Studying abroad in Chiang Mai, Thailand has opened my eyes to so many new and incredible things, but one that stands out the most is FOOD.  Coming to Thailand I was nervous as to what I was going to be eating on a daily basis, because sadly I am a very picky eater.  I knew I had to expand my horizons, so I had the opportunity to take a cooking class at my university - Chiang Mai University.  Luckily the cooking class started the first week of school.  I knew this class would help me learn what Thai meals consisted of, how to cook, and most importantly help me to expand my taste buds.

When I arrived to my first cooking class I was excited, but also anxious.  What would we be making? Would I like it? What if I can’t cook? Etc.  All these thoughts were running through my head.  Fellow Thai cooking students greeted us and would be helping us cook every step of the way. Not only did they teach us great skills, but they were also great friends! It was so fun seeing the assortment and variety of ingredients were used in Thai dishes.  It also helped me loosen up because I knew exactly what I was going to eat.

Each class we would make huge feasts-nearly 5-7 dishes every time!   It was an awesome experience cooking with Thai students for a few hours and then enjoying the amazing meals at the end of each class.

My cooking class was obviously my favorite class.  Each week I would make so many new dishes, which excited to me to try more on my own and jump out of my comfort zone.  My favorite meal was Kao Soi.  It consisted of coconut milk, yellow curry, noodles, potatoes, veggies and fried crispy noodles with onion on top.  I got this dish nearly every day, and I swear if it weren’t for my cooking class I probably would have never tried it! (I know, pathetic)