

Laotian Pork Larb with Chilli, Coriander and Mint in Crisp Lettuce Leaves

Serves: 4



TASTE OF AUTUMN FACT

This autumn, we have created a Larb recipe, which is the national dish of Laos. The word 'larb' refers to meat that has been finely chopped or pounded. Larb dishes are synonymous with good luck and traditionally eaten on special occasions, including weddings, festivals and New Year's celebrations.

This is a salad-style dish containing meat. Historically, it was consumed by the aristocracy and royalty, with servants not permitted to prepare the delicate dish. Instead, Laotian high society women would prepare it for their guests. The head of the household would then have the honour of mixing the ingredients before serving the salad to their guests.

INGREDIENTS

- 1 ½ tbsp Long Grain Rice
- 25ml Vegetable Oil
- 665gm Pork Mince
- ⅔ tsp Caster Sugar
- 20ml Fish Sauce
- 1 ½ Limes - juice only.
- 105gm Eschalots - top, tail, peel, halve and finely slice.
- 3 Shallots - green stem only, finely slice widthways.
- 1 ½ Red Bullet/Birdseye Chilli - remove stem and seeds (discard), finely slice widthways.
- ⅓ bunch Coriander - leaves and stem - rinse, drain and finely chop.
- ⅓ bunch Mint - pick leaves, rinse, drain and finely chop.
- 8 medium Baby Cos Lettuce Leaves - rinse, drain and refrigerate until required.
- As Required - Crispy Fried Garlic (can be purchased from a supermarket).



METHOD

1. Over a low heat in a sauté pan, add the rice, stirring continuously, dry sauté for 10 minutes or until the rice is fragrant and a light golden colour. Remove from the heat. Let cool for 5 minutes, then using a mortar and pestle or spice grinder, grind the rice to a coarse powder. Set to one side.
2. Over a moderate heat in a wok, add and heat the oil until it begins to smoke. Next, add the pork mince. Stir fry for 2 minutes, making sure to break it up so there are no lumps, and allow to brown evenly on all sides.
3. Add the rice, sugar, fish sauce and lime juice and stir fry for another 30 seconds.
4. Add the eschalots, shallots, chilli, coriander and mint and stir fry for another minute or until the pork is cooked through. Remove from the heat.

TO SERVE

Place the lettuce leaves in a serving bowl. In a second serving bowl, place the pork larb for guests to help themselves by filling their lettuce leaves with the larb.

Finally – place the crispy fried garlic in a third bowl for guests to sprinkle on top of their larb for a little extra crunch.
