

Papaya salad



This green papaya salad, known as som tam, is popular in most areas of Thailand.

Ingredients

Serves: 2- 4

- 1 small green papaya, OR 1/2 large (your papaya should be very firm, the flesh white to light orange in color)
- 1/2 cup honey-roasted peanuts OR plain roasted, or glazed cashews (see recipe link below)
- 1-2 cups bean sprouts
- 1 to 2 tomatoes, cut into long thin strips
- 1 red chili, minced (seeds removed if you prefer a milder salad)
- 3 spring onions, sliced into long matchstick-like pieces
- 1/2 cup fresh basil, roughly chopped if leaves are large
- handful of fresh coriander
- DRESSING:
- 1/2 tsp. shrimp paste (if vegetarian, substitute 1/2 Tbsp. Thai golden mountain sauce OR 1/2 Tbsp. soy sauce)
- 2 Tbsp. good-tasting oil, such as olive
- 2 Tbsp. fish sauce OR 2+1/2 Tbsp. soy sauce for vegetarians
- 3 Tbsp. lime juice
- 1/2 to 1 Tbsp. liquid honey, to taste

Preparation method

Prep: 15 minutes | Cook: 10 minutes

1. Prepare the dressing by mixing together all dressing ingredients together in a cup. Make sure shrimp paste and honey dissolve fully (if using glazed nuts, you may only need to add 1/2 Tbsp. honey). Set aside.
2. Peel the green papaya, then slice it in half and remove all the seeds. Using the largest grater you have, grate the papaya (or you can use a potato peeler to create thin, ribbon-like strips). Place in a large bowl.
3. Add the sliced tomato, spring onion, chili, bean sprouts, and most of the basil. Add the dressing, tossing to combine.
4. Add the peanuts or cashews* (you can either leave them whole, or roughly chop them). Toss again. Taste-test the salad. If not sweet enough, add a little more honey. If not salty enough, add a little more fish sauce. If too sweet or salty, add more lime juice. If you prefer it spicier, add more fresh-cut chili or dried crushed chili.
5. To serve, scoop the salad into individual bowls or onto a serving platter. Sprinkle with remaining basil leaves plus fresh coriander. Serve immediately.