

Issue Six | Winter 1996

Hot Stuff

Your editor describes his favourite Tsolyáni dish: Spicy Jakállan Hmelu Salad

Ingredients

Some of you may have problems getting hold of genuine Tsolyáni ingredients, so Earth equivalents are given where possible.

1/2 psé of best hmelu meat	12 oz fillet steak
1 bashélikh	3 or 4 red shallots, thinly sliced
1/2 tsp salt	1/2 tsp salt
4-5 tbsp hlingu seeds	1/2 tsp ground pepper
1/2 tsértse of kaika stock	1/2 tsp fish sauce
5-6 chopped kaókh leaves	4 fl oz chicken stock
2 tbsp dlél fruit juice	1 tbsp coarsely chopped fresh mint leaves
	2 tbsp coarsely chopped fresh coriander leaves
	2 tbsp glutinous rice, dry-fried and ground
	2 tbsp fresh lime juice
	2 small red chillies, finely sliced

To substitute for the hlingu seeds, mix the chillies, ground rice and pepper.

To substitute for the kaókh leaves, mix the mint and the coriander

Grill the hmelu—or the steak and the fish sauce—under a high heat until cooked to your liking. Slice it thinly. Mix all the other ingredients in a bowl. Add the hmelu meat and mix again. Serve with any convenient, fresh leafy vegetable. Simple, isn't it?

