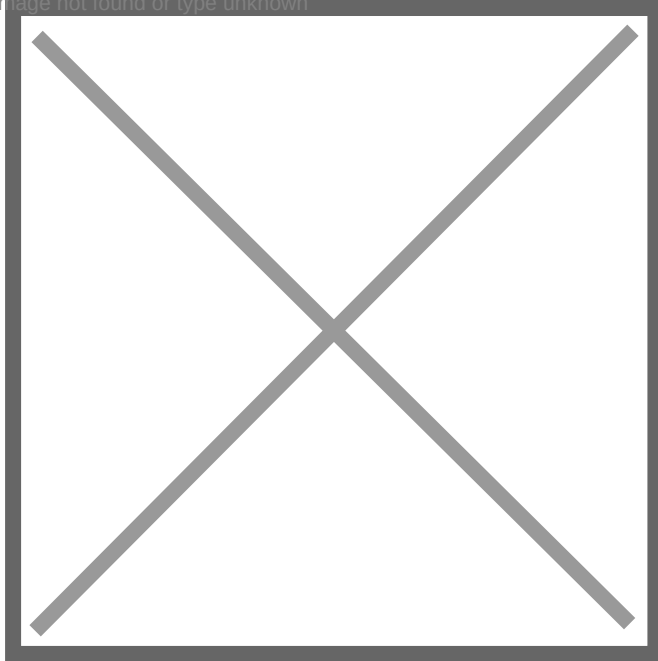




Thai Carrot Salad

Oscar · 29/09/2024

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Prep Time

1 hr

Difficult

Medium

Servings

1 hr 25 mins

Description

I got this carrot salad recipe from the cook at my favorite Thai restaurant in Cincinnati. His carrot salad was one of the most popular salad appetizers. People would buy multiple orders to go to bring this as a takealong dish to an event. This is even better made a day ahead.

Ingredients

- - 1 pound carrots
- coarsely grated - 1 cup white sugar - ½ cup water - ½ cup rice vinegar - 2 tablespoons minced garlic - 2 tablespoons Thai fish sauce - 1 ½ teaspoons Thai red curry paste - 2 tablespoons lime juice - 1 tablespoon red pepper flakes - ½ cup finely chopped unsalted peanuts

Instructions

1. Place grated carrots in a large bowl. Combine sugar
2. water
3. and vinegar in a saucepan and bring to a boil; cook until sugar is dissolved
4. about 5 minutes. Reduce heat to medium; add garlic
5. fish sauce
6. and curry paste to sugar mixture and simmer until flavors blend
7. 2 to 5 minutes. Remove from heat and cool dressing completely
8. about 30 minutes. Stir lime juice and red pepper flakes into dressing and pour over carrots. Add peanuts and toss to coat. Refrigerate until chilled
9. at least 30 minutes. Cook's Note I usually double this recipe since a large bag of carrots yields lots of salad. Using tamarind is the traditional method; however
10. it is hard to find in regular grocery stores. Any Asian grocery store will have it. Lime juice makes a reasonably good substitution. The amounts of Thai red curry paste and red pepper flakes can be increased to suit your taste (it is Thai food
11. after all). The dressing is very similar to one of the dipping sauces usually served with Thai spring rolls
12. so the dressing can be made on its own for that purpose. I have also used this as a dressing for a thinly sliced cabbage slaw.