

Recipe

Thai Squid Salad with Lemongrass Dressing (Yam Pla Muek)

Dressing Ingredients

1 medium lime—juiced

1 whole shallot—peeled/thinly-sliced into rounds

1 garlic clove—peeled/sliced

1 (one-inch) piece of ginger—peeled/minced

1 teaspoon of brown sugar

1 tablespoon of Thai fish sauce (nam pla)

2 tablespoons of chopped fresh cilantro (leaves & stems)

Dressing Directions

- Combine the lime juice, fish sauce, brown sugar in a bowl—mixing with a spoon.
- Chop/slice the peeled garlic, fresh ginger, Thai chilis, shallot, and cilantro.
- Combine the lime-sauce with your fresh-chopped ingredients. Let it rest at room temperature while you prep the squid—so the flavors meld and the sugar melts into the liquid.

Squid Salad Ingredients

- 1 lb of fresh squid (tentacles & tubes)—cleaned and chipped
- 2 green onions—cut into ¼-inch rounds (green and white parts)
- 3 tablespoons of rough-chopped mint leaves
- 2 stems of lemongrass—smashed and finely chopped
- 1 Thai chili—sliced into thin rounds

Squid Salad Directions

- Bring a pot of water to boil.
- Cut the squid tentacles / rounds into bite-sized slivers while the water heats up.



- Smash the stalks of lemon grass with a rolling pin until semi-flattened. Remove the outer two layers of the lemongrass. It's too dry/pithy to eat.
- Cut off/discard both the woody bottom of the lemongrass and the stalks' dried-out tops. You just want to eat the soft and tender inside.
- Slice up the pale-yellow green lemongrass stalks. Continue (finely) chopping the smashed lemongrass into a fine mince.
- Chop up your green onions / mint / Thai chili—placing them in a large salad bowl with the lemongrass.
- Place your squid in a ceramic bowl. Ladle one cup of steaming water over the squid pieces—letting the squid sit in the boiling water for 30-45 seconds.
- Drain your squid in a pasta strainer and return it to the ceramic bowl. Repeat the ladling/draining step two more times. (Flash-cooking the squid off of the stovetop helps avoid a rubbery squid result)
- Place the warm squid into the salad bowl with the lemongrass/herbs/chili/green onion.
- Crown the squid and fresh-chopped ingredients with your dressing. Toss it all together. You can serve the dish warm or allow it to cool in the fridge for an hour.

Chef Chris Atwood's Notes:

Squid shouldn't taste rubbery or like an elastic band. This Thai recipe cooks the squid off the stove using steaming-hot water—allowing the squid to cook until just tender. For all the flavors to fully marry and blend, let the salad rest for an hour at room temperature or in your fridge. Resting the squid in the dressing lets the fresh herbs, Thai chilis, and lemongrass to infuse their flavors into the tangy dressing. Yam Pla Muek will keep in your fridge for 3-4 days—but I doubt you'll have any leftovers after tasting it!

