

Green Papaya Salad

This recipe is a take on the green papaya salad, known as Som Tum, which is popular in most areas of Thailand, and when you taste it, you'll know why. Green papaya has a very mild, almost bland taste, but it is the medium through which robust flavor ingredients take body and form. It combines well with the spice of jalapeno and ginger and the saltiness of soy sauce, plus the sweetness of honey, giving it a crisp and chewy texture unlike that of other vegetables. Papaya salad is a scrumptiously unique and flavor-filled dish that will make a great impression. It's easy to make, low calorie and very nutritious. So try this recipe for dinner tonight with barbecued or grilled chicken, fish or pork!

Ingredients:

- 1 small green papaya, OR ½ large (select one that is very firm with a shiny green peel, flesh white to light orange in color)
- 2 cups bean sprouts
- 1 cup shredded carrots
- 1 cup snow peas cut into thin strips
- 2 – 3 tomatoes cut into long thin strips
- 4 spring onions (scallions) cut into thin match-like pieces
- ½ cup fresh basil, roughly chopped – extra for garnishing
- ½ cup fresh cilantro, roughly chopped – extra for garnishing
- 1 jalapeno pepper, minced (seeds removed if you prefer a milder salad)
- ½ cup plain or honey-roasted peanuts, roughly chopped

DRESSING:

- 3 Tbsp. soy sauce
- 4 Tbsp. of oil, such as olive
- 3 Tbsp. of lime juice, freshly squeezed
- 3 Tbsp. honey
- 1 – 2 cloves garlic, crushed
- 1 Tbsp. fresh ginger, grated
- Lime wedges for garnish

Preparation:

1. First, prepare the dressing by thoroughly mixing all dressing ingredients together in a bowl. Set aside.
2. Peel the green papaya, then slice it in half and remove seeds, if using a seeded variety. 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 bean sprouts, carrots, snow peas, tomatoes, onions and most of the basil and cilantro. Add the dressing, tossing to combine.
4. Garnish with the peanuts, remaining basil, cilantro and lime wedges.
5. ***Taste-test the salad.** If not sweet enough, add a little more honey, if not salty enough, add a little more soy sauce. If too sweet or salty, add more lime juice. If you prefer it spicier, add more fresh-cut jalapeno or crushed red pepper flakes.

Make Ahead Tip: You may wish to make this salad ahead of time, combine all ingredients except the nuts and dressing. You can leave it covered in the refrigerator several hours or overnight. Add the dressing at the last minute, toss, garnish and serve.

Carrot, Ginger, & Coconut Milk Soup

Author: the optimalist kitchen

Ingredients

- ½ sweet onion - diced
- 2 oz fresh ginger - peeled and sliced
- 1 1lb bag organic baby carrots
- 1 32 oz box chicken stock
- 1 can coconut milk

Instructions

1. In a soup pot sweat the onion and ginger till fragrant and onion is translucent 3-5 minutes. You don't want any dark color on the onion. Add the carrots and cook a few minutes more. Add the stock, bring to a boil, skim, reduce heat, cover and cook at a simmer for about 45 minutes. Add coconut milk, bring back to a boil, lower heat and simmer another 10 minutes. Turn off heat and let cool a bit. When soup is cool enough to handle puree in a blender till smooth and creamy. That's it. Enjoy!

Recipe by the optimalist kitchen at <http://www.theoptimalistkitchen.com/carrot-ginger-coconut-milk-soup/>

COOKS.COM RECIPE SEARCH**SWEET POTATO BREAD**Printed from **COOKS.COM**

3 cups sugar
1/2 cup vegetable oil
1/2 cup butter, melted
4 eggs
3 1/2 cups sifted flour
2 tsp. baking soda
1/2 tsp. salt
1/4 tsp. vanilla
1 tsp. cinnamon
1 tsp. nutmeg
2/3 cup water
2 cups cooked sweet potatoes
1 cup chopped walnuts or pecans (optional)

Preheat oven to 350°F.

In the bowl of an electric mixer, combine eggs, oil, and melted butter. Beat for 45 seconds. Add eggs, one at a time, beating well after each addition.

Whisk together dry ingredients and add to egg mixture, alternately with water. Stir in sweet potatoes, vanilla and chopped nuts, if using.

Transfer batter into 3 buttered and floured loaf pans.

Bake at 350°F for about 60 minutes or until done.

Yield: 3 loaves.

Loaves may be wrapped tightly and frozen for up to 2 months.

Submitted by: CM

Optional : 1/2 Cup coconut
1 cup raisins
1 cup cranberries