

Sie finden mehr Informationen auf meiner Website:
<https://www.romana-airoldi.com>.

In Laos haben wir einen Kochkurs besucht.
Dies ist eines der leckeren Rezepte:

Nyam Salat: Luang Prabang Salad

Ingredients:

3 hardboiled eggs
1 garlic clove
1/2 teaspoon salt
2 tablespoons of oil
3 tablespoons water
3 tablespoons lime juice
1 teaspoon fish sauce
1 1/2 tablespoons sugar
assorted lettuce leaves
1 bunch watercress
2-3 spring onions
handful coriander leaves and stalks
2 tomatoes, sliced
1 cucumber, sliced
1/4 cup roasted, unsalted peanuts, lightly chopped or pounded

Method:

Slice eggs in half lengthwise, and remove the yolks, placing them in a mortar and pestle; slice egg whites.
Add garlic and salt and mortar and pound together until a paste forms.
Add oil, water, lime, fish sauce and sugar and mix well.
Mound lettuce, watercress, spring onions, coriander and mint in a serving bowl.
Arrange tomato, cucumber and sliced egg whites on top.
Sprinkle with peanuts.
Pour sauce over the prepared vegetables.

If you like, you can add some bacon, smoked chicken, salmon or cheese.



Enjoy your meal !

Andere lekkere Recepte und Informationen finden Sie in meinen Büchern:

Pipke en Popke, verhaaltjes voor de kleine wereldburger – ISBN: 9789082479300

Pipke & Popke, Erlebnisse kleiner Weltbürger – ISBN: 9783943054880

Pippa and Paul, stories for the little world citizens – ISBN: 9783961720651