

Jicama & Citrus Salad

Ingredients

- 1 small jicama
- 2 small oranges
- 2 medium ruby red grapefruit
- 1 bunch fresh mint
- 4 Tablespoons honey
- 2 Tablespoons apple cider vinegar

Serves 4



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Instructions

Remove the top and bottom of the jicama with a knife. If the jicama has a thicker skin, use a small paring knife to slice the skin away from top to bottom. If the skin is thinner, you can use a vegetable peeler, peeling from the top to bottom to cut through any outer fibers. To make things more manageable, cut jicama into two halves as you would an onion. Working with the flat cut side down, slice jicama, lengthwise, into 1/2 inch slabs. Cut in half again so you end up with half-moon wedges. Set aside.

Using a small paring knife, remove the top and bottom of each citrus. Remove the peel with your knife, from top to bottom, and slice citrus into 1/4 inch rounds.

In a small bowl, blend honey with apple cider vinegar until it dissolves and becomes a light syrup.

On a platter, layer alternating slices of jicama, grapefruit, orange and mint leaves. Drizzle with honey vinegar. Can be served room temperature or chilled.

Cooking Notes

Sourcing, selecting and storing the jicama requires a little bit of knowledge, but once you've got these few tidbits under your belt, all that's left is for you to enjoy eating it. Jicama can be found in most typical grocery stores, often located near the fresh ginger. It is usually sold by the pound. I did a quick price comparison at two locations in my area and, at the time of this post, found it ranged from .79/pound at a small Asian grocer to \$1.19/pound at a larger standard grocer. It pays to shop around.

Jicama have a rough and fibrous light yellow to tan skin. Some are relatively smooth with a little bit of scaliness. Others may have a few bumps or dimples. If you can, purchase small to medium sized jicama with the least amount of blemish on its exterior. Also, avoid any jicama that are tinged with green mold on the root ends.

When left unpeeled, jicama can be stored much like potatoes, in a cool, dry, dark place for up to a month. After they've been peeled and refrigerated, if you don't manage to eat them before then, they will keep between 1-2 weeks. I ate two small jicama in two days. Addictive, really.