

# Mana Cabbage®

Living a life of peeling the

*Green Papaya*  
Another Craft Esthetic Indulgence



*Green Papaya Salad*  
*Recipes*  
compiled & presented by  
*Randolph L. Craft*

# Mana Cabbage®

The legacy of living in a world of  
**Green Papaya Salad**  
An Aesthetic & Artistic Indulgence

Recipes  
compiled & presented by  
Randolph L. Craft

Mahalo  
Lien Yeomans

for the structure and history presented herein.

Please visit: [www.greenpapaya.com](http://www.greenpapaya.com) for a global source of what is to follow.

please visit:

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*share this with as many people as you think might enjoy it.*

**Mahalo**

Note: This is a low resolution image file  
for efficient internet transfer. Higher resolution  
editions are available upon request.

## Aloha

I am going to spend some time with you around some recipes for **Green Papaya Salad**.

Making Green Papaya Salad, for me, defines a life-style and a set of choices that create significant definitions in one's quality of life. It's pretty simple, and complex... and somewhat complicated - or not... once you're in. If you're willing to take on the Mastery of Green Papaya Salad, you'll find yourself discovering all sorts of things that will eventually create a totally new world that you will live within.

And then again...

Maybe not. ;-)

“Recipes“ and me don't really live together, we are only acquaintances. They give me direction and “da scope a' da job...” I do, though, always

“acknowledge source.”

(Thank you Werner.)

Recipes and Rules become dominating to the weak in will and spirit. They can, however, provide foundations and structure to the inquiring mind.

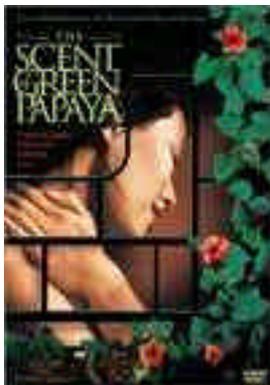


photo: Randolph L. Craft

**Now...** with ethnic cuisine, one wants to be flexible, because you can't always find exactly the same ingredients specified by the recipes, and the same mind space you were in the last time you engaged...

BTW, do not confuse “paw paw” with papaya. That’s for the Asians reading. They are two different varieties. They are different in their shape, taste, texture and color. The papaya is long in shape, it tastes very sweet, it has a firmer texture and it is red in color when it is ripe. In Hawaii there is red and what I call gold papaya. Gold is the more common, red the more sought after. Before either one of them are what they are to be, they are green...

Whenever I think of *‘The Scent of the Green Papaya’* I first feel like I might want to make love to every dark-haired, dark-eyed woman on the planet - knowing, of course, I’d die as a twitching chewed up chicklet of a human being... ;-) Then I more realistically feel a little nostalgic for my life on the North Shore of Oahu in the early 60’s when big wave surfing dominated my



life. I was in my early 20s living off of “road-kill” papaya and mangos and avocado and mountain apples and such natural foods that are found in close proximities to the best surf spots... Back then, we didn’t have “health” food consciousness. We ate anything we could

get past the choke valve and it just so happens that in Paradise, the best foods are free hanging above or laying beside the country roads on the way to the “secret spots” - the ones that the

media clamors for and most “aspirants” seek all their lives... to no avail... Go figure. ;-)

**Now...** to transform this rock hard green fruit into a delicious refreshing salad, we have to work out the balance of a host of “ingredients.” Sugar, fish sauce, lemon juice, garlic, chili, peanuts and fresh coriander/ cilantro, cinnamon basil, hot

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mint, normal mint, paddy field herb, perilla and any other seasonal herbs you have a fancy for.

I follow all steps with loving attention and care - RITUAL.

That's what this is all about.

Ritual. This is an experience and indulgence in relationship with Paradise. The result is some damn good "grinds." If it was just about food, I'd order out... Which I do quite often from good Thai and Vietnamese restaurants found all over every island in Hawaii.

Making good Green Papaya Salad takes me about a half a day, so that makes every serving worth between \$250 & \$500 bucks at the rates I charge if I was "working."

Really...

I think of things that way, therefore I put a lot of value on anything I take the time to prepare myself for myself, and/or any guests that are important

enough to me to take the time to serve. AND I love to

serve. I learned that in my early restaurant days from one of the masters, Mr. Nick Nicholas.

### **Back to the salad... ;-)**

Be careful when peeling off the green skin, the sap can irritate sensitive skin. If you have sensitive skin, *eat it - don't make it*. You might kill yourself.

I often wonder about the lives of people that are allergic to mangos. It's like being allergic to passion and Paradise. What's it like to live within those skins?



photo: Randolph L. Craft

**Now... ;-)** Cut the fruit in half. To have a good texture for salad, the seeds have to be completely white. As the fruit ripens the seeds become dark in color.

### **Sounds like life to me...**

Using my sterling silver Osso buco “tool,” I scrape off all the seeds.

For those who have seen the movie “*The Scent of the Green Papaya*” in which, the fruit was left whole after peeling, and using a sharp longish knife, the woman makes repeated cuts on the surface of the fruit and shaves them off layer by layer until all the fleshy part is used up... OK...;-)

Sounds like most of my relationships lately...

I use a combination of carrot peeler and grate to shred the “meat” of the papaya to a fluffy pile of light green ecstasy in the making...

After that, the shredded papaya has to be washed several times in cold water to get rid off the sap. Drain off excess water

before sprinkling sugar over it and leave it aside for 15-20 minutes to “sweat.”

It is very Asian sweat vegetables for pickling with salt, then wash them out with cold water and sometimes adding some sugar.

Salt softens the papaya too much and it makes the salad look, feel, and act “tired” and limp.

Good Green Papaya Salad should feel like organic healthy energy. It fires up all sorts of internal juices...

AND good papaya salad passes through your senses as it “lands” somewhere inside to provide alive nutrition to carry you through... the next south swell... or the next southern belle... or whatever you might be up to... and while you’re shredding the wind and waves, or breasts and thighs, or maybe just doing the dishes after dinner... (much more likely at my age...) the salad is shredding within doing a rooter-rooter cleanse. It’s Synergetic and very alive.

### AND it's just a salad..

Sure... ;-)

Everyone who loves food preparation will understand the concept of a balance. Combining tastes to create a uniquely delicious dynamic and experience. This is where my restaurant background comes in.

If “the chef” has worked long enough to know the tastes which appeal to the majority of his/her intended “audience,” then whatever dish s/he produces will just friggin’ floor ‘em. And that’s fun.

I love taking people to “places” they’ve never been before. I

love being the guide to sensual indulgences...

If you’re good at it, people

remember you for a long time... What’s not to like?”

### Green

### Papaya

**Salad** ranks right in there as an exotic “place to go.” Yum Yum Bubble Gum...



Use just enough sugar to soften & sweeten the shredded papaya. Wait until the sugar has dissolved totally then squeeze it as dry as possible. Throw the squeezed sugar liquid into your stock pot. ;-)

What is left is the slightly sweetened and fluffy shredded papaya.

Cowabonga!

Culinary gold!

This treasure only keeps in the refrigerator for a few days.

Coming from the side of the tracks that I came from, I try to keep it longer. It takes about a week or two to “go off.” And when it goes off, there is no question about it...

Preservatives change the freshness that is the dish. That’s why you don’t see it available in stores. It has to be fresh. I’ve looked at every scenario I can come up with to do this in bulk and make it available on a commercial scale and it jess’ ain’t happenin’.

**Now...** ;-) Before serving, I add shredded fresh coriander, a scooch of cinnamon, a dabble of basil, a spit ‘n splash ‘a ‘diss ‘n ‘datt from the “goodies” section of my fridge... shredded seeded red chili - and/or other pepper condiments are added to the papaya with a dressing of some fish sauce and/or soy, and

lemon juice, garlic and finely minced chili. Are you gettin’ this? ;-) ...

Jess’ Friggin’ Orgasmic!

The last step is to sprinkle ground roasted peanut over he salad. This is the “classical” Asian serving.

I like it “clean,” though. For me, the peanut tends to “paint” the palate and “compromise” the sharp bittersweet flavors and textures exploding from within a good fresh Green Papaya Salad. Mmm Mm... I get a little bovine perspiration on my upper lip area just thinking about it. Or maybe I’m thinking about who I’m going to serve it to... ;-) )

**Now...** ;-) It goes without saying that the quality of your ingredients and the quality of the “space” that you’re in while doing all of this determines the outcome of the final product. Dah...

Lemon varies a great deal in its sourness. Sometimes it is of an acidity sourness, sometimes-

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bitter sourness or sweet sourness. Hawaiian “lemons” are all over the map in this regard.

Adjust other ingredients accordingly. The properly used lemon is a key to many many things in life. For me... ;-)

If you choose to use the peanuts, go for it and roast your own. The

warm nutty aroma adds a definite dimension to the salad - and to the environment within which the salad is served.

Green papaya has quite the efficient enzyme to break down proteins. That’s why it is used for tenderizing meats in marinades... That’s why it’s great just before or after a great steak.

Take it where you will...

This stuff is magic.

Why is it so popular?

Maybe you didn’t know it was popular...

As you can probably tell, it’s pretty popular wherever I go.

**Green Papaya Salad** (GPS) has a roman-



tic & heroic history.

If you want the history, read on... ;-)

The ancestors of the Doan Family came from Bac Ninh to settle in Hanoi in 1882, and Bac Ninh is in the cradle of Vietnamese food culture; The Doan family was well known for being “bon vivant.” They entertained literary and talented artist friends regularly. At that time, Hanoi residents only enjoyed grilled pork noodle (bun cha), except at Doan’s they experimenting with a fresh water fish from a specific branch of the Red River at Viet Tri, North of Hanoi. This is the famous lang fish, it has the shape of a cat fish but very rough skin, its flesh is pinkish yellow and aromatic, with very little bones. However, the real connoisseurs of this dish only enjoy the specific fish known as ca Anh Vu which only appears briefly in the same place in Winter, and this was the only suitable time to enjoy this dish.

The eldest son of the Doan family grew up in the heat of the Vietnamese nationalist movements, the cha ca shop of

the Doan Family became the regular meeting place for one of these revolutionary groups plotting against the French colonialists. He eventually got caught and imprisoned by the French at Thai Nguyen. But the cha ca dish saved him from being sent to Con Son. One of “Fournisseur”, a kind of by appointment to her Majesty (supplier) to the Thai Nguyen prison became a regular diner at the cha ca shop and befriended the owner’s family. When he discovered that the owner’s husband was in Thai Nguyen prison, he helped him to get special work release at his depot. He offered private accommodation to the prisoner when his wife visited resulting in the birth of their youngest daughter Mrs. Thai who is the current owner of Cha Ca La Vong in her mid eighties.

La Vong is also named by default. Mr. Doan was very fond of their specially conceived daughter. He often took her out for a walk looking at shops. One day,

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while looking at toys to buy for the children to celebrate Mid Autumn Festival, his daughter was delighted with the statue of Old La Vong, The Chinese Saint

vermicelli, mixed herbs, fine shrimp sauce with lemon juice, flavoured with rice wine and mangdana (ca cuong) essence, a bowl of freshly roasted peanut.



of Fishermen. He bought it for her. Later it was left on top of the cabinet in front where you can still see it today behind the velour tapestry with Napoleonic dancing girls in Morocco with palm trees and minarets.

Part of the attraction of cha ca is the etiquette observed by the Hanoiains when they enjoy this dish.

Originally, the fish is grilled by the diners on a charcoal stove using a special coal from Chua Huong at the table with an assorted accompaniments (rice

A plate of split eschallot and dill is ready waiting for the aromatic grilled fish flavored with extra onion-flavored hot oil.

Rice wine is to chase off the fishy taste after each mouthful, since cha ca is also designed as a long leisurely conversation-induced dinner party dish. It would appear impolite to have fishy breath to flavor the conversation.

It is definitely not an eat-and run dish. Time is not of the essence - enjoyment is. The fish is grilled as required.

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I have tried every different Hawaiian fish experimenting with this dish. I ended up using salmon. It is the “cleanest” and available to western markets.

Ono, Mahi, and Ahi are their own domains and rule. If I take the time for GPS, it is the center of attention. When I do Hawaiian fish, the salad is a compliment, not competing. The fish is marinated in turmeric, galangal, fermented rice, (lemon juice), fine shrimp paste, dill, golden shallot, fish sauce, pepper & butter/oil for at least 2 hours. Indulgence...



The unfamiliar ingredients for this dish are galangal, fermented rice, fine shrimp paste, and mangdana essence (ca cuong.) These are only familiar to

people w/ Hawaiian or Asian proximities and attractions.

Galangal (alpinia galanga-Zingiberacea) belongs to the ginger family and has a totally different flavor, so do not replace it with ginger, It is

available fresh, dried or in powder form. It is used mainly in flavoring fish dishes.

Fermented rice is grown from old cook rice. When it is fermented, it is used as a souring agent. When I get real old and

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crusty, I'll probably use it. Now, I use lemon juice.

Oh, the magic lemon...

Fine shrimp paste is used all throughout South East Asia and Hawaii's secret spots. It is known as blachan in Indonesia and Malaysia. In Viet Nam it is known as mam tom in the North, Mam nem in the Centre and the South. It is made with very tiny little shrimps and salt. It is very pungent. I flavor it with a few drops of rice wine, lemon juice and mangdana essence (ca cuong) Then I ascend to heaven...

Get this... Ca cuong (Iethocerus indicus) is a flat insect, which lives in swampy environment. (I think that's where my first wife must have come from - her lawyer fer shere...) It is abundant in summer. Under the wings of the male insect, there are two sacs containing an aromatic essence, which can mask any fishy odors. (This lawyer used it in the courtroom, I'm sure...) The essence is very expensive, its cost is about the

same as Chanel No 5 Perfume. Statistically it takes 2000 male insects to produce 25ml. of essence.

And you thought this was just about a salad...

Imagine: any given night, a red hot bed of charcoal glimmering in some corner and friends and/or lovers with a glass of good wine and this fresh aromatic, rich flavored gastronomic indulgence... And the space you'd be in if you took the time to put it all together... :-o

This indulgence is one of the things that define "rich" to me.

Paradise is where one finds it AND it's much more available if that's where you live... ;-)

Whenever I have a good fresh Green Papaya Salad, I'm in some little corner of some Paradise found.

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photo: Randolph L. Craft

*May the gentle tradewinds of Paradise  
fill the sails of your life...*

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I hope you've enjoyed a few moments w/ me and my offhanded humor, and I hope you will grace your life with this gift from our Asian brothers and sisters, and the the unbelievable bounty from our home, "Spaceship Earth."

(Thank You Bucky.)



Aloha.

-Randolph Craft

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# Green Papaya Salads

Indulge



photo: Randolph L. Craft

Recipes  
compiled & presented by  
Randolph L. Craft

## **Som Tam**

### **Green Papaya Salad**

Serves: 4

\* 1 lb green papaya (455 g)

\* 1 carrot

\* 2 oz. small  
diced shrimp  
(57 g)

\* 6 cloves  
garlic, diced

\* 5 small  
green chilies

\* 1/2 cup  
unsalted

peanuts, roasted and chopped  
(120 ml)

\* 8 cherry tomatoes, cut in half

\* 1/3 cup lime juice (80 ml)

\* 1 tbsp. palm or brown sugar (15 ml)

\* 1 tbsp fish sauce (15 ml)

\* 2 cups shredded sui choy or  
napa cabbage (475 ml)

1. Peel the papaya and carrot  
and cut them into long thin  
matchsticks.



2. Take 1/3 of the papaya and all  
the shrimp, garlic, and chili, and  
pound, using a mortar and  
pestle, until the mixture is a  
little soft.

3. Toss this mixture with the  
rest of the papaya, the peanuts,  
tomatoes, carrots, lime juice,  
sugar and fish sauce.

4. Stir the salad vigorously to  
combine all the flavor and serve  
on a bed of shredded sui choy  
or cabbage.

**THAI  
GREEN PAPAYA SALAD**

Recipe © 1997

Kasma Loha-unchit



**INGREDIENTS:**

- 1 young papaya
- 1 1/2 ounces dry shrimp
- 1 clove garlic, chopped
- 1 small chili
- 1/2 cup roasted peanuts
- 1 cup long beans
- Palm sugar
- Fresh lemon juice
- Fish soya sauce
- 1 cup cherry tomatoes
- Fresh salad leaves

Peel and julienne the papaya. Place the dry shrimp in water for 3 minutes and remove.

Grind down roughly the garlic and chili, add in the dry shrimp and peanuts and continue to roughly grind together. Add the papaya and long beans and mix together. Add a little sugar, lemon juice and fish sauce (to taste). Place in the center of a plate and decorate with tomatoes and fresh salad leaves.

## **GREEN PAPAYA SALAD**

Serves 4-6.

### **INGREDIENTS:-**

1 small unripe green papaya,  
peeled and thinly shredded

1 large or 2 small carrots, peeled  
and thinly shredded

Salt and freshly ground black  
pepper

Few lettuce leaves

1 tablespoon crushed roasted  
peanuts, to garnish

### **DRESSING:**

1 clove garlic, chopped

1 shallot, chopped

2 small red or green chillies,  
seeded and chopped

1 tablespoon dried shrimps,  
soaked and rinsed

2 teaspoons sugar

3 tablespoons lime juice or  
vinegar

2 tablespoons fish sauce

Mix the shredded papaya and  
carrot with salt and pepper.

Arrange a bed of lettuce leaves  
on a serving dish and pile the  
papaya and carrot on top. Using  
a pestle and mortar, pound the  
garlic, shallot, chillies, shrimps  
and sugar to a fine paste. Blend  
with the lime juice or vinegar  
and the fish sauce to make the  
dressing.

Garnish the salad with the  
crushed peanuts and pour the  
dressing all over it. Do not toss  
or mix the salad until at the  
table and ready to serve.

Note: This salad can be served  
either as a starter or as a side  
dish with main courses.

## **Shrimp and Green Papaya Salad**

Recipe Copyright © 1997

Kasma Loha-unchit.

Serves 8

This dish is popular in southern  
Mexico

2 tablespoons sugar

2 tablespoons fish sauce

2 lemons, juiced

3 garlic cloves, minced

1 tablespoon crushed tellicherry

black pepper

3 small fresh chili peppers,  
chopped

24 ounces green papayas,  
shredded

8 ounces frozen shrimps,  
cooked, sliced

2 tablespoons peanuts,  
chopped, roasted

2 tablespoons fresh herbs,  
mixed, chopped

4 ounces tomatoes, diced



Mix fresh herbs, using chopped  
mint, basil, and cilantro in equal  
parts. Combine sugar, fish  
sauce, lemon juice, garlic, black  
pepper and chili peppers in a  
mixing bowl until sugar is  
dissolved. Toss with remaining  
ingredients.

Nutrition (per serving):

119 calories

Saturated fat - 0 g

Total Fat - 2 g (15% of calories)

Protein - 8 g (27% of calories)

Carbohydrates - 18 g (59% of  
calories) Cholesterol - 43 mg

Sodium - 343 mg

Fiber - 1 g

Iron - 2 mg

Vitamin A - 2263 IU

Vitamin C - 107 mg

Alcohol - 0 g

## GREEN PAPAYA SALAD

### with SHRIMP

Green papaya salad in all its regional variations - often flavored with pork, beef, or shrimp (as below)-is hugely popular throughout Southeast Asia. The dish is made from unripe Southeast Asian papayas, which have firm white flesh and white seeds. The current popularity of Vietnamese and Thai food in the United States has increased these papayas' availability, although it is still generally limited to Asian markets. Such papayas can grow to the size of cantaloupes or larger and range in shape from oval to round. Look for rock-hard dark green fruit without a trace of pink or yellow blush. If you don't see any, ask (some shopkeepers do not display them). Those who can't find the right kind of papaya might skip the salad or substitute seedless (European) cucumbers despite the repetition with the main course. Those who can find Southeast Asian green papayas will be treated to a salad that our food editors found irresistible.

Serves 4

1/4 pound small shrimp  
(about 9), shelled

For Dressing

1 large garlic clove, forced  
through a garlic press

3 tablespoons fresh lime juice

1 1/2 tablespoons Asian fish  
sauce (preferably nuoc mam)

1 tablespoon sugar

1 small thin fresh red or green  
Asian chili (1 to 2 inches long)  
or serrano chili, or to taste,  
seeded and chopped fine (wear  
rubber gloves)

3/4 pound green papaya,  
peeled, seeded, and coarsely  
shredded, preferably in a food  
processor (about 3 cups)

1 carrot, shredded fine

1/3 cup fresh coriander leaves,  
washed well and spun dry

2 tablespoons roasted peanuts,  
crushed

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In a small saucepan of boiling salted water cook shrimp 45 seconds to 1 minute, or until cooked through. In a colander drain shrimp and rinse under cold water to stop cooking. Halve shrimp horizontally and devein.

Make dressing:

In a large bowl whisk together dressing ingredients until sugar is dissolved.

Add shrimp, papaya, carrot, and coriander to dressing, tossing well. Salad may be made 2 hours ahead and chilled, covered. Bring salad to room temperature before serving.

Serve salad sprinkled with peanuts.



## **Green Papaya Salad**

Chef: Allison Reynolds

This salad is so fresh and fragrant and will always remind me of the Sunday morning market in Parap in Darwin. It is well worth asking your greengrocer to source you a green papaya or best of all grow and pick your own, they are usually just right when the limes are in season.

Serves Serves 2

Degree of difficulty: Medium

You need:

1 small to medium green papaya

2 garlic cloves

1/2 tbsp. chopped shallots

1-2 red chillies, seeded and sliced

Salt

1-2 snake beans or green beans  
cut into 2 cm lengths

1 tomato cut into wedges

1 1/2 tbsp. fish sauce

1/2 tsp. palm sugar or caster sugar

Juice of 1/2 lime

1 tbsp. crushed roasted peanuts

Sliced red chillies, to garnish

Method:

Peel the papaya and cut it in half lengthways, scrape out the seeds with a spoon and grate the flesh using a coarse grater.

·Grind the garlic, shallots, chillies and salt together in a large mortar with a pestle.

·Add the shredded papaya a little at a time and pound until it becomes a little limp and soft.

Add the sliced beans and tomatoes and lightly crush.

Season with fish sauce, sugar and lime juice and taste and correct seasoning if necessary.

Transfer the salad to a serving dish, sprinkle with crushed peanuts and garnish with the red chillies.

Serving suggestion:

Transfer the salad to a serving dish, sprinkle with crushed peanuts and garnish with the red chillies.

## **Green Papaya Salad**

Serves 4

2-1/2 cups shredded, peeled  
green papaya

2 plum tomatoes, thinly sliced

3 ounces cooked baby shrimp  
(optional)

Dressing

1/2 teaspoon finely chopped  
garlic

1 teaspoon finely chopped hot  
chili peppers

2 tablespoons fish sauce

2 tablespoons lime juice

1 teaspoon chopped cilantro

1 teaspoon chopped Thai basil

1 teaspoon chopped mint

1 teaspoon sugar

1. Combine the grated papaya with the sliced tomatoes and shrimp, if using, in a large bowl.

2. Combine all the dressing ingredients together in a small bowl and whisk until combined.

3. Pour the dressing over the salad and lightly toss to coat evenly.

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### Green Papaya Salad

A Thai recipe by  
Kasma Loha-unchit

2 Large Carrots

2 8 ounce Green papayas

1 Clove

Garlic

1-3 Small

Red or green  
hot chilis

3 to 4 Long  
beans

chopped  
into 1 inch  
pieces

2 Tablespoons Lemon juice

1 Tablespoon Lite soy sauce

1 Teaspoon Sugar

1 Medium Tomato Chopped

1 Tablespoon Peanuts Finely  
chopped

2 Large Chinese cabbage leaves



1. Peel the green papaya. Using a Mandoline finely shred the papaya flesh into long thin shreds. Do the same with the carrot. Place in a bowl and set aside.

2. In a mortar, lightly pound the garlic, add the chilis and lightly pound again. Add lemon juice and soy sauce and sugar, stir and pour over

papaya carrot mixture.

3. Lightly bruise the long beans and cut into 1-inch lengths. Add to salad.

4. Arrange cabbage leaves on a plate. Place papaya carrot mixture on leaves and garnish with tomato and crushed peanuts.

HINT: If you do have a mandolina use a cheese grater.

Served with barbeque or grilled chicken, Green Papaya salad is a mainstay of Thailand's hawker fare (marketplace food).

### Green Papaya Salad

8-12 Thai chillies (bird peppers),  
each cut into 3-4 segments

8 cloves garlic, peeled and cut  
each into 2-3 pieces

2 Tbs. small dried shrimp

4 cups julienned peeled unripe  
papaya - in strips 2-3 inches long  
and 1/8 inch thick

1 cup cut long beans - 1 1/2-  
inch-long segments

1 julienned carrot

1/4 cup tamarind juice the  
thickness of fruit concentrate

Juice of 2-3 limes, to taste

2-3 Tbs. fish sauce, to taste

2-3 Tbs. palm sugar, melted with  
1 Tbs. water into a thick syrup -  
use as needed

2 small tomatoes, cut into bite-  
size wedges; or 12 cherry  
tomatoes, halved

1/4 cup chopped unsalted  
roasted peanuts

Prepare the ingredients as  
indicated. Make tamarind juice

by starting with 1 Tbs. of com-  
pressed tamarind in 1/3 cup of  
warm water. Work the tamarind  
with your fingers to dissolve the  
soft fruit; gather up remaining  
undissolvable pulp, squeeze to  
extract juice and discard. Add  
more tamarind or water as  
necessary to make 1/4 cup of  
concentrate.

Divide the ingredients into two  
batches and make each batch as  
follows. Using a large clay  
mortar with a wooden pestle,  
pound the garlic and chillies to a  
paste. Add the dried shrimp and  
long beans and pound to bruise.  
Follow with the green papaya  
and carrot. Stir well with a  
spoon and pound to bruise the  
vegetables so that they absorb  
the heat and flavor of the  
chillies and garlic.

Add the tamarind and lime  
juice, fish sauce and palm sugar.  
Stir and pound a bit more to  
blend the vegetables with the  
flavorings and seasonings. Taste  
and adjust flavors to the desired

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hot-sour-sweet-and-salty combination. Then add the tomato pieces, stir and bruise lightly to blend in with the rest of the salad. Transfer to a serving plate and sprinkle with peanuts. Serves 6-8.

### Notes and

#### Pointers:

Green papaya has a very mild, almost bland, taste, but it is the medium through which robust flavor ingredients take body and form. It picks up the hot, sour, sweet and salty flavors, giving them a unique crisp and chewy texture unlike that of any other vegetable. When made into salad, you wouldn't know that it was mild and timid; you remember it only as bold and spicy.

Unripe papayas are readily available in various sizes and shapes during the summer at

many Asian markets. Select one that is very firm with shiny green peel suggesting that it is as freshly picked as possible.

Even green fruits will eventually ripen and turn soft if allowed to sit around for some time.

There are many ways to make green papaya salads, with varying degrees of hotness,

sourness and sweetness. The hottest salads are probably made in northeastern Thailand and Laos where they are eaten with barbecued chicken and sticky rice as a staple food of the populace. There, the salads are made by bruising julienned green papaya with garlic and very hot bird peppers in a large clay mortar with a wooden pestle, then seasoning with lime juice, fish sauce and other flavorings.



**Green Papaya Salad****Som Tum**

Green Papaya Salad is the most popular dish among women in Thailand according to a survey I heard on TV there. It is a North-eastern food that is eaten with sticky rice and other Northeastern dishes such as lamb, beef salad and bamboo shoot salad.

There are two types of green papaya salad, one with dried shrimp and the other with salted crab. Green papaya salad with dried shrimp is called som tum thai. The green papaya salad with salted crab is called som tum pbooh. The majority of the ingredients are the same. One of the “salty” ladies in my life liked it with both dried shrimp and salted crab. She wanted it all. ;-)

2 Servings

- 1 1/2 tablespoons palm sugar
- 3/4 lime
- 2 cups green papaya, shredded
- 6 green beans
- 1 clove garlic
- 1 1/2 tablespoons fish sauce
- 1 tablespoon dried shrimp
- 2 chili peppers
- 5 cherry tomatoes
- 2 tablespoons peanuts, toasted (Optional)

**Tips and substitutions...**

For a vegetarian som tum, omit the dried shrimp and substitute soy sauce for fish sauce.

Some people use tamarind in place of lime. Regular sugar can be substituted for palm sugar. I normally omit the peanuts because I prefer it without.

The balance of fish sauce, lime juice, palm sugar and peppers listed here are guidelines. Som tum is an individual dish that you will find you might like your with more, say, lime juice than what the recipe calls for.

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Many Asian supermarkets have shredded green papaya and that is what I use. However, if you can only find whole green papaya, the papaya can be peeled and shredded using a regular cheese grater. When you get closer to the center, you will see the white immature seeds inside, discard the seeds.

In Thailand, green papaya salad is made using a clay mortar, wooden pestle and a spatula. Smash a clove of garlic first. Then add green beans and halved cherry tomatoes. Pound a few times just to bruise the beans and get the juice out of the tomatoes. Add chili peppers and crush them just enough to release the hotness, unless you like your salad really hot. Add the green papaya, dried shrimp, toasted peanuts, fish sauce, lime juice and palm sugar. Use the pestle to push the mixture up in the mortar and the spatula to

push it down so that the mixture is mixed well.

However, if you do not have a big enough mortar you can

crush garlic, tomatoes, green beans. Set them aside in a large bowl. Add dried shrimp, fish sauce, lime juice and palm

sugar to the bowl. Add green papaya and mix well. Serve with sticky rice and a sliver of cabbage and green beans.

For som tum pbooh, omit the dried shrimp and toasted peanuts and add salted crab instead. I microwave the salted crabs for 30 seconds before adding them to the papaya salad to kill any residual bacteria. Add only half of the fish sauce called for because the salted crab can be quite salty.

This recipe is always eaten with Sticky Rice.

“Always” usually puts me off. I don’t eat sticky rice unless it would offend my host if I didn’t.



### Chicken & Green Papaya Salad

- Serves 4 as a starter

- 500 g boneless, skinless chicken breasts
- 30 ml white wine
- 60 ml water
- 2 tsp white wine vinegar or 4 tps VERJUICE
- 2 tbs olive oil
- 5 – 10 ml red chilli paste
- 1 or 2 cloves garlic, minced
- 10 ml sugar exclude sugar if using VERJUICE
- 1 green papaya (paw paw), seeded and finely grated
- 4 smallish carrots, grated or julienne
- 80 ml fresh coriander, chopped
- 1 butter lettuce
- salt & pepper
- 2 tsp sweet chilli sauce (optional)
- 1/2 tsp fresh ginger, minced
- 3 limes, juice only

Preparation:

Gently poach chicken breasts in wine & water. Season with salt & pepper. When chicken is cool,

shred and set aside/

Combine vinegar (or VERJUICE), olive oil, chilli paste, garlic, ginger, lime juice, sweet chilli sauce (if using) & sugar (no sugar if using VERJUICE), mixing until sugar dissolves

In a large bowl, combine papaya, carrots, coriander & chicken

Add chilli mixture and toss well to coat.

Season with salt & pepper;

Arrange butter lettuce decoratively on plates/

Stack chicken mixture artistically over the lettuce and serve.

Goui/noam - Vietnamese salads 'Goui' is any shredded vegetable served raw with mint and basil or coriander plus many of the wild herbs which are not available here in the U.S. Here Green Papaya is generally the vegetable of choice. On the top of the dish there is cooked meat, shrimp or beef jerky. Fish sauce dip is used as dressing for the dish. You can make 'goui' with any kind of vegetables as long as you shred, wash and drain them dry before adding any dressing to it. You can use shrimp crackers to serve with the salads.

### Green Papaya Salad:

A Recipe of Kasma Loha-unchit

#### Ingredients

- \* 8-12 Thai chillies (bird peppers), each cut into 3-4 segments
- \* 8 cloves garlic, peeled and cut each into 2-3 pieces
- \* 2 Tbs. small dried shrimp
- \* 4 cups julienned peeled unripe papaya - in strips 2-3 inches long and 1/8 inch thick
- \* 1 cup cut long beans - 1 1/2-inch-long segments
- \* 1 julienned carrot
- \* 1/4 cup tamarind juice the thickness of fruit concentrate
- \* Juice of 2-3 limes, to taste
- \* 2-3 Tbs. fish sauce, to taste
- \* 2-3 Tbs. palm sugar, melted with 1 Tbs. water into a thick syrup - use as needed
- \* 2 small tomatoes, cut into bite-size wedges; or 12 cherry tomatoes, halved
- \* 1/4 cup chopped unsalted roasted peanuts



Prepare the ingredients as indicated. Make tamarind juice by starting with 1 Tbs. of compressed tamarind in 1/3 cup of warm water. Work the tamarind with your fingers to dissolve the soft fruit; gather up remaining undissolvable

pulp, squeeze to extract juice and discard. Add more tamarind or water as necessary to make 1/4 cup of concentrate.

Divide the ingredients into two batches and make each batch as follows. Using a large clay mortar with a wooden pestle, pound the garlic and chillies to a paste. Add the dried shrimp and long beans and pound to bruise. Follow with the green papaya and carrot. Stir well with a spoon and pound to bruise the vegetables so that they absorb the heat and flavor of the chillies and garlic.

Add the tamarind and lime juice, fish sauce and palm sugar. Stir and pound a bit more to blend the vegetables with the flavorings and seasonings. Taste and adjust flavors to the desired hot-sour-sweet-and-salty combination. Then add the tomato pieces, stir and bruise lightly to blend in with the rest of the salad. Transfer to a serving plate and sprinkle with peanuts.

Serves 6-8.

Notes and Pointers:

Green papaya has a very mild, almost bland, taste, but it is the medium through which robust flavor ingredients take body and form. It picks up the hot, sour, sweet and salty flavors, giving them a unique crisp and chewy texture unlike that of any other vegetable. When made into salad, you wouldn't know that it was mild and timid; you remember it only as bold and spicy.

Unripe papayas are readily available in various sizes and shapes during the summer at many Asian markets. Select one that is very firm with shiny

green peel suggesting that it is as freshly picked as possible. Any very firm unripe green papaya can be used for the recipe, ranging from the small Hawaiian papaya to the huge Mexican variety. The important thing is that it should be unripe - the flesh still light green, almost white, in color after it is peeled. Select the firmest one you can find. Even green fruits will eventually ripen and turn soft if allowed to sit around for some time.

There are many ways to make green papaya salads, with varying degrees of hotness, sourness and sweetness. The hottest salads are probably made in northeastern Thailand and Laos where they are eaten with barbecued chicken and sticky rice as a staple food of the populace. There, the salads are made by bruising julienned green papaya with garlic and very hot bird peppers in a large clay mortar with a wooden pestle, then seasoning with lime juice, fish sauce and other flavorings.

### Spicy

### Green Papaya Salad

For dressing:

- \* 3 tablespoons soy sauce
- \* 1/4 cup sesame oil
- \* 1/8 cup rice wine vinegar
- \* 1 tablespoon ground white pepper
- \* 1/4 teaspoon cayenne pepper
- \* Juice of 1 fresh lime
- \* 3 tablespoons sesame seeds, toasted

For salad:

- \* 2 small green papayas , julienned on mandoline or regular papaya diced small
- \* 1 small red onion, small dice
- \* 1 red pepper, small dice
- \* 4 scallions, finely chopped
- \* 1/4 bunch of cilantro, finely chopped

In a small bowl, whisk together all the dressing ingredients.

Place salad ingredients in bowl, pour dressing over top and mix well. Season to taste. The salad will hold up in the refrigerator up to 24 hours. Serve at room temperature.

Yield: 3 cups dressing



### Som Thom

#### Green Papaya Salad

1-2 cups shredded green papaya (carrot or cabbage may be substituted)

2-3 plum tomatoes - halved

4-6 green beans - cut into 2" sticks

1/4 cup dried shrimp

3-4 fresh chili peppers

juice of 2-3 limes

1-2 teaspoon palm sugar

fish sauce

In a large mortar gently crush the papaya, then set it aside in a large bowl.

Do the same for the tomatoes and green beans. Add to bowl.

Gently crush the chili peppers and add to bowl.

Pound dried shrimp, garlic and palm sugar until almost pasty. Add to bowl.

Squeeze in lime juice and about 2-3 tbsp of fish sauce. Mix well and serve with sticky rice and grilled meats.

Serves 1-2. Note that this is an approximation.



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### Puako Beach

### Green Papaya Salad

Recipe © 2004

Randolph L. Craft



#### “Ingredients”

- Green Papaya
- Carrots
- Onion
- Cherry Tomatoes
- Coriander / Cilantro
- Capers
- Peppers (peperoncini)
- Lemon / Lime
- Garlic
- Sugar
- Thai Fish Sauce
- Shou / Soy Sauce
- Balsamic Vinegar
- Sesame Oil
- Other...

Heeee’s Baacck... ;-)

This is my process / recipe to make a “batch.” The amount of the batch depends upon how much good Green Papaya I have, the “tools” I have to properly handle it all, and how much I want to / can give away in the next few days. I now have some people who make quite a drive to get some when I make it - part of the social part of it all. They usually bring me something in exchange, so all in all, it’s very pleasant. I usually make up a gallon or two at a time. There’s quite a bit of the description of this process in the introduction AND I’ll go over it all again anyway.

We’ll start with the “heart” of the dish, the Green Papaya.

### Step #1: Gathering Green Papaya.

The gathering of good Green Papaya is the beginning of this process and quite the reward in its own right. It turns out that most usually where there is an abundant source of Green Papaya, lo and behold, there you are right in the middle of some drop dead gorgeous piece of Paradise. Go figure...

;-)

My sources of Green Papaya are diverse. It helps to have a friend who owns a gardening or landscaping maintenance company...They're a real good

source of both product and information. One of my sources comes from a client of my landscaping friend. These Green



photo: Randolph L. Craft

Papayas are like footballs... Just A-maz-ing. These turn into the most incredible “strawberry” Papayas if you let ‘em go ripe. The next is from the rich Kona coffee country down south in Captain Cook. Many of the pictures you see here are from my

Captain Cook home where I lived for three years or so. One of the problems with living in such beautiful places is that you never want to go anywhere else... :-/

Go figure...

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This place had about 30 papaya trees on it - along with apple banana, lemon, lime, avocado, a hybrid mango tree that made football sized Haden mangos, pineapple, and some herbs scattered around... tropical rain, a 50+ mile ocean horizon view to the southwest which meant almost year-round “sunsets” (in my language world, they are sunclipses...) Are you getting the picture? That’s where my inspiration for making Green Papaya Salad came from. I love Green Papaya Salad and I’m living where I’m watching probably tons of Papaya go to the birds and critters... :-/

Another source comes from a master craftsman carpenter friend of mine who has leased an old sugar mill on the Hamakua Coast line just north of Honokaa, just below Pawilo. There’s the old highway there - it’s now closed - that his property is on, right on the Hamakua Coast cliffs. Just amazing - such rich land w/ such rich Hawaiian history. The old bridges on this road span gulches that are hundreds of

feet deep ending in cuts in sheer cliffs hundreds of feet above the raw and untamed channel between Mauna Kea and Maui’s Hale A Ka La. The rounded boulders laying in these gulches are as big as houses and one (me) just gazes trying to imagine the torrent of water that left them there and when that must have been and what it must be like when that’s going on... and when it will happen again...

Anyway... Being an old closed road, it is rich w/ all kinds of wild stuff - including Papaya trees. I happen to feel that the “Mana” in these Green Papayas is pretty strong because of the history of the land - the Aina - and how this land has kinda’ reclaimed itself - and I get to be there...

You might say that it’s quite the “grocery store” to go to for your Green Papaya... ;- ) No lines at the checkout... ;- ) And you don’t need any money... ;- )

Go figure...

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And then, this being Paradise and all, there is the Hawaiian way of caring for each other and the spirit of giving. Now that I'm into this Green Papaya thing, I've got people calling me and asking if I want or need any Green Papaya. These days, the answer is always yes, so from time to time, I'll come home and my entry way will have half a tree or a huge box bulging with Green Papaya. Now I have people calling me offering "organically pure" Green Papaya making sure the fruit has come from land that has never tasted any pesticides.



photo: Randolph L. Craft

### The **Mana Cabbage®**

is taking on a life and "Mana" of its own. It's calling in from the outside and putting me to work on its schedule, not mine...

It's really pretty cool, when you think about it. At least it is to me.

; -)

So, by now you're probably getting the picture... where the "indulgence" of this

**Mana Cabbage,**

the Green Papaya Salad begins. Starting there, how can you go wrong?

OK... time to get to work...

## Step #2:

### Preparing Green Papaya.

So now we're back home from our adventure in gathering the foundation for our "artistic indulgence" in our

**Mana Cabbage®**, the Green Papaya Salad. It's already been a day to die for...

Tisk Tisk.

;-)

The first thing I do is fill the sink or a very large cooler or bucket w/ soapy water and

dump 'em all in and scrub 'em down with an abrasive sponge-pad. This gets all the sticky sap off of 'em that can irritate skin. Actually, I think this sap could irritate stainless steel if you put enough of it on for long enough. I'm going to be handling this stuff for the rest of the night, so, being an artist that has relied on his hands to take care

of me for the better part of 40 years, I do take care...

Now I've got this pile of usually huge clean Green Papayas laying where ever there is enough room for 'em all. I next cut the end off where the stem was.

This tells me if it is really green,

or if it has started "going off." You'd be surprised how many that you're



photo: Randolph L. Craft

sure must be green that have started going off. The "meat" in the end will have a yellow tint to it. That means that the seeds have already turned dark and you've got fruit that is ripening. By just cutting the end off, you don't really intrude on the ripening process and don't waste the papaya. I put 'em into a brown paper bag, and that bag

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into a plastic bag and put 'em in a dark corner. They kinda' "go off" on each other in there and get ripe pretty fast. I've got "health-nut" lady friends on the mainland that seriously consider coming to visit me when I've got some of that strawberry papaya getting ripe on my porch.

And all this time I thought it was me... ;-)

You know you've entered in to a new phase in your life when all that the ladies want you for is your

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I know... It's a harsh and usury world... Don't worry about me, though... I'll survive... ;-)

The ones you want to use (papays...) have meat that is white with a touch of a green tint. Paydirt!

I split these down the middle longways and scrape the white

seeds out with my special sterling silver Osso buco spoon/tool. My doctor friend told me, when I showed him this special tool of mine, that it looked like

what they used to do bone marrow donations work... Never thought of it that way... And if you love Osso Buco, it makes perfect sense...

Anyway... split 'em down the middle longways, scrape the seeds out, and peel off the skin. I use a peeling tool.



photo: Randolph L. Craft

Go Figure... I also "peel" some meat from the Green Papaya while I'm in this phase of the game. These elongated thin peels of papaya add to the subconscious attention to detail and texture/taste of the final product. If you know what you're doing, and sometimes when you don't, the more you put into it, the more they get out of it.

Who is "they" to you? ;-)

OK... Peel the papaya.



a chill and start the process of refrigeration, and let it sit while I do the rest of the gig. This is my take on the “sweating” process of the papaya that is mentioned earlier in this book. The way I do it, the sugar makes it sweat and the starch is somewhat

Next, I use a grater to grate the peeled papaya halves. The bigger the grater, the easier this part is. Put this grated papaya into a large pot or container during this process. I actually use a cooler for this because I make a pretty big batch. When all the papaya has been grated, there is a large batch of this beautiful light green-white fluffy papaya “meat.”

replaced by the essence of the garlic. The aroma is already real yummy. ;-)

Next, I fill the container with water so there is kind of a slush of water and shredded papaya to which I add crushed garlic (or garlic powder) and sugar. I mix it up real well, put a bunch of ice cubes in there to give it



### Step #3:

#### Preparing The Other Stuff.

If you haven't already, now is about the time a shot of Tequila or a good glass of your favorite wine is appropriate. You've worked up some pretty good body heat grating all that papaya and the kitchen is filled with all kinds of stuff - there's a work in progress, and it's time for a little break. ;-) I, if you haven't guessed it by now, start this whole process by putting some good jazz on - usually from SmoothJazz.com - dim the lights from bright to "glow," and have a shot of tequila gold to start this whole shootin' match. After all, we are creating art here...

So next, I bring down my good koa salad bowl to mix the next batch of goodies that make up the "heart" of all of the other flavors and textures that will combine with the Green Papaya that is swilling and waxing garlic in the background.

Since the grater is still out, I

grate up a pile of carrots. The amount is relative to how much papaya you've processed and how much you like carrots. ;-) I use 3-5 big carrots for about a gallon of grated papaya. I then line the bottom of the salad bowl with this bed of grated carrot.

Next are the cherry tomatoes. Any tomato will work AND I think the slices of little cherry tomatoes in the salad deliver a subliminal message to whoever has your salad that real attention and care went into this dish. It did! ;-) AND cherry tomatoes are a touch sweeter most of the time. I use approx. a box that you get at the store per gallon of papaya. Spread these little tomato slices evenly over the bed of carrot in the salad bowl. You're creating art, remember...

Next, the Coriander / Cilantro. In Hawaii, we call it Chinese parsley. Take a bunch, cut off about 1/2 inch of the stems and start finely chopping from the

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stems back into the leaves. As you get further up the plant to its leaves, the chopping becomes less structured as you have less for your fingers to grasp. Chop it up as finely as

evenly over the orange of the carrot, red of the tomato, green of the Cilantro, and you've got quite the Picasso in the works. ;-)  
) Basic natural prime colors...  
You can learn a lot about ab-



you like. I like having some larger Cilantro leaves in the mix for the color and texture of the final mix.

Next, I take a big onion and do a fine thin slice cutting. What I'm looking for is a few strands with a lot of small strands. The onion is just an "essence" addition, so I don't use much - maybe 1/4 of a big onion at the very most. Sprinkle these white shreds

stract painting from veggies!  
(Tomato is officially classified as a fruit...)

By now, your hands are starting to smell like a Chinese kitchen. Give 'em a soapy rinse, take a breath, a shot of gold, or a good gulp of Perrier, or top off that wine glass. ;-)  
Now you're starting to feel like a Picasso...

Okee Dookee... ;-)

Peppers time.

I love and use Peperoncini peppers because of all that can be done with the juice they come in. You have no idea... People go all over the map on the peppers. Being originally from the mid-west USA, peperoncini are about at the top of my pepper-ability comfort level. If I ordered a “hot” Green Papaya Salad in a most Thai restaurants, I could die on the spot - internally ignite! Anyway, do your pepper thing. Cross slice ‘em up nice and thin so they look good and don’t dominate the palate when consumed. The peperoncinis are wet and juicy so I spread ‘em all over the mix in the bowl, the sliced peppers, the seeds, and the seedy juice. You’ve probably taste tested your peppers, so you need to drink something to cool yourself down. By now, you’ve probably turned up the volume on your music a little, too. Very Picassoesque...

I next spread the capers all over

the top of all that’s in the salad bowl. I next mix crushed garlic with the caper juice and shake it up in the little bottles that the capers come in. This is the beginning of the Green Papaya Salad’s dressing. It’s more like a potent... This stuff is strong substance...

Get a jar with a screw lid so you can shake it all up when you’ve got it all in there.

Start with your caper-garlic mixture, add an ounce or so (a shot glass) of Thai fish sauce. A shot or so of shou/soy sauce. This is a vegetable/animal salt flavoring. A shot of balsamic vinegar, a half-shot of the juice from the peperoncinis, the juice and pulp of five large plump fresh-squeezed lemons and the juice and pulp of five fresh-squeezed limes, a couple ‘a shakes from the sesame oil, and a shot or so of your favorite Italian salad dressing. I always look in the fridge at about this time to see if there is anything else in there that might add to the mix - juice of hearts of palm

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or pickled asparagus, maybe a few drops of anchovy oil... it's always nice to open a little tin of anchovies to nibble on while you're slaving over this artistic indulgence for the evening...

and don't count on making new friends with you hands smelling like a Chinese kitchen and your breath bearing the combination of your peppers tests, anchovy, tequila or your wine, and God

knows what else... this has become a real stay-at-home evening... ;-) Turn up the music and dim the lights... We're almost there. This "potent" is now all in the shaker jar you've

selected. Lid it up and shake baby shake. ;-) Before you pour this all over the abstract masterpiece you've created in the salad bowl, take a wiff and put a chopstick in there and give it a

taste.

Quawambo!  
That's some friggin' liquid...

OK. Pour it over what's in the salad bowl and mix it up. I use my hands AND I'm a bit of an animal. If you have guests there that you want to



photo: Randolph L. Craft

be proper for, use the salad mixers and smile a fake smile. Otherwise put your hands in there and do a mombo-combo move or two. You've got a eclectic tabbouleh in there that would knock a bull off its feet.

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You've got close to a quart of this magic potent slush in there.

Transition time... Wash your hands, sip your wine, an go back to the green papaya slush that has been stewing over there for the last how ever long...

Pour all the green papaya slush

into a strainer - or in batches if you don't have a big enough strainer. Let it all drain for at least ten minuets or so. You'll

find yourself a little restless at this point. It's a good thing.

Well, we're at the ground zero point. You've got this batch of pure blanched garliced grated Green Papaya "meat," and a

batch of this potent eclectic tabbouleh that's just almost quivering in its potential... Pour the magic mix into the strained/drained papaya and mix madly with whatever you feel is appropriate by this time. About now is the time you can't help yourself

from taste-testing it. It is not its most flavorful at this time, but it is at its freshest. Now is the time to eat as much as you can.



Break time.

Just the "containerment" and cleanup left. Celebrate. You're done. It's over. You've made it... Literally...

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I keep the containers of other stuff I have around, take off the labels, and put on my own and then bottle my Green Papaya Salad in those assorted containers. If you've cleaned up after yourself as you go as all professionals in the kitchen do, there isn't much left to rinse and dry. That's it. You're done. You feel complete. You know what Picasso probably felt like from time to time... Ta Ta.. Ni Ni... ;-)

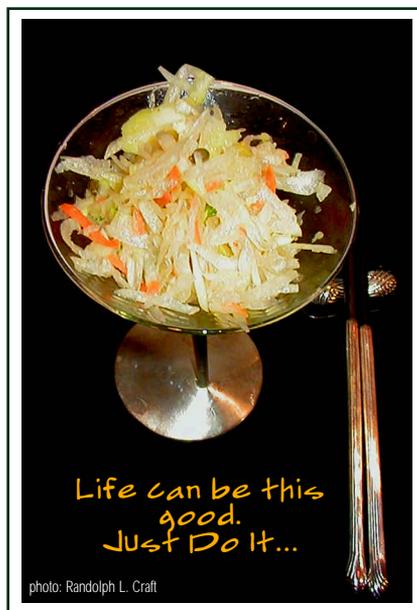
So that's it for this little book. Chances are you won't "get" this at all unless you're already here living in this life-style in some way. I mean, where does anyone get green papaya in mainland America? It's almost like "you can't get here from there..."

And I did, so it can be done...

**Mana Cabbage®** the Green Papaya Salad - An Artistic Indulgence

Again, Thank You - Mahalo - for spending this time with me and one of new my "passions" - aesthetic indulgences - for my now **Mana Cabbage®** - my

version of Green Papaya Salad. If you'll share it with me, you'll be in my world - for a little while at least. This world of mine is really a cool place to hang - for me fer shere most of the time.



If you want to know more, go to [www.FullerEducation.com](http://www.FullerEducation.com). Go to "The Rules" and see if you can even fathom living by them.

I do as much as I can, and far far more than most... and I'm one of the lucky ones that get to "inherit the earth" - "SpaceShip Earth" and live in my Paradise.

Aloha...

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The legacy of living in a world of  
**Green Papaya Salad**  
An **Æsthetic & Artistic Indulgence**



photo: Randolph L. Craft

compiled & presented by  
**Randolph L. Craft**

**Mahalo**

Lien Yeomans

for the structure and history presented herein.

Please visit: [www.greenpapaya.com](http://www.greenpapaya.com) for a global source of GPS.

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