

Gourmet & Cuisine • ISSUE 315 • OCTOBER'26 • POWER UP! WITH HIGH PROTEIN เพิ่มพลัง เพิ่มโปรตีน • FOOD, TRAVEL & ENTERTAINING MAGAZINE • 100 BHT.

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Abstract

Presenting content about **Cover Story** High Protein Spirit! Consume protein like a pro. **Recipes** Haute Protein Enjoy premium, protein-rich dishes, including Salmon Steak with Udon in Miso-Tofu Cream Sauce, Grilled Chicken Tenderloin with Green Sauce, and Lamb Steak with Yogurt-Dill Sauce. Home Gourmet: Les Sablés Classic French shortbread cookies. Drinks: Osmanthus Reverie – A fragrant, floral-inspired beverage. Eat Well, Live Well: Edamame Lemon Dip. **Delish Delight** Go Vegan with Cirio Transforming vegetables into delicious meals, featuring Smashed Pea with Lemon & Herb on Sourdough Toast, Vegan Baked Eggplant with Tomato-Lentil Ragu, and Bell Peppers Stuffed with Quinoa & Chickpea Salad. **Simply Sweet** Goji Berry Cake. Menu Digest: Fish Roe Delicacies. I**nterview** Special Guest Easy, delicious recipes in the style of "Kenneisbaking." Food in Biz: Favorite rice dishes and nostalgic flavors with Tun-Pradinan Akkarachinores. **Article** Food for Life How obesity affects the brain, and how to choose foods that keep you full for longer. **Miscellaneous** Nice to Know Clearing up common questions: Does drinking whey protein really build muscle? Last But Not Least: Don't let comparison steal your happiness. **Eating Out & Traveling**: Eating Out Fish Club, featuring premium seafood. Experience a fun-filled culinary journey at Andaz Pattaya Jomtien Beach; discover Toh Daeng a renowned Phuket institution now settled in a riverside home in Bang Krachao; explore Yaowarat-style street food at Mitr Street by Ruay Mitr in Tha Tien; find a heartwarming escape at Olive House in Lat Phrao 122; enjoy modern Isan cuisine tailored for a new generation at Lali; and savor simple, authentic Japanese dishes crafted by Chef Mirco Keller at Yamu. In our Gourmet Spotlight, immerse yourself in a Milanese atmosphere at COVA Bangkok, perfect for an all-day dining experience. We also highlight a new chapter for the legendary Sawang Crab Claw Noodle, now in its third generation. Our Foodie Picks feature five spots serving traditional-style tofu, just in time for the Vegetarian Festival. For **Wellness**, try kokedama moss ball planting a mindful activity to slow down the pace of life. Finally**, Travel** to Cloud 11 in Punnawithi a vibrant hub for the stylish crowd.