THAILAND / EXTREME FOOD ADVENTURES IN THAILAND

NAM PRIK TA DAENG, RED EYE CHILLI DIP

Nam prik ta daeng, red eye chilli dip, is a Northern Thai paste of garlic, grilled fermented bean and a great deal of chilli. It is hot enough to make your eyes red.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	15 min	10 min	25 min	Easy	Very hot

INGREDIENTS

1 dried fermented soybean disc (thua nao), grilled until fragrant

30 ml neutral oil

8 garlic cloves, finely chopped

10 dried chillies, dry-roasted and ground, or more to taste

Fish sauce, to taste

TO SERVE

Baked eggs in banana leaf, sticky rice and raw or blanched vegetables

METHOD

PREPARE THE BEAN

1. Grill or dry-fry the fermented soybean disc over low heat for 2 minutes a side until it smells toasty. Grind it to a rough powder.

COOK THE DIP

2. Heat the oil in a pan over medium heat. Fry the garlic for 1 minute until golden. Add the ground bean and stir for 30 seconds.
3. Add the ground chilli and stir for 2 to 3 minutes until the oil turns red and the dip thickens. Add fish sauce a little at a time and taste.

SERVE

4. Serve warm in a small bowl with the baked eggs, vegetables and sticky rice.

USEFUL SHORTCUTS FOR HOME COOKS

Use fewer chillies for a milder dip and keep the seeds out.

Fermented soybean discs are sold in Thai and Burmese shops. Miso can stand in, but add less salt.

It keeps for a week in the fridge.

Nam prik ta daeng means red eye chilli dip. The name comes from the heat: it is spicy enough to make your eyes red. Palm Amawat cooks it at Cotton Farm outside Chiang Mai, next to the baked eggs.He starts with garlic and a grilled disc of fermented bean, which is ground up before it goes in the pan. A…