



Banana Blossom Salad

Village Kitchen @ <https://chailai.us>



In the village, we eat what we have on our land. Banana blossom is a fleshy, purple-skinned flower, which grows at the end of a banana fruit cluster. When the banana trees finish pushing out the fruits, we need to cut down the blossom to allow the tree to direct the nutrients to the fruits. The blossom is eatable, and this is one way of preparing it.

It is highly recommended that you prepare all ingredients as shown in the picture before assembling them together.

Ingredients

Amount	Measurement	Ingredient
1	Blossom	Banana blossom removed the dark outer jacket, the stem, the little bananas inside, and then finely shredded. Soak shredded blossom in lemon water to preventing them from darkening while slicing. When finish, moved shredded blossom to ice water to keep them fresh and cold.

200	Grams	Ground pork, brown in small amount of hot water.
5		Shrimps, cook briefly in boiling water.
4		Shallots thinly sliced, fry half of it in oil and set aside.
1	TBS	Palm sugar
1	Tsp	Hot pepper flakes
2	TBS	Lime juice
2	TBS	Tamarind juice
2	TBS	Peanuts, crushed
1	TBS	Fish sauce
1	TBS	Thai chili paste
Garnishes: Green onions, cilantro.		

Directions:

1. Brown ground pork in small amount of boiling water and place them in a mixing bowl.
2. Add palm sugar, Thai chili paste, fish sauce, tamarind juice, lime juice, sliced shallot, hot pepper flakes, peanuts, and mix well.
3. Add shredded banana blossom – be sure to spin out all excess water.
4. Chop the green onions, cilantro, and cilantro, and add to the bowl.
5. Mix well and serve on a bed of lettuce.