

Passion Fruit



Selecting

Passion fruit is a tropical fruit that is oval in shape and about 3 inches long. Select a fruit that is heavy for its size, purple or yellow in colour, with wrinkled skin. Passion fruit that has a smooth skin and is green in colour indicates that the fruit is not ripe. The more wrinkled the skin, the riper the fruit.

Storing

Unripe passion fruit can be left at room temperature to ripen. As the fruit ripens, you will notice the skin begin to wrinkle and the fruit change colour from green to purple, yellow or red. Once ripe, store in the crisper drawer of the refrigerator for up to 1 week.

Preparing

Passion fruit can be prepared in different ways. The seeds are edible, but tart. If you'd like to eat the seeds, simply wash the fruit, slice it in half and use a spoon to scoop out the seeds and pulp. If you'd like to remove the seeds, follow the steps above, then place the fruit pulp in a fine mesh sieve over a bowl. Push the pulp through the sieve with a spatula or spoon until only the seeds remain.

Eating

Passion fruit has a sweet but also tart flavour, and a fragrant aroma. The fruit is filled with a gelatinous pulp that is full of edible, tart seeds. It is a versatile fruit that can be used in sweet and savoury recipes.

Try these tasty ideas:

- Enjoy passion fruit plain as a snack and eat the pulp and seeds straight from the shell
- Add the fruit to a green or fruit salad
- Prepare the fruit without seeds and add to your favourite smoothie
- Serve passion fruit marinades and sauces with fish, shrimp, or chicken dishes
- Bake passion fruit into cakes and tarts for a tropical dessert

Seasonality

Passion fruit is grown in tropical climates and is usually exported and seen in grocery stores year-round. Their prime growing season is summer through winter.

Nutrition

Passion fruit (140 g portion) is very high in fibre, a good source of vitamin C, and a source of potassium, magnesium, phosphorus, vitamin B6 and folate.



Fun Tip Purée the pulp and add to sparkling water for a refreshing mocktail

