



Living Pad Thai

This is not exactly like Pad Thai in Thailand which is a hot dish made with rice noodles but it is still quite delicious. The key ingredient for the sauce is tamarind. Tamarind is indigenous to tropical Africa, but it is often produced in Southeast Asia or Mexico. You may have tasted it in Indian or Thai recipes. The best way I can think to describe it is very tart with some sweet hints as well. It is a common ingredient in many global cuisines. Best of all, it's both reasonably priced and relatively easy to find in Asian or Indian food markets. If you can't find it, the dish will be ok with a little extra tamari.

2 servings

Vegetable Ingredients

- ½ package kelp noodles
- 3 scallions sliced
- 1 cup napa cabbage, thinly sliced, use the soft upper part
- 1 large carrot julienned
- 3 cups mung bean sprouts, rinsed and dried on a kitchen towel **
- 2 cup fresh cilantro, chopped, large stems removed

Sauce Ingredients

- 2 Tb ginger, about 1 inch peeled and chopped
- 2 pitted and soaked dates
- 2 garlic cloves
- ¼ cup tamarind juice or 2 Tb tamarind paste
- ¼ cup water
- ½ cup tahini
- 1-2 thai chilies seeded and chopped or ¼ cup thai curry paste or sriracha
- 2 Tb lime juice

2 Tb wheat free tamari
1 Tb toasted sesame oil

- Blend all sauce ingredients in a blender until smooth. If you like it hot use 2 chili peppers. If not use only 1. You want it to be quite spicy. The flavor will be less hot when you put it on the noodles.
- Remove kelp noodles from package soak for 10 minutes in fresh water. Rinse very well under cold running water. Set aside and let drain. Dry on a kitchen towel.
- Prepare all the vegetables. Slice the cabbage as thinly as possible. Using a julienne peeler, julienne the carrots. Slice the scallions and chop the cilantro. Place all vegetables into a large bowl. Add the mung bean sprouts.
- Cut the kelp noodles into 3" pieces.
- Add enough sauce to coat the vegetables about 3/4 of the batch.
- Toss vegetables in the sauce.
- Serve with a little extra sauce drizzled on top

**Note: If you can't find mung sprouts in the supermarket go into a Chinese restaurant and ask to buy some. This is where I get them.

