



Nasi Ulam-Malay Mixed Herb Rice Salad

Featured on May 4th, 2018 for “Asian Pacific American Foodways” demo with Chef Patricia Tanumihardja

“I love eating this flavorful rice salad for a light lunch during summer. Unless you’re a stickler for tradition, you can add whatever herbs you have growing in your garden or that you picked up at the farmers’ market. Choose between cilantro and parsley; between Italian basil and Thai basil. Don’t throw in the herbs while the rice is still warm, the herbs will blacken. If you’re impatient, wait till it cools down to at least room temperature. To turn this dish into a more complete meal, toss in shredded carrots or green beans, and top with shredded omelet or baked tofu or tempeh.”- Patricia Tanumihardja

Nasi Ulam

Prep Time: 25 minutes plus 10 minutes sitting time

Cook Time: 45 minutes (5 minutes active)

Serves: 4

Ingredients

Salad

2 cups (400g) dry Wild Rice blend (Lundberg or Della brands have them)

1/2 cup (10g) loosely packed Thai or Italian basil leaves, finely sliced

1/2 cup (10g) loosely packed mint leaves, finely sliced

1/2 cup (10g) loosely packed cilantro leaves, finely sliced

4 *makrut* lime leaves, central ribs removed and finely sliced (optional), or 2 teaspoons lime zest

½ cup (60g) thinly sliced shallot, soaked in water to tame its bite

2 plump stalks lemongrass, trimmed and minced (2 to 3 tablespoons)

1 cup (60g) toasted unsweetened coconut flakes

2 to 3 Thai chilies, thinly sliced (optional)

Dressing

Juice from 2 large limes (4 tablespoons)

2 teaspoons fine sea salt

2 teaspoons granulated sugar

½ teaspoon freshly ground black pepper

Garnish

2 tablespoons fried garlic bits

2 tablespoons fried shallots

2 tablespoons crushed roasted peanut

Sliced tomatoes or cucumbers

Directions

Cook the wild rice blend according to the package directions. You should get about 5 cups of cooked rice. Chill for 2 hours.

Stir together the lime juice, sugar, salt, and pepper in a big serving bowl to make the dressing. Add the cooked rice, basil, mint, cilantro, lime leaves (if using), shallot, lemongrass, and toasted coconut and toss. Let sit for 10 minutes for the flavors to meld.

Sprinkle with fried garlic, fried shallots and crushed peanuts. Serve with sliced cucumbers or tomatoes.

Notes:

This recipe is easily multiplied to serve a crowd.

Instead of wild rice, try using a fluffy rice like basmati or jasmine rice, just not a short grain rice like Japanese or Arborio because it would be too sticky.



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