

# Gourmet & Cuisine

กูร์เมแต์ คิวซีน

FOOD, TRAVEL & ENTERTAINING MAGAZINE • ISSUE 308 • MARCH 2026 • 100 Bht.

## Tea SIP & SAVOR

หอมเย็นสดชื่นจากกลิ่นชา

เทรนด์รับร้อน 2026 ต้องชาเย็น 18  
ชวนดื่มชา “น้ำอะ” กลิ่นหอมฉุย 40  
ห้ามพลาดคาเฟ่สุดฮิปที่ทรवाद 82

www.gourmetandcuisine.com



Journal Name : Gourmet & Cuisine

Issue : 308

Month : March

B.E. : 2026

### Abstract

Presenting content about **Cover Story:** The Iced Tea Era – The Phenomenon of Iced Tea  
**Recipes:** Tea Influence: Leaves & Aroma – Diverse Menus from Tea Leaves Ochazuke Snow Fish (Fried Rice with Pickled Cabbage and Roasted Rice Tea) Smoked Duck Breast with Assam Tea Da Hong Pao Oolong Tea Affogato (Vanilla Ice Cream with Da Hong Pao Tea) **Food & Drink:** Daily Dishes – Pan-Fried Egg with Vermicelli Drinks: Pham Cha – Ceremonial Grade Aquatic Plant Eat Well, Live Well: Royal Milk Tea Donut **Delish Delight:** Sweet Infusions – Sweet and Aromatic Earl Grey Cookies Oolong Donut Cake Baba au Thai Tea **Interview:** Special Guest: Chef Butch-Lechan Go-ae – Passion in Cooking Towards the forefront of creators: Food in Biz Fikka by Oikos, a new brand that feels like a familiar friend. **Articles** Food for Life Matcha and exercise Menu Digest Goose and Gooseberry The story of goose and gooseberries **Miscellaneous** Nice to Know Tea Deluxe Would you like a cup of premium tea? Last But Not Least When you change your perspective, your heart will be happy **Eating Out & Traveling** Eating Out G&C Recommendation Antonio's Bangkok Flavors from Southern Italy, a legend for over 2 decades in Bangkok Nong Geng Ji Hunan Chinese food, how spicy is it? You have to try it KOKULABO A new modern Izakaya, both food and sake are great Slay Yuan (สเลญวน) A new Thai Isaan-Vietnamese restaurant from iberry Group Bardo Brasserie Contemporary French cuisine, a super chill atmosphere at One Bangkok **Foodie Picks** 5 cafes with tea to try in the Songwat area **Places** Go Hotel Bangkok Suvarnabhumi Airport The airport is just a short distance away **Wellness** TEAVA Wellness & Spa Which spa scent suits you according to your zodiac sign? **Travel** Dib Bangkok A museum of "raw" contemporary art.