

A Taste of MARYLAND HEIGHTS

Make Your Meal Exotic With a Trip to Thai Kitchen

Most of us have, at one time or another, visited a Chinese buffet or picked up Chinese takeout for an easy meal at home. If you enjoy Chinese dishes but are looking to move on to something a little more adventurous, Thai food is a logical next step in your culinary education. Fortunately, Maryland Heights just happens to be home to one of the area's excellent Thai restaurants: Thai Kitchen in the Dorsett Village shopping center.

Many Thai and Chinese dishes are similar in that both rely heavily on rice and noodles as their foundation, with seasoned meat and vegetables rounding out the plate. Unique to Thai food, however, is the liberal use of exotic flavorings like lemongrass, coconut, red chili, nuts and curry.

Guest reviewer Laura McCune and I met at Thai Kitchen at 1 p.m. on a cold, gray Wednesday. In spite of the late hour, the dining room was still fairly busy, with tables full of diners slurping noodles and enjoying conversations.

We started off our meal with an order of fresh spring rolls, which can also be fried. We quickly received a plate with two long

rolls, each cut into five pieces – more than enough to share. Fresh vegetables, eggs, and tofu had been wrapped in rice paper and topped with a sweet, tangy sauce. The tasty rolls handily took the edge off our hunger as we consulted the menu for our main meal.

I decided to try Thai Kitchen's version of the quintessential dish, Pad Thai, with shrimp as my protein of choice. (Diners may choose chicken, beef or pork instead and take a dollar off the \$6.95 price tag.) A large oval plate was piled high with flat rice noodles, accented with egg, bean sprouts, scallions and shrimp and topped with finely ground peanuts. The result was delicious, and to my relief, while many Thai menu items tend to have a considerable amount of fire, this entrée was not the least bit spicy. As soon as the meal was over, I began planning a return visit for more of the addictive creation.

Laura chose sweet and sour chicken. The red sauce is similar to that of the Chinese dish of the same name, but the chicken was lightly sautéed, not breaded, and served with an abundance of fresh vegetables. A generous mound of fra-

grant jasmine rice accompanied the order. Brave Laura desired more of a kick in her meal, so she made use of the huge bottle of Asian hot sauce sitting on our table. With the added heat, she proclaimed the dish a "taste explosion."

The extensive menu includes a wide variety of soups, salads, curry dishes, noodle and rice plates and house specialties. A few that caught my eye were Tom Kha Kai (rich and creamy coconut soup with chicken and mushrooms), pineapple fried rice (stir-fried rice with chicken, raisins, pineapple chunks, cashews and curry powder) and spicy catfish (sautéed catfish with curry, basil, eggplant and a touch of chili).

Substantial portions and low prices make Thai Kitchen an excellent value for a working lunch or an easy dinner. Next time you're planning to call for carryout, why not give Thai Kitchen a try? The sisters who own the restaurant provide friendly, fast service to go with the delicious food, and I predict that it will soon be among your favorites for ethnic takeout.

by Sara Berry 

Thai Kitchen

Address:

2031 Dorsett Village,
Maryland Heights, MO, 63043

Phone: (314) 439-1888

Hours: Monday - Friday: 11 a.m. - 9:30 p.m.; Saturday: Noon - 9:30 p.m.

Price Range:

Salads, soups and appetizers: \$4 -7; lunch entrées: \$6 - \$9; dinner entrées \$7 - \$11.

Dress: Casual

	Yes	No
Reservations		●
Smoking Allowed		●
Outdoor Dining		●
Carry Out Available	●	
Credit Cards Accepted	●	
Kids Menu		●
Alcohol Served	●	



Meals at Thai Kitchen range from mild to extra spicy, and the particularly daring can augment their plates with the industrial-size bottle of hot sauce on each table.