



**RUEN URAI**

FINE THAI CUISINE

### *Introduction to Thai Desserts*

*At Ruen Urai, the “House of Gold,”  
the culinary tradition of dessert cooking is still preserved.  
Although made from only five groups of ingredients,  
which are flour, sugar, beans, fruits and coconut,  
Thai desserts actually have a wide repertoire.*

*Various types of flour and grains are used according to their consistency  
such as rice, glutinous rice, and corn. Sugar comes in different guises and sweetness  
either in a cake form of palm sugar or in rich and honey-hued cane sugar.*

*Beans and sesame seeds are often used and considered  
auspicious ingredients because of their fertile nature.*

*With the abundance of tropical fruits, many kinds become main staples of  
Thai desserts such as banana. Its leaves are also applied as wrappings.*

*Coconut has its own category because its several parts are useful,  
from meat, juice, cream and milk to colour from burnt husk  
and to leaves and branches for parts of packaging.*

*Perfuming is one of the secrets that add another dimension to diners’ delight.  
Scented candles and flowers are also infused for entrancing aromas.*

*Eggs, formerly represented as an ingredient for savoury dishes only,  
were introduced as a dessert component in the 17<sup>th</sup> century in Ayudhya Period.*

*During the reign of King Narai, Maria Guyomar de Pinha or  
Thao Thong Gheep Mah, made new desserts using egg yolks.*

*She was the wife of Constantine Phaulkon, the Greek adventurer and the first counsellor,  
and became the head of the royal kitchen staff.*

*These desserts are based on and influenced by Portuguese and European recipes.  
Their Thai names often connote propitious things such as status, wealth and charm.*

*They thus become parts of ceremonial food for good fortune.  
Relish in refreshing and delightful Thai desserts.*

❖ *Ruen Urai’s signature dishes and chef’s recommendations*

## DESSERTS

1 ♦ *Polamai Ruam Dtam Ruedugaan*

ผลไม้รวมตามฤดูกาล

Fresh seasonal selections of Thai fruits

*A plate of fresh papaya, pineapple, watermelon or other fruits in season.*2 ♦ *Bua Loy Ruen Urai*

บัวลอยเรื้อนอุไร

Ruen Urai boiled glutinous rice dumplings in coconut milk

*Named after the “Floating Lotus Buds,” this homemade sweet is made with natural colours of carrot, pumpkin, pandanus leaves and taro.*3 ♦ *Saku Cantaloupe Nai Loog Maprow Ohn*

สาธูแคนตาลูปในลูกมะพร้าวอ่อน

Sago pearls and cantaloupe in coconut milk served in young coconut

*Sago pearls that we use come in green colour and are simmered in coconut milk. This dessert is served in a young coconut and can be enjoyed either warm or cold.*4 ♦ *Tub Tim Ghrob*

ทับทิมกรอบ

Diced water chestnut in dumplings with coconut milk, syrup and crushed ice

*This delightful and cooling delicacy is fashioned in the shape of pomegranate seeds and named “Crunchy Ruby.”*5 ♦ *Khao Neaw Mamuang*

ข้าวเหนียวมะม่วง

Fresh mango served with sticky rice

*One of our signature desserts comes with white and black glutinous rice, then garnished with edible gold leaves in honour of Ruen Urai, the “House of Gold.”*

บัวลอยเรื้อนอุไร  
Ruen Urai boiled  
glutinous rice dumplings



สาธูแคนตาลูป  
Sago pearls and cantaloupe  
in coconut milk



ทับทิมกรอบ  
Diced water chestnut  
in dumplings with coconut milk

## DESSERTS

6 ♦ *Ghluy Phugthong Rhue Puak Buadchee*

กล้วย ฟักทอง หรือ เผือก บวดชี

Banana or pumpkin or taro simmered in sweet coconut milk

*This is a simple but satisfying comfort food. Its Thai name means**“Ordained Nuns” because it resembles the white colour of Buddhist nuns’ robes.*7 ♦ *Tong Yhib Tong Yhord Foy Tong*

ทองหยิบ ทองหยอด ฝอยทอง

Thai desserts cooked from egg yolks and syrup

in three forms: flower, water drop and thread

*Originated in Portugal, these Thai desserts were first introduced**at the court of King Narai in the 17<sup>th</sup> century during Ayudhya Period.**Their names imply “Touch of Gold,” “Courtship of Gold,” and “Speech of Gold.”**With auspicious names like these, they are always used in ceremonies.*8 ♦ *Luug Choob* ลูกชุบ

Miniature fruits made from yellow beans

*This delicately-formed petit fruit-like dessert was actually inspired by marzipan.**Instead of ground almonds, the paste is created from yellow bean and sugar.**Once sculpted into little fruits, they are dipped in cooking-coloured jelly.*9 ♦ *Kha-nhom Waan Ruen Urai*

ขนมหวานเรือนอุไร

A small plate with three kinds of desserts is for perfect for one or a large one with five kinds of desserts is for two or more to share.

*Ruen Urai dessert plate comes with samples of house specialities such as**sago pearls in coconut milk, mango and sticky rice, Thai egg-based sweets,**fruits braised in syrup and glutinous dumplings in coconut milk.*

ข้าวเหนียวมะม่วง  
Fresh mango served with sticky rice



ขนมหวานเรือนอุไร  
Ruen Urai Large Dessert Plate

## ICE CREAMS

- 10 ♦ *Assorted Ice Creams* ไอศกรีม
- ♦ Chocolate ช็อกโกแลต
  - ♦ Chocolate Chip ช็อกโกแลตชิพ
  - ♦ Green Tea ชาเขียว
  - ♦ Mocha Almond มอคค่าอัลมอนด์
  - ♦ Rum Raisin รัมเรซิ่น
  - ♦ Strawberry สตรอเบอร์รี่
  - ♦ Vanilla วานิลลา
  - ♦ Espresso เอสเพรสโซ
  - ♦ Killer Blueberry คิลเลอร์บลูเบอร์รี่
- 11 ♦ *Gelato* เจลาโต
- ♦ Coconut มะพร้าว
- 12 ♦ *Sorbets* ซอร์เบตต์
- ♦ Cantaloupe แคนตาลูป
  - ♦ Passion Fruit เสาวรส
- 13 ♦ *Ice Cream Desserts:*
- ♦ *Vanilla Split*  
Vanilla ice cream and banana dressed with whipped cream
  - ♦ *Espresso Affogato*  
Espresso ice cream in espresso coffee
  - ♦ *Chocolate Delight*  
Chocolate and chocolate chip ice cream with chocolate trimmings
  - ♦ *Love on the Beach*  
Coconut and strawberry ice cream with strawberries and coconut
  - ♦ *Sweet Passion*  
Passion fruit and cantaloupe sorbets with cantaloupe

*Vanilla Split*

Vanilla ice cream and banana  
dressed with whipped cream

*Chocolate Delight*

Chocolate and chocolate chip ice cream  
with chocolate trimmings

*Love on the Beach*

Coconut and strawberry ice cream  
with strawberries and coconut