THAILAND / WILL AND FRIENDS

KHAO YAM

Khao yam is a Southern Thai rice salad: cooked rice tossed with a bank of fresh herbs, green mango, beans and ginger flower, finished with a sweet fish sauce dressing. It is eaten at room temperature.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	40 min	30 min	1 h 10 min	Medium	Medium

INGREDIENTS

FOR THE SWEET FISH SAUCE DRESSING

20 g galangal, sliced
2 lemongrass stalks, sliced
3 shallots, sliced
2 tbsp tamarind paste
2 tbsp palm sugar, grated
3 tbsp fish sauce

150 ml water
1 red chilli, finely chopped

FOR THE SALAD

400 g cooked jasmine rice, cooled
1 green mango, shredded
3 long beans, thinly sliced
2 winged beans, thinly sliced (optional)
1 lemongrass stalk, very finely sliced
1 ginger flower (or 1 tbsp finely sliced young ginger), finely sliced
10 cashew leaves or betel leaves, finely sliced
6 kaffir lime leaves, very finely shredded
A handful of coriander and Thai basil, chopped
2 tbsp roasted peanuts, chopped
1 tbsp dried shrimp, toasted and ground
1 lime, cut into wedges

TO GARNISH

2 boiled eggs, halved
A few butterfly pea flowers (optional)

METHOD

MAKE THE DRESSING

1 Put the galangal, lemongrass, shallots, tamarind, palm sugar, fish sauce and water in a small pot. Simmer for 30 minutes, until reduced and a little syrupy. Strain, add the chopped chilli and cool.

PREPARE THE SALAD

2 Slice all the herbs, leaves and vegetables as finely as you can: the dish depends on a mix of small shreds.

ASSEMBLE

3 Pile the rice in a wide bowl or onto plates. Arrange the mango, beans, lemongrass, ginger flower, leaves, herbs, peanuts and dried shrimp around it.

TO SERVE

4 Serve with the dressing and lime wedges on the side. Toss everything together at the table, adding dressing and lime to taste.

USEFUL SHORTCUTS FOR HOME COOKS

If you cannot find ginger flower, cashew leaves or winged beans, use extra mint, Thai basil, coriander, green beans and young ginger.

The dressing keeps for a week in the fridge.

Cold rice mixes better than hot. Cook it ahead and spread it out to cool.

Will and Palm go into the jungle behind Palm's family home to pick ingredients for Khun Oppo's secret khao yam. They pull cashew leaves, white ginger flower, turmeric leaf and Thai basil straight from the trees and plants.Back in the kitchen, Khun Oppo makes the dressing first: galangal, lemongrass, shallot, tamarind and a little palm sugar, cooked into a sweet...