



Thai Chicken with Lime, Chili and Fresh Herbs (Larb Gai)

Ingredients:

1/4 cup raw sushi or brown rice or 2 tablespoons roasted rice powder (available at Asian markets)

1 lb. ground chicken or turkey meat

1/2 teaspoon chili powder or crushed red pepper flakes

4 tablespoons fish sauce

1 tablespoon grated or finely chopped fresh ginger root

1 tablespoon sugar

1/4 cup fresh squeezed lime juice

1/4-1/2 cup thinly sliced red onions

1 shallot, thinly sliced

1/4 cup chopped cilantro

1/4 cup whole fresh mint leaves

3 scallions, sliced thin

Lettuce leaves, cucumber slices and/or jasmine rice for serving

Instructions:

If making the rice powder from scratch, heat a skillet over high heat and add the 1/4 cup raw rice to the dry pan. Stir often until the rice is toasted and dark brown, but not black, about 3-5 minutes. Remove from the pan and set aside to cool. Grind the rice in a food processor, mortar and pestle or coffee grinder until it is a coarse powder. Set aside.

To cook the chicken, heat a wok or large skillet over medium-high heat. When very hot add 2 tablespoons of water (or spray with canola oil cooking spray) and add the chicken, stirring constantly to break up the lumps. Cook until just cooked through and no longer pink, about 2-4 minutes. Turn off the heat under the pan and add the chili powder, fish sauce, sugar, ginger, lime juice, red onion, shallot and roasted rice powder to the pan. Stir the ingredients into the warm chicken for about a minute. Mix in the cilantro and mint just before serving.

Serve the chicken mixture over a bed of butter or Boston lettuce leaves with sliced cucumbers with a side of rice if desired. You can also use the chicken mixture as a filling for lettuce wraps.

If eating as a salad, I would say this serves 2-3. If this is being served with rice or other accompaniments it should serve 4.