



Did you know?

Technically
passionfruit
are a berry



Passionfruit Skin Jam

With thanks to taste.com.au

Yes, you really can transform your un-used passionfruit skins into a yummy breakfast preserve with just sugar, water and some wine!

INGREDIENTS

4 purple passionfruit
cut into 8 halves

2 cups caster sugar

½ cup red wine

METHOD

1. Scrape the pulp from 8 passionfruit halves and make yourself a nice cocktail!
2. Place skins cut-side down in a saucepan and cover with water. Bring to the boil and cook over low heat, partially covered, for 1 ½ hours or until very tender. Drain and reserve the liquid. Cool skins.
3. Scrape out the jelly-like flesh from inside the skins to make 2 cups (top up with reserved liquid, if needed). Add to a saucepan with the caster sugar and red wine.
4. Puree with a stick blender until smooth. Bring to the boil. Simmer over medium heat, stirring, for 50 minutes or until a small amount sets on a chilled saucer. Pour into sterilised jars. Seal.

Did you know?

Passionfruit is known to have calming properties and it's used as a sleeping aid, to calm nerves and relieve anxiety

Passionfruit Jellies

With thanks to New Zealand Woman's Weekly Food

Create these juicy, sweet fruity passionfruit lollies for your family and friends

INGREDIENTS

- | | |
|------------------------------------|------------------------------|
| ¾ cup water | |
| 1 ½ cup caster sugar | 3 tbsp powdered gelatine |
| ¾ cup passionfruit juice, strained | white sugar, to coat jellies |

METHOD

1. Using your fingertips, sprinkle a little water in an 18 x 26 cm non-stick slice pan.
2. Combine sugar and passionfruit in a medium saucepan. Stir over medium heat, until sugar dissolves. Reduce heat to low. Simmer uncovered, without stirring, for 10 minutes, until syrup thickens slightly and is clear.
3. Meanwhile, in a jug, sprinkle gelatine over water. Set aside for 5 minutes, until gelatine softens and expands. Place jug in a container of hot water. Stir until gelatine melts. Whisk into passionfruit syrup. Set aside for 15 minutes, removing any scum from the surface.
4. Pour into the prepared pan. Cool to room temperature and then cover and chill for 2 hours until firm.
5. Cut jelly into small pieces. Toss in white sugar. Serve immediately.

Did you know?

Brazilians are crazy about passionfruit! Brazil grows and eats more passionfruit than any other country on earth



Did you know?

In Mexico, passionfruit is eaten raw with lime & chilli powder

Passionfruit Sunrise

With thanks to Woolworths

Move over Pornstar Martinis – there's a new cocktail favourite in town

SERVES 2

INGREDIENTS

- | | |
|------------------------|---------------------|
| 2 tbsp coconut liqueur | 500ml orange juice |
| 2 tbsp grenadine syrup | Fresh mint to serve |
| 2 fresh passionfruit | 30ml vodka |

METHOD

1. Fill 2 chilled glasses with ice.
2. Add 15ml vodka and 1 tbsp of coconut liqueur to each glass.
3. Carefully pour 1 tbsp of grenadine down the side of each glass.
4. To each glass, add pulp from 1 passionfruit and top with orange juice.
5. Garnish with fresh mint to serve
6. Serve immediately.

