



Ingredients :

- 4 chicken farmer thighs
- 12 duck gizzards
- 1 juice of a lime
- 2 tablespoons of juice padek (kind of anchovy)
- Salt
- 1/4 of bunch cilantro
- 1/4 of bunch of mint
- 1/4 of bunch of chives
- 2 shallots
- 2 citronella
- 20 g of galangal
- 4 kaffir lime leaves (cytrus hystrix)
- 2 tablespoon chopped toasted glutinous rice powder
- 1 fresh chile
- 75 cl of water
- vegetables of choice (eggplant, green beans, radishes ...)

Preparation :

Bone the chicken legs and put the bones aside.

Lightly season the chicken meat with salt and arrange on the grill to cook for 15 minutes, turning occasionally.

Fill a small saucepan with 75 cl of water, add salt and boil the bones and gizzards over medium heat for 20 minutes. Then collect 4 c. soup broth and reserve in a bowl.

Finely chop the lemongrass and kaffir lime leaves and shallots and chop galangal into small pieces.

Coarsely chop the mint leaves, cilantro and chives.

Coarsely chop the chicken and finely chop the gizzards.

Arrange meat and giblets in a bowl, add the lemon juice, the padek, broth, lemon grass, galanga, chili, seeded and minced, shallots and kaffir lime leaves and mix well.

The dish should be a little spicy if not add a little salt. Finally add the roasted rice powder and the mint, cilantro and chives.

Place the lap on a plate and serve with fresh vegetables : eggplant, green beans, radishes and sticky rice.

Anecdotes: This dish is served to celebrate a big event, a birth, marriage or a new year. The lap is from the "traditional Laotian cooking." Lap "in Lao means" wealth "Cooking the lap should bring wealth to the family and guests. Today, this dish so popular, is part of the kitchen everyday.

There are several kinds of lap : lap kai ; lap sinh (beef) or steak tartare Lao lap pèt (duck) ; lap pa (fish) ... In general, the lap is always accompanied by sticky rice and fresh vegetables .