

Yum Salat (Lao Salad)

For the Dressing:

3 egg yolks, boiled
1/2 T cane sugar
1 1/2 T mayonnaise
1 clove garlic, grated
1/2 T fish sauce
1 T lime juice
1-3 T water
Salt, to taste

For the Salad:

4-5 cups red or green leaf lettuce or romaine (or mix and match the lettuces together)
2 scallions, chopped
1/4 cup cilantro, rough chopped
1/2 cup cherry or grape tomatoes, halved
1 small cucumber, sliced into half-moon shape
2 T peanuts, finely crushed (or substitute with sunflower seeds)
3 egg whites, hard boiled

Slice open the hard boiled eggs and remove yolks. Place yolks in a small or medium sized bowl. With a fork or potato masher, mash yolks until relatively smooth; small lumps are acceptable. Excluding the water, add all dressing ingredient to the bowl and mix together with the yolks until thoroughly incorporated and smooth. Add water in small splashes at a time to thin out the dressing until it is mixed in to resemble ranch dressing consistency. Salt to taste.

For the salad, add everything except for the egg whites and mix half of the dressing gently together with the salad. Slice egg whites into thirds and toss into the salad along with the rest of the dressing, then very gently mix everything together.

Recipe by Garden Chef Ilene Rouamvongsor



ATLANTA BOTANICAL GARDEN