



Lao Food Checklist



Khao laam

(Sticky rice with coconut milk
cooked in bamboo wrap)

ເຂົ້າຫລາມ



Ping kai

(Grilled chicken)

ປິ່ງໄກ່



Tam maak-hung

(Papaya Salad)

ຕໍ່າໜາກຫຸ່ງ



Khai pan

(Fried seaweed with
sesame)



ໄຄແຜນ



Laap kai

(Chicken Salad)



ລາບໄກ່



Khao niaw

(Sticky Rice)



ເຂົ້າໜຽວ