



Food Culture in Lanna Way of Life

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Abstract

“Lanna” was located in the northern part of Thailand. Lanna uniqueness is contained in the culture; architecture, costume, language, ways of life and food. This paper aims to investigate Lanna food culture; 1) food source of Lanna People, 2) Cooking methods 3) belief and wisdom of food as medication and body balancer, 4) Lanna food background and influence from other cultures, and 5) Lanna food culture and value creation as gastronomy tourism destination. This qualitative research collected the data in terms of lifestyle, cooking style, food recipes, and consumption patterns of Lanna people. The collected data were analyzed and linked to find any changes from the past to the present by using the content as shown in related literature.

Lanna people have eaten sticky rice for their main energy dish. The sticky rice was eaten with chili paste. and local vegetables which could be found near their environment. Protein source came from fish, chicken, frog and insects. Beef and pork were used for special meals and ceremonies. Lanna food had 14 different cooking styles; 1) curry food (kaeng), 2) grilled food or roast food (Ping or Yang), 3) stir-fried food (Kua or Phad), 4) spicy minced pork salad (Laab), 5) stew food (Kaeng -aom), 6) chili dip (Nam Prik), 7) vegetable salad (Yum,Tum, Sah), 8) steam food (Hor Neung), 9) Ab food, 10) Ok food or Od food, 11) Auk food, 12) Juen food, 13) Khao bai food, and 14) desert. Lanna food used a variety of plants; herb, spice and vegetable which composed of phytonutrients which can be promoted to be healthy food. Furthermore, beliefs and values about Lanna food are widely seen among patients, pregnant women, and young children. In addition, stories and food combined in festivals and ceremonies as well as in special occasions, meat (from buffalo or cow or pork) was cooked for serving guest. Many dishes of Lanna food was influenced from others cultures; however, the current taste and flavor are adopted for suitable flavor and taste.

Thus, the uniqueness of Lanna food, wisdom combined with traditional culture, would be the selling point to reach tourists to visit Lanna areas and receive new experience with food in the “Khantok” style. This will increase not only economic value but it is also a crucial way to pass the traditions to the visitors and to maintain Lanna food in a sustainable way. Furthermore, Lanna food could be promoted as gastronomy tourism.

Introduction

Historically Lanna kingdom was administered by neighboring countries and eventually was annexed as part of Siam in 1892 which officially became known as Thailand in 1939. People, therefore, were from various backgrounds that led to the combination of cultures which adapted to their environmental background in each period, respectively. Food was influenced by neighboring countries, and integrated with the application of local raw materials. Recipes were handed from generation to generation. The recipes contained wisdom in cooking as well as instruction for healthcare promotion from their ancestors, that includes wisdom in consuming different kinds of food especially vegetables that should be consumed regularly both fresh and cooked, and other aquatic animals, eggs and moderate fat. Furthermore, at some particular stages of life like young child, pregnant women, and nursing mothers there would be instructions to abstain from harmful food because it could lead to illness. Suggestions would be made to consume only food that was considered not harmful such as roasted sticky rice, black chili pastes and grilled fish. Because Lanna people had unique ways of eating and beautiful traditions their food could add economic value towards touristic towns by offering cultural knowledge and wisdom of food by offering “Khan Tok” to guests and visitors. This will increase economic value and it is an interesting way to pass such traditions to the visitors and to maintain Lanna food in a sustainable way.

The purpose of this study is to investigate the food culture and the knowledge of Lanna people's long history. The food culture of Lanna people has been cultivated and transcribed from generation to generation. Many factors of Lanna food have to be considered such as residential area, weather, politics, government, livelihood, local communities trading, immigrant community. For example this study looks at culture, traditions, beliefs, wisdom, ways of life, ways of family and dimensionality of local community. As a result, the food culture of Lanna people has been collected for further usage in adding value towards Lanna tourism.

The History of Lanna Kingdom

“Lanna” originally meant the land of a million rice fields. In 1553 (B.E. 2096), the word “Lanna” was discovered from an inscription at Wat Nangchandee, Chiang Khong District, Chiang Rai Province. In the same

inscription, a parallel word “Lanchang” existed which meant the land where a million of elephants lived. Lanna Kingdom covered big and small towns in upper part of Northern Region of Shan State, Chiang Thong and Sibson Panna with Chiang Mai as the capital. In Ayutthaya period, people who stayed in Lanna Region were referred to as “Tai Yuan”. People migrated and settled down and established Singhonwat City around Kok River and Mekong River. Later, it was established as Yonok Nakhon and Chiang Saen City, respectively. Chiang Saen came from the word “Yonok Chaiyaburi Sri Chiang Saen”. Currently, it is Chiang Saen District in Chiang Rai Province.

According to historical data of Lanna, its area was extensive reaching to Shan State of Burma and Xishuangbanna of China. In some eras, the battle and herding led to emigration to different towns and that is why at present, in Lanna Kingdom, people residing in Lanna area include those in Chiang Mai, Chiang Rai, Lampang, Lamphun, Phrae, Nan and Maehongson. They are divided as Lanna provinces according to a strategy of current national development. Most residents in Lanna areas are descendants of Tai people especially Tai Yonok or Tai Yon. It means that local people exist here more than other ethnics such as Tai Lue, Yong, Tai Yai and Tai Khen. Furthermore, other tribes immigrating from Burma and China settled down to grow opium,, currently they are growing wintery vegetables, flowers and fruits supported by projects of the Royal Family. . The food of Lanna people is similar because of settling down near water sources and combination of social and cultural attributes. Therefore, food is consistent with raw materials and civilization of Burma, China, Laos and Central Thailand mixed with the borrowings from other cultures hidden in their foods (Chotsukharat, 2009).

From the uniqueness of Lanna lifestyle, articles were gathered focused on the knowledge, and wisdom of Lanna food culture. The transfer of knowledge from the past to the present includes; 1) food source of Lanna People, 2)cooking methods, 3) belief and wisdom of food as medication and body balancer, 4) Lanna food background and influence from other cultures, 5) Lanna food and value creation as gastronomy tourism destination.

Food Source of Lanna People

“Lanna people” refers to the descendants in Tai lineage especially Tai Yuan or Tai Yonok or Tai Yon including Tai Lue, Yong, Tai Yai and Tai Khen, and resides in Northern Region of Thailand “Northern-style food”

means food popularly consumed only in area of the Northern Region of Thailand in daily life and it is easily cooked with local vegetables or seasonings or ingredients in styles and patterns that have been inherited in Lanna District for throughout history. So, Lanna food is a precious cultural heritage of Lanna community. The insight of Lanna food ingredients from local raw material combined with knowledge in cooking reflects past cultures and ways of living in context of coexistence in Lanna Communities.

1. Food of Lanna People

Lanna food involves geography, climate, occupations, livelihood and interaction of northern Thai people, and those in other regions and foreigners. From the study of local wisdom in the cases of Northern Thai food, the food source exist in nature and they can be categorized as follows (Sikhiram, 2014).

In terms of winter season, the following food is found; crab paste (Nam Pu), grilled fish, fermented fish, steamed vegetable, red hot chili dip (Nam Prik Ta Dang), pork and tomato chili dip (Nam Prik Ong), fermented bitter turnip dip (Nam Prik Nam Phak), fresh crab, weaver ant, shrimp paste and tomato.

In terms of summer season, the following food is found; fish, crab paste, northern Thai green chili dip (Nam Prik Num), dried fish, northern style pork and tomato dip, fermented chili dip and shrimp chili dip, and mango salad.

In terms of rainy season, the following food is found; giant water bug, tadpole, northern style green chili dip, mushroom chili dip, crab paste, bamboo shoot paste, cricket, shrimp paste, fish, wasps, and "Ekay" chili dip (Nam Prik Ekay).

According to data of such foods and their sources, Lanna food can be divided into 3 types including rice, vegetables and meats in the following aspects.

1.1 Rice

Rice is a staple of Lanna people and it affects their life style resulting in cultures related to rice. (Ketphrom, 2008). This rice culture leads to social order arrangement which is connected to beliefs, values, traditions, languages, plays, performances, utensils, foods and cooking concerning rice as well as desserts and appetizers. Lanna people mainly consume "sticky rice or glutinous rice". Glutinous rice is called "steamed glutinous rice" and it is obtained from rice growing during rainy season where planting takes place in June and harvest in November from paddy fields. In comparison other rice will be grown from February and harvest in

May. This rice is consumed during special occasions such as making rice noodles that is eaten with coconut curry, providing food for patients, making desserts and arranging for guests from central region.

The steamed sticky rice, starts from soaking sticky rice overnight named "Ma Khao". The next morning, it will be rinsed and leave no undesirable odor named "Ha Khao". It is then steamed in a hollow jar made of wood supported with a punctured-wood or interlaced-bamboo sheet so steam can pass up to cook the rice named "Taad Hai". When the rice is done, it will be poured into Kua Khao or Koh Khao. If the equipment is not available, the villagers will use a threshing basket and stir it with a stick to reduce steam and mix the rice stuck on the jar before putting it in a box made of interlaced palm leaves. Eating style is like northeastern people by consuming sticky rice with various chili dips such as pork and tomato chili dip, northern-style green chili dip as well as curries like Kaeng Khae, Kaeng Hoe, etc.

1.2 Vegetables (Tanaosri, 2008)

In the past, vegetables were derived from natural sources such as river banks, marshes in a forest (called Pa Phae) near shelters and rice fields. These vegetables were seasonal. In rainy season, many vegetables can be found such as morning glory, bamboo shoots, Ribwort Plantain, Pak Khi Siat, while in summer, most vegetables were picked from the forest such as Phak waan, Selaginella pubescens, Phak Wan, Phak Huead, Dok Salae, Phak Chiangkha, Olive tops, and mango tops. At present, vegetables can be found in 3 sources including natural sources, household growing and purchases from marketplaces.

Vegetables cultivated for year-long consumption include river tamarind, peppermint, chameleon plant, bamboo, Phak Pam, Pia Fan and Ma-khwang, etc. Vegetable growing can be household growing, cultivating in a pot, bucket or old plant pots near the house while vegetables from marketplaces are different from local cultivation in a village such as cabbage, Chinese cabbage and Chinese Kale. Additionally, there are spices for cooking like Ma-khwan, long pepper and pepper, etc. Vegetables left over from consumption will be sold at a market, but some vegetables are given without trading such as vegetables eaten with Laab (spicy minced pork salad) or chili dips which are grown in households. Any house not having these vegetables can ask neighbors for vegetables they are growing and they usually are given as free.

1.3 Meat Consumed

Meat comes from 3 sources including aquatic animals e.g. shrimps, shells, crabs, fishes, giant water bugs and tadpoles (Huak), etc. These foods are found abundantly in rainy season and the villagers can search for them in rice fields, rivers, swamps and mines. In case of excessive amount, these food can be sliced, sun-dried or grilled for later consumption or they are fermented as ingredients for curries. For example, dry fermented fish is dead fishes that are left for 1 day to smell like fermented fish before pricked with a bamboo stick and sun-dried. To add to cook food, it will be well pounded before use. Land animals such as pig and chicken. Cows and buffalos are raised to help working and they will be slaughtered to cook food for guests in special occasions such as ordination ceremony, wedding or ghost feast, etc. Apart from meats, they also consume insects such as crickets, weaver ant eggs, giant water bug, subterranean ants, mole crickets, dung beetles and mayfly, etc. (Ketphrom, 2008).

2. Cooking Style of Lanna People

Lanna people have a number of cooking styles including Kua, Mok, Ab, Nueng, Jor, Jao, Jeen, Aob, and Hum (Thamti, 2000). Additionally, according to the data collection of cooking ways (Tudkong, 2012) of Lanna people are defined as 34 words with 41 meanings such as Tom, Luak, Jew 1, Jew 2, Jor, Kaeng, Aob, Kua, Phad, Thod, Juen, Jao, So, Pam, Mob, Aok, Aud, Aong Jee, Phao, Yang, An, Phing, Ping, Mok, Ab, Lam, Nueng, Yam, Laab, Sa, Lu, Tam and 5 types of curries, 2 types of Lam, 2 types of Yam and 2 types of Jew. Nevertheless, it can be classified as a group of heated food and a group of non-heated food.

Tastes of Lanna food are mellow with 3 main flavors: spicy, salty and sour. Lanna people do not like sweet taste (Iamsrithong & Sriwichian, 1995). Lanna food can be divided according to ways of cooking into 13 types as follows: (Sikhiram & Phusawang, 2016; Phusawang & Sikhiram, 2016; Sikhiram, 2014; Detchkunchon, 2009)

2.1 Curry food or Kaeng

This kind of food is cooked from mixing water, curry paste with main ingredients of shallot, garlic, fermented beans, shrimp paste (rough) and fermented fish.

In case of a curry with meats, herbs will be added such as lemongrass and curcumin to remove the fishy smell. Curries can be categorized based on main ingredients into vegetable curry and meat curry, dried-chili

curry and fresh-chili curry, curry with oil and curry without oil. Food containing curry and seasonings (divided into 4 groups) included soup such as Kaeng Banun (Jackfruit Curry), Kaeng Phak Nok, Kaengc Tun, Kaeng Phak Khi Hud, Kaeng Phak Huead, Kaeng Ba Khon Kom (drumstick curry) and Kaeng Salae. Roasted curry includes Kaeng Yuak, Kaeng Fak Mon, Kaeng Khilek (Cassia Simea), Kaeng Fak Kaew, Kaeng Hoi, Kaeng Aok Pao (coconut shoot curry). Mixed vegetable soup is such as Kaeng Phak Jiangda, Kaeng Bathua Noi, Kaeng Phak La, Man Kaew, Kaeng Plee and specific group that cannot be grouped is Kaeng Aom, Kaeng Khae Kai, Kaeng Kradang and Tom Som Kai.

2.2 Grilled or roasted food

This kind of food is prepared for cooking by mixing meat with ingredients such as salt, curcumin, and pounded garlicks. Then wrapped in a banana leaf to be grilled or roasted. The meat used is usually frog, pork and buffalo skin.

2.3 Stir-fried food

It means putting ingredients in a pan and stir-fry them with or without oil. Stir-frying quickly is called "Jao" or "So Namman" in northern Thai region and examples of stir-fried food are stir-fried pumpkin tops, stir-fried spinach, stir-fried puff ball mushrooms, Kua Pham and Kua Ba Khuea. Sometimes stir-fried food does not need oil, but water is used instead. When water is boiled, ingredients are added such as stir-fried eggplants, stir-fried morning glory, stir-fried Laab. Another type of stir-frying requires no water nor oil, i.e., seed roasting such as roasted peanuts, roasted sesame, etc.

2.4 Laab or Spicy Salad

This kind of food is made of meats such as pork and fish by chopping meats before mixed with roasted pounded spices. Popular spicy salads are spicy minced pork salad, spicy feather black salad and spicy black shark minnow salad. Lanna people like raw spicy salad more than cooked or roasted spicy salad. So, Laab is widely used in auspicious ceremonies such as new house celebration, wedding or parties.

2.5 Stewed food

Stewing is to simmer meat to be soft with light fire and it takes a long time. Stewed food is spicy enriched with different kinds of spices as well as sliced galingale and piece-cut lemongrass. Lanna People call this menu "Om Curry" and is varied depending on ingredients such as beef om curry, pork om curry, buffalo meat om curry and pork entrails om curry.

2.6 Chili dips

Chili dips are food or seasonings with main ingredients of chili (fresh or dried chili), salt, shallots, garlics, etc. Other ingredients are shrimp paste, hard fermented bean, fermented fish, tomato, galingale, lemongrass depending on type of chili paste. Nevertheless, all ingredients are pounded in a mortar. Chili pastes that are directly consumed always contain other main ingredients such as pork, fish, mushroom, wasps, ginger and galingale, etc. and they are named after the main ingredients such as ginger chili dip, fermented fish chili dip, fermented pork chili dip, crab paste chili dip and vegetable chili dip, etc.

2.7 Yam, Tam and Sah

This kind of food is similar in terms of cooking that all ingredients are mixed with little water. Its taste is sour, sweet and slightly sweet. This food can be categorized into 4 groups including a group with ingredient similar to Ha Chili Dip or Fish Chili Dip such as Yam Nor Hai (filed bamboo shoot), Yam Tao, Yam Phakphae, Yam Phak Waen and Sa Ba Taeng, a group with ingredient similar to Laab chili paste such as Yam Pla Haeng, Yam Jin Kai, Yam Hed Fueang, Yam Jin Haeng, Yam Khai Mod Som, Yam Mangman Jom, Yam Phak Kum Dong, Yam Phakkad Dong, Yam Aueng, Yam Plee, Sa Ba Khuea Phoi, Tam Kung, a group with ingredients similar to sour curry paste such as Yam Bapaeb, Yam Sanad, Ya Batua Makhuea, Yam Phak Krathin, Yam Nang Hor, Yam Bakhuea Non Aong, Yam Banun, Yam Phak Huead, Sa Yod Bakham and the unidentified group such as Tam Bakhuea, Tam Bamuang, Tam Batuen (Batong), Tam Batua and Tam Ba Oh.

2.8 Steamed food

This kind of food looks like “Hor Mok” (steamed fish in curry paste) from the central region and it is made of well-mixed ingredients put on a banana leaf with noni leaf on the banana leaf to look nice before steaming in a container similar to the steamer or jar for sticky rice steaming. The vegetable popular used to support ingredients is noni leaf because it is can be easily found and grown in almost every household. Similar kind of food is steamed bamboo shoot, steamed chicken, steamed banana blossom and steamed pork entrails.

2.9 Ab food

It is a food that looks like Ngob of Central Region, but folding pattern will be flat clipped with bamboo pins before grilling or roasting. Examples of this food are Fish Ab, Shrimp Ab, pork brain Ab, pork Ab, tadpole Ab and pork entrails Ab, etc.

2.10 Ok or Od food

This kind of food looks like Ab but it is cooked by putting the food in a pot and pouring some water before heating up with a light fire. A nice smell is provided by adding fresh curcumin and examples of this kind of food are small fish Ok, fish Ok and shrimp Ok.

2.11 Auk food

This kind of food looks like Ab and Ok in a way curry paste is used but it is added with more water like curry and it takes a longer time to cook. This method is widely used with a large piece of meat such as pork, beef, buffalo meat and chicken. It is stewed until soft, with kaffir leaves, cilantro and crushed lemongrass are added to make it smell nice.

2.12 Juen Food

This kind of food is cooked with a great deal of oil in frying or deep-frying. It is widely used with pork skin such as pork cracklings Juen, Fat cracklings Juen and Nang Pong Juen

2.13 Khao Bai Food

This kind of food is mainly made of cooked sticky rice that is spread to be 5-7-inch wide. After, crab paste, chili paste, vegetable paste or fish are applied on the sticky rice and it is folded before being rolled to look like a timber. This food is popular among children and to make it smell nicer, Unfolded Khao Bai should be placed on a banana leaf before using a charcoal to apply on sticky rice giving a nice smell of crab paste will emerge. If using Nam Mhee Pak, it will smell like vegetables. The word “Sang” means mingling and the word “Sae” comes from the sound of hot charcoal on sticky rice. So, it is called “Khao Bai Sang Nam Pu”, “Khao Bai Sang Nam Phak” and “Khao Bai Sang Pla Tu” (“Bai” means applying or smearing).

2.14 Dessert of Lanna People: (Rattanaichai, 1994; Sikhiram, 2014)

Normally, Lanna people consume desserts in special occasions such as Buddhism-related traditions and ghost feast such banana dessert, salted dessert (steamed salted rice flour wrap with banana leaf), Jok dessert, layered dessert, Sala On, Daek Nga (sticky rice with sesame), Tai Luem, Tian, Ba Tan, Ba Tang, Man Tang, Lin Ma and Kanom Wong etc. Main ingredients of these desserts are flour from sticky rice boiled until cooked such as Kanom Tian, Kanom Wong, Khaotom Hua Ngok etc. Mostly, desserts are made for important occasions such as Buddhist Lent, End of Buddhist Lent and Songkran Festival (Water-splashing festival). Desserts that are mostly made for every occasion is

Kanom Saisai (sweet stuffed dough) while desserts generally found in Lanna area are Kanom Pad, Khao Itu (red sticky rice), Khao Taen, Kanom Kluea (salt dessert), and Kanom Kluai (banana dessert). The dessert popularly consumed during winter is Khao Nuk Nga which is made of sesame roasted and pound before being mixed with cooked steamed sticky rice or it is pounded with sticky rice. If sugarcane juice is added, it is called “Nga Tam Nam Oi”.

Cooking (Sikhiram, 2014)

1. Cooking time

Normally, most Lanna people cook food 2 times which are in the morning and in the evening. Breakfast is made during 05.00-06.00 am. To prepare food in each meal, 1-2 dishes are cooked. Furthermore, breakfast will be prepared to be sufficient for lunchtime as well. For dinner, it is cooked during 16.00-17.00 pm. and raw materials from rice fields, forests or water sources such as vegetables will be cooked for a dinner.

2. Cooking place

Lanna people cook food at “Huean Tao Fai” or “Huean Fai” or a kitchen which is a place where foods are cooked and stored as well as equipment about cooking and dining. In the past, food was cooked on three poles called “Tao Kon Sao” (*as origin of “Phi Mor Nueng” staying in Kon Sao to protect rice steamer*) and created fire from firewood. At that time, firewood could be easily found from the forest or mountains but later, it was rare as number of trees in the forests or on mountains decreased and areas on the mountains where firewood could be sought were occupied. So, they had to buy charcoal for cooking instead. Currently, Lanna people prefer using gas stove because they can save more money and it is more convenient than charcoal or firewood use. However, the villagers still use charcoal in case of roasting or grilling food with belief that it can make food more flavor-full.

3. Dining time

Dining style of Lanna people is divided into 3 meals (periods) including breakfast which is called “Khao Ngai” during 07.00-08.00 am. containing not much food like dried chili dip eaten with boiled vegetables, lunch called “Khao Ton” during 12.00 pm. with more meat such as sliced meat applied with salt and pepper and dinner called “Khao Laeng” during 17.00-18.00 pm. with different kinds of chili dips such as Ong Chili Dip (pork and tomato chili dip) and curry such as Kaeng Kae (curry with sesban flower) along with dips named “Nam

Nang”. It is to simmer cow skin before sun drying After that, it is grilled to smell nice before consuming with different chili dips. Furthermore, another two styles of dining are “Khao Bai” which is rolled steamed rice stuffed with fish or other animals for children to consume before playing while other foods are cooking and “Khao Toh” which is to consume appetizers in case of working early morning and for children before dinner as normally, dinnertime is when family members share together.

4. Dining

When foods are cooked, a housewife or a daughter will prepare it in a bowl and place it on Khantok (northern wooden utensil). In case of curry, it will be prepared in two bowls with 2-3 spoons (no need to prepare for everyone). After that, a mat is spread out on regular dining area of the family home and Khantok is placed together with rice box. Then, other members are called to have dinner together. Dining in the past, children had to wait for parents or seniors of the house to consume first and they could enjoy the meal. Before eating, they would wash their hands while some touched their hair to keep rice from sticking on their hands. Some persons may apply food oil on their palms before using a right hand to divide rice from left hand, roll it and make a hole with a thumb called “Hak Na Wok” before dipping it in a food. After that, they would use a right thumb to touch food to be in that hole on rice ball before putting in their mouth. If they wanted to sip curry or soup, they would use a spoon. However, some did not like sipping soup and thus immersed the rice ball in the soup. Therefore, northern-style curries contain little water even chili dips needs to be lumpish so that they could use a hand to consume easily. Sitting to dine around Khantok; men would sit crossed-leg called “Khot Tawai” while women squatted called “Mor Mae” or “Por Lamae”.

5. Dining etiquette

At the time of dining, the most seniors such as grandparents or family chief would start first. This is a good custom and etiquette of dining. Furthermore, too much talking is not appropriate while eating and laughing, teasing or singing is prohibited. Farting while dining is extremely rude and eating rice in the entire box or curry in the entire pot should not be done. Little curry and rice should be left as morale. Eating up is not good and left rice should not be thrown away as Lanna people believed that they would be poor in the future due to curse of the rice spirit. The remaining steamed rice would be warmed for next day. Parents and the senior will take

this opportunity while dining to instruct children and talk about family.

After dining, Lanna people would take a glass or a ladle of water and may chew betel nut, or place wrapped leaves in their mouth or smoke. Refreshments after meal did not usually exist except during the harvesting seasons of peanuts, soybeans. The snacks are boiled soybean or peanuts. Dishes, bowls and dining utensils, after being used, would be cleaned by the children or the youngest. Food scraps that could not be kept for further eating would be used to feed pigs, dogs or chickens but the leftover will be kept in a food cabinet or a refrigerator.

Currently, dining styles of modern households relatively change such as sitting around the dining table instead of sitting on the floor and using a flask as a container for sticky rice instead of a box.

6. Keeping leftover after dining

Lanna people would keep leftovers in a bamboo basket with hanging rope and hang it in the kitchen to prevent ants and insects from eating the food. When needing to dine, Lanna people would pull the rope down. Moreover, they believed that if they wanted to keep curry for longer time, they should put the sticky rice in the pot called "Pang Pen Ju".

Belief and Wisdom of Food as Medication and Body Balancer

Food Beliefs of Lanna people focus on food administered to maintain the body's balance and wisdom of dining as medication and body balancer. This knowledge has been handed down from generation to generation. It is a precious thing to collect this information and transmit knowledge to another in order to maintain the culture of the Lanna people.

1. Belief as Medication and Body Balancer

Beliefs and values about Lanna food are seen among patients, pregnant women and young children because they are considered vulnerable, and they should be cautious about not eating foods with too strong flavors, not consuming fermented and pickled food or not taking raw meat. Furthermore, the values of dining can be found in festivals, ceremonies as well as special occasions where meat is cooked for these occasions because meat is rare and expensive, and they are more nutritious than vegetables.

In 1999, Yingyong Taoprasert studied and revived traditional Lanna medicine and discovered that Lanna people in the past had holistic healthcare process containing therapy and prevention. Therapy

included physical therapy and herbal therapy while prevention with food or nutritional therapy focused on prohibitions about dining, health promotion foods as well as stimulants, hot-cold food, and detoxifying food.

2. Wisdom of Food as Medication and Body Balancer

Kongsukwiat (2001) examined local wisdom of villagers in Maetha Sub-district, Lamphun Province and found that in the past the villagers had beliefs and practices about food specifically at a time of illness, pregnancy and post-delivery period such as pregnant women consuming Pak Plang Curry because it would help to facilitate delivery. For post-deliver women should not eat "pickled bamboo shoot curry or Pak La Curry" (climbing wattle) as it would make them faint, or crab paste chili dip (Nam Prik Nam Pu) due to its strong smell causing dizziness. Foods necessary for nursing mothers is banana blossom curry or hot and sour soup because it can help stimulate milk production. Additionally, some vegetables could reduce fever and increase appetite such as bitter gourd tops, sweet juice curry (Phak Khikhong Curry). While elderly people should not eat green winter melon and shell curry.

According to above data, it is obvious that Lanna people used local vegetables to cook not only as food but it also can be medicine to treat and prevent diseases. Lanna food is rich in wisdom and hidden beliefs. For example, certain cooked food cannot be consumed by some people due to different disease resistance. Lanna people are relatively disciplined about eating because food poisoning may happen such as urticaria, rashes, vomiting or any symptoms and they need to take black pills to cure this disorder.

Lanna knowledge offers information on 20 types of food with medicinal properties; most of them are herbs that can be grown in households. Lanna people consumed chili paste or Laab and these vegetables have specific smells such as bamboo, Khao Tong, peppermint, dill, parsley, Piper ribesoides, galangale, Ma-khwan, Peucedanum dhana Ham, lemongrass and finger root, etc. Most medicinal properties are antibacterial, carminative, removing worms, removing phlegm. Additionally, if consuming raw or half-raw food such as raw Laab, Lu, Beef spicy salad, Lanna people would take Ming Aralia, Croton as they could eliminate worm eggs, chameleon plant to exterminate bacteria and peppermint to relieve stomachache as well as olive tops to cure dysentery, bitter vegetables such as neem leaves, long pepper, spices, burned trumpet flower, Gotu kola, ribwort plantain and Clausena excavata to heal diarrhea, flatulence with

diuretic property. Furthermore, they also consumed starfruit tops, start gooseberry tops and drumstick tops, to heal and prevent food poisoning. The main dish of Lanna people is chili dish as they can consume it every day and eat vegetables with the chili dip such as fish chili dip, pork and tomato chili dip, fermented fish chili dip, consumed with bitter melon and butter gourd tops, white agasta, bignonias, Indian Trumpet Flower, senna siamea, neem flower, edamame, geli-geli, galingale, Zingiber cassumunar, Zingiber Rubens.

Punpen Kruthai (Kruathai, 2009) reported that the food of Lanna had various ways to cook. Most raw materials for cooking were not bought since the vegetables could be found grown at home or grown naturally. Lanna people ate vegetables as both food and medicine at the same time. Lanna people paid attention to the growing of vegetables as it was used in the household. Moreover, the vegetables were nontoxic and if there were a lot of vegetables, the household could sell the vegetables in the market.

The taste of each vegetable had properties for healing (Sirihorachai & Katusuk, 2003) below is a list of tastes and the properties for healing: Astringent taste: properties are to heal wounds and diarrhea but too much can cause flatulence and constipation.

Sour taste: properties are to soften and remove phlegm and stimulate saliva glands for better appetite. Consuming too much can cause flatulence, aphthous ulcer and slow healing of wounds.

Slight sweet taste: properties are to freshen and increase stamina. Consuming too much can cause faint, flatulence and drowsiness.

Bitter flavor: properties are to nourish, heal, reduce fever, cure septicemia, mitigate intoxications. Consuming too much can cause exhaustion.

Spicy taste: properties are carminative, to heal stomachache, flatulence. Consuming too much can cause exhaustion.

Cool taste: it nourishes heart, relieves faints and dizziness.

Oily taste: it heals disabled tendon, pain, sprain, spasm. Consuming too much can be poisonous.

Lanna Food Background and Influence from other Cultures

Familiar and famous Lanna foods like Hang Le Curry, rice noodle with spicy pork sauce, Kaeng Hoe, Khao Soi, sour pork, northern-style meat ball (Jin Lung) have interesting backgrounds, cooking methods and

tastes. Partly, it is influenced by many minor groups settling in the northern Thai region such as Tai Yai, Chinese people, Tai Lue and Burmese people.

1. Kaeng Hoe

The word "Hoe" means mix and so Kaeng Hoe is combination of various food which is similar to "Chinese vegetable soups" of China. Its name may be influenced by the word Hinle or Hang Le of Burma. This food originated in the temple because when Buddhism's festivals like Buddhist Lent, End of Buddhist Lent and Songkran came, the villagers would bring it to the temple to offer to the monks (Named "Tan Khan Khao" for passing relatives). Due to the large amount the temple received, the monks and novices could not consume it all. In the past, Lanna People did not have a refrigerator and leaving outside could cause spoiling because most food offered by the villagers were well-prepared food such as Steamed wraps, grilled pork, fried pork, Kaeng Om, Kang Hang Le, Laab and Pork cracklings with some coconut cream curry. Therefore, parishioners took the left overs to mix (Hoe) together with little water before pouring out to remove rancidity. After that, it would be heated up or stir-fried in oil added with salt, fish sauce, green chilis or bird's eye chili and seasonings. Other ingredients may be added such as vermicelli, bamboo shoot and flavors with kaffir leaves, lemongrass, and curry powder to remove rancidity smell. After the religious rituals, the monks and parishioners would cook Kaeng Hoe from food offered by the villagers before giving to those who made merit. Some Kaeng Hoe would be put in a tightly closed bamboo cylinder (flask) before being buried underground or kept in a safe place. It could be kept for months and at a time of food shortage, they could warm it for further consumption. This is an example of the type of wisdom for food preservation from the Lanna people in the past (Sikhiram, 2014).

2. Kaeng Hang Le

This curry tastes salty-sour and it is originated from Burma. The word "Hin" in Burmese means curry and the word "Le" in Burmese means meat. It was believed that Kaeng Hang Le called by the Burmese as "Hin Le" or "Hang Lae". It is the same curry that Lanna People called "Kaeng Hoe" while this curry called by Lanna people as "Hin Lae" or "Hang Lae". The Burmese called it as "Vae Ta Hin" a curry which means pork curry. Kaeng Hang Le is popular among people in Northern Thai and Sibsongpanna District of China. There are 2 types of Kaeng Hang Le including Kaeng Hang Le Man and Kaeng Hang Le Chiang Saen. For Kaeng Hang

Le Chiang Saen, vegetables are added such as long bean, long eggplant, green chili, pickled bamboo shoot and roasted white sesame (Prompichai, 1994). Furthermore, in Lampang, Kaeng Hang Le is added with sliced santol and pork to increase curry volume. This is another type of wisdom of Lanna people.

3. **Kaeng Om** (Lamsrithong & Sriwichian, 1995)

This kind of curry can indicate economic status and livelihood. Any households that usually consumed Kaeng Om would be considered to have a good status. Meat for making Kaeng Om are beef, buffalo meat, pork, chicken and entrails. Eels are widely used to make fish Om and other types are not as popular because it does not taste as good. Lanna people had a saying about the difference between meat curry and vegetable curry “Much water for meat curry but little water for vegetable”. This means that to make a meat curry, much water should be added while little water is required for vegetable curry because meat was expensive and rare compared with the current time. Therefore, adding water will increase its volume. For vegetable curry, little water is added because vegetables are cheap and easily found but it is not delicious as meat curry, so little water is required to extract authentic vegetable tastes that makes it more appetizing. (Sikhiram, *Food in the Lanna Way of Life*, 2014)

Lanna people believed that eating Laab, Kaeng Om is necessary because they come together even when they prayed to be successful in everything, they would say that if they succeed or get what they desire, they will offer “liquor, chicken, Laab and Kaeng Om”. Moreover, a proverb of love between young people of Phaya Phonhan, a masterful poet of Lampang City, was mentioned in stanzas “Eating together and sharing spoon” and “eating Kaeng Om in the same Tok”. It means that to dine in the same Tok is to ask for blessings from angels and sanctity as witnesses (Rungruangsi, 1996).

4. **Laab Jin**

Lanna people consume Laab Jin on special occasions with presumed origins of Laab Jin in 3 aspects as follows (Prompichai, 1994): 1) it is an ancient food since the time human knew how to consume meat starting from eating raw meat and later slicing, chopping with instruments at that time. This would facilitate eating. After that, it did not taste good and thus it was seasoned to gain more appetite before it has been developed and seasoned until the present time of how Laab Jin tastes; 2) it is food created during the war as ancient people did not like consuming large animals especially cows and

buffalos that were raised to be used as labor and they preferred fish. However, at a time of war, people had to evacuate to forest and fish that was easily found under normal condition was rare and they had to consume meat in the forest. Furthermore, during war one had to be careful when cooking as they could not generate fire as the enemies would know their location. So, they may have consumed raw meat or vegetable by using vegetables, herbs and spices found in the forest to eat with meat in order to remove undesirable odors. Later, when the war ended, people could live a normal life but they still liked eating in that manner and so its taste has developed over time and the current flavor is a result of many years and changes.; 3) Laab Jin originated from a ritual or offering to ghosts such as Pu Sae and Ya Sae (around Doi Kham in Chiang Mai Province). Raw meat and blood were offered, and the ritual was performed far away from the village. The remaining meat from this ritual would not be brought back home instead they would cook the meat at that place in simple ways such as easily slicing and chopping. The sliced meat would be mixed with seasonings which initially included salt but later the taste was developed by a mixture of chilies and spices to remove undesirable odors and make it taste better. When they looked for vegetables in the forest and ate it with this menu, they found that it was delicious. Today it is made on various occasions and the vegetables can be obtained from households. Currently, this kind of food is always presented when the villagers arrange a ghost feast ritual.

Furthermore, it can be noticed that Laab Jin is the only traditional food cooked and seasoned with various spices and most of these spices come from different areas. So, it is presumed that Laab Jin's origin can be 2 cases. Firstly, Laab Jin is local food of other areas because of many spices especially Ma-khwan and secondly, Laab Jin is a traditional food of Lanna mixed with spices to remove blood odors and add flavors.

Apart from food, seasonings of Lanna food are influenced by neighboring countries as follows:

1) Fermented bean (call Tua Noa) (Sikhiram & Phusawang, 2016): it is an essential ingredient in cooking Thai Northern foods. It is made of soybean and it can be used instead of the shrimp paste. This ingredient is influenced by Tai Lue and Tai Yai and it is like Natto, traditional food of Japan, or Tempeh of Indonesia. Traditional foods of other country that look like fermented bean are Kenema of Nepal and India and

Chungkookjang which is seasoning of Korea. Fermented bean is popularly consumed in 2 ways. It is included 1) Wet fermented bean by starting from immersing beans overnight before boiling then squeezed and fermented in a basket and covered with banana leaves. It is fermented until it gets dry and hot. It usually takes about 2-3 days to have microorganisms which can change its smell and taste. In this period, it is called “Tua Nao Sa”. Then, it will be grounded and salt is added along with dried chilies before being folded in a banana leaf which is referred to as “Tua Nao Mur”. 2) Dried fermented bean is made of Tua Nao Sa which is grounded before putting it on 2 potato tree leaves and sundried until it is gets brown. Finally, before cooking, it must be grilled like wet fermented bean.

2) Ma-khwan (*Zanthoxylum limonella* Alston) (Sikhiram & Phusawang, 2016) is a spice that has been widely used in Lanna food. In other words, it is one of the most important spices of Lanna food. Ma-khwan is found in tropical forest in foreign countries like India, Burma, Indo-China and Malaysia and at low level up to 500-meter height from sea level. Young leaves can be eaten with fermented fish chili dip, raw spicy salad while dried fruits can be used as a spice mixed in Laab, Lu and spicy salads and in curry paste of Kae Curry, chicken Om curry and beef Om Curry. It can remove the fishy smell and make the food smell nicer. Furthermore, it is spicy that Chinese people use to cook instead of black pepper and it is named Chuan Jiao. In Malaysia, India and Burma, dried seeds of Ma-khwan are used as spices for cooking.

Lanna Food Culture and Value Creation as Gastronomy Tourism Destination

Lanna food has been passed down for generations with adaptation depending on knowledge and raw materials in each locality. With this wisdom combined with unique tradition and culture, it is a selling point that can attract tourists to visit Lanna areas and the food is functioning as a good host waiting to welcome visitors. Most tourists will not miss trying meals in “Khantok” style.

Meaning and type of “Khantok”: Khantok means a container made of lathed wood, interlaced bamboo or silverware. The upper part looks like a tray while the lower part is small ring smaller than the upper tray. It also contains 6 monkeyjack sticks to support the tray for containing food. (Royal Institute, 2003).

Khantok or Tok is original language to call a

container made of wood. It is mostly produced from teakwood lathed with a lathing machining. Thai Lanna people called it as “Kian Mai” and thus a lathing technician’s village is referred to as “Ban Chang Kian” or “Wat Chang Kian”. The technicians would cut a large piece of teakwood before lathing it. After lathing, they would make a foot and paint lacquer or tail which is referred as to “Long Chad” in the central region. When the tail or lacquer is dry, it can be used as a container for food. Khantok is different based on vernaculars such as Khantok, Tok, Satok. However, it is the same food container.

Khantok dinner is a feast to provide food for guests. Kraisri Nimmanhemmin resurrected the culture of this feast to arrange a farewell party for the justice of the Chiang Mai provincial court, Mr. Sanya Thammasak; on the occasion of resigning from being a judge in 1953 in Chiang Mai Province. From that time, this kind of Khantok feast gained popularity and has become widespread until the present.

Food popular in Khantok are various such as steamed rice or sticky rice in a large container that should be prepared to be sufficient for guests, Om curry, Hang Le Curry, Northern-style spicy sausage, pork cracklings, fermented pork, raw and cooked Laab which is cooked meat eaten with vegetables. Later, Khantok tradition became widespread in many areas and thus different stir-fried menus are added for those who have never tried local food to enjoy it.

Conclusion

1. Food of the Lanna people mostly existed in nature and the pattern was also similar as their ancestors. The main food sources were sticky rice and vegetables that were derived natural, cultivated in the household, or purchased from the market. Besides, meat came from 3 sources including: 1) aquatic animals e.g. fish, crab, shrimp, and shell; 2) land animals e.g. chicken, pork, beef which always served on special occasions such as ordination ceremony, wedding ceremony and ghost feast; and 3) insects.

2. Cooking: the ways of cooking of Lanna people could be divided into 14 types as follows: 1) Curry food or Kaeng 2) Grilled or roasted food 3) Stir-fried food 4) Laab or Spicy Salad 5) Stewed food or Om Curry 6) Chili dips 7) Yam, Tam and Sah 8) Steamed food 9) Ab food 10) Ok or Od food 11) Auk food 12) Juen Food 13) Khao Bai Food 14) Dessert of Lanna People.

Lanna people cooked food 2 times which were in the morning and in the evening. The kitchen or place that Lanna people cooked their food was called “Huean Tao Fai”. Lanna people had 3 meals per day as breakfast, lunch, and dinner when family members came together. During dining time, the meal would be started by the seniors, such as grandparents or family chief. After dining, Lanna people chewed betel nut, kept wrapped leaves in their mouth or smoked. Normally, the dessert or snack after meal was local fruits such as banana or legume such as soybean and peanut.

3. Belief and wisdom of food as medication and body balancer: Beliefs and values about Lanna food were widely known among patients, pregnant and breast feeding women, and young children. Likewise, Lanna people had holistic healthcare process containing treatment and prevention or diet therapies such as eating taboos, health promotion foods, stimulant food, hot-cold food, and detoxifying food.

4. Lanna food background and Influence from other cultures: Local Lanna dishes were influenced by many minor groups settling down in northern region such as Hang Le Curry, rice noodle with spicy pork sauce, Kaeng Hoe, Khao Soi, sour pork and northern-style meat ball (Jin Lung), and so on. These dishes had interesting backgrounds, cooking methods and tastes. Moreover, they were influenced by Tai Yai, Chinese people who were Islamic or Chin Haw, Tai Lue, Burmese and Siam.

5. Lanna food culture and value creation as gastronomy tourism destination: the backgrounds of Lanna food culture could be used to develop both the model of ethic restaurant or indigenous restaurant and the model of cultural tourism as well as food tourism. The unique tradition and culture would be the selling point to express the interesting history of Lanna food in tourism. Additionally, the collected food recipes are able to be the bases for developing healthy food recipes for local people in order to apply to their household and further trading.

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