

## PASSION FRUIT YELLOW – PLU 3312



### **Yellow Passionfruit Information**

The interior of its rind has soft creamy white walls and encases an exceptionally juicy yellow-orange pulp and many petite brown seeds. Its flavor is sweet, acidic and tropical with mild floral notes. Growing on a climbing vine the Yellow passionfruit has green tendrils and leaves and will bloom prior to fruiting.

Passion fruit is loaded with heart-healthy potassium and is also low in sodium. Passion fruit, when eaten with the seeds, contains a lot of fiber, which can help to remove excess cholesterol from the inside of blood vessels.

### **Passion fruit is highly nutritious**

Calories: 17.

Fiber: 2 grams.

Vitamin C: 9% of the Daily Value (DV)

Vitamin A: 8% of the DV.

Iron: 2% of the DV.

Potassium: 2% of the DV.

### **Seasons/Availability**

Yellow passionfruit is available in the late winter and throughout the summer months.

### **Current Facts**

Yellow passionfruit, botanically known as *P. edulis* f. *flavicarpa* is a perennial vine and a member of the Passifloraceae or Passion Flower family. There are close to 500 varieties of passion flower grown today, along with the Purple passionfruit

the Yellow passionfruit is one of the only types of passionfruit commercially grown. The Yellow passionfruit when grown in ideal conditions will yield more fruit than the Purple variety.

### **Nutritional Value**

Yellow passionfruit contains riboflavin and niacin and is rich in amino acids. They also are higher in citric acid and carotene than the Purple passionfruit though they have a lower content of ascorbic acid.

### **Applications**

Yellow passion-fruits are sought after for the gelatinous, sweet-tart pulp they contain on their interior. The pulp can be used raw or cooked in both sweet and savory preparations. The pulp with seeds can be used as is in fruit salads, cocktails or served a top yogurt and ice cream. Seeds can be removed or consumed along with the pulp. To remove the seeds, strain the pulp through cheesecloth or a fine mesh strainer. The seed free pulp of the Yellow passionfruit can be boiled down and used to make jams, sauces, beverages, ice cream, sweet syrups, savory sauces, pie fillings, quick breads and cakes. To cut the tart acidity of the pulp when eating fresh add a little cream and sugar to the pulp



### **Passion Fruit Salad Dressing**

Total: 5 mins

Prep: 5 mins

Cook: 0 mins

Yield: 1 cup (up to 8 servings)

Passion fruit is native to the subtropical regions of South America, and it is a part of the local culinary tradition throughout the continent. Using it brings the flavor of South America home and lends authenticity to any menu of South American specialties. This sweet but tart fruit salad dressing complements many different combos of greens, and it's quick to make in the blender. Try it with a strawberry spinach salad or with pear and blue cheese salad.

#### **Ingredients**

2 passion fruits (or 1/4 cup passion fruit puree)

1/2 cup olive oil

1 tablespoon lime juice

1 tablespoon vinegar

2 tablespoons honey

1/4 teaspoon salt

#### **Steps to Make It**

Cut the passion fruits in half. Scrape the pulp and seeds into a small saucepan.

Heat fruit pulp over medium-low heat, stirring frequently. Heat the pulp almost to boiling, then remove it from the heat.

Strain the pulp through a fine sieve or colander.

Discard the seeds and let the juice cool.

Put the passion fruit juice, olive oil, lime juice, vinegar, honey, and salt in a blender or food processor and blend until the mixture is smooth.

Store the salad dressing in the refrigerator for up to one week. Stir or shake before using.

### **Serving Suggestions**

Serve a salad sparked with blue cheese or a strawberry spinach salad with passion fruit dressing with other authentic South American foods for a trip to that continent right from your own kitchen.

For a light meal, serve empanadas stuffed with cheese and ham, chicken, beef, corn or blue cheese. Other small meal options include a trademark Argentinian sandwich of chorizo or other sausage covered with chimichurri sauce or a humita, which is a dish made of fresh corn, milk, onions and spices that is popular in Peru, Chile and Bolivia.

For dinner, the primo meal in Argentina centers around beef. Whether you favor a rib-eye, filet mignon or sirloin, steak is the meat to choose. Short ribs are also a choice with Argentinian bona fides. Don't forget the chimichurri sauce with whichever of these cuts of beef you choose. Either goes great with a salad dressed in passion fruit dressing. Add Patagonian potatoes, a sort of pan-fried take on french fries; roasted potatoes with basil; roasted potatoes with vinegar and coarse salt; or french fries. You get the picture: Beef (preferably steak) and potatoes are an Argentinian staple. Choose what you like best, but stay with that basic plan, along with the salad, for a taste of South America.