

POH'S Kitchen Green Paw Paw Salad

(Paw Paw = Papaya)

Ingredients:

200g green pawpaw, shredded
4g fresh garlic
2 bird's eye chillies or to taste
40g dried shrimps, optional
60g white palm sugar
30g fish sauce
60g cherry tomatoes
40g roasted peanuts
2tbl lime juice



Method:

Finely grate or crush the palm sugar. together with peanuts, chillies and garlic.

In a tall, elongated mortar and pestle lightly pound the peanuts, bird's eye chillies and garlic together, for added flavour pound the dried shrimps into this mix if using them.

Next add all the remaining ingredients and gently pound again mixing thoroughly. Using a spoon to scrape the side and turning the paw paw mix will also help to combine the juices.

NOTE *Palm Sugar and Palm Oil are two very different products and it is the destruction of the Orang-utans natural habitat to produce Palm oil in some areas of the world which is a concern. It is a complex subject as palm oil is also produced in some areas without any affect on orang-utan's lives, however the issue here is that palm sugar, on the whole is a sustainable product.