



Ginger Salad

Prep 20 min. Ready In 20 min.

Recipe By: Kate Leahy

“Ginger salad is nearly as popular as tea-leaf salad in Myanmar and is just as crunchy. This version uses purchased pickled ginger; i.e., the same ginger on your sushi tray. This healthy salad recipe also has the nontraditional addition of romaine lettuce, which gives it a lighter bite.”

Ingredients

- 2 tablespoons fried shallot oil (see Tips) or canola oil
- ¼ cup thinly sliced pickled ginger plus 1 tablespoon pickling liquid
- 2 tablespoons lime juice
- 1 tablespoon fish sauce (see Tips)
- 6 cups sliced romaine or Little Gem lettuce
- 2 cups shredded green cabbage
- ¼ jalapeño pepper, seeded and minced
- 3 tablespoons fried garlic (see Tips)
- 2 tablespoons chopped roasted peanuts
- 2 tablespoons toasted sunflower seeds

1 tablespoon toasted sesame seeds
½ cup fresh cilantro
1½ tablespoons toasted chickpea flour (see Tips)
¼ teaspoon crushed red pepper

Directions

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Whisk oil, pickling liquid, lime juice and fish sauce in a large bowl. Add pickled ginger, lettuce, cabbage, jalapeño, garlic, peanuts, sunflower seeds and sesame seeds; mix to combine. Transfer to a serving platter or bowl and sprinkle with cilantro, chickpea flour and crushed red pepper.

Tips: To prepare Fried Shallots & Fried Shallot Oil: Place a fine-mesh strainer over a heatproof bowl. Heat ½ cup canola oil in a small skillet over medium-high heat. Add ½ cup halved and sliced shallots, reduce heat to medium and cook, stirring often, until golden brown, 3 to 5 minutes. Pour the shallots and oil through the strainer. Transfer the shallots to a paper-towel-lined plate. Reserve the oil, if desired. Store fried shallots airtight at room temperature for up to a week; refrigerate the oil for up to 2 months. Made from salted fermented fish, fish sauce is a pungent, funky condiment found with other Asian ingredients at the supermarket. Thai Kitchen is a widely available brand that is lower in sodium. To prepare Fried Garlic & Fried Garlic Oil: Place a fine-mesh strainer over a heatproof bowl. Heat ⅓ cup canola oil in a small skillet over medium heat. Reduce heat to low and add ¼ cup sliced garlic; cook, stirring frequently, until the garlic is golden brown, about 4 minutes. Pour the garlic and oil through the strainer. Transfer the garlic to a paper-towel-lined plate. Reserve the oil to use on salads. Store fried garlic airtight in a cool dark place for up to 1 month; refrigerate the oil for up to 2 months. To prepare Toasted Chickpea Flour: Toast ¼ cup chickpea flour in a dry medium skillet over medium heat, stirring frequently, until golden, about 3 minutes.

Transfer to a small bowl and let cool. Store airtight in a cool dark place for up to 2 months. (Made from ground dried chickpeas, chickpea flour is used in Burmese salads. Look for it at supermarkets in the natural-foods or gluten-free section. Store airtight in the freezer.)

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