THAI · SAUCE

Nam Jim Jaew (Thai Toasted-Rice Dipping Sauce)

15 min · Makes 8 × 1 tbsp · 26 kcal a portion · Video 13:09 · Pailin's Kitchen

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

Tangy, smoky and spicy with no oil: a tablespoon has about 26 kcal and 1.5 g of added sugar. It is an intense dip rather than a pouring sauce, so a little goes a long way.

Diet notes: Low saturated fat (0 g, 0% of the energy); DASH-friendly (180 mg sodium a serve).

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Ingredients 8 · MAKES 8 × 1 TBSP

- [ ] 1 tbsp **glutinous rice** (or jasmine rice), uncooked, toasted and ground
- [ ] 2 tbsp **Thai tamarind paste** (tamarind concentrate)
- [ ] 1 tbsp **fish sauce**
- [ ] 1 tbsp **lime juice**
- [ ] 1 tbsp **palm sugar**, finely chopped and packed
- [ ] 2 tbsp finely diced **shallots**
- [ ] 1 tsp **toasted chilli flakes**, or to taste
- [ ] 3 tbsp chopped **fresh herbs** (coriander, spring onion and/or mint)

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toast the raw rice in a dry frying pan over medium-high heat, stirring constantly, until dark brown (it gets smoky, so ventilate). Tip out at once and grind in a mortar or spice grinder, leaving it a little gritty. 2:09
2. For a smokier heat, toast the chilli flakes in a dry pan for a few minutes until they darken. 1:54
3. In a small bowl, stir the tamarind paste, fish sauce, lime juice and finely chopped palm sugar until the sugar has mostly dissolved; a few stubborn bits will melt as it stands. 2:42
4. Stir in the shallots and chilli flakes. Just before serving, add the toasted rice powder and the chopped herbs. Serve as a dip for grilled, fried or boiled meats. 3:21

> **Tip** Makes about ½ cup (8 portions of 1 tbsp). Use Thai tamarind paste, not thick Indian concentrate. Add the rice powder and herbs just before serving so they stay fresh. Great with grilled steak, chicken or pork.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
26 kcal	0.5 g	6.4 g	0.4 g	0.1 g	180 mg
110 kJ	1% of a day	6 g net · 3.6 g sugars	2% of a day	0 g saturated	8% of a day
		2% of a day		0% of a day	

Energy from net carbs 90% · protein 7% · fat 3%

Recipe and video: Pailin's Kitchen (@PailinsKitchen) on YouTube — youtube.com/watch?v=EVeIrzR05Vs, published 6 October 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/nam-jim-jaew-thai-dipping-sauce