



## Vietnamese Coriander - *Persicaria odorata*

### Tips for Use:

- Can be found fresh in Asian markets as Vietnamese coriander, Vietnamese mint or rau ram.
- Is most often used fresh, added as a garnish or towards the end of cooking.
- Cilantro or mint are sometimes used as a substitute.
- Young leaves have the best flavor and are preferred.

### Yam Makeua Yang

*(Thai Eggplant Salad)*

*Thai dishes known as yams are often translated into English as "salads", perhaps for lack of a better word. Like salads, yams are often served at room temperature and include fresh herbs and raw vegetables. Unlike salads, however, which Westerners often eat to refresh their palates, yams are anything but shy in flavor. In Thailand they are often served when people get together for a glass of beer and want something to nibble on.*

*In this yam, Asian eggplants - long and narrow and ranging from deep purple to pale violet - are broiled and tossed with shallots, Vietnamese coriander, and a dressing that is at once salty, sour, spicy, and slightly sweet. After you have made the salad once, you may want to experiment with the balance of seasonings, perhaps increasing the chili heat.*

*Vietnamese coriander is known in Vietnam as rau ram and in Thailand as pak chi wietnam. It is usually sold in open bunches or in cellophane and can be found at Vietnamese and Thai markets.*

1 1/2 pounds long narrow Asian eggplants (about 5 to 6 medium)

1/2 cup thinly sliced shallots (about 2 large), separated into rings

1/2 cup coarsely torn Vietnamese coriander leaves, or 1/4 cup coarsely torn regular fresh coriander leaves and 1/4 cup chopped fresh mint leaves

6 tablespoons fresh lime juice

3 tablespoons Asian fish sauce (preferably naam pla)

1/4 teaspoon sugar



1/2 to 1 small fresh red or green Thai (bird) chile or serrano chili, minced (wear rubber gloves)

**Accompaniment:**

1 head Bibb lettuce, separated into leaves, rinsed, and spun dry

Sticky rice or jasmine rice

Preheat broiler.

Cut eggplants diagonally into 1/4-inch-thick slices, discarding stem ends. On a lightly oiled large baking sheet arrange slices in one layer and broil 4 to 6 inches from heat until golden, about 8 minutes. Turn slices over and broil until golden, about 8 minutes. Cool eggplant slices slightly and chop coarse. In a bowl combine eggplant, shallots, and Vietnamese coriander (or alternative).

In a small bowl stir together lime juice, fish sauce, sugar, and chili and pour dressing over eggplant. Toss mixture well and let stand 30 minutes to blend flavors.

Arrange lettuce on a plate, overlapping leaves, and mound eggplant on tip. Serve eggplant with rice. Lettuce leaves can be used to pick up some salad.

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**Do you have a recipe using Vietnamese Coriander to share?  
Please send it to [Educator@herbsociety.org](mailto:Educator@herbsociety.org)**