









Table 1: Raw fish dishes commonly prepared in southern Laos

Name of dish	Description of preparation
Sticky fish salad (<i>Lap Pa Nuew</i>)	Mince fish, except head and tail, produce a soup with rest of fish and add fermented fish sauce, add it gradually to the minced fish while stirring until the minced fish becomes sticky; then add salt, glutamate, galangal, grilled chili, coriander (<i>Eryngo</i>) and mint. Serve with green mustard green (<i>Pak Kad Kiew</i>), <i>Pak Ka Donh</i> (<i>Careya arborea</i>), young mango leaves, mango, sour leaf (wild) and/or Lao-style fried rice (roasted rice).
Fermented fish (<i>Som Pa Juom</i> , <i>Som Pa Jao</i>) cooked with <i>Pa Siew</i>	Add salt to raw fish (cut in small pieces), and leave ferment for 1 to 4 weeks. Then mix with spices and glutamate, natural leaves from paddy fields, green tamarind, and galangal. Serve with eggplants, tamarind and/or grilled banana.
Sticky fermented fish (Lao fish sauce) (<i>Pa Daek Nuew</i>)	Grill fish (<i>Pa Siew</i>) or leave it dry in sunlight, pound dried fish and add a little bit of water, then combine with spices (and salt and glutamate), keep it in bamboo stick for the fermentation a few months. Add alcohol or rice schnapps.
Fish salad (<i>Koi Pa/Koi Kuan Som</i>), we cook <i>Pa Kor</i> (<i>Channa striata - Ophiocephalus striatus</i>) and <i>Pa Khao Mon</i> (<i>Puntius brevis</i>)	Slice fish meat delicately into edible pieces, then squeezing fish meat and weaver ants until meat is hardening and the colour of fish changes to white. Mixing white fish meat and ingredients such as salt, glutamate, galangal, Lao-style fried rice (roasted rice), grilled chilli, fermented fish, <i>Eryngo</i> (saw tooth coriander). Serve with <i>Pak Choi</i> (<i>Brassica rapa var. chinensis</i>), dill, <i>Pak Ka Donh</i> (<i>Careya arborea</i>), mint (<i>Mentha arvensis</i>), lettuce (<i>Lactuca sativa</i>), wild vegetable (<i>Song Pha</i>), and young chayote leave.
<i>Pa Siew</i> salad (<i>Loi Pa Siew/Koi Pa Siew/Koi Kun Som</i>) cooked by <i>Pa Siew</i>	Squeeze weaver ants and lime with fish until fish meat colour changes to white. Mix with salt, glutamate, Lao-style fried rice (roasted rice), and chilli. Serve with <i>Pak Choi</i> , dill, <i>Pak Ka Donh</i> (<i>Careya arborea</i>), mint, and young chayote leave, sour leaf (wild).
Lao fish salad (<i>Lap Pa</i>)	Squeeze weaver ants and lime with fish until fish meat colour changes to white. Mix with Lao-style fried rice (roasted rice), galangal, glutamate, salt, grilled chilli, fermented fish, coriander (<i>Eryngo</i>). Serve with <i>Pak Choi</i> , dill, <i>Pak Ka Donh</i> (<i>Careya arborea</i>), mint, and young chayote leaves.
Lao fish soup (<i>Soy Soth</i>)	Boil head and tail of fish as soup and leave until cool. Cut rest of fish meat in pieces and squeeze with weaver ants until the colour of the fish meat is white. Mix with salt, glutamate, chili and green onions, and add the fish meat into the soup. Serve with <i>Pak Choi</i> , dill, <i>Pak Ka Donh</i> (<i>Careya arborea</i>), mint, young chayote leave.
Wrap fish in vegetable and sauce (<i>Soy Jum/Soy Pa/Soy Ta Puern Jiew</i>): <i>Pa Kor</i> (<i>Channa striata - Ophiocephalus striatus</i>), <i>Pa Pak</i> (<i>Hypsibarbus vernayi</i>), <i>Pa Kaeng</i> (<i>Cirrhinus molitorelle</i>), or big fish size	Cut fish delicately and squeezing with weaver ants (<i>Oecophylla smaragdina</i>) until fish colour has changed to be white. Cooking the sauce from the soup of squeezing fish meat and weaver ants by combining with ingredients below. Add salt, glutamate, galangal, and chilli. Wrap the fish in vegetables and put it into the sauce. Serve with Dill, <i>Pak Ka Donh</i> (<i>Careya arborea</i>), sour leaf (wild; <i>Pak Tiew</i>), <i>Pak Choi</i> (<i>Brassica rapa var. chinensis</i>), morning glory.
Sticky fermented fish sauce (<i>Jiew Pa Daek Nuew</i>)	Use sticky fermented fish (see above). Mix with salt, glutamate, chilli, green onion, and mint. Serve with tamarind and vegetable or eat with only sticky rice.
Papaya salad (<i>Tam Mak Hoong</i>)	Shred green papaya. In a mortar pound with salt, glutamate, sugar, tomato, chilli, garlic, raw fermented fish (sticky/liquid fermented

	fish), and lime juice. Serve with lettuce, cabbage, morning glory, and jackfruit leaf.
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