

= Naem =

Naem (Thai : ????? , pronounced [n? ? ?m] , also referred to as nham , naem moo , naem maw , and chin som) is a pork sausage in Thai cuisine . It is a fermented food that has a sour flavor . It typically has a short shelf life , and is often eaten in raw form after the fermentation process has occurred . It is a popular food in Thai cuisine , and different regions of Thailand have various preferred flavors , including variations of sour and spicy . Naem is used as an ingredient in various dishes and is also served as a side dish .

Naem contains 185 kilocalories per a serving size of 100 grams (3 @. @ 5 oz) and contains a significant amount of protein , has a moderate amount of fat and minor carbohydrate content . Parasites and enteropathogenic bacteria have been found in samples of naem , and lactic acid formed during its fermentation inhibits the growth of Salmonella . Lactobacillus curvatus use in the product has been proven to prevent the growth of pathogenic bacteria in naem . It is sometimes treated with irradiation . The bacterial content in Thai sour pork products is regulated .

= = Overview = =

Naem is a red @-@ colored , semi @-@ dry lactic @-@ fermented pork sausage in Thai cuisine prepared using minced raw pork and pork skin , significant amounts of cooked sticky rice , chili peppers , garlic , sugar , salt and potassium nitrate . Minced beef is sometimes used in its preparation . After the mix is prepared , it is encased in banana leaves , synthetic sausage casings or tubular plastic bags and left to ferment for three to five days . Naem has a sour quality to it due to the fermentation , in which lactic acid bacteria and yeasts grow within the sausage . The lactic acid bacteria and yeasts expand by feeding upon the rice and sugar , and the use of salt prevents the meat from rotting .

Naem typically has a short shelf life , which can be extended through refrigeration . The sausage can be time @-@ consuming and labor @-@ intensive to prepare . In Thailand , it is typically stored at room temperature , which gives it a shelf life of around one week . It is also produced in areas of Southeast Asia that are near Thailand .

Naem is often consumed raw , (after fermentation has occurred) , and is often accompanied with shallot , ginger , bird ? s eye chili peppers and spring onions . It is used as an ingredient in various dishes such as naem fried with eggs , Naem khao and Naem phat wun sen sai khai , and is also consumed as a side dish and as a condiment . The cooking of naem significantly changes its flavor .

= = Prominence = =

Naem has been described as " one of the popular meat products of the country prepared from ground pork " and as " one of the most popular traditional Thai fermented meat products " .

= = Varieties = =

Naem mo in northern Thailand may be fermented in a clay pot . Different regions of Thailand have different preferred flavors : northern and northeastern pork is a little bit sour , central is sour and southern is spicy .

= = Use in dishes = =

Dishes prepared with naem include naem fried with eggs , and naem fried rice . Naem phat wun sen sai khai is a dish prepared with naem , glass noodles and eggs , among other ingredients such as spring onions and red pepper . Naem khao is a salad dish in Lao cuisine prepared using Lao fermented pork sausage , rice , coconut , peanuts , mint , cilantro , fish sauce and lemon juice . The naem and rice are formed into balls , deep @-@ fried , and then served broken atop the various

ingredients . A restaurant named " Serenade " in Bangkok , Thailand purveys a dish called the " McNaem " , which consists of a duck egg wrapped in naem that is fried and then plated atop a dish with risotto , slaw , shiitake mushrooms , herbs and cooked sea scallops atop crushed garlic .

There are many applications of sour pork with different flavors such as phat phet naem (Thai : ????? ? ?????) , tom kha naem (Thai : ? ? ? ? ? ?????) , ho mok naem (Thai : ? ? ?????????) , and naem priao wan (Thai : ????????? ? ?????) .

Dishes prepared with naem

= = Nutritional content = =

Per a serving size of 100 grams (3 @. @ 5 oz) , Naem has 185 kilocalories , 20 @. @ 2 grams (0 @. @ 71 oz) protein , 9 @. @ 9 grams (0 @. @ 35 oz) fat and 3 @. @ 6 grams (0 @. @ 13 oz) carbohydrate . Per the work " Industrialization of Thai Nham " by Warawut Krusong of the King Mongkut 's Institute of Technology Ladkrabang in Bangkok , Thailand , vitamins B1 and B2 , ferric iron and phosphorus were present in naem , but the quantities were unspecified .

= = Microbiology = =

Naem has on occasion been contaminated with parasites such as *Taenia solium* and *Trichinella spiralis* and enteropathogenic bacteria such as coliform bacteria and *Salmonella* . It has been demonstrated that *Salmonella* growth is inhibited by the formation of lactic acid during the fermentation process . Use of the starter culture *Lactobacillus curvatus* has been demonstrated to prevent " the outgrowth of pathogenic bacteria " in naem . Naem is sometimes treated with irradiation .

= = Regulations on bacterial content = =

The bacterial content in Thai sour pork products is regulated . There should not be more than 0 @. @ 1 grams (0 @. @ 0035 oz) of *Escherichia coli* O157 : H7 , *Staphylococcus aureus* not more than 0 @. @ 1 grams (0 @. @ 0035 oz) , *Yersinia enterocolitica* not more than 0 @. @ 1 grams (0 @. @ 0035 oz) , *Listeria monocytogenes* not more than 0 @. @ 1 grams (0 @. @ 0035 oz) , *Clostridium perfringens* not more than 0 @. @ 1 grams (0 @. @ 0035 oz) , Fungi less than 10colony per gram , *Trichinellaspinalis* less than 100 grams (3 @. @ 5 oz) . If any of these bacteria exist at higher levels than described above it may cause sickness .