

DESTINATION ASIA

Minced Meat Salad (Laap)

Laap, sometimes spelled larb, is the national dish of Laos. This minced meat salad is either cooked or served raw and marinated in fish sauce, citrus and chili peppers. The meat base of laap can be pork, fish, beef or duck, while vegetarian laap contains tofu or mushrooms. It's served with toasted rice and eaten at room temperature with sticky rice or in a lettuce wrap.

Preparation time 15 Minutes **Cooking time** 5 Minutes **Serves** 1-2 People

Ingredients

- 5 oz (150g) minced pork, beef or chicken
- 1 tbsp roasted sticky rice powder
- 1 tbsp cilantro leaves and stems, chopped
- 1/2 cup mint, roughly chopped
- 1/4 cup saw leaf coriander, chopped
- 1-2 chillies, chopped
- 1 tbsp lime juice
- 1/2 tsp salt
- 1 small handful finely sliced banana flower (optional)
- dash of stock powder (optional)
- 1 clove garlic, minced
- 2-3 small green onions, finely chopped
- 1 stalk lemongrass, finely sliced
- 2 long beans, finely sliced
- 1 tbsp fresh galangal, minced
- 1 tsp fish sauce
- 1 tsp dried chili powder
- small handful of bean sprouts

Steps

1. In a pan lightly sauté the meat with salt and half the fish sauce. Cook until brown.
2. Remove from heat and place in separate bowl. Add the remaining ingredients and mix thoroughly.

Notes / Tips

1. Serve with green vegetables and sticky rice.



A recipe from Destination Asia Laos