

Mirliton and Egg Salad

By Lance Hill

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This was derived from a Costa Rican recipe. I omitted some of the spices and made it similar to the flavoring of a traditional potato salad. Chayote is used like potatoes Latin American cuisine. The key for this recipe was reducing the water content of the mirlitons which come across too mushy for my taste in the original Costa Rican recipe. This came out much better than what I thought.

Original recipe "Ensalada de Chayote" found at:

<http://www.recetastipicas.com/ensalada-de-chayote/>

- Time: 30 minutes
- Servings: 4 people
- Difficulty: Very easy

Ingredients

- 3 hard-boiled d eggs
- 3 boiled mirlitons, peeled and seeded (firm, not over-cooked and mushy)
- One tablespoon of sweet or dill relish to taste
- Salt to taste
- 4 tablespoons of mayonnaise

Peel and dice mirlitons to 1/4" cubes. Dice eggs to similar size. Place all ingredients and mayonnaise into bowl and gently mix with spoon. Cover with saran wrap and refrigerate for an hour or until mirliton has "weeped-out" fluid. Pour off excess water and using a potato ricer or cheesecloth, spoon in salad and squeeze out excess moisture. Mirliton should still be firm and moist, not mashed dry.

Return to serving bowl. Can be eaten as is or added to crackers. Add shallots, pepper, etc. as desired.