

Vietnam

Banana Blossom Salad

Right across Vietnam people are very proud of where they come from and love to talk about the food their home is famous for.

Brett volunteers with KOTO (Know One, Teach One) and is helping at-risk and disadvantaged young people forge careers in hospitality. *Banana blossom salad* is one of the most famous dishes Brett has come across and every region seems to claim it as its own. This recipe is inspired by the version KOTO serves at its restaurants.



Ingredients

- 1 banana flower, thinly sliced
- 2 limes, juiced
- 100g bean sprouts
- 2 ½ tbsp unsalted peanuts, roasted
- 1 bunch coriander, roughly chopped
- 3 red shallots, finely chopped
- 2 tsp of extra peanuts for garnish

For the dressing

- 100ml lime juice
- 3 tbsp fish sauce
- 120g caster sugar
- 1 long red chilli, seeded and finely chopped

Method

Peel the purple outer petals off the banana flower, discarding small banana shoots from between the petals. Set aside six petals for presentation.

Thinly slice the flower and soak in water and juice of two limes for 15 minutes. Move quickly to avoid discolouration.

While flower is soaking, prepare dressing by mixing together the lime juice, fish sauce, sugar and chilli.

Thoroughly drain sliced flower and pat dry. Combine sliced flower, shallots, sprouts, coriander and peanuts in a bowl. Add dressing and gently toss.

Place the salad into the banana flower petals you put aside, and sprinkle with the extra peanuts.

Tips

If you can't find a fresh banana blossom, consider using tinned banana blossom, which is available in some supermarkets, or substitute with a mild cabbage or green papaya.