

# ADELAIDE LIVING



FREE RECIPE

## YEESANG

Also known as yusheng or louhei, yeesang is a popular South-East Asian dish that is unmissable during Lunar New Year.

For South-East Asians, it's the actions that go with preparing yeesang that are most significant. Family and friends gather to toss the salad together, a practice known as the Prosperity Toss.

The aim is to toss higher each time, while wishing each other good fortune for the year. It's believed the blessings are woven into the salad with each toss, before being enjoyed by all.

Enjoy this recipe shared by Aloysius Yeow of Hut and Soul restaurant on Pulteney Street, Adelaide.

SERVES	8
PREPARATION TIME	30 MINUTES
COOKING TIME	10 MINUTES

# YEESANG

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## INGREDIENTS

### Dish

½ leek (pickled)  
1 cucumber  
½ papaya  
1 white ginger  
1 red ginger (pickled)  
1 carrot  
1 radish  
Thin slices of fresh sashimi  
salmon

### Topping

200g crispy crackers (or fried  
wonton wrappers)  
100g crushed peanuts  
1 tbsp sesame seeds

### Dressing

½ cup Chinese plum sauce  
½ tsp five spice powder  
½ tsp white pepper  
1 tbsp sunflower oil

## DID YOU KNOW?

Every ingredient of this dish  
has a symbolic meaning.

Learn more about them at  
[living.cityofadelaide.com.au/  
yeesang](http://living.cityofadelaide.com.au/yeesang)

## METHOD

1. Slice all the vegetables into long, fine strips. *Tip: Use a julienne peeler for ease.*
2. Once all the vegetables have been finely sliced, assemble by arranging them on your serving dish with the salmon slices in the middle.
3. When ready to serve, sprinkle all the toppings over the salad, along with the five spice powder and white pepper.
4. Finally, add the sunflower oil and Chinese plum sauce over the salad.
5. Gather the family and friends, and start tossing together!

