

## LYCHEE – PLU 4309



### Description/Taste

Lychees are oval-round and petite, roughly the size of a walnut, and their leathery skin is covered with tiny spikes. Young lychee fruits start out green, and as they mature, they become blushed with pink and eventually turn a bright red. The pearly-white pulp is covered in juice and houses a dark-brown seed at its center, which can vary in size from 1/2 inch to 1 inch in length, depending on the variety. The firm yet gelatinous pulp is chewy and juicy with a sweet, fruity flavor, like a cross of strawberry and watermelon with a touch of pineapple-like acidity. Lychees are also fragrant with a tropical scent and a hint of roses.

### Seasons/Availability

Fresh Lychees are available late spring through mid-summer.

### Nutritional Value

Lychees are considered to be a super fruit as studies have shown that they contain the second highest amounts of polyphenol antioxidants of all known fruits. They are a very good source of B-complex vitamins, fiber, minerals like potassium and copper, and like other citrus fruits, they are an excellent source of vitamin C.

### Applications

Outside of fresh eating, Lychees primary uses are in desserts, beverages, cocktails and martinis. Lychees are juiced and used to create syrups, ice creams and teas. Classic sweet companion ingredients include mango, coconut, bananas, passion fruit and pineapple. Lychees also pair well with cashews, sesame, honey, oranges, elderflower, cream and soft mild cheeses, tapioca, grapefruit and blueberries.

### Ethnic/Cultural Info

In Chinese tradition, Lychee represents close family ties and togetherness, and is often eaten in celebration of the Lunar New Year



## **VEGAN Lychee Ceviche - YIELD: 1/2 CUP**

VEGAN Lychee Ceviche flavored with citrus, green chilli, mint, onions & ginger, it's a delicious plant-based alternative.

**PREP TIME 10 minutes**

**ADDITIONAL TIME 15 minutes**

**TOTAL TIME 25 minutes**

### **Ingredients**

- 10 fresh lychees
- 1/4 tsp sugar
- 3/4 - 1 tsp lemon juice
- a pinch of green chilli, tail-end sliced finely
- 2 slices of red onion, shaved finely
- 2 pinches of grated ginger
- 1-2 leaves of mint, sliced chiffonade
- a pinch of smoked maldon salt

### **Instructions**

- Wash and peel the lychees. If using canned, drain them from the syrup and rinse to remove extra sweetness.
- De-seed and slice the lychees in half.
- In a bowl, combine the lychees with the remaining ingredients. Let sit in the refrigerator for atleast 15 minutes before serving.
- You can eat them with tortilla chips (like salsa) for a crunchier version.

### **Notes**

1. To best 'shave' onions, use the sharpest knife to slice as thinly as possible. When the citrus reacts with the onions, it turns them almost translucent and soft, creating purple lines to stud the lychee ceviche beautifully. If you care not for aesthetics and would rather prefer the crunch of a thicker slice, feel free to slice them a little bit thicker.
2. The tail end of a green chilli almost never has seeds, which is why I use them here. If multiplying the recipe to serve more people, use a whole chilli, de-seeding them as you normally would.

### **Nutrition Information:**

**YIELD: 1 - SERVING SIZE: 1/2 cup**

*Amount Per Serving:* CALORIES: 36 TOTAL FAT: 0g SATURATED FAT: 0g TRANS FAT: 0g UNSATURATED FAT: 0g CHOLESTEROL: 0mg SODIUM: 5mg CARBOHYDRATES: 9g FIBER: 1g SUGAR: 5g PROTEIN: 1g