

RECIPE

Thum Mahk Tua

Lao-Style Long Green Bean Salad



Ingredients

- ☐ **Long green beans (yardlong beans)** – 2 cups (about 20 beans), cut into 2-inch lengths
- ☐ **Garlic** – 3–4 cloves (optional)
- ☐ **Bird's eye chilies** – 3–6 (adjust to heat preference)
- ☐ **Dry chilies** (optional)
- ☐ **Cherry tomatoes** – 6–8, halved
- ☐ **Shrimp paste** – ½ tsp
- ☐ **Fermented fish sauce (Padaek)** – 2 tbsp (or to taste)
- ☐ **Fish sauce** – 2 tbsp
- ☐ **Palm sugar** – 1 tbsp (or white sugar)
- ☐ **Lime juice** – juice of 1–2 limes
- ☐ **MSG (optional)** – pinch, for authentic Lao taste

Preparation

1. Add garlic cloves and chilies to a mortar. Pound until coarse and fragrant.
2. Mix in palm sugar, shrimp paste, fermented fish sauce (padaek), and fish sauce. Pound lightly to dissolve the sugar.
3. Add long green beans to the mortar. Gently pound and press while tossing to bruise the beans
4. Add cherry tomatoes and pound gently. (Don't smash them into a paste).
5. Add lime juice last, toss everything, and taste. Adjust fish sauce, padaek, lime juice or sugar as desired.

Serve immediately with sticky rice, grilled meats, or as part of a Lao meal.