# GUAVA – PLU 4299

Description/Taste

Guavas, AKA Apple guavas received its name because its coloring is so similar to that of a green apple, with hues of lemon and lime. The fruit is roughly spherical with a furrowed smooth surface. The most alluring element of a Guava is its fragrance, a bouquet of bright tropical aromatics. The flesh is unique to many fruits, its texture a combination of a firm banana with the succulence of an apple. Tiny edible seeds pattern the flesh's core. The flavor of Guava is a reflection of its aromatics, though more subtle with notes of pineapple, papaya, banana and lemon.

Seasons/Availability

Guavas are available from beginning spring through winter.

Applications

Although Guava is a fruit, its culinary uses are nearly unlimited. Guava can be eaten whole for simple fresh eaten. They may be used for applications both sweet and savory, fresh, cooked, hot and cold. Perfect companion ingredients which will bring out more complexity of flavor in a Guava include bananas, chocolate, mango, ginger, pears, vanilla, cinnamon and sweet wines such as Gewurtztraminer. Guavas can be paired with soft cheeses such as chevre and mascarpone, seafood such as shrimp, scallops and halibut, and fatty meats like bacon, pork loin and pork chops. Guavas are a perfect dessert ingredient in ice creams, gelatos, sorbets, panna cotta and custards. Guava can be baked, sautéed, caramelized and pureed, preserved and jammed. You can also add Guava to juice blends and dry or dehydrate it, which will change its texture and concentrate its flavors. Post-harvest Guavas can be kept at room temperature for up to 7 days, depending on ripeness.
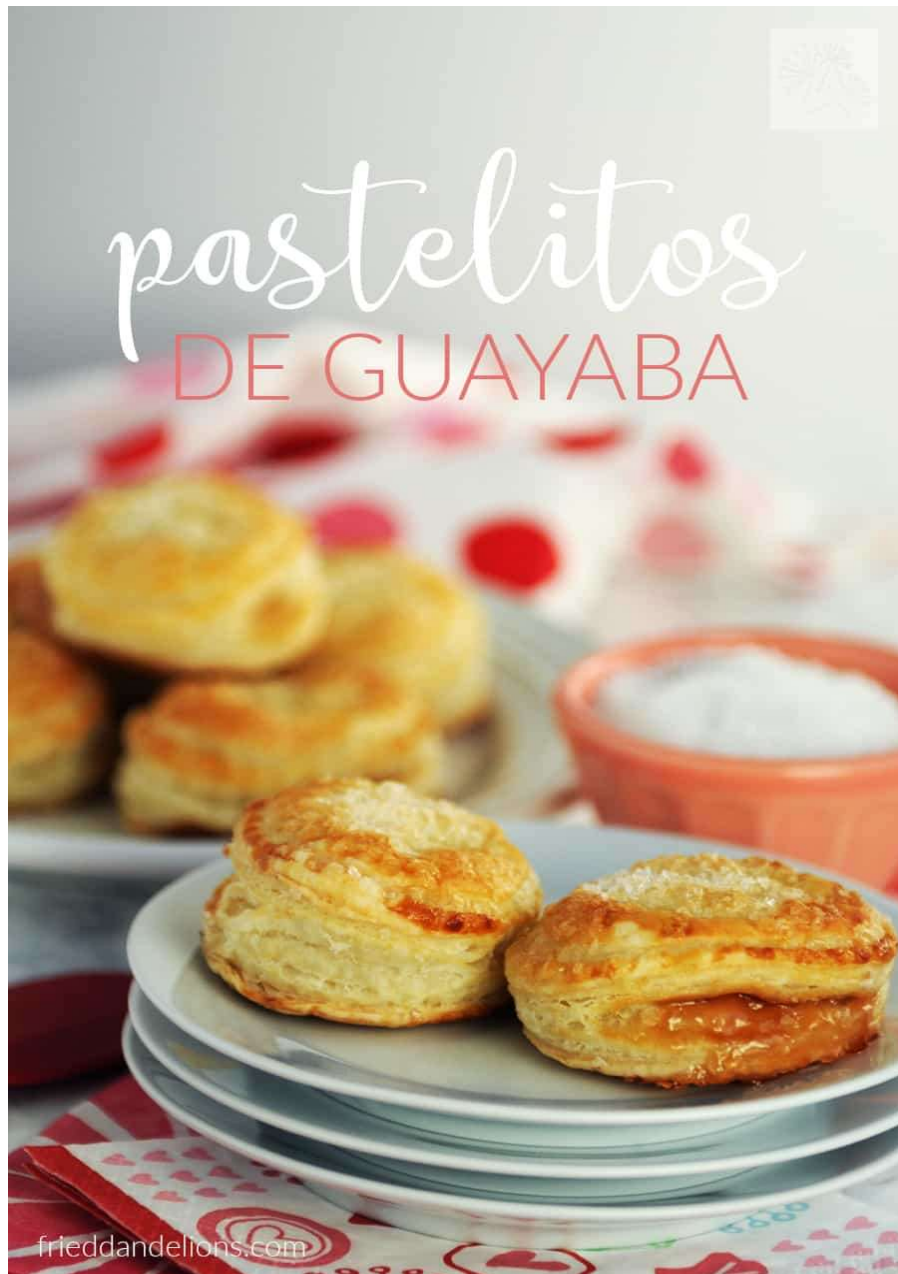
3 Ingredient Vegan Pastelitos de Guayaba

Pastelitos de Guayaba are a delicious dessert, popular in bakeries all over Latin America! You'll love making these simple treats in your own kitchen!

- Prep Time10 mins
- Cook Time20 mins
- Total Time30 mins

Course: Dessert
Cuisine: Latin

Servings: 10

Author: Sarah De la Cruz

Ingredients

- 1 package puff pastry (many are vegan, I like Aussie Bakery brand)
- 1 jar of guava jelly or other fruit jelly

- 3 Tablespoons aquafaba (the liquid from a can of beans)
- sugar for sprinkling optional
- dairy free cream cheese optional

Instructions

1. Allow puff pastry to thaw (you can move it from your freezer to refrigerator to allow it to thaw overnight).

2. Preheat oven to 400°. Line a baking sheet with parchment paper.

3. On a clean floured surface roll out one sheet of puff pastry slightly (this is not entirely necessary, but doing so will probably allow you to get at least one more pastelito out of your puff pastry!)

4. Cut the puff pastry into 10 rounds using a cookie cutter (optionally you can cut it into squares)

5. Place each round onto prepared baking sheet.

6. Place one heaping teaspoon of jelly onto the center of each puff pastry round. (If desired, you can also place a small teaspoon of cream cheese in with the jelly)

7. Repeat steps 3 and 4 with the second sheet of puff pastry.

8. Using a pastry brush, brush the edges of the puff pastry rounds that have the jelly on them with a bit of aquafaba one at a time. Top each one with a new round of puff pastry. Crimp the edges closed using a fork.

9. Repeat with all 10 pastelitos.

10. Make a small slit in the top of each pastelito with a sharp knife to allow the steam to escape during baking.

11. Brush the tops of all pastelitos with more aquafaba. Sprinkle with sugar if you'd like.

12. Bake in a 400° oven for 20 - 25 minutes (probably closer to 25 minutes, but check early just in case!), or until the tops are golden brown and crisp.

13. Allow to cool and serve!

Notes

Save your scraps! I like to toss all of the puff pastry scraps in a bowl with the leftover aquafaba. I sprinkle on a little bit of sugar and cinnamon and gently toss to coat. Then I place the scraps onto a baking sheet lined with parchment and bake for 20 minutes at 400°. So delicious! Or you could of course just make square shapes, but then you'd miss out on all of the scraps. I vote for the scraps!