THAILAND / STREET FOOD TRAVELLER

PRAWN AND FERN TIP SALAD

Yam phak khut is a Phuket salad of blanched fern tips, pork and prawns dressed with thick coconut cream, lime juice and chilli. It is served on betel leaves.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	20 min	15 min	35 min	Easy	Hot

INGREDIENTS

FOR THE SALAD

200 g fern tips (phak khut), or watercress or water spinach tips

150 g pork loin or minced pork

150 g peeled prawns

4 shallots, thinly sliced

2 red chillies, blanched and sliced

FOR THE DRESSING

100 ml thick coconut cream, reduced until thick

3 tbsp lime juice

1 tbsp fish sauce

1 tsp white sugar

TO SERVE

4 betel leaves

METHOD

PREPARE THE FERNS AND MEAT

1. Blanch the fern tips in boiling water for 20 seconds, then plunge straight into iced water. Drain well.
2. Poach the pork in simmering water for 3 to 4 minutes, until cooked through, then drain and slice or crumble it. Poach the prawns for 1 to 2 minutes, until just pink.

MAKE THE DRESSING

3. Simmer the coconut cream for 5 minutes until thick, then cool it slightly. Mix in the lime juice, fish sauce and sugar. Coconut is already sweet, so use only a little sugar.

TOSS

4. Put the fern tips, pork, prawns, shallots and chillies in a bowl. Add the dressing and mix gently.

TO SERVE

5 Lay the betel leaves on plates, pile the salad on top and serve straight away.

USEFUL SHORTCUTS FOR HOME COOKS

Fern tips are sold in Thai and Southeast Asian shops. Watercress or water spinach tips are good substitutes.

Add the dressing at the last minute so the leaves stay bright and crisp.

Blanching the chillies softens their heat. Use them raw for a hotter salad.

Will visits Sherin in Phuket, where farmers have formed a cooperative to teach each other sustainable growing and to open small restaurants serving mainly Southern food. He is there to look for recipes and ideas.Khun Pi Oi, chef at Ban Pa Klok, shows him a traditional Phuket dish, yam phak khut. The ingredients are fern tips, pork, prawns, thick reduced...