

ລາບ ໄກ່ Minced Chicken Salad

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Larb means 'minced meat' and *Gai* means 'chicken'. This is a delicious dish that is full of contrasting flavors that you can pair with sticky rice for a light and delicious meal. As long as you have the most important two ingredients, you'll be able to reproduce larb in under 30 minutes!

The most important ingredients in larb are ***khao khua*** (roasted or burnt rice powder) and ***padaek*** (chunky fermented fish sauce).

You Will Notice an Odor While Cooking Larb Gai:

For those who are not familiar with Lao ingredients, or when making larb gai for the first time, you may notice a very distinct, strong pungent smell at first. ***Why?***

Authentic *larb gai* is made with *padaek* which is a fermented fish made into a thick fish sauce. Fermented fish is what makes larb smell. If you can't get over the smell, this is one of the ingredients that can be omitted from the recipe without any substitutions.

The following recipe makes 3 servings

Prep time: 20 minutes

Cook time: 10 minutes

Total time: 30 minutes



Padaek (fish sauce)
(Any brand will do.)



Roasted Rice Powder
(Any brand will do.)

Ingredients

- 1 pound of ground chicken
- 1/2 cup of cooked chicken skin, sliced (found at asian markets)
- 1 tablespoon of cooking oil
- 1 lime, juiced
- 2 inch pieces of lemon grass
- 2 tablespoon of khao khua (toasted rice powder)
- 2 tablespoons fish sauce
- 2 cloves garlic, minced
- 1/4 cup of scallions, minced
- 1/4 cup of cilantro, minced
- 1/4 cup of spearmint, minced
- 2 thai chilis, chopped
- 1 tablespoon of crushed dried chilli



Instructions

1. Prepare: garlic, scallions, cilantro, spearmint and thai chjlis.
2. In 10' skillet or wok add cooking oil and use medium-high heat.
3. Once the oil is heated, add in the ground chicken.
4. Next, add in the *padaek* (fermented fish sauce). Blend until thoroughly distributed in chicken, using spatula or other utensil to break up chicken.
5. Continue cooking the meat, breaking up the ground chicken as much as possible.
6. Once the ground chicken is cooked through, take it off of the heat and try to continue to break up the ground chicken with a fork or other cooking utensil.
7. With the chicken still warm, add in the lime juice to the skillet.
8. Next, **and most importantly**, add in the khao khua (toasted rice powder) and mix thoroughly.
9. After that, add in the dried, crushed chilli and mix thoroughly
10. Finally, mix in the chicken skin and the rest of the herbs and lemon grass.

NOTE: It is important to add the ingredients in this order to obtain the best flavors and textures.

NOTE: You may increase, reduce, or omit chilis to your taste.

NOTE: You may make this dish with other meats as well!
Try it with beef or pork!

ITS OK TO EAT WITH YOUR FINGERS!

Try eating this dish in traditional Lao and Thai fashion:
Roll sticky rice into a ball with your fingers and use the ball to scoop” the larb gai into your mouth.