

# Authentic Local Culinary Class in Rural Thailand Full Day Tour

📍 Saraburi, Thailand

## Private | Full-Day | Food

Guests depart from Bangkok at 8 am and embark on a serene drive through the Thai countryside, arriving in Kok Na Sai Village. The day's agenda includes a cooking class and learning about the rich farming and culinary traditions of the local community whose roots can be traced back to immigrants from Vientiane, Laos, who arrived in the country nearly a hundred years ago.

The tour starts with a village walk, during which guests learn about indigenous local rice called "Jekchoey," whose genetic makeup is vital for ensuring food security in the region. The origins of this rice can also be traced back to Laos and visitors see first-hand how the local community has preserved the traditional milling, threshing, and pounding of rice.

Later, as part of the culinary class, participants engage in preparing delicacies traditionally prepared from the community's Lao Vieng roots. The experience is enhanced by gifted storytellers who share the fascinating history and cultural heritage of their ethnic group while hosting the cooking class.

Visitors have their lunch and then proceed to witness a tree ordination ceremony, a unique practice that intertwines Buddhist traditions with environmental conservation efforts. This ceremony involves monks and community members symbolically ordaining trees by wrapping them in saffron robes, like those worn by Buddhist monks. This act designates the trees as sacred, discouraging deforestation and promoting ecological preservation. After participating in this meaningful ceremony, guests return to Bangkok with new-found knowledge and appreciation for how this grassroots community preserves its heritage and local way of life.



## What to Expect

- *Intimate encounters with local villagers to learn about life at Kok Na Sai.*
- *Hands-on and authentic culinary experience facilitated by expert home cooks.*
- *Cultural workshops celebrating the rich traditions and arts of this region.*