

Four Popular Vietnamese Unripe Green Mango Dipping Sauces

MUOI OT / CHILI SALT

INGREDIENTS

- 1 tablespoon sea salt
- 2-4 red chili peppers

INSTRUCTIONS

1. In either a food processor or a mortar/pestle, mix together salt and chili until fully combined.
2. Serve with peeled, sliced green mangoes.

MUOI TOM / SALT WITH DRIED SHRIMP

INGREDIENTS

- 2 tablespoons small dried salted shrimp
- 1 tablespoon vegetable oil
- 1 tablespoon sea salt
- 1/2 tablespoon granulated white sugar

INSTRUCTIONS

1. Soak shrimp until softened. Drain dry. Firmly pound the shrimp in the mortar to a fairly fine powder or place in a food processor.
2. Heat up vegetable oil in a small frying pan. Add powdered shrimp and toss constantly over low heat until shrimp is completely dry and toasted. Set aside to cool.
3. Add salt and sugar. Mix until fully combined.
4. Serve with peeled, sliced green mangoes.

NUOC MAM DUONG / SWEET FISH SAUCE

INGREDIENTS

- 2 tablespoons fish sauce
- 4 tablespoons granulated white sugar
- 2-4 red chili peppers (thinly slice)

INSTRUCTIONS

1. In a small bowl, mix together fish sauce and sugar until fully dissolved.
2. Add chili peppers.
3. Serve with peeled, sliced green mangoes.

MAM RUOC / SHRIMP PASTE

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 small shallot (peel and finely dice)
- 1 tablespoon minced lemongrass (tender bottom part only)
- 3 garlic cloves (peel and finely dice)
- 2-4 red chili peppers (slice thin)
- 3 tablespoons shrimp paste
- 2 tablespoons water
- 3 tablespoons granulated white sugar

INSTRUCTIONS

1. In a medium frying pan, heat vegetable oil on high. Add shallots, lemongrass, garlic and chili peppers. Fry until fragrant.
2. Thin out shrimp paste with water. Add shrimp paste mixture to the aromatics.
3. Add sugar. Mix until combined.
4. Serve with peeled, sliced green mangoes.