Follow to boil for 3-5 minutes.
2. When the mixture begins to smear on the prepared pork to boil.
3. Finally squeeze the lemon down slightly. Then put the basil into it to finish the scoop before serving. Sprinkle with lemon grass served hot.



Picture 3Ranchuan Curry

3.4 Moo sarong

3.4.1.Raw materials

1. Pork tenderloin 200 g.
2. Coriander root (cut - finely chopped) 2 teaspoons
3. Garlic (cut - finely chopped) 2 teaspoons
4. Pepper, 1/2 teaspoon
5. 1/4 teaspoon salt
6. 1 tablespoon fish sauce
7. One egg
8. Frying oil for 3 cups
9. Dumplings dipped in water, thinly sliced into a sieve of 100 g.

3.4.2 Equipment

1. Yellow Pan
2. Electric Stove
3. Turner
4. Tray
5. Cup
6. Knife - Chopping board
7. Mixing bowl
8. white cloth

3.4.3.How to do

1. Bring all the pork crisps. Knead massage
2. Dip enough water in a small sieve of 100 g.
3. Bring 4-5 rounds to the pork. Sponge (Like a ball of yarn).
4. Oil pan Medium light Put the lump of pork in a line and put it down enough to fill the oil. Use a pan of oil to pan over and leave it to look golden brown. I do not know what to do. Scoop up the oil
5. Eat with dipping sauce. (Sauce spring rolls)



Picture 4Moo sarong

3.5 Bualuang Vilas

3.5.1 Raw Material

1. Fountain water flower, Bael
2. 1 cup sago seed
3. 5 cups of brown sugar
4. 1 cup elixir
5. Coconut sugar 100 g.
6. Salt ¾ teaspoon
7. Pandan 3-4 leaves

3.5.2 Equipment

1. Yellow Pan
2. Electric Stove

3.
4. Tray
5. Cup
6. Knife - Chopping board
7. Mixing bowl

3.5.3. How to do

1. Put the sago in a container and put it in the water.
2. Add the water to the leaves, leave the leaves, leave for 1-2 minutes, leave it for a while.
3. Massage with fingertips to gently squeeze the sago. Then spread the sago thinly.
4. Put the boiling water in a saucepan and bring to a boil. Just enough water to boil)
5. Coconut milk, sugar, pandan, and fire. Put some of the sago in the pot and put it into the pot.



Picture 5 Bualuang Vilas

3.6.Mee-Krob-Chow-Wang

3.6.1 Raw Material

1 small wrapper 400 g.
2. Pork cut into small squares 500 g.
3. 4 crayfish
4. Tofu sliced 2 small pieces
5. 2 duck eggs
6. Sliced 1 teaspoon of ginger
7. Pickled garlic, cut into 1 cup
8. Bean sprouts 200g
9. Red chili pepper cut into 2 tablets.
10. Coriander leaves a little bit.
11. One orange fruit
12. 3 shallots
13. Garlic 3 cloves
14. 3 tablespoons vinegar
15. 1 tablespoon soy bean
16 tablespoons sugar
17. 3 tablespoons fish sauce
18. tamarind, tamarind, 3 tablespoons
19. 2 tablespoons lime juice
20. 2 tablespoons orange juice

Note: Making a frame Seasoning the juice must have five flavors of water, including orange juice, orange juice, tamarind sauce, fish sauce, lime juice and sugar. If none of the above. The taste is delicious.

3.6.2 Equipment

1. Yellow Pan
2. Electric Stove
3. Turner
4. Tray
5. Cup
6. Knife - Chopping board
7. Mixing bowl
8. sieve
9. Pot

3.6.2 How to do

1. Prepare rice noodles Remove the rice from the wrapper and let it soak for 5 minutes.
Bring in a sieve to drain 2 cups water and 3 tablespoons vinegar.
2. Bring the rice noodles to a dab and place them in a large pot with a lid. Bring water mixed with vinegar to prepare. Cover the mats to cover the left 5 minutes to flip the rice back. Rinse water again Leave the lid for about 10-15 minutes with this method will make the noodles soften.
3. Prepare the water mixer. First, peel the shallots and garlic thoroughly.
And then chopped. The combination is very detailed and then set aside.
4. Cut red pork into about 2 cm long, peeled, clean the shrimp, cut into small pieces.
5. Put a little oil pan. Heat onion with garlic, minced for a few minutes. Start with the yellow pig and shrimp. Add 1 teaspoon of soy bean paste and stir fry for a moment. Or chicken mince Shrimp
6. Add sugar to the pan. Stir until sugar dissolves, add tamarind orange juice, lemon juice, fish sauce and cook until sweet.
7. Wash the orange juice. Put in the stir-fried noodles in a frying pan, cut into small slices of orange and then separate them for sprinkle the sliced muffin. To make a bitter taste
8. Taste the cooked water in a pan. When to taste the lobster pork in a cup. Boil the remaining water in the pan until thick. The reason for staying pork and shrimp. Because it will harden. When the water is thick, bring the pork and shrimp back into the mix and then scoop up the bowl to wait for this pan to scoop out the shrimp. Start to simmer for a little more

concentrated spoonful of shrimp, wait for it. If soaked shrimp, the meat will harden with tamarind juice.

9. Set the pan using a medium heat to boil the water. Put the rice noodles in a pan and let the rice noodles spread. Then mix the ingredients together all over. Fresh red vermicelli without adding color. Or put any red water into the red from the red head live shrimp. We have a natural red.



Picture 6 Mee-Krob-Chow-Wang

3.7 Water Jasmine

3.7.1.Raw Material

1. Jasmine
2. empty water

3.7.2 Equipment

1. glass

3.7.3 How to do

1. Bring water to the glass and put fresh jasmine.



Picture 7 Water Jasmine

3.8 Results of data analysis

3.8.1 Qualitative

1) Identity of Thai food The royal palace has the following findings:

Attributes One of the Thai cuisines consists of at least seven types of food: rice, spicy rice, spicy rice and rajajara. Snacks are sarongs and sesame cakes. Mellow Sour, sweet, sour, spicy, cooking (meticulous), carefully selected raw materials. Focus on freshness. Cookies must have a variety of science and art. Decoration (decoration) with all the dishes are decorated with fresh herbs. Special occasions are decorated with carvings. Consistent with the results, the research found that the Wang Sunanta food conservation. Should be conservative The number of types of raw materials used in cooking. The process of cooking, taste and meticulousness in the preparation (VeenaIamPrapasSansaneeSuwan and PhansakWanddee, 2005) Benefit is that Thai people enjoy the benefits of spice herbs.Create a pungent smell and the spicy taste. The charm is so popular. The main ingredients are from vegetables, herbs and spices. It is also consistent with the results found that Thai food. Tasteful But can be adjusted to the consumer in the spicy. Thai food is a multi-flavored dish in the same dish. It is a spicy food because it is made from many kinds of spices (Roses, 2003). Consumers get a full five nutrients. In line with the results of the nutritional analysis, Thai food has a variety of nutritional values. Each Thai food has its own characteristics that can be adapted to meet the needs and conditions of the individual. (SomsriCharoenkiatkul et al., 2002) Value found that the Thai royal food has aesthetic value (athletic value) visually and mentally before the taste. Consistent with the findings found that the consumption of Thai food. Composed of neatness. A piece of the word enough This is a beautiful decoration (Rose, 2003). The SuttaSena Dancer PiyarachPanya Meticulous The food is great. It is clean, safe and beautiful taste and taste. Makes food difficult for her. His Majesty the Kitchen (PanidaSansitsevanich, 1998)

For cultural value, Thai food is integrated into the way of life, ie, the transfer of knowledge from the ancestors. Thai style food Easy way to eat. Thai food also reflects the Thai culture by eating seasonally and use a benjarong bowl. This corresponds to the meaning that identity means special effects. The parents teach children to cook Thai food. It is a culture. I teach the generation. Know the system of social symbols. So different societies will have different cultures (ThitBoonYo, 2007).

Thai traditional medicine In the body, we consist of four elements, water, wind, fire, when the four elements in the body balance. People are rarely sick. If there is a lack of balance, often the illness with the disease caused. Health vulnerability of each person by

the house. Lack of balance In order to prevent potential illnesses, adjusting the dietary habits of everyday people. By using the flavors of the diet to balance the body to prevent illness, vegetables and fruits that have been used as a medicine and nourishment for thousands of years. These herbs are either the root, the shell, the wood, the vine, the head, and the flower, or the whole plant. The benefits and benefits of these Thai herbs are both fresh and raw. To eat a traditional medicine. Some types are used or masked to treat diseases.

3.1.2 Quantitative

The study of the diet of SuanSunanta Palace. Then it was applied to the sensory acceptance test. The testers are academic personnel, students, SuanSunandhaRajabhat University. A total of 15 students rated the sensory acceptance using the 9 Point Hedonic Scale method. The score was ranked in the order of 1 to 9 (1 = not the most liked, 9 = liked the most). Texture and overall liking the results of the table.

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
ลักษณะที่ปรากฏ	15	7.00	9.00	8.4000	.73679
สี	15	8.00	9.00	8.6667	.48795
กลิ่น	15	6.00	9.00	8.2667	.88372
รสชาติ	15	7.00	9.00	8.5333	.63994
เนื้อสัมผัส	15	7.00	9.00	7.9333	.79881
โดยรวม	15	8.00	9.00	8.6667	.48795
Valid N (listwise)	15				

The table shows the sensory characteristics of color, aroma, taste, texture and overall liking. Of all testers There was a significant difference at .05 level (p 0.05). The lowest score was 7 for 9 and the mean was 8.4 is very like

Color (natural) sensory acceptability was statistically significant at 0.05 (p 0.05). Consumers rated the lowest (8) The mean score was 8.67. There was a statistically significant difference at .05 level (p 0.05). The lowest score was 6 among the consumers. Much There was a statistically significant difference at .05 level (p 0.05). The lowest score of 7 flavors was rated at 9, with an average of 8.5. Like the most Acceptance of texture sensory scores was statistically significant at 0.05 (p 0.05), with the lowest score of 7 on average, equal to 9, with an average of 7.9. Very like. There was a statistically significant difference at .05 level (p 0.05). 8.6 is the most liked level

CONCLUSIONS

Research Food Recipes SuanSunandha the purpose of this is to know the identity of Thai food. feature the benefits Artistic / cultural values And the value of Thai medicine. And study the selection of raw materials. Cooking of the palace To understand the nutrition of food. Analyze data by content analysis. The researcher made a randomized trial. The five sensory acceptance tests were the color, flavor, texture and overall liking. A total of 15 consumers were interviewed using a questionnaire, ie, a consumer acceptance test. To make decisions and ratings on food recipes, SuanSunandha. And rated acceptance by sensory tests. Data were analyzed by using Duncan's New Multiple Range Test (DMRT). The results are as follows.

Research on the food of SuanSunandha Wang know.

1. Food in SuanSunandha Palace in the past the food has come since the time of Vishnu. The famous office is Wang Sunanta. It is the office of her mother. One Thai dessert set consists of at least 7 flavors, flavors, sour, sweet, salty, spicy, and very carefully selected. Focus on freshness and
Beautiful decoration.
2. Nutrition of food the diet consists of 5 main foods: protein, carbohydrates, minerals or minerals, vitamins and fats.
3. Thai Traditional Medicine According to the theory of Thai medicine, we are born in the body consists of four elements, water, wind, fire when the four elements in the body balance. People are rarely sick. If there is a lack of balance, often the illness with the disease caused. Health vulnerability of each person by the house. Lack of balance In order to prevent potential illnesses, adjusting the dietary habits of everyday people. By using the flavors of diet medicine to balance the body to prevent illness. (Alternative Medicine Division Ministry of Public Health)
4. Selection of raw materials and cooking of the palace. Kapi must come from the canal. Chilli is derived from some elephant chili (Mom continuity), which from the research on the diet of SuanSunandha Wang found that the appearance. The test taker is at level 8.4. Mostly, the color of the test taker is at 8.6. Most like the smell of the test taker at level 8.3. Very much like the taste of the test taker at level 8.5. Most liked. The test subjects were 7.9, very much liked and overall liking. Most Favorite 8.6

Food Recipes The five sensory acceptance scores were at the highest level, as well as the highest score. How to prepare Must be meticulous and elaborate. Food Recipes The taste is mellow or delicious food is sweet, sour, salty, spicy (MR. Thanat Sri Sawatwat) that the food in this recipe. It consists of vegetables,

herbs that are very beneficial to the body. Eating is a dietary supplement. It also helps fight free radicals. Immune protection against diseases. And nutritional value. We divided the food into 6 groups according to the chemical composition. And to the body. The nutrients or nutrients.

1. Sugar helps to heat and heat the body.
2. Fatty acids help with energy and heat. With essential fatty acids to the body.
3. The meat helps the body grow and repair the wear and tear. Help build energy to fight disease, provide energy and provide essential amino acids to the body.
4. There are dozens of minerals together. Helps to build bones, teeth and blood to help the body grow and repair the wear and tear. With help control the work of various organs.
5. There are over ten vitamins. It is divided into 2 large ones that are dissolved in water and dissolved in oil. Helps the body grow. And control of the organs.
6. Water is important to the functioning of the cell. Helps blood flow. Digestion and excretion Allows the body to moisturize. The importance of water to the body is very. It contains 70% of body weight. It is easy to see that in the diarrhea. To make the body fatigue to death.

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