

# Pummelo and Shrimp Salad

*Gỏi Bưởi*

**P**ummelo, a giant citrus fruit now available in the U.S., has an enticing sweet and sour flavor. The flesh, unlike an orange or grapefruit, is easily separated into individual juice-filled sacs. Piles of these fruits populate markets all over Vietnam, especially during at peak of their season from September through November. Dipped in the spicy chili salt (*muối tiêu*) (pg. 251), they are a typical Vietnamese snack.

To access the fruit inside these thick-skinned orbs, use a knife to cut through the fragrant peel down to the translucent yellow or pink flesh. For a detailed method how to peel and segment the cherished citrus see page 107. This salad is simple to make and refreshing to eat. Try pairing it with Chicken Stir-fry with Lemongrass, Chilies and Tamarind (pg.248) and steamed rice.

*Makes 4 to 6 servings as part of multi-dish meal*

1/4 lb. (113 g.) Lean pork, such as loin or leg, one piece, about 1 inch (2.5 cm.) thick and 3 inches (7.5 cm.) long  
 1/4 lb. (113 g.) Small shrimp, deveined with shell still on  
 2 Tbsp. Granulated sugar  
 1/4 tsp. Kosher salt  
 1 Tbsp. Fish sauce (*nước mắm*)  
 1 large Pummelo or 2 large grapefruits  
 1/2 cup Very fine julienne carrots, 1/16-inch (.1 cm.) thickness (pg. 108), about 2 inches long (5 cm.)  
 1/2 cup Mint leaves, sliced about 1/4 inch (0.6 cm.) thick  
 1/4 cup Cilantro, roughly chopped (leaves and stems)  
 2 Long red chilies, cut into thin rings or fine julienne 1/8 inch (0.3 cm.) thick  
 1/4 cup Peanuts, roasted in dry pan (pg. 109), roughly chopped  
 12 to 24 pieces Shrimp chips (*bánh phồng tôm*), deep-fried (optional)

**1.** Cook the pork and shrimp: In small saucepan, submerge pork in simmering water and gently cook until done through, 140°F. Plunge meat into ice water for 10 minutes. Drain and julienne, about 1/8 inch (0.3 cm.) thick. Cook the shrimp in simmering salted water until cooked, about 3 to 5 minutes. Cool in ice water for 5 minutes. Shell, de-vein, and halve lengthwise.

**2.** Make dressing: Combine sugar, salt and fish sauce in small pan. Simmer until sugar and salt dissolve; cool.

**3.** Prepare the Salad: Peel pummelo as shown (pg. 107). Peel off the membranes that encase each segment. Separate the pulp pods into individual or small bunches of pods, about 1/4-inch (0.6 cm.) pieces. Gently combine the pummelo with the pork, shrimp, carrots, mint, cilantro, and chilies. Drizzle with dressing and toss gently. Taste and adjust seasoning with sugar, salt and fish sauce. Transfer to serving bowl, garnish with peanuts.

**4.** Serve with shrimp chips on the side. The chips are used to scoop up the salad.



*Vendor on the Mekong Delta sells her pummelos boat to boat.*

## How and Why

1. Cook the shrimp with the shell on for the best color, taste and texture. The shell protects the shrimp's flavor.
2. When cutting herbs, use a long stroke with your sharp knife. This helps reduce the bruising of the leaves, and prevent oxidation, which is unsightly and changes the flavor of the fresh herbs.

