

Consulate General of the Socialist Republic of Viet Nam in Sydney
Viet Nam Trade Office in Australia



VIETNAMESE LYCHEES

**WELCOME VIETNAMESE LYCHEES TO AUSTRALIA
THE TASTY FRUIT FOR LOVERS TO ENJOY THE WHOLE YEAR ROUND**





VIETNAMESE LYCHEES



Forewords

“ After 12 years of negotiation, Vietnamese lychees have been officially sold in Australia from June 2015 onwards. This is a success story for Viet Nam in expanding its reach to overseas markets and I do hope lychees will be the first of many tropical fruits Viet Nam can export to Australia, including mangoes, dragon fruit and longans. Viet Nam is rich in exotic fruits and I am keen to see them in the Australian market. They will assist to grow market demand for the fruit in Australia as they are produced counter seasonally to Australian fruits. With the presence of Vietnamese lychees, Australians would be able to enjoy such flavor at any moments across the whole year. We believe Vietnamese lychees will attain the appreciation from the new country soon enough.”

Nguyen Cam Tu

Deputy Minister

Ministry of Industry and Trade of Viet Nam

“ I am very pleased that the Australian market is now open for Vietnamese Lychees. The first consignments arrived in Melbourne on Friday 12 June and will soon be in Australian shopping baskets. It is terrific that Australian consumers will have the opportunity to try these delicious fruit during the 2015 season, I am sure that they will enjoy this high quality and flavoursome product - just like Vietnamese consumers enjoy eating Australian fruits such as table grapes, citrus and cherries.”

Hugh Borrowman

Australian Ambassador to Viet Nam

“ It is indeed great news. May I congratulate both the Vietnamese farmers and the Australian consumers. We believe that the Australian people would enjoy and love the irresistible fresh and sweet taste of the lychees as much as we in Viet Nam do. The Fund for Economic Diplomacy, Ministry of Foreign Affairs of Viet Nam is pleased to have made a humble contribution to these marketing efforts and we look forward to working closely with our colleagues based in Australia to further promote the fine economic and trade ties between our two peoples.”


Vu Quang Minh

Assistant Minister of Foreign Affairs

President of the Economic Diplomacy Fund



INTRODUCTION



In days of old, lychees were regarded as a fruit for the elite served exclusively to Asian royalty and nobility, not only for nourishment but also as a component of cosmetics and medication. In recent times, lychees have shed this stereotype of being a fruit for only the prominent and now can be found in any kitchen or on any dining table of families around the world.

For the Vietnamese, the presence of lychees is a signal of summer's arrival, bringing with it a great source of pride and joy for farmers in Bac Giang and Hai Duong – two renowned cradles of lychees. This book's purpose is to share this delight with you by taking you on the journey of this decadent fruit, from its beginning in a humble land to its destination as a precious little gift on your plate. This book will give you some insight into why lychees have grown to be the favorite fruit of the people of Viet Nam, and how much different an experience they would provide in comparison to the varieties from other countries.

Hoang Minh Son
Consul General of Consulate General of Viet Nam in Sydney

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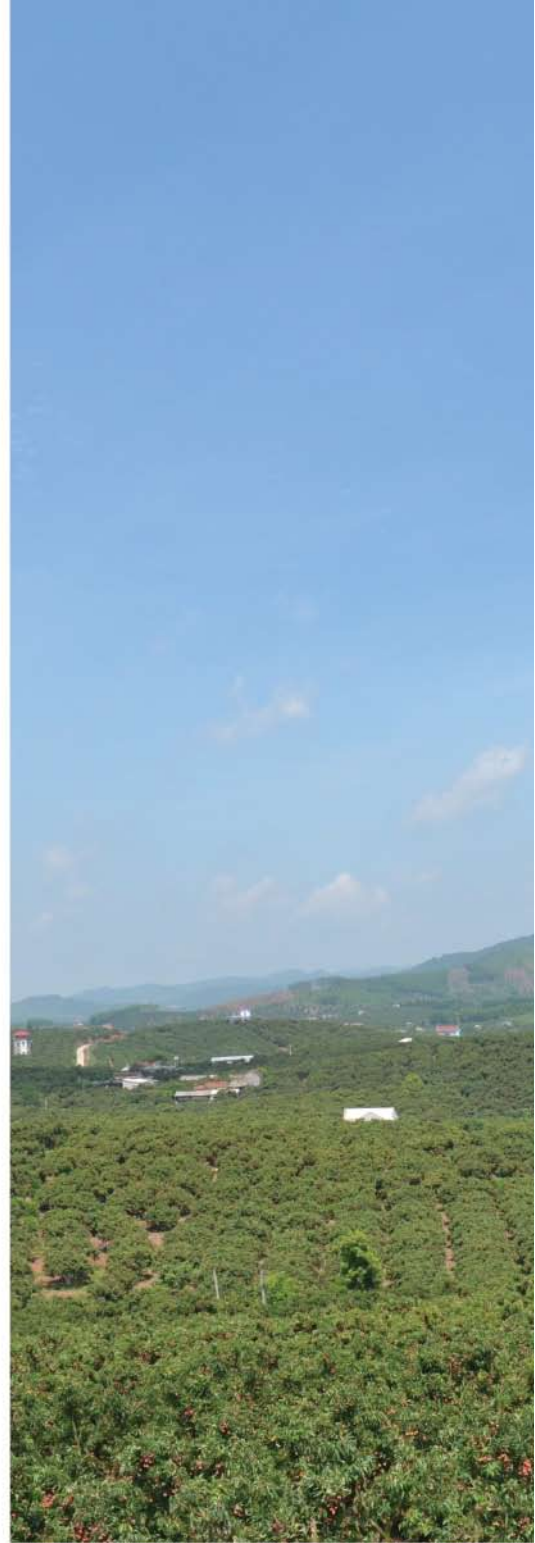
THE JOURNEY OF VIETNAMESE LYCHEES

Origin of Vietnamese Lychees

Lychees have been present in Viet Nam since the Eighth century. However, it was not until the 1800's that the best of its kind – Thieu Lychee (Thanh Ha Lychee) – would make its debut. In fact, the very first Thieu Lychee tree to grace Viet Nam is still flourishing today in Thanh Ha, Hai Duong.

Nowadays, lychee cultivated lands can be found in both the Northern and Southern parts of Viet Nam. However, the search for the most fruitful Thieu lychee farms would direct you to two places in particular: Thanh Ha District, Hai Duong, and Luc Ngan District, Bac Giang; as the soil and climate conditions there are the best fit for the development and fructification of lychees.

These also are the largest lychee farms in Viet Nam complying with both VietGAP and GlobalGAP standards, as well as satisfying export conditions in high-end markets such as Japan, Korea and the US. As of 2015, the area of qualified lychee cultivated land is around 9,000 ha, mainly dispersed in Luc Ngan District, Bac Giang.







**THE THOUSAND-YEAR-OLD DISTINCTIVE TROPICAL FLAVOUR
IS PRESERVED AND CONTAINED IN VIETNAMESE LYCHEES
THROUGHOUT THEIR PATH TO A NEW DESTINATION.**

The most prominent Thieu lychee farmland in Viet Nam is Thanh Ha District, Hai Duong. Benefiting from the alluvial soil, mild climate and rarely being affected by storms, this land provides lychees with an ideal condition to grow and thrive to be the best of their kind in the country. Thanh Ha lychees were granted the Protected Geographical Indication status in 2007, providing yet more evidence for such specialty.



In contrast, Luc Ngan District, Bac Giang is located in the mountainous central region of Northern Viet Nam, with favorable climatic conditions for the development of lychees including sprouting, flowering and fructification.



In order to avoid the direct negative impact of industrial and domestic wastes, lychees are specifically cultivated on small hills or hilly terrains with alternating plains, which are dedicated to fruit trees

The mentioned areas are also guaranteed for production safety, stable productivity and exquisite quality, with plenty of personnel experienced in intensive lychee cultivation. Furthermore, the infrastructure, purchasing establishments and the process of preliminary treatment are of superior quality.



Lychees exported to Australia are grown with strict adherence to the VietGAP and GlobalGAP standards. All the farms are examined and approved by Australian experts.

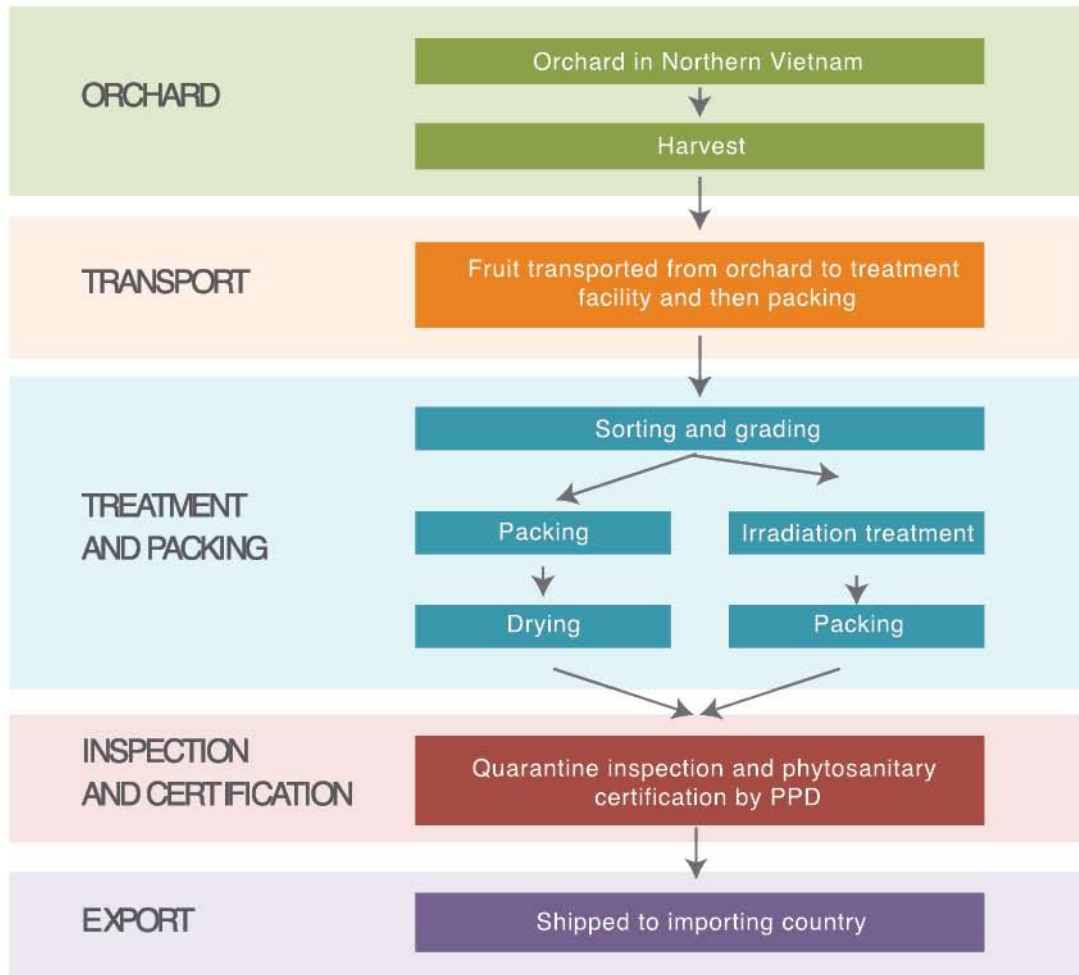
The VietGAP and GlobalGAP standards require lychee export companies to establish a thorough safety monitoring and inspection system from farm preparation to harvesting, processing and preservation, as well as to commit to the assurance of health, labor rights, and the protection and sustainability of the environment.



The preferred lychee harvest period in Viet Nam is between June and July, in the middle of the tropical summer. Harvesting is conducted in the early morning or late afternoon on cool, dry days to maintain the refreshing and sweet taste.

In current Vietnamese farms, fresh lychee fruits are harvested individually by hand. This harvesting technique is paramount in prolonging the storage life of the fruit.

With recent years' bumper harvest, the combined Vietnamese lychee yield of the two largest Thieu lychee-growing provinces has reached 190,000 tons, 40% of which has been shipped to China, Malaysia, Russia and a growing number of European nations.



The Export Procedure of Vietnamese Lychees

Ripe lychee fruits are harvested in the orchard and graded/sorted in packing sheds made from non-polluting materials. After that, they are transported to treatment and irradiation facilities to get rid of harmful insects before exportation. The lychees will undergo quarantine inspection by the country's quarantine authority and then be loaded into cargo aircraft or refrigerated containers for transportation to the importing country.



A large, vibrant pile of fresh lychees, still attached to their green leaves, is displayed in a market stall. The fruit is piled high, filling most of the frame. In the background, several people are visible, some sitting on chairs, suggesting a busy market environment. A red lantern hangs from the ceiling of the stall. The overall scene is bright and colorful, emphasizing the freshness of the produce.

From 17 April 2015, the Australian Department of Agriculture has approved the importation of fresh lychees from Viet Nam to Australia. Viet Nam has indicated a capacity of around 200 tons of lychees exported to Australia annually for the first five years.







Vietnamese Lychees Day in Australia

**WITH THE PRESENCE OF VIETNAMESE LYCHEES,
AUSTRALIANS WILL BE ABLE TO ENJOY SUCH FLAVOR
AT ANY MOMENT ACROSS THE WHOLE YEAR.**





FRUITY LOVE



In structure, lychee fruit is heart-shaped or nearly round, measures about 3.3 – 3.4 cm long and 3.4 – 3.5 cm in diameter and weighs about 18 – 20g each.



In appearance, its outer skin is a rough leathery rind or peel, featuring a red color. Its peel can be detached easily from the ripe berries. Inside, its flesh consists of an edible portion or aril that is white, translucent, sweet, and juicy and envelopes a single, glossy, black seed.

This native Vietnamese fruit, the lychee, has a sweet taste, and a fragrant flavor that everyone, from children to elderly, delights to savor.

**MARVELOUS TASTE IS NOT ENOUGH
VIETNAMESE LYCHEES POSITIVELY SUPPORT YOUR STATE
OF HEALTH**





Thieu lychees have a variety of antioxidants as well as dietary fibre and no saturated fats or cholesterol. Lychees, like citrus fruits, are an excellent source of vitamin C. Furthermore, they are a very good source of B-complex vitamins such as thiamin, niacin, and folates. Lychees also carry a very good amount of minerals like kalium, potassium and copper.

Nutrition value per 100g mesocarp of “Thieu” lychee

Principle	Nutrient Value	Percentage of RDA
Energy	66 kcal	3.3%
Carbohydrates	16.53 g	12.7%
Protein	0.7 g	1.5%
Total Fat	0.44 g	2%
Cholesterol	0 mg	0%
Dietary Fiber	1.3 g	3.5%
Vitamins		
Folates	14 µl	3.5%
Niacin	0.603 mg	3.5%
Thiamin	0.011 mg	1%
Vitamin C	72 mg	119%
Minerals		
Potassium	171 mg	3.5%
Copper	0.148 mg	16%
Magnesium	17.8 mg	5.1%
Kalium	193mg	4.1%
Iron	0.5 mg	5%
Calcium	6 mg	0.6%

*Source: Viet Nam National Institute of Nutrition



Health benefits of Lychee fruit:

- Provides a huge amount of water and energy
- Supplies a rich source of highly-recommended anti-oxidants
- Stimulates blood circulation
- Prevents cancers
- Relieves pain
- Promotes digestive system's health

In traditional Vietnamese medicine, lychee is used as a remedy for fever, constipation, poor blood circulation, etc. However, people with diabetes are recommended to consume a limited amount of lychee fruit.

*(*Source: Viet Nam National Institute of Nutrition)*



You can immediately enjoy the refreshing and sweet taste of fresh lychee after your purchase. Nevertheless, some preservation methods are used to keep lychee fresh for 1 – 3 months at home.

- Putting peeled lychees into suitable jars and storing in the refrigerator only preserves them for one week at most.
- Freezing peeled lychees can preserve them for up to three months.



**Enjoy Vietnamese Lychees
YOUR way!**

Lychee & Mango Salad

Ingredients (4 servings):

2 small mangoes, peeled and cut into thin strips.

12 lychees, peeled and pitted.

2 tbsp honey.

2 cup of sour cream.

2 tbsp shaved coconut.

Mint leaves.

Preparation:

Divide all ingredients into 4 dishes, except honey and sourcream.

Keep them cold in the fridge for an hour.

Drizzle honey then top each dish with sour cream.



<http://foodvintage.wordpress.com/>

Lychee and Raspberry Panna Cotta

Ingredients (4 servings):

10g gelatin powder.
300ml milk.
400ml whipped cream.
8 tbsp sugar.
150g raspberry.
100g lychee, pitted.

Preparation:

In a small sauce pan, simmer raspberry with 4 tbsp of sugar until soft.

Pass the mixture through a fine sieve, using a spoon to press down on the berries, pushing through as much colour and flavour as possible. Set aside and keep cool in the fridge.

Use a food processor to make lychee puree, set aside and keep cool in the fridge.

Combine milk, cream and the remaining sugar in a sauce pan, cook until it start to boil. Remove from heat and blend gelatin in.

Divide the mixture into 2 parts, mix one with raspberry puree and the other with lychee puree.

Pour raspberry cream into 4 cups and let it set in the fridge for an hour while keeping the lychee mixture at room temperature.

Pour lychee cream on the solid raspberry mixture, keep cold in the fridge at least 4 hours.



<http://foodvintage.wordpress.com/>

Lychee & Rose Italian Soda

Ingredients (4 servings):

400g lychee, skinned & pitted.

½ cup of rose syrup.

2 can of soda.

1 lime juiced

Ice

Mint leaves.

Preparation:

Use food processor to make lychee puree.

Pass the mixture through a fine sieve, using a spoon to press down on the mixture, pressing as much juice as possible. Set aside and keep cool in the fridge.

Add lime juice and stir well.

Pour into 4 glasses filled with ice cubes until 3/4 full.

Pour the rose syrup into the bottom and top the rest with soda. Garnish with mint and serve.



<http://foodvintage.wordpress.com/>

Lychee & Lime Sorbet

Ingredients (4 servings):

400g lychee, skinned & pitted.

6 tbsp lime juice.

2 tsp lime rind, white pith removed, sliced.

1 tsp lemongrass, finely chopped.

8 tbsp sugar syrup.

Preparation:

Use food processor to make lychee puree.

Pass the mixture through a fine sieve, using a spoon to press down on the mixture, pressing as much juice as possible. Set aside and keep cool in the fridge.

Combine lychee juice with sugar syrup, lime juice, lemongrass and lime rind.

Pour the mixture to the ice cream maker and freeze according to manufacturer's instructions.



<http://foodvintage.wordpress.com/>

Lychee Jelly Shot

Ingredients (4 servings):

1/2 cup of Vodka.

1/2 cup of Grand Marnier.

1 cup of lychee juice.

15g of gelatin powder.

10 lychees, chopped.

Preparation:

Pour juices into a saucepan and sprinkle with gelatin. Allow to soak for a minute or two. Heat over low heat, stirring constantly, until the gelatin is fully dissolved then remove from heat.

Stir in the Vodka and Grand Marnier.

Pour into loaf pan and refrigerate until fully set, overnight.

To serve, cut into desired shapes. Garnish each jelly shot with a few pieces of chopped lychee.



Lychee Sangria

Ingredients (4 servings):

A 750 ml bottle of Chardonnay.
300ml of lychee juice.
30 lychees, pitted.
½ cup of sugar syrup.
1 lemon, thinly sliced.
500ml club soda.

Preparation:

In a large pitcher combine all the ingredients except club soda. Cover and let chill in the fridge for at least 2 hours to allow flavors to infuse. (Allowing sangria to chill overnight is the best.) Top with soda, stir before serving. Serve chilled, with ice.



Ingredients (4 servings):

100ml whipped cream.

100ml milk.

20 lychees, pitted.

½ cup of white tapioca pearl.

½ tsp almond essence.

½ tsp jasmine essence.

50g sugar.

2 cups of sugar syrup.

2 cups of water.

7g gelatin powder

2 tbsp almonds, slivered & toasted

Preparation:

To make the almond panna cotta, combine milk, cream and sugar in a sauce pan, cook until it start to boil. Remove from heat and blend gelatin in.

Mix almond essence into the mixture, keep cold in the fridge at least 4 hours until set.

Mix sugar syrup with water and jasmine essence, keep cool in the fridge.

Meanwhile, cook the tapioca pearl in boiling water until become transparent then soak in ice water.

Slice the panna cotta into small cubes (2x2x2cm), then divide between small bowls. Pour in the syrup, add tapioca pearl, lychee and toasted almond. Serve cold with ice.





Khuc Bach Sweet Consome

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