THAILAND / EXTREME FOOD ADVENTURES IN THAILAND

MANGO SALAD WITH PRAWNS AND COCONUT CREAM

Yam mamuang is a Thai salad of young sour mango, here softened with coconut cream and finished with blanched prawns. It is quick, cold and bright, and needs no lime because the mango is sour enough.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	20 min	3 min	23 min	Easy	Medium

INGREDIENTS

FOR THE SALAD

2 young green mangoes (about 500 g), peeled and cut into thin matchsticks

1 tsp fine salt

3 bird's eye chillies, finely chopped

1 tbsp palm sugar, grated

200 g raw prawns, peeled

100 ml thick coconut cream

METHOD

SALT THE MANGO

1 Toss the mango with the salt and leave for 10 minutes. This takes the edge off the sourness and softens the mango slightly.

BLANCH THE PRAWNS

2 Bring a small pan of water to the boil and blanch the prawns for 1 to 2 minutes, until just opaque. Lift them out and cool them quickly.

DRESS AND MIX

3 Add the chopped chilli and the palm sugar to the mango. Pour in the coconut cream and add the prawns.

4 Mix with clean hands, squeezing gently so the coconut cream coats everything. Taste and add a pinch more salt if needed.

SERVE

5 Pile onto a plate and serve straight away, with rice or alongside the palm heart soup.

USEFUL SHORTCUTS FOR HOME COOKS

Use the sourest green mango you can find. Under-ripe mango from an Asian market is better than a firm supermarket one.

If the mango is only mildly sour, add a squeeze of lime at the end.

Blanching rather than poaching keeps the prawns crunchy, as Will says in the film.

Will spends the day at Chef Palm's house in Thailand, cooking a lunch of local ingredients with him. Palm makes two dishes, and this mango salad is the first.The mango is a young, very sour local variety, smaller than the ones we know. Palm salts it first, adds chopped chilli, and brings the salad together with his hands and a...