



This recipe is used by women and girls in the Thailand baking school who have learned cooking as a trade so they can escape the red-light district and provide for their families. Learn more at worldhelp.net/freedom.

INGREDIENTS

1 ½ cups Papaya, shredded and chilled
½ cup Green Beans, cut into 1-inch pieces
1 Tomato, thinly sliced and cut into 1-inch pieces
1 tsp Garlic
2 Tbsp Dried Shrimp
2 Tbsp Peanuts, crushed
3 Thai Chili Peppers
1 Tbsp Palm Sugar
1 ½ Tbsp Fish Sauce
2 Tbsp Lime Juice
1 Tbsp Tamarind Concentrate

Papaya Salad (Som Tum)

1. In a large mortar or mixing bowl, roughly crush together the chilis and the garlic.
2. Add sugar, fish sauce, lime juice, and tamarind concentrate. Mix well.
3. Add green beans, tomato, and papaya. Gently mix all ingredients together.
4. Taste and add more ingredients from Step 2 as desired.
5. Finish by adding dried shrimp and peanuts. Toss together and serve.

Cooking Tip: Try not to mix the papaya for too long, or it will lose its crispness. Mix just enough for the ingredients to combine well.