



## Papayasalad

### History

Papaya salad was adapted from an ethnic Lao dish known as “Tam Som.” Thai people modified it by using papaya as the main ingredient. It was originated from Chinese-Lao ethnic communities living in the plain of the Chao Phraya river, is now central Thailand, and where it became known as ... Som Tam

### Ingredients

1. 2 cloves of garlic
2. 5 Thai chilies
3. 2 tablespoons shelled roasted peanuts
4. 1 tablespoon of fish sauce
5. 1/2 - 1 tablespoon of palm sugar
6. 1 - 2 limes 1 tablespoon of dried shrimp
7. 1 - 2 small tomatoes
8. 1 handful of slivered green papaya

## **Procedure**

1. Peel and shave the green papaya
2. Pound the chilies and garlic cloves in a mortar
3. Add palm sugar, fish sauce, and squeeze lime juice into the mortar
4. Mix and pound the dressing
5. Add roasted peanuts, dried shrimp, and sliced tomatoes into the mortar
6. Pound the mixture for about 30 seconds
7. Toss in the green papaya shavings and mix

## **Different types of Papaya salad**

**Som Tam Thai** – one of the mildest versions, where the dressing is sweet and sour.

**Som Tam Boo Pla Ra** – a very common version that uses fermented fish sauce and crab in the recipe.

**Tam Ba** – Literally translates to “jungle,” this salad includes all sorts of things, plus freshwater snails.

**Tam Sua** – version includes green papaya, fermented fish sauce, and rice noodles.