

CULINARY DISCOVERY PAVILION

Sponsored by

MidwestLiving

GREEN PAPAYA SALAD (SOM TUM)

Sue Hudson, Thailand Ambassador, Thailand

INGREDIENTS

- 1 garlic clove, peeled
- 2-5 Thai chilies, crushed (adjust to taste)
- 5-6 cherry tomatoes, halved
- 1 tablespoon sun-dried shrimp
- Juice of 1 lime (plus more to taste)
- 2 tablespoons fish sauce (plus more to taste)
- 1-2 tablespoons palm sugar (to taste)
- Salted crab (optional, for extra flavor)
- 2 cups shredded green papaya
- ½ cup shredded carrots

INSTRUCTIONS

With a mortar and pestle, pound the garlic and chilies until crushed and fragrant.

Add the halved tomatoes, dried shrimp, lime juice, fish sauce, palm sugar and optional salted crab. Lightly pound and stir until the tomatoes are slightly bruised and release their juices.

Toss in the shredded green papaya and carrots. Gently pound and mix, using a spoon to turn the ingredients and evenly coat everything with the dressing.

Balance the flavor to your preference—sweet, salty, sour and spicy. Add more lime juice, palm sugar or fish sauce as needed.

Plate and serve immediately with sticky rice or fresh vegetables like long beans and cabbage for a traditional Thai experience.

Tip: For best texture and authenticity, use a clay mortar with a wooden pestle and julienne the papaya into long, thin strips using a julienne peeler or this traditional Thai slicing technique: Hold the peeled papaya in one hand and make repeated shallow vertical cuts along the length with a knife. Then, slice off the thin strips created by those cuts. This produces long, thin shreds without the need for a grater, and is the classic method used by street vendors in Thailand.