

Green Papaya Salad

This recipe is adapted from Southeast Asian Flavors Cookbook by Robert Danhi. You must use a green papaya found in an Asian supermarket, not the Hawaiian papaya with the red flesh. They are completely different. The green papaya takes on the flavor of the dressing. I find that two chiles suit my taste. You want to have some heat, but I prefer it mild. I have left out the traditional dried shrimp to make this more appealing to American tastes.

4	cloves	garlic	1	cup	long beans (cut in 2" lengths) or other green beans
2 to 4		Thai bird chiles, stems removed	1	cup	cherry tomatoes, halved
2	Tbs	tamarind paste	½	cup	peanuts, roughly chopped
¼	cup	lime juice	½	head	leaf lettuce
4	Tbs	fish sauce	1	Tbs	thai basil and mint for garnish
3	Tbs	palm sugar or brown sugar			
4	cups	green papaya (about one medium papaya)			

- 1 Make dressing: In mini-food processor, combine, garlic and chilies together and spin to rough chop. Add tamarind, lime juice, fish sauce and palm sugar. Process until all ingredients are combined.
- 2 Peel and cut open green papaya. Shred the papaya in a food processor. Place into a large wooden bowl. Add in beans, tomatoes and pound the ingredients with a mallet to release flavors.
- 3 Toss salad with dressing and half the peanuts. Serve on a bed of leaf lettuce, Top with more peanuts and garnish with thai basil and mint.

Servings: 6

Nutrition Facts

Nutrition (per serving): 168 calories, 54 calories from fat, 6.4g total fat, 0mg cholesterol, 946mg sodium, 588.5mg potassium, 25.9g carbohydrates, 4.3g fiber, 15.3g sugar, 5.5g protein.

Source

Author: Robert Danhi
Source: Southeast Asian Flavors.com

