

Thai Tossed Beef Salad (Yam Nuea)

Adapted from one of Colonel Ian's Thai Recipes

Servings: 4



Yam Nuea literally means "tossed beef". This is a simple beef "salad", and can be eaten hot or cold. Consequently it can be made with left over Sunday roast...

This should be on the hot side of neutral, but really is more spicy than "hot". However it is normal to add substantial amounts of hot condiments to it to suit yourself.

Ingredients

1 pound tender beef

SALAD:

¼ cup sliced onions, separated

2 tomatoes, wedged

¼ cup sliced cucumbers

¼ cup thinly sliced red and green chilies

SAUCE:

¼ cup fish sauce

¼ cup lime juice

1 tablespoon sweet dark soy sauce

3 tablespoons minced garlic

3 tablespoons minced ginger

3 tablespoons chopped cilantro

¼ cup chopped green onions

¼ cup chopped shallots or purple onions

1 tablespoon sesame oil

1 tablespoon chili oil

Cooking Method

Barbeque the beef, and thinly slice it into bite sized pieces, combine with the salad ingredients, and mix the sauce and toss the whole.