

# Flavors of Rochester at the Market

## Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market,  
Friends of the Rochester Public Market, and Democrat and Chronicle  
Saturdays, May through September 10 a.m. to 12 p.m.*

[www.cityofrochester.gov/marketflavors](http://www.cityofrochester.gov/marketflavors); [roc.democratandchronicle.com/section/flavors](http://roc.democratandchronicle.com/section/flavors)

Guest Chefs for June 20, 2015:

***Marilyn Ajavananda and Jack LoCastro***

### RECIPE: Thai-style Green Apple Salad

#### Ingredients:

- 1 Granny Smith apple, julienned
- 1 carrot, julienned
- 1 large shallot, sliced lengthwise
- Handful grape tomatoes, quartered
- ¼ cup green beans, trimmed and cut into 2 inch lengths
- 1 tablespoon dried shrimp
- ¼ cup roasted peanuts
- the juice of ½ lime
- fish sauce, to taste
- sugar, to taste
- 2 Thai chilies, chopped
- ¼ cup chopped cilantro
- clove or 2 of garlic

#### Method:

In a mortar and pestle, add the green beans and about 6 grape tomatoes cut in half. To that, add the shallots, chilies, a tablespoon of dried shrimp, and a clove or 2 of garlic. Pound that mixture together until the tomatoes are crushed and the green beans are bruised.

Season your mixture with about a teaspoon each of fish sauce and sugar and continue to lightly mix in the mortar and pestle until the ingredients are combined. Finally, add a ¼ cup of roasted peanuts and crush them coarsely. If you don't have a mortar and pestle, you can do all of this with a ziplock bag and a rolling pin.

Combine the contents of the mortar and pestle with the apple and carrots in a large mixing bowl. Add the shallots, toss everything together and give it a final taste. Balance out the flavours if you have to and finish by adding a handful of fresh chopped cilantro.