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# VIETNAMESE FRUITS



A GUIDE TO VIETNAM'S TOP FRUITS



# Vietnamese Fruits

## A guide to Vietnam's top fruits

Vietnam is home to a diverse array of delicious and exotic fruits, each with its own unique flavor and appeal. This guide highlights Vietnam's top fruits, providing information about their Vietnamese names, appearances, flavor profiles, and how to enjoy them. Whether you're a fruit lover or simply curious, this guide will introduce you to the vibrant and flavorful fruits of Vietnam.



### Rambutan

- **Vietnamese name:** chôm chôm
- **Shape and appearance:** round or oval shape. Red or yellow skin with soft, hair-like spikes. Juicy, translucent fruit inside
- **Flavor profile:** sweet and mildly acidic with a soft, juicy texture
- **How to enjoy it:** eat it fresh, or try it in ice creams, curries, cocktails, and fruit salads.



### Dragon Fruit

- **Vietnamese name:** thanh long
- **Shape and appearance:** oval or elliptical with vibrant pink or yellow skin and green, scale-like leaves. The inside is white or red with black seeds.
- **Flavor profile:** mildly sweet and slightly tangy, with a refreshing and slightly crunchy texture.
- **How to enjoy it:** enjoy it fresh, in fruit salads, smoothies, desserts, or as juice.



### Lychee

- **Vietnamese name:** vải
- **Shape and appearance:** round or oval with rough red skin and a translucent white interior with a single seed.
- **Flavor profile:** lychee is sweet with floral, citrus, and strawberry-like notes, and a hint of rose.
- **How to enjoy it:** enjoy lychees fresh, in drinks, smoothies, desserts, or use them in jams and cakes.



## Longan

- **Vietnamese name:** nhãn
- **Shape and appearance:** round, with thin, brown, leathery skin and a translucent, white interior. The fruit contains a single, dark brown seed.
- **Flavor profile:** sweet, subtly tart, and musky, with a juicy texture.
- **How to enjoy it:** eat fresh, add to fruit salads, use in desserts, or make longan syrup and drinks.



## Star Apple

- **Vietnamese name:** vú sữa
- **Shape and appearance:** round with smooth, glossy skin ranging from green to purple. Inside, it has a milky, juicy pulp with dark seeds.
- **Flavor profile:** sweet, with a jelly-like texture, juicy flesh, and a pleasant fragrance.
- **How to enjoy it:** eat fresh by slicing it open and scooping out the flesh, or blend it into smoothies.



## Mangosteen

- **Vietnamese name:** măng cụt
- **Shape and appearance:** round, with a thick, deep purple skin on the outside. Inside, the fruit has soft, white segments that are juicy and tender.
- **Flavor profile:** sweet and tangy, with a juicy, slightly fibrous texture
- **How to enjoy it:** eat fresh, add to fruit salads, use in desserts, or blend into smoothies.



## Pomelo

- **Vietnamese name:** bưởi
- **Shape and appearance:** round to slightly pear-shaped, with thick, pale green to yellow skin. The interior ranges from pale yellow to pink.
- **Flavor profile:** juicy and refreshing, with a balanced sweet-tart flavor and a mild hint of bitterness
- **How to enjoy it:** eat fresh, add to salads, use in desserts, or juice it for a refreshing drink.



## Mango

- **Vietnamese name:** xoài
- **Shape and appearance:** oval or kidney-shaped, with skin that changes from green to yellow or orange as it ripens. Inside, it's vibrant yellow or orange.
- **Flavor profile:** sweet and juicy, with a tropical flavor that's slightly tangy and floral.
- **How to enjoy it:** eat fresh, add to salads, blend into smoothies, use in desserts, or make into ice cream.



## Coconut

- **Vietnamese name:** dừa
- **Shape and appearance:** A smooth, green, or brown outer layer, fibrous husk, and a hard, brown shell. Inside is white flesh and coconut water.
- **Flavor profile:** rich and slightly sweet with a nutty taste, chewy flesh, and refreshing, mildly sweet water.
- **How to enjoy it:** drink fresh coconut water, eat the flesh, use in cooking, desserts, or blend into smoothies.



## Guava

- **Vietnamese name:** ôi
- **Shape and appearance:** round or oval, with smooth green to yellow skin. The interior is white or pink with small, edible seeds.
- **Flavor profile:** sweet with a fragrant aroma and crisp, grainy texture, similar to a blend of pear and strawberry.
- **How to enjoy it:** eat fresh, add to fruit salads, blend into smoothies, or use in desserts and juices.



## Papaya

- **Vietnamese name:** đu đủ
- **Shape and appearance:** oval or pear-shaped, with skin that ripens from green to yellow or orange. The flesh is vibrant orange with small black seeds.
- **Flavor profile:** sweet and slightly tangy, with a smooth, juicy texture.
- **How to enjoy it:** eat fresh, blend into smoothies, or use in desserts.



## Watermelon

- **Vietnamese name:** dưa hấu
- **Shape and appearance:** round or oval, with a thick, green rind that may have dark stripes. The interior is red or yellow, with black seeds scattered throughout.
- **Flavor profile:** juicy and sweet with a refreshing taste. Soft and watery, it's highly hydrating.
- **How to enjoy it:** eat fresh, add to fruit salads, blend into smoothies, use in desserts, or enjoy as juice.



## Durian

- **Vietnamese name:** sầu riêng
- **Shape and appearance:** Large, oval, with a spiky, green or brown rind. The interior is creamy, yellow, and segmented.
- **Flavor profile:** Rich, sweet, with a custard-like texture. The taste is strong and distinctive.
- **How to enjoy it:** eat fresh, add to desserts, use in ice creams, or blend into smoothies.



## Jackfruit

- **Vietnamese name:** mít
- **Shape and appearance:** large and spiky with green to yellow skin. Inside, it has yellow, fleshy segments and small seeds.
- **Flavor profile:** sweet flavor with hints of banana, apple, and mango, and a fibrous, rubbery texture.
- **How to enjoy it:** eat fresh, use in desserts, or blend into smoothies.



## Banana

- **Vietnamese name:** chuối
- **Shape and appearance:** elongated and curved, with smooth skin that ranges from green to yellow as it ripens. The flesh inside is creamy white.
- **Flavor profile:** sweet and slightly tangy, with a smooth, juicy texture.
- **How to enjoy it:** eat fresh, add to smoothies, make cakes, or banana ice cream.



## Avocado

- **Vietnamese name:** bơ
- **Shape and appearance:** oval or pear-shaped, with rough, dark green to brown skin. The interior is creamy, pale green or yellow with a large seed in the center.
- **Flavor profile:** creamy and mildly nutty, with a buttery texture.
- **How to enjoy it:** eat fresh, add to salads, blend into smoothies, use in sandwiches, or make guacamole.



## Sanh Orange

- **Vietnamese name:** cam sành
- **Shape and appearance:** round in shape, green skin with some pale yellow patches when ripe. The interior consists of juicy, orange segments.
- **Flavor profile:** mild fragrance, and sweet taste with a hint of sourness
- **How to enjoy it:** eat fresh or make fresh juice.



## Pineapple

- **Vietnamese name:** dứa
- **Shape and appearance:** cylindrical or oval, with rough, spiky green to yellow skin and a rosette of stiff leaves on top. The interior is bright yellow.
- **Flavor profile:** sweet and tangy, with a tropical, slightly acidic taste. The texture is juicy.
- **How to enjoy it:** eat fresh, add to fruit salads, blend into smoothies, use in desserts, or make pineapple juice.



## Langsat

- **Vietnamese name:** bòn bòn
- **Shape and appearance:** light brown skin when ripe. Inside, it has 5-6 translucent white segments, each with a single seed.
- **Flavor profile:** Sweet with a hint of sourness, offering a refreshing and unique taste.
- **How to enjoy it:** eat fresh, add to fruit salads, blend into smoothies.