



Thot Man Pla Curried Fish Cakes

Ingredients

- ½ kg boneless fish steak, minced
- ¼ kg winged beans or French beans, finely chopped
- 1 egg, beaten
- ¼ cup chopped shallots
- ¼ cup chopped garlic
- ¼ cups chopped lemon grass
- ½ tablespoon chopped galangal root
- ½ tablespoon chopped coriander roots
- ½ tablespoon peppercorns
- ½ tablespoon grated kaffir lime rind
- 1 tablespoon shrimp paste
- 5-10 dried chilies, soaked and shredded
- ½ tablespoon salt
- 1 cup vegetable oil, to fry



Galangal is an East Asian tropical shrub with lance-like leaves, iris-like flowers, and reddish brown, woody rhizomes. The name galangal is derived from the Arabic khalanjan, referring to Chinese ginger. Galangal is an important herb in Saudi herbal medicine.

Galangal Root, also known as Siamese Ginger, Gao Ling, Ju Ju Powder, Catarrh Root, Chewing John, China Root, and Low John the Conqueror, is native to China, Southeast Asia, and Indonesia. has a ginger-like, peppery, wild, slightly camphor-like fragrance.

Chef Michael's Kitchen



Continuing with our series of recipes from Michael Walters Kitchen at Mondos, we thought you might like to try another of his creations at home.

On the other hand, if like me, you don't know your galangal root from a hole in the road, you could always pop in and have it done for you!

Method

Pound or grind together the shallots, garlic, lemon grass, coriander root, galangal root, krachai root, peppercorns, grated kaffir lime rind, shredded dried chilies, salt and the shrimp paste to a fine paste.

Put the minced fish in an electric blender and blend in the curry mixture.

Add the beaten egg.

Pour the curried fish mixture into a large bowl and mix in the chopped beans.

Make flat round fish cakes. Use about 1 spoonfull of the fish mixture at a time.

Heat the oil in a frying pan and deep fry the fish cakes until golden brown.

Serve with cucumber dressing or sweet and sour sauce.

Galangal Root

The root was formerly dried and powdered, then used as a snuff to treat cold and flu symptoms. It has also been used as a perfume. At least since the Middle Ages, Galangal Root has been famous as an aphrodisiac for both male and female.

Galangal Root has also been used as a digestive aid, especially in combating dyspepsia and flatulence. It is also seen as a remedy for seasickness and motion sickness. Galangal Root is a member of the Ginger family, and has been used for many of the same ailments as Ginger Root.

Constituents of Galangal Root include essential oils, including eugenol, and lactones. Galangal is used in Ayurvedic and Tibetan medicine to aid in treatment for rheumatism, bronchitis, flatulence, nausea, disorders of the pancreas, breast and heart.

St. Hildegard of Bingen (1098-1179) was one of the foremost herbal authorities of her day. Galangal was so highly revered by her that she actually wrote that it had been given by God to provide protection against illness. "The spice of life," as she called galangal, appears in many Hildegard formulas.

