

## Thai Guava



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#### Description/Taste

Thai guavas are generally the size of a softball with apple green skin that can range from bumpy to smooth. The flesh is white with pale yellow seeds and tends to be drier than the pink type of guavas. Thai guavas are only mildly sweet and have very little fragrance. The crunchy flesh and hard seeds are both edible.

#### Current Facts

Guavas come in two broad groups divided by the color of their flesh: pink and white. Thai guavas are a group of guavas within the white category that include a number of varieties. Thai guavas are known as Farang in Thai, which is the same word used to denote a foreigner or an item that was a Western import into Thai culture. The name refers to this species of guava being introduced into the Thai region via European traders in the 17th century.

#### Nutritional Value

Guavas are an excellent source of vitamin C and potassium.

#### Applications

Thai guavas are often eaten slightly under ripe and raw dipped in salt or sugar mixed with dried chili. They can be julienned and added to green mango or papaya salads. Fresh guava spears can be pickled and used on their own or as an accompaniment to roasted chicken. Chopped Thai guava also goes well in sweet applications as an unusual pie filling.

# Thai Guava & Green Mango Salad

Tired of eating the same salad every day? Try this fresh, tropical salad and you will not regret it!

Prep Time 10 mins

Cook Time 10 mins

Total Time 20 mins

Course: Salad, Side Dish  
Cuisine: American, Mediterranean

Servings :2  
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## Ingredients

- 1 Thai guava
- 1 green mango
- 1 carrot
- 2 Thai chilies red, finely chopped
- 2 springs green onions
- 3 tbsp fish sauce
- 1 tbsp sugar
- 2 tbsp lime juice
- 5 tbsp canola oil
- 1/4 tsp ginger, peeled and grated
- 1 clove garlic, minced
- Fresh cilantro and grated lime rind for garnish

## Instructions

1. Peel the mango, then shred the mango, guava & carrots.
2. Add some chopped green onions and add cilantro leaves (not chopped)
3. Dressing: In a medium size bowl add fish sauce, sugar, lime juice, canola oil, ginger, garlic, Thai chili pepper, and lime rind. Then whisk in the oil.
4. Pour the salad dressing over the salad, toss the salad before serving.
5. Enjoy!