

# Thai Dips for Appetizers (น้ำจิ้ม - Nam Jim)

## Introduction

In Thailand, when guests arrive for dinner, they're typically greeted with **kruang kiang** (เครื่องเคียง)—small bites and dipping sauces served during the social time before the main meal. These aren't formal courses but rather casual nibbles accompanied by an array of **nam jim** (น้ำจิ้ม)—literally “dipping water” or dipping sauces.

Thai dips are intensely flavored, balancing the fundamental Thai taste profiles: sweet, sour, salty, and spicy. They're designed to be eaten in small amounts with fresh vegetables, fried items, grilled meats, or crackers. The beauty of nam jim is that most are **make-ahead friendly**—in fact, many improve when flavors meld for a few hours or overnight.<sup>1)</sup>



**Thai Entertaining Philosophy:** Thai hosts don't stress about elaborate preparations. The focus is on having flavorful, ready-to-serve items that allow the host to socialize. Most dips can be made 1-3 days ahead and simply brought to room temperature before serving. This is casual, convivial eating—not formal dining.

## The Essential Thai Dips

### Nam Jim Seafood (น้ำจิ้มซีฟู้ด) - Spicy Lime Dipping Sauce

This is THE classic Thai dipping sauce—bright, tangy, spicy, and incredibly versatile. It's served with everything from grilled seafood to fried spring rolls to fresh vegetables.

**Flavor Profile:** Sour-forward, salty, spicy, with garlic punch

#### What It Goes With:

- Grilled shrimp, fish, or squid
- Fried spring rolls or egg rolls
- Fried fish cakes (\*tod mun pla\*)
- Raw or blanched vegetables
- Fried wontons

#### Ingredients

- 4 tablespoons lime juice (about 3 limes)

- 2 tablespoons fish sauce
- 1 tablespoon sugar (palm sugar preferred)
- 2-4 Thai bird's eye chilies, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon water (optional, to dilute intensity)
- 1 tablespoon fresh cilantro, chopped (optional garnish)

## Method

1. Combine lime juice, fish sauce, and sugar in a bowl
2. Stir until sugar dissolves completely
3. Add minced garlic and chopped chilies
4. Add water if the sauce seems too intense
5. Taste and adjust: more lime for sour, more fish sauce for salty, more sugar for sweet
6. Let sit at least 30 minutes for flavors to blend
7. Garnish with cilantro just before serving

**Make-Ahead:** Prepare up to 3 days ahead. Store refrigerated in airtight container. Bring to room temperature before serving. The garlic and chilies will intensify over time.

**Spice Level:** Start with 1-2 chilies for mild, 3-4 for medium, 5+ for Thai-hot.



**Adjustment Tip:** Make this sauce slightly more intense than you think necessary—when dipped with food, the flavors will be diluted. It should taste quite strong on its own.

## Nam Prik Pao (น้ำพริกเผา) - Thai Chili Jam

This is a sweet-savory-spicy jam made from roasted chilies, shallots, and garlic, flavored with tamarind and palm sugar. It's rich, complex, and utterly addictive. While traditionalists make it from scratch by roasting and pounding ingredients, **store-bought is perfectly acceptable** and what most Thai home cooks use.

**Flavor Profile:** Sweet-spicy-umami, smoky, deeply savory

### What It Goes With:

- Served as a dip with fresh vegetables (cucumbers, cabbage, long beans)
- Mixed into fried rice
- Stirred into noodle soups
- Spread on crackers or toast
- Used as a condiment for grilled meats

### Store-Bought Option (Recommended)

Buy **Mae Pranom** or **Mae Ploy** brand Nam Prik Pao at any Asian grocery store. Cost: \$3-5 for a jar. Simply spoon into a serving bowl.

**Enhancement:** Mix in a squeeze of lime juice and sprinkle with crushed peanuts just before serving.

### Quick Homemade Version (If You Must)

#### Ingredients:

- 10 dried Thai chilies, soaked in hot water for 20 minutes
- 5 shallots, roughly chopped
- 6 cloves garlic, roughly chopped
- 3 tablespoons vegetable oil
- 2 tablespoons tamarind paste
- 3 tablespoons palm sugar or brown sugar
- 2 tablespoons fish sauce
- 1 tablespoon dried shrimp (optional)

#### Method:

1. Drain soaked chilies
2. Heat oil in a pan and fry shallots until golden and crispy
3. Remove shallots, then fry garlic until golden
4. Remove garlic, then fry drained chilies briefly
5. In a food processor or mortar, pound/blend chilies, shallots, garlic, and dried shrimp
6. Return to pan with oil, add tamarind, sugar, and fish sauce
7. Cook on low heat, stirring, for 10-15 minutes until thick and jam-like
8. Cool completely before serving

**Make-Ahead:** Store-bought keeps for months. Homemade keeps 2-3 weeks refrigerated in airtight container.

**Honest Assessment:** Just buy it. The store-bought version is excellent, and making it from scratch is time-consuming with marginal improvement. Save your energy.<sup>2)</sup>

### Nam Jim Gai (น้ำจิ้มไก่) - Sweet Chili Sauce for Chicken

This is the sweet, tangy sauce you get with Thai-style fried chicken or spring rolls. While similar to Western "sweet chili sauce," the Thai version is more balanced and less syrupy.

**Flavor Profile:** Sweet-sour with moderate heat, slightly garlicky

#### What It Goes With:

- Fried chicken (especially wings)

- Spring rolls and egg rolls
- Fried tofu
- Chicken satay (though peanut sauce is more traditional)
- Fried dumplings
- Fresh vegetables

## Store-Bought Option

**Mae Ploy Sweet Chili Sauce** is ubiquitous and good. Found at any Asian market and many regular supermarkets. Cost: \$2-4.

Serve straight from the bottle into a bowl, or enhance with fresh lime juice and minced garlic.

## Simple Homemade Version

### Ingredients:

- ½ cup rice vinegar or white vinegar
- ½ cup sugar
- ¼ cup water
- 2-3 red Thai chilies or 1 red jalapeño, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1 tablespoon cornstarch mixed with 2 tablespoons water (slurry)

### Method:

1. Combine vinegar, sugar, water, chilies, garlic, and salt in a small pot
2. Bring to a boil, stirring to dissolve sugar
3. Reduce heat and simmer 5 minutes
4. Add cornstarch slurry and stir until thickened (about 1 minute)
5. Remove from heat and cool completely

**Make-Ahead:** Store refrigerated up to 2 weeks in airtight container. The sauce thickens when cold; thin with a little water if needed.

## Peanut Sauce (น้ำจิ้มสะเต๊ะ) - For Satay

While Indonesian in origin, peanut sauce is thoroughly integrated into Thai cuisine, especially for **satay** (grilled meat skewers). It's rich, nutty, slightly sweet, and mildly spicy.

**Flavor Profile:** Nutty, creamy, sweet-savory, coconutty

### What It Goes With:

- Chicken, pork, or beef satay

- Grilled vegetables
- Fresh vegetables (especially cucumbers)
- Spring rolls
- As a sauce for noodles or rice dishes

## Quick Method

### Ingredients:

- ½ cup natural peanut butter (smooth or crunchy)
- ⅓ cup coconut milk
- 2 tablespoons soy sauce or tamari
- 1 tablespoon lime juice
- 1 tablespoon brown sugar or palm sugar
- 1 teaspoon curry powder or red curry paste
- 1 clove garlic, minced
- ¼ teaspoon cayenne or chili flakes (optional)
- Water to thin (2-4 tablespoons)

### Method:

1. Whisk all ingredients together in a bowl
2. Add water gradually until you reach desired consistency (should be thick but pourable)
3. Taste and adjust: more lime for tang, more sugar for sweetness, more soy for saltiness
4. Can serve at room temperature or gently warm

**Make-Ahead:** Store refrigerated up to 5 days. Thin with water when ready to serve as it thickens when cold. Can also freeze up to 1 month.

**Enhancement:** Toast 2 tablespoons crushed peanuts in a dry pan and sprinkle on top before serving.



**Consistency Matters:** Peanut sauce should coat a spoon but still drip off slowly. Too thick = add water. Too thin = add more peanut butter. Adjust just before serving.

## Nam Pla Wan (น้ำปลาหวาน) - Sweet Fish Sauce

This is a sweeter, milder version of regular fish sauce, often served with fried foods to balance their richness.

**Flavor Profile:** Sweet-salty, mild, aromatic

### What It Goes With:

- Fried fish cakes
- Fried vegetables

- Fried tofu
- Omelets
- Any fried appetizer

## Ingredients

- 3 tablespoons fish sauce
- 3 tablespoons sugar (palm sugar preferred)
- 3 tablespoons water
- 1 tablespoon lime juice
- 1 Thai chili, thinly sliced (optional)
- 1 tablespoon shallot, minced
- 1 tablespoon fresh cilantro, chopped

## Method

1. Combine fish sauce, sugar, and water in a small pot
2. Heat gently, stirring until sugar dissolves
3. Remove from heat and let cool
4. Add lime juice, chili, shallot, and cilantro
5. Serve at room temperature

**Make-Ahead:** Make up to 2 days ahead. Add fresh herbs just before serving.

## Sriracha (ศรีราชา) - Thai Hot Sauce

Yes, Sriracha is actually Thai! It's named after the coastal town of **Si Racha** in Thailand. While the American Huy Fong version is more famous internationally, Thai versions are tangier and less sweet.

**What It Goes With:** Everything. Thais use it like Americans use ketchup.

**Make-Ahead:** Just buy it—homemade Sriracha requires fermentation and isn't worth the effort. Keep a bottle of **Shark Brand** (Thai) or **Huy Fong** (American-Thai) on hand.

Serve in a small bowl with a spoon for drizzling.

## What to Serve With the Dips

### Fresh Vegetables (ผักสด - Pak Sot)

Thai vegetable platters are essential accompaniments to dips. Cut vegetables into bite-sized pieces for easy dipping:

- Cucumber slices or spears
- Cherry tomatoes
- Cabbage wedges (quartered, with core attached)
- Long beans (raw or briefly blanched), cut into 3-inch pieces
- Carrot sticks
- Bell pepper strips
- Thai eggplant quarters (if available)
- Radishes
- Napa cabbage leaves

Arrange on a platter with ice underneath to keep crisp. Can be prepared 4-6 hours ahead, covered with damp towels and refrigerated.

## Fried Items (ของทอด - Khong Thot)

- **Spring rolls** (\*poh pia thot\*): Can buy frozen and fry, or purchase from Thai restaurant
- **Fried wontons**: Buy frozen, fry just before serving
- **Shrimp chips** (\*khanom pang\*): Buy pre-made, fry in seconds
- **Fried tofu**: Cut firm tofu into cubes, fry until golden
- **Thai fish cakes** (\*tod mun pla\*): Buy frozen from Asian market



**Frying Tip:** Fry items 30 minutes before guests arrive and keep warm in low oven (200°F/95°C). They'll stay crispy enough. Don't fry more than 1 hour ahead or they'll get soggy.

## Grilled Items (ของย่าง - Khong Yang)

- **Chicken satay**: Can be marinated 24 hours ahead, grilled just before serving
- **Grilled shrimp**: Marinate ahead, grill when guests arrive
- **Moo ping** (grilled pork skewers): Marinate overnight, grill fresh

## Crackers and Chips

- Prawn crackers (\*krupuk\*)
- Rice crackers
- Fried wonton skins
- Shrimp chips
- Store-bought is fine—just arrange nicely

## Presentation Tips

**Serving Bowls:** Use small individual bowls for each dip. Ceramic or small glass bowls work well.

**Spoons:** Provide small spoons with each dip so guests can drizzle or portion onto their plates.

**Labels (Optional):** For guests unfamiliar with Thai food, small labels help (“Spicy Lime Sauce,” “Peanut Sauce,” “Sweet Chili Sauce”).

**Arrangement:** Place dips in the center of the table with vegetables and fried items around the perimeter. This encourages circulation and conversation.

**Temperature:** Most Thai dips are served at room temperature, not cold. Remove from refrigerator 30-60 minutes before guests arrive.

**Replenishment:** Keep extra dips in the kitchen to refill as needed. Guests will gravitate toward favorites.

## Sample Dip Spread for 8-10 Guests

### The Easy Route (Mostly Store-Bought):

- Nam Jim Seafood (homemade—takes 5 minutes)
- Nam Prik Pao (store-bought jar in serving bowl)
- Sweet Chili Sauce (store-bought Mae Ploy)
- Peanut Sauce (homemade—takes 5 minutes)
- Sriracha (bottle or in small bowl)

### Fresh Vegetables:

- Cucumber spears
- Cherry tomatoes
- Cabbage wedges
- Carrot sticks
- Bell pepper strips

### Fried Items (Buy Frozen, Fry Fresh):

- Spring rolls
- Fried wontons
- Prawn crackers

**Total Prep Time:** 30 minutes for dips, 15 minutes vegetable prep, 20 minutes frying = About 65 minutes total

### Make-Ahead Schedule:

- **3 days before:** Make Nam Jim Seafood, store refrigerated
- **1 day before:** Make Peanut Sauce, store refrigerated; cut vegetables, store in water
- **2 hours before:** Bring dips to room temperature, arrange vegetables on platter
- **30 minutes before:** Fry frozen items
- **Just before guests arrive:** Final plating, add fresh herb garnishes

# The Make-Ahead Strategy

## Three Days Before:

- Make any homemade dips that store well (Nam Jim Seafood, Peanut Sauce)
- Buy store-bought items

## One Day Before:

- Make any remaining dips
- Prep vegetables, store in containers with damp paper towels
- Marinate any grilled items

## Day Of (2-3 Hours Before):

- Bring dips to room temperature
- Arrange vegetables on platter, cover with damp towel
- Set out serving bowls and spoons

## 30-60 Minutes Before Guests Arrive:

- Fry any fried items, keep warm in low oven
- Grill satay or other items
- Do final plating
- Add fresh herb garnishes to dips

## When Guests Arrive:

- Everything is ready
- You're relaxed and can socialize
- Replenish as needed from kitchen



**Thai Hosting Wisdom:** The goal is **sanuk** (สนุก)—fun, enjoyment. If you're stressed and frantically cooking while guests wait, you're doing it wrong. Thai entertaining prioritizes conviviality over perfection. Make-ahead dips ensure you can actually enjoy your own party.

## Dietary Adaptations

### Vegetarian:

- Replace fish sauce with soy sauce + lime juice + pinch of sea vegetable or mushroom powder
- Use vegetarian “fish” sauce (available at Asian markets)
- Omit dried shrimp from Nam Prik Pao
- Most dips adapt easily

### Vegan:

- Same as vegetarian
- Check sweet chili sauce ingredients (some contain fish sauce)
- Most store-bought peanut sauces are vegan

### **Gluten-Free:**

- Use tamari instead of soy sauce
- Check labels on store-bought items
- Most dips are naturally gluten-free

### **Nut-Free:**

- Omit peanut sauce or make sunflower seed butter sauce as substitute
- Check Nam Prik Pao ingredients (some contain peanuts)

### **Low-Sodium:**

- Reduce fish sauce and soy sauce
- Increase lime juice and sugar to compensate for flavor
- Won't be authentically Thai but still tasty

## **Common Questions**

**Q: Can I make everything store-bought?** A: Absolutely! There's no shame in this. Thai home cooks use store-bought condiments all the time. Just transfer to nice serving bowls and add fresh lime juice or herbs as garnish.

**Q: What if my guests don't like spicy food?** A: Make at least one or two mild dips (sweet chili sauce, peanut sauce with minimal heat). Put chilies on the side so guests can control heat level. Always have plain cucumber and tomatoes available.

**Q: How much of each dip should I make?** A: For 8-10 guests, about ½ cup (120ml) of each dip is sufficient. Guests will take small amounts—these are intensely flavored condiments, not salsa-sized portions.

**Q: Can I freeze these dips?** A: Peanut sauce freezes well. Most others don't—they're so quick to make that freezing isn't worth it.

**Q: What if I can't find palm sugar?** A: Light brown sugar is a fine substitute. It lacks some depth but works perfectly well.

**Q: Do Thais really serve this many dips at once?** A: Yes! Thai tables are abundant—multiple dips, multiple dishes, lots of choice. This is normal, not excessive.

## **Conclusion**

Thai dips are flavorful, versatile, and wonderfully make-ahead friendly—perfect for entertaining. The combination of store-bought staples (Nam Prik Pao, sweet chili sauce) and quick homemade items

(Nam Jim Seafood, peanut sauce) creates an impressive spread without hours of work.

The key to successful Thai entertaining is preparation and abundance. With dips made ahead, vegetables prepped, and a few fried or grilled items, you create an authentic Thai appetizer experience while remaining relaxed and present for your guests.

Remember: **sanuk** (fun) is the goal. Don't stress. Make what you can ahead, buy what makes sense, and enjoy the gathering.

**Chok dee!** (Good luck!) and **Aroi!** (Delicious!)

## External Links

### Recipes and Resources:

- [Hot Thai Kitchen - Pailin's Authentic Thai Recipes](#)
- [Temple of Thai - Thai Recipe Database](#)
- [She Simmers - Traditional Thai Recipes](#)

### Ingredient Shopping:

- [ImportFood.com - Thai Ingredients](#)
- [Temple of Thai Online Store](#)

### Thai Culture:

- [Tourism Authority of Thailand](#)

## Further Reading

- Thompson, David. *Thai Food*. Ten Speed Press, 2002.
- Punyaratabandhu, Leela. *Simple Thai Food*. Ten Speed Press, 2014.
- McDang, M.L. Sirichalerm Svasti. *The Principles of Thai Cookery*. Pavilion Books, 2002.

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### Quick Shopping List:

#### Must-Have (Core 3 Dips):

- Limes (6-8)
- Fish sauce
- Sugar (palm sugar or brown)
- Thai chilies or jalapeños
- Garlic
- Peanut butter
- Coconut milk
- Mae Pranom Nam Prik Pao (jar)

### Vegetables:

- Cucumbers
- Cherry tomatoes
- Cabbage
- Carrots
- Bell peppers

### Optional Additions:

- Frozen spring rolls
- Prawn crackers
- Mae Ploy sweet chili sauce

**Total Cost:** \$30-40 for dips and vegetables serving 8-10 people

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*Enjoy your Thai dinner party—the easy way!*

1)

Thompson, David. *Thai Food*. Ten Speed Press, 2002.

2)

Punyaratabandhu, Leela. *Simple Thai Food*. Ten Speed Press, 2014.

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