



## **BANANA BLOSSOM SALAD WITH CHICKEN AND GRAPEFRUIT**

### **INGREDIENTS:**

- 2 small banana blossoms
- 2 tablespoons white vinegar
- 4 tablespoons white vinaigrette
- 2 cups shredded poached chicken breast
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons fresh lime juice
- 2 teaspoons chopped rau ram (Vietnamese mint)
- 6 tablespoons chili fish sauce
- 4 tablespoons crispy shallot flakes
- 4 tablespoons chopped roasted peanuts

### **COOKING INSTRUCTIONS:**

Peel off and discard the tough, old outer layers (called bracts) of the banana blossom. Use a Japanese mandolin with the thinnest setting and cut into fine julienne strips. Immediately plunge into large bowl of cold water with the white vinegar. Remove the julienne strips and shake off the tiny white buds (chopped up baby buds). Rinse and drain. Squeeze dry of the excess water. Put 4 cups, well packed, strips into a bowl and toss with the white vinaigrette for a few seconds. Pour off the excess liquid. In a separate bowl, toss the shredded chicken with salt, pepper and lime juice. Add the grapefruit, rau ram, and the chili fish sauce; mix together thoroughly. To serve, divide equally and mound the salad onto 4 separate plates. Top each with 1 tablespoon of crispy shallot flakes and 1 tablespoon of the chopped peanuts. Serve immediately.

“Vietnamese food is naturally fresh and rich in antioxidants. The Southern region of Vietnam where my home of Nha Trang is located is rich with tropical fruits such as papayas and mangoes, the seafood and shellfish are abundant. At Ana Mandara restaurant we recreate these ingredients in dishes such as the Banana Blossom Salad with peanuts and fresh grapefruit, our Green Papaya Salad, and my signature Mango Soup with Durian Sorbet.”

—Chef Khai Duong

