

## Pulp Recipes

### TROPICAL PASSION

- 1 Ounce lime juice
  - 1 Cup passion fruit pulp
  - 1 Cup pineapple pulp
  - 3/4 Ounce honey
  - 1/2 Cup of crushed ice
1. Process all ingredients in a blender.
  2. Serve over ice.

### PASSIONFRUIT AND ORANGE SAGO

- 2 1/4 Cups orange juice, freshly squeezed
  - 1 1/2 Cups passion fruit pulp
  - 1 1/4 Cups water
  - 6 Tablespoons demerara sugar
  - 3/4 Cup sago
1. Combine orange juice, Passion Fruit pulp, water, and sugar in saucepan and bring slowly to simmer stirring constantly.
  2. Add sago and cook stirring constantly until thickened.
  3. Continue cooking for 20 minutes, stirring frequently until sago is translucent.
  4. Pour into bowl and allow sag to cool then chill thoroughly before serving.

### GUANABANA SHAKE

- 3 cups *Guanabana* pulp
  - 3 cups whole milk
  - 1/4-cup sugar (or more to taste)
  - 2 cups ice cubes
- Puree in blender till smooth and serve

### MANGO MILK SHAKE

- 1/2 gallon vanilla ice cream
  - 1 lg. can mango pulp
  - 5 tbsp. ground almonds or pistachios, chopped
  - 1 c. milk
- Mix the ice cream and the mango pulp. Add the ground almonds and the milk to the ice cream mixture. Blend at high speed in a blender. It should be served right away. If you have a chilled glass, that works well.

### FRUIT SMOOTHIE

- 1/4 Cup frozen blueberries
  - 1/2 Cup strawberries
  - 1/2 Cup frozen peaches
  - 1/2 Cup mangoes pulp
  - 1/2 Cup passion fruit pulp
  - 1 3/4 Cups water or orange juice
1. Add all the fruit into the blender.
  2. Add the juice or water adjust to how liquid or thick you want it.
  3. Blend until smooth.

## GRASSHOPPERS RELOADED

Today's nonalcoholic drink is a fusion between Colombia and a drink popular in the 1970s here in the US, the Grasshopper. Its green but also filled with tropical goodness.

Guanabana (*Guanabana muricatus*) is the fruit base. It is called "Sour Sop" by the British (not at all sure why, sour doesn't really describe the unique flavor of this fruit). It is related to the Paw-Paw and Cherimoya.

Regarding the taste. In the case of this fruit, texture is coupled to the flavor. I can not articulate it completely, but there is a textural heaviness or "grit" that coats the mouth while the flavor has a slight tingle/prickly ever-so-slightly sour bite that travels across the roof of the mouth and a bit on the back of the tongue.

The typical grasshopper contains Green Crème De Menthe, light cream, and Crème De Cacao. This grasshopper is a more globalized version. It contains a lot more vitamin C and a lot less processed "Crème."

### Gobstopping Grasshoppers

#### Ingredients:

- 1 package of Guanabana pulp
- 1 C cold skim milk (you can use whatever milk you like)
- 1/2 C white granulated sugar
- 1 teaspoon freshly minced ginger
- 1 tablespoon Key Lime Juice
- 2 large tablespoon dollops non-dairy whipped cream (Cool Whip)
- 1 tablespoon chopped fresh mint (In this case, my fresh mint was "displaced" by a family member, I had to use a scant drop of mint extract)
- Pinch of salt

#### Directions:

Blend all these ingredients into a frothy cold shake and serve in frozen mugs or goblets. Enjoy!

## MANGO SUNRISER

A delicious drink to start the day.

- |   |  |     |   |
|---|--|-----|---|
| 2 | <u>Mango</u> fruit pulp                    | 1   | <u>Orange</u> , rind of                     |
| 1 | <u>Banana</u> , peeled and cut into chunks | 1/4 | Cup <u>raspberry puree</u> or raspberry jam |
|   | 150 ml orange juice                        | 2   | <u>Passion fruit pulp</u>                   |
| 4 | Cups <u>milk</u>                           | 2   | Tablespoons toasted <u>coconut</u>          |
|   | 200 ml natural yoghurt                     |     |   |

1. Place mango, banana, and juice in blender. Pulse a few times. Add milk, yoghurt, and orange rind. Blend for 1 minute.
2. Brush inside of each glass with raspberry coulis or jam. Spoon some Passion Fruit pulp into bottom of glasses.
3. Pour mango mixture over top and sprinkle with coconut. Serve.

## PINEAPPLE SHAKE

- |                         |                           |
|-------------------------|---------------------------|
| 2 cups pineapple pulp   | 1 scoop vanilla ice-cream |
| 1-1/4 cup whole milk    | 1/4-cup condensed milk    |
| 1/4-cup evaporated milk | 2 or more Tbs. sugar      |
| 1/4-cup coconut milk    | 2 cups crushed ice        |

Pour ice into blender first, then the remaining ingredients. Puree in blender till smooth and serve

## PASSION PERFECT

- |     |                               |                                       |
|-----|-------------------------------|---------------------------------------|
| 3   | Ounces passion fruit pulp     | Cold <u>ginger ale</u> (or club soda) |
| 1/2 | Ounce grenadine               | <u>Lime slices</u>                    |
| 1/2 | Ounce <u>fresh lime juice</u> |                                       |

1. Pour the first 3 ingredients into a chilled glass filled with ice; stir.
2. Top with ginger ale; stir gently.
3. Garnish with lime slice.

### BANANA PASSION FRUIT SMOOTHIE

A refreshing tropical smoothie ideal for breakfast on the run (put it in an insulated lidded container and take it with you!) or for a leisurely brunch or an anytime snack! I often make this and take it to work in 2 Tupperware containers: one for breakfast, the other as a snack during the day.

- |   |                                |
|---|--------------------------------|
| Large <u>banana</u> (sugar bananas if possible) or 2 small <u>bananas</u> (sugar bananas if possible) | 1 Tablespoon <u>wheat germ</u> |
| 2 <u>Passion fruit</u> pulp   | 2 Drops <u>vanilla essence</u> |
| 2 Cups <u>soy milk</u>  | 3-4 Ice cubes (optional)       |

1. Slice the banana, halve the Passion Fruits and scoop out the seeds and fruit, and add to the blender.
2. Add the soymilk, wheat germ, vanilla essence, and ice cubes if adding, and blend on high until all the ingredients are well blended.
3. Serve.

### MANGO HEALTHY WAKE-UP DRINK

Often my daughter does not want breakfast. This is a healthy alternative full of calcium and fresh fruit.

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 2 <u>Mangoes</u> pulp             | 1 Teaspoon <u>honey</u>             |
| 1 <u>Banana</u> , cut into chunks | 1/2 Teaspoon <u>vanilla essence</u> |
| 3 <u>Oranges</u> , juice of       | 2 <u>Passion fruit</u> pulp         |
| 4 Cups <u>skim milk</u>           |                                     |

250 ml natural yoghurt

1. Place fruit flesh in blender and pulse until pureed.
2. Add all other ingredients except Passion Fruit pulp.
3. Blend well. You can add ice cream for a less healthy version if you want.
4. Drizzle Passion Fruit pulp in glasses, and then fill with drink.
5. Enjoy!

### THE RAINBOW COOLER - VIRGIN COCKTAIL

- |                               |   |
|-------------------------------|---|
| 2 Ounces orange juice         | quarters and squeeze juice from 1 quarter.) |
| 2 Ounces pineapple juice      |   |
| 2 Ounces passion fruit pulp   | <u>Kiwi</u> , slice                         |
| 1 Teaspoon grenadine          |   |
| Lemon juice (Cut a lemon into |   |

1. In a shaker mix all ingredients.
2. Shake until chilled.
3. Strain into a highball glass filled with ice.
4. Garnish with fresh kiwi.

### THE FABULOUS FRUIT SMOOTHIE

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|---------------------------------------|--|
| 1/4 <u>Pineapple</u> pulp             | 1 Cup <u>strawberries</u>              |
| 1 <u>Mango</u> pulp                   | 1 <u>Passion fruit</u> pulp            |
| 1/4 <u>Watermelon</u> or <u>melon</u> | 3 Tablespoons <u>vanilla ice cream</u> |
| 1 <u>Banana</u>                       |  |

1. Cut all the fruit and place them into the blender.
2. Then add vanilla ice cream to the blender.
3. Put blender on until all the fruit is mixed in and ice cream has melted.
4. Serve with a few fruit cubes.

### HAWAIIAN HOLIDAY SMOOTHIE

- |  |                                    |
|--|------------------------------------|
| 1 Cup passion fruit pulp                 | 1/2 Cup <u>frozen strawberries</u> |
| 1 Cup <u>guava nectar</u>                | 1/2 Cup <u>mango pulp</u>          |
| 1 Cup orange sherbet                     | 1 Cup strawberry yogurt            |
| 4 Tablespoons <u>coconut milk</u>        |                                    |
| 1/2 Frozen <u>banana</u> , cut in chunks |                                    |

1. Pour all liquid ingredients into smoothie maker or blender.
2. Add all frozen ingredients.
3. Blend at low setting for 30 seconds and then at high setting until smooth.
4. Serve immediately.

### BANANA PASSION SMOOTHIE

I love Bananas and I love Passion Fruit juice...so I combined the 2 of them together and Voila... sensational!

- |                                |           |
|--------------------------------|-----------|
| 1 Frozen <u>banana</u>         | 1 Cup ice |
| 1/4-1/2 Cup passion fruit pulp |           |

1. Cut Frozen Banana into chunks and place in blender.
2. Add Passion Fruit pulp; vary the amount depending how slushy you like it!
3. Toss in ice and blend until the consistency is smoothie delicious!

### PASSION FRUIT JUICE POPS

- |   |                                 |
|---|---------------------------------|
| 3 Tablespoons <u>sugar</u>                  | 2 Tablespoons <u>lime juice</u> |
| 3 Tablespoons <u>water</u>                  | 1/2 Teaspoon <u>vanilla</u>     |
| 1 Cup <u>guava nectar</u> or pineapple pulp |                                 |
| 1/2 Cup passion fruit pulp                  |                                 |

1. In a small bowl, combine sugar or sugar substitute and the water; stir until sugar is dissolved. Stir in guava nectar or pineapple juice, passion fruit juice blend, lime juice, and vanilla.
2. Divide juice mixture among eight compartments of a freezer pop molds. (Or pour into 3-ounce paper or plastic cups. Cover the cups with foil. With a sharp knife, make a slit in the foil of each. Add sticks or plastic spoons for "handles.") Freeze for 3 to 4 hours or

### MANGO, PASSION FRUIT AND BANANA PUNCH

- |                                |  |
|--------------------------------|--|
| 2 Cups mango pulp              | 1/2 Cup good-quality <u>rum</u> (Bacardi)                                      |
| 2 Cups passion fruit pulp      | <u>Orange slices</u> or <u>lime slices</u> or <u>kiwi fruits</u> or sugar cane |
| 2 Ripe <u>bananas</u> , peeled |  |

1. Pour mango pulp into a blender.
2. Add passion fruit pulp, bananas and blend.
3. Pour into four 12-oz. glasses.
4. Garnish each with an orange slice or lime slice or kiwifruit or sugar cane, if you like.

### CHICHA DE GUANABANA (SOURSOP)

Delicious beverages are made with a combination of fruit pulp or juice, milk, crushed ice and sugar, the amount of sugar varying with the sweetness of the fruit and one's taste. Topping the list of these milk sherbet-like beverages is *Chicha de Guanabana* or Sour Sop beverage. The fruit is large and dark green and filled with soft, snowy white pulp and deliciously flavored juice. It grows on a small, slender tree, often growing directly from the trunk. It should be picked from the tree while it is still firm and kept at room temperature until ripe. Make it like this<sup>1</sup> large ripe Guanabana, 2 or 3 pounds

- 2 cups evaporated milk
- 2 cups water
- 1-cup sugar

Cut the Guanabana in half. Cut out the core and scoop out the pulp. Place the pulp in a fruit press and squeeze out the juice. Add a little water to the pulp and squeeze again, repeating the process until all the pulp is pressed out and only the seeds are left. Add the milk and sugar. Blend well and serve cold, preferably over crushed ice. A teaspoon of vanilla may be added.

The same process may be followed to make milk-fruit beverages from bananas, papaya, mangoes and melon, always removing the seeds first.

### CHICHA DE ARROZ CON PINA (PINEAPPLE)

Since Columbus on the West Indies Island of Guadeloupe first discovered it in 1493, the pineapple has been one of the world's favorite fruits. In addition to using it as food and beverage, the Caribs placed a pineapple on their doors as a sign of hospitality. It was so highly esteemed by the earliest settlers in the new world that the pineapple motif soon became a favorite European decoration.

Commercially, in addition to the fruit and juice, the pineapple shells, ends, and trimmings are processed to make citrus acid used in making drugs, soft drinks, and foods. Even the enzymes from the stumps of the mature plant are used in the brewing of beer and as a tenderizer. Many thousands of tons of pineapples from Hawaii are carried through the Canal each year en route to world markets. Several varieties are available in Panama during dry season and the beginning of rainy season. Panamanians will tell you that the world's best pineapples come from the Island of Taboga. One of the favorite beverages in Panama is made from the peel of the pineapple. Here is the recipe for making *Chicha de Arroz con Pina*:

1 pineapple  
1/2 cup of rice

1 cup of evaporated milk  
Sugar to taste

Select a good-sized pineapple. Wash it thoroughly and peel it. Boil the peel with the rice in water to cover. When the rice is tender, discard the peel and strain. Add milk and sugar to the liquid and serve very cold.

Here is another Panamanian favorite:

Cut off a pineapple about 1 1/2 inches down from the top. Remove the core being careful not to cut through the bottom. Pour rum into the pineapple. Put the top back on it and place in the refrigerator overnight. The pineapple absorbs the rum and the rum takes on the pineapple flavor. You will have a delicious rum drink. Slice the pineapple and serve as a fruit course or use as a garnish. (Especially good with ham).

One of the most common of wild fruit trees in Panama is the jobo, which reaches a height of from 40 to 60 feet and bears an abundance of fruit. The ripe fruit, about 1 1/2 inches long and 3/4 inches across, makes an excellent beverage. It has a thin, bright yellow skin and a soft juicy pulp around a large seed. The flavor varies considerably from tree to tree, ranging from sweet to sweet tart. Harvesting the jobo is easy as the fruit falls when it is ripe. Pick it up from the ground before the insects and birds get to it.

### PASSION FRUIT AND MANGO MOUSSE-PASSION

#### FRUIT COULIS

7 eggs, yolk and whites separated  
30 tbsp. cold water  
17 oz. sugar  
3 1/2 oz. flour, bleached, sifted  
1 tbsp. 10X sugar  
30 passion fruit  
1/2 mango, medium sized

1 oz. gelatin, unflavored  
1 lemon, for juice only  
7 oz. whipping cream, well chilled  
4 oranges  
1 oz. liquid glucose (simple syrup or liquid sugar)

NOTE: May be prepared entirely 1 day in advance.

Sponge Biscuit: With an electric mixer mix together 4 egg yolks, 3 ounces sugar, and 4 tablespoons cold water. Mix until quadrupled (4X) in volume. Place in large mixing bowl and set aside.

Beat 4 egg whites until soft peaks form; add 1-ounce sugar and beat until firm. Using a slotted spoon, mix 1/3 of the egg white mixture into the egg yolk mixture. Mix well, and then carefully fold the remaining egg white mixture into egg yolks mixture.

Sift the flour into egg mixture and "cut" and "lift" until well blended. Lightly grease and flour an 8-inch round cake pan; fill with egg mixture and bake in oven at 350 degrees for 5-12 minutes (until firm throughout). When done, place on wire rack and allow to cool for 20 minutes. Dust with 10X sugar.

Mousse: Cut 18 passion fruit in half and remove pulp with teaspoon, reserving pulp from one passion fruit for the jelly. Puree the pulp in food processor until black "pips" have separated from flesh (about 1 minute). Force pulp through fine sieve using a ladle for pressure. Reserve 4 ounces of juice for later. Peel mango and chop the flesh. Set aside.

Line an 8-inch springform pan with the sponge biscuit leaving a small gap between the biscuit and the pan by trimming the sides of the biscuit if necessary. With a pastry brush apply 2 ounces of the passion fruit juice to moisten the biscuit.

Soften 1/2 ounce of gelatin in cold water for a few minutes. In a saucepan, bring 7 ounces of passion fruit juice to a boil and reduce by half to 3 1/2 ounces. Add the softened gelatin and stir until completely dissolved; remove from heat and allow to cool.

Add 2 more ounces of passion fruit juice, then chopped mango and puree in food processor and keep at room temperature. With an electric mixer, beat 3 egg whites until soft peaks form. Add 2 1/2 ounces sugar and beat until firm. Add 1/4 of the lemon juice and mix.

In separate bowl, lightly beat whipping cream by hand, then fold into the egg whites. Carefully fold the fruit puree into the egg whites until just blended.

Pour this mousse mixture into the 8-inch spring form pan on top of the sponge biscuit. Smooth the top surface and place in coldest part of your refrigerator for 4 hours until mousse is set.

Jelly: Soften 1/2-ounce gelatin in lukewarm water for a few minutes. In a small saucepan, bring remaining 2 ounces of passion fruit to a boil with 3 tablespoons water and 1-teaspoon sugar. Skim the mixture to clarify and add the softened gelatin.

Transfer to a small bowl and leave at room temperature for about 10 minutes. Add the reserved uncooked passion fruit pulp and whisk to disperse the "pips." Cool to almost the setting point.

When mousse is set, pour the jelly on top and spread evenly across the top of the mousse. Refrigerate for 10 minutes until jelly is set. Loosen mousse from pan by running a hot knife around sides of pan between mousse and pan. Remove springform pan.

Passion Fruit Coulis: NOTE: May be made 3 days in advance. Cut the 12 remaining passion fruit in half and remove the seeds and pulp and place into a bowl. Extract the juice from 1 orange, removing seeds, and add juice to passion fruit in bowl. Add 2 1/2 ounces sugar and 2 ounces of water and puree in a food processor for 20 seconds.

Boil this mixture in a small saucepan for about 2 minutes, skimming the top to remove the froth. Strain through a fine sieve using a ladle for pressure. Cool and cover with plastic wrap and store in refrigerator until needed.

Candied Zest: (for garnish) NOTE: May be made 2 weeks in advance and kept in airtight container.

Zest the remaining oranges with a channel knife to form julienne strips of orange peel. Blanch zest in plenty of boiling water for about 8-10 minutes. Rinse with plenty of cool water in colander.

In a small saucepan, boil 7 ounces sugar, 5 1/2 ounces water, and 1-ounce liquid glucose for 1 minute and skim off impurities. Add the juice of 1/2 a lemon and simmer for 3 minutes. Add zest, remove from heat, and cool.

Cut mousse into portions and place on chilled plates. Spoon coulis on top and garnish with candied orange zest. Serves: 4-6. (Prep and cooking time: 1 hour 40 minutes, 4 hours chilling time)