THAILAND / EXTREME FOOD ADVENTURES IN THAILAND

YUM YAI, GRAND THAI SALAD

Yum yai is a grand Thai salad from Bangkok, dressed with a pounded coriander root, garlic and chilli dressing and loaded with pork, chicken, egg, shrimp and fresh vegetables. The more ingredients, the grander it is.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	35 min	15 min	50 min	Medium	Hot

INGREDIENTS

FOR THE DRESSING

- 3 coriander roots, cleaned
- 3 garlic cloves
- 3 bird's eye chillies
- 2 tbsp palm sugar
- 3 tbsp fish sauce
- 3 tbsp lime juice
- 1 tbsp pickled garlic, plus 1 tbsp of its brine

FOR THE SALAD

- 100 g cooked pork, sliced
- 100 g cooked chicken, shredded
- 8 cooked prawns, peeled
- 2 hard-boiled eggs, quartered
- 1 cucumber, sliced
- 2 tomatoes, sliced
- 1/2 onion, sliced
- 1 handful mint leaves
- 1 handful coriander leaves
- Lettuce leaves, to line the plate

METHOD

MAKE THE DRESSING FIRST

1. Pound the coriander roots, garlic and chillies to a fine paste. Stir in the palm sugar, fish sauce, lime juice, pickled garlic and brine until the sugar dissolves. Taste: it should be sweet, then salty, then sour.

BUILD THE SALAD

2. Toss the pork, chicken, prawns, cucumber, tomato and onion with the dressing in a large bowl.
3. Fold in the mint and coriander at the end, so they do not wilt.

PLATE

4 Line a plate with lettuce and pile the salad on top. Arrange the egg and some extra prawn and chicken on top and serve at once.

USEFUL SHORTCUTS FOR HOME COOKS

Make the dressing first, as Khun Bright says, so the sugar dissolves and the flavours join.

Use whatever cooked meats you have. The point is lots of ingredients.

Add herbs at the last second. If they sit in the dressing they go limp.

For inspiration Will visits the Royal Palace in Chiang Mai and its gardens, then cooks with Khun Bright at Baan Kieng Phu. They make yum yai, the grand salad. It is an old dish from Bangkok, called grand because of how many ingredients go in.The lesson is to make the dressing first. Will pounds coriander root, garlic and chilli, then...