



# EXOTIC

## *Raw Recipes*



By **Frederic Patenaude**

## Introduction

The purpose of this book is to break free from the “boredom” associated with the raw diet by showing you how to use the abundance of exotic fruits now available to us.

There are so many fruits on the planet! On a low fat raw food diet, fruit is the staple of a rawfoodist.

In the past, it was necessary to live in the tropics to take advantage of everything that the fruit world has to offer. Now, fruits are imported from all over the world.

For example, here’s a selection of fruits that are available at different times of the year in the city of Montreal (a very cold northern city):

- Cherimoyas
- Papayas
- Mangos (at least 6-7 different varieties)
- Fresh durian
- Jackfruit
- Litchis
- Rambutans
- Star fruit
- Sapodilla
- Apple Bananas
- Passion fruit
- Tree tomatoes
- Breadfruit
- And more!

**Maybe some people will think that it’s not good for the environment to eat imported fruits.** I would like you to consider ANY food we eat requires an energy expense, whether it is locally grown carrots or imported bananas.

Energy is needed during the production, storage and then transportation of the food.

Then, the food will bring you something in return, energy (in the form of calories) being the most tangible one, along with other nutrients necessary for sustaining life.

Fruit cultivation is the most energy-efficient food production activity on the planet. For example, one acre of bananas will produce more calories than one acre of almost any other crop.

Extra energy will then be necessary to bring the fruit from distant corners of the world, either by boat or by plane.

And many ecologists argue that this is something we should minimize.

**Yet, consider everything that fruit brings you in return:**

- Minimal use of land for production of the food, compared to the calories created in return
- Fruit trees that have long roots that go deep in the ground help minimize soil erosion
- The calories in fruit are associated with a maximum amount of vitamins and minerals, as well as anti-oxidants and other factors we need for optimal health
- By achieving your optimal health potential by eating fruit, you increase your energy, increase your productivity as a human being, and avoid most illnesses in the long run — which are extremely costly to individuals and societies.

I believe strongly that whatever “footprint” (which is a politically-correct term I dislike) the transportation of fruit leaves, it is **GREATLY** compensated by the benefits I have mentioned, and many more we could discuss.

Ecologists should be more worried about human health instead of always trying to judge everything by whether or not it contributes to global warming (a very debatable topic as well).

They should consider the millions of acres of land on the planet that are devoted to the production of non-food or worse, of **POISONS** that destroy human health, such as the millions of acres devoted to coffee production, or the millions of acres devoted to wine or other alcohol production — both products that every radical ecologist I have met consume.

Imagine if all of this land could be used for growing fruit? It would instantly provide the world with infinitely more food than we could possibly need.

As a human being, you are going to leave a “footprint” and use up some resources in order to live. The only way to leave no “footprint” at all would be to die.

By living a healthy life as a low-fat raw vegan, you not only maximize your human potential, but also require much fewer resources for your existence.

So that’s why I have absolutely no remorse about eating imported exotic fruits or traveling to countries where these fruits are available.

Human beings thrive on fruit. This is how our bodies have evolved to function. This is our natural diet.

Imagine you had a polar bear in a zoo. What would you feed it? Would you be afraid to feed it its natural diet of *seal*, just because that item has to be imported? Or would you realize that it would be healthier if you fed it its natural food to help it thrive, even if this had to be imported?

Any rational person would feed the bear its natural food, even if that has to be imported.

And in the case of imported fruits, the benefits by far outweigh any possible negative impact.

### **Buying Organic**

Whenever you can, buy organic and fair-trade fruit. However, try to look at the food as a whole, before you decide what to buy. Ask yourself:

- Is it fresh?
- Is it ripe?
- Is it tasty?

Although organic foods are technically better, if they are picked too green and cannot ripen properly, you are wasting your money by buying it.

Use your best judgment.

In this book, I will share with you some of my favorite recipes made with exotic fruits. You will probably learn about fruits you never knew even existed.

But keep your eyes peeled for those fruits, because most likely, you will find them either at a store in the city or through your travels.

However, in this book I focused mainly on fruits that are imported to most large North American cities.

Let's start our exploration of exotic fruits!

## Where to Find Exotic Fruits

You may think that it's impossible for you to find some of the fruits described in this book. That's probably because you haven't looked hard enough. Here are some places to go to look for exotic fruits.

**Asian Markets:** The Asian communities import a ton of exotic fruits from all over the world, most of which are items that are popular in Asia. This is where to go to find litchis, durian, jackfruit, soursop, dragon fruit, rambutan, Asian bananas, sapodilla, and many others.

**Fruit Stores:** These are small store that generally specialize in fruits. For example, in Montreal we have the *Jean-Talon* market where many of the best fruits are located. This is where I find the best mangoes, oranges, persimmons, cherimoyas, as well as other varieties of exotic fruits. Some stores will often specialize in exotic fruits, and there you'll be able to find (at a high price): passion fruit, granadilla, pitahaya, and other items.

**Supermarkets:** Surprisingly, supermarkets are often a good place to find certain types of rare exotic fruits. They will often import very special fruits and only carry a small amount, usually to show off what great variety they have in the store. I've found in supermarkets: tree tomatoes, exotic fig varieties, exotic vegetables, and the odd exotic fruit.

**Latino Markets:** Many major cities have at least a cluster of stores selling items popular in Latino communities. You'll often find many exotic fruits from Central and South America, such as papayas, tree tomatoes, soursop, and others.

Now, let's start our exploration of tropical fruits!

## Pomelo



Also called Chinese grapefruit, shaddock, pumelo, pommelo, and pompelmous.

The pomelo is an exotic large citrus fruit that is an ancient ancestor of the common grapefruit. It is the largest of the citrus fruits with a shape that can be fairly round or slightly pointed at one end. They range from grapefruit-size to as large as a 25-pound watermelon and have very thick, soft rind. The skin is green to yellow and slightly bumpy; flesh color ranges from pink to yellow.

They can contain many seeds or fewer. They can hold a lot of juice or be rather dry. Finally, they can be sweet to sour. But generally, the pomelo is sweeter than a grapefruit with a nicer fragrance. You should peel the membranes around the segments before eating the pomelo.

The pomelo is grown in many Asian countries including China, Japan, India, Fiji, Malaysia, and Thailand. It is also now grown in the Caribbean and in the United States, in California and Florida. The season is November through March.

Pomelos are especially popular for the Chinese New Year. The Chinese believe the delectable Pommelo is a sign of prosperity and good fortune — good things will happen if they eat it. One-fourth of a Pommelo (152 grams) has 60 calories.

# Pomelo Recipes

## Green pomelo

### Ingredients:

- 1 pomelo
- 1 cup of baby spinach
- 1 orange (juice of)
- 1 mango
- 2 branches of celery, finely chopped
- Handful of parsley, finely chopped
- 5 walnuts, crushed

**Method:** Cut the pomelo in 3 big slices (cut the 2 extremities also). Take off the peel from each slice. Divide the slice in 2 parts. Take off the pulp from the skin. Break the pulp apart with your hands. Put the pulp in a big bowl with the other ingredients and mix. This is the salad of your dreams!

## Pomelo Soup

### Ingredients:

- 1 pomelo
- 10 medium oranges
- 2 mangoes
- ½ pomegranate

**Method:** Cut the pomelo in 3 big slices (cut the 2 extremities also). Take off the peel from each slice. Divide the slice in 2 parts. Take off the pulp from the skin. Break the pulp apart with your hands. Put the pulp in a big bowl. Dice 2 oranges and the 2 mangoes. Press the other oranges to make the juice. Open the pomegranate and take out the seeds. Mix everything in the bowl. This soup is a treat!

## Citrus fruit salad

### **Ingredients:**

- 1 pomelo
- ½ grapefruit
- 2 oranges
- 3 kumquats
- 2 tangerine
- 2 kiwis

**Method:** Cut the pomelo in 3 big slices (cut the 2 extremities also). Take off the peel of each slice. Divide the slice in 2 parts. Take off the pulp from the skin. Break the pulp apart with your hands. Put the pulp in a big bowl. Cut the kumquats in tiny slices (keep the peel). Cut all the other fruits in small pieces. Mix in the bowl and mash (not too much) with the potato masher to add some juice in the salad. Amazing!

## Pomelo and raspberry

### **Ingredients:**

- 1 pomelo
- ½ cup of raspberry (frozen or fresh)
- 1 apple
- 1 pear

**Method:** Cut the pomelo in 3 big slices (cut the 2 extremities also). Take off the peel of each slice. Divide the slice in 2 parts. Take off the pulp from the skin. Break the pulp apart with your hands. Put the pulp in a big bowl. Cut the apple and pear. Add all the fruits in the bowl. Mix well. You will have a beautiful pink salad!



## Kumquat



This is the smallest citrus fruit. This fruit is eaten with his skin. The flesh is divided in 3 to 5 parts with very little liquid and seeds. It's the skin that is sweet and its color varies from orange to red-orange.

The Kumquat is nice in a salad or in a fruit soup and it's also useful as a garnish. You will see kumquat used in many of the recipes of the book.

## Kumquat Recipes

### Kumquat Salad

#### **Ingredients:**

- 3 kumquats
- 2 oranges
- 1 lemon (juice of)
- ½ avocado
- 2 cup of lettuce, chopped

**Method:** Cut the Kumquats in slices. Cut the oranges and the avocado in tiny cubes. Mix everything in a bowl and pour some lemon juice on it.

## Star Fruit (Carambola)



This fruit is very beautiful because you can make “stars” with it. The slices can garnish any meal wonderfully. The skin is shiny, yellow and the pulp is clear. If there are any green parts, it’s better to remove it because it can be bitter. When the carambola is really ripe, the skin becomes yellow with some brown on the sides. There are 2 kinds of carambola: some are sweet and others are sour.

The carambola is fragile. You must manipulate it carefully. If it’s green, keep it at room temperature and it will ripen. You can keep it in the refrigerator once it’s ripe. In order to stop oxidation and to keep its nice color, put some lemon juice on the slices.

You can also freeze some slices to put in your special drink when you need.

140 g (250 ml) = 32 Calories and 90% of water

# Carambola Recipes

## Caramba

### Ingredients:

- 1 carambola
- ½ cup of raspberry (fresh or frozen)
- 3 sweet apples
- Lemon juice

**Method:** Cut the carambola and keep 2 or 3 star slices for garnish. Cut the apples. Pour some lemon juice on the apple and carambola. Put all the ingredients in a bowl and mix. Add the stars on top of the salad. Caramba !

## Green Stars

### Ingredients:

- 1 carambola
- 2 cup of lettuce chopped
- 1 apple
- 1 pear
- 1 orange (juice)
- 1 lemon (juice)

**Method:** Cut the carambola and keep 2 or 3 stars slices for garnish. Pour some lemon juice on the carambola to prevent oxidation. Cut the other fruits and mix in a bowl with the lettuce and the orange juice. Add the stars on top or in the salad.

## Smoothie Star



**Method:** Make any smoothie or juice of your choice and garnish with a slice of carambola on the side of the glass or in the glass. The slices can be frozen and used when you need them.

## Soup for Stars

### **Ingredients:**

- 10 oranges (juice of)
- 1 cup of organic green grapes
- 1 carambola
- 2 tangerine
- ½ cup of celery chopped really finely

**Method:** Press the oranges to make the juice. Cut the grapes in half. Slice the carambola and keep some star slices for garnish. Cut the tangerine and the celery. Put everything in a bowl and mix. Add the stars on top. Wow!

## Soursop



The soursop grows in Africa, America and Asia. It has a green skin with white flesh and black seeds. The shape isn't really round — it looks like an irregular heart or an oval. It can be small or very big.

The skin is easy to take off when the fruit is ripe. The taste is lightly sour and sweet, but surprisingly tasty. It makes delicious and refreshing sorbets and smoothies. The soursop is often easy to find at the Chinese market. You can buy it fresh or frozen.

In Spanish, they call it "guanábana"

Personally, I think the best way to eat soursop is to simply peel it, remove the seeds (which can take a while!), and then blend the pulp. Just that alone makes a wonderful meal! It creates an amazing cream. You could also mix in some diced mangoes, or another sub-acid fruit.

# Soursop Recipes

## Ice Cream

### Ingredients:

- 1 cup frozen soursop
- 2 bananas
- 1 young coconut

**Method:** Take out the flesh with a spoon. Mix the ingredients in the blender or the food processor. This recipe is also good without the coconut.

## Soursop Smoothie

### Ingredients:

- ½ soursop (fresh or frozen)
- 1 cup of strawberry (fresh or frozen) or 1 cup of pineapple
- 2 oranges (juice)

**Method:** If you have a fresh soursop you must take out all the seeds. Press the oranges to make the juice. Then put the soursop in the blender with the other ingredients and mix well.

## Soursop sorbet

### Ingredients:

- 1 cup of fresh or frozen soursop (seeded)
- 1 mango

**Method:** Put the soursop in the blender or the food processor. Pour it in a glass. Make a sauce with the mango and some water in the blender. Pour on the sorbet. Enjoy!

When you buy the frozen soursop, look at the sticker, some have sugar in it and others don't.

## Mango



The mango is the most popular fruit in the world.

Mangoes come in various shapes. Usually they are oval and kind of flat.

Some varieties are bright yellow or orange when ripe, some are red and yet others stay green outside when ripe. Some have all these color on their skin.

Most of the mango exported to the U.S.A. and Canada are coming from Mexico, Haiti and South America.

Here are some different types of mango growing on the globe:

Mango Anka (Vietnam), Mango Arumanis (Bali), Mango Atti (Vietnam), Mango Choke Anan (Malaysia), Mango Golden (Vietnam), Mango Golek (Bali), Mango Jakal (Kenia), Mango Keitt (Africa), Mango Keju (Thailand), Mango Keju-Sawoi (Thailand), Mango Kweni (Malaysia), Mango Madu (Bali), Mango Maduro (Mexico), Mango Mamung (Thailand), Mango Mamy Late (Africa), Mango Manilla (Mexico), Mango Mau (Thailand), Mango Namdokmai (Thailand), Mango Nanya (Vietnam), Mango Palmer (Africa), Mango Sahir (Pakistan), Mango Samo (Vietnam), Mango Siku (Kenya), Mango Thommy Atkins (Spain), Mango Thomsen (Spain), Mango Tshuano (Vietnam), Mango Wini (Bali), Mangue Julie (Guadeloupe), Mango Reine Amélie (Antilles)...

# Mango Recipes

## Mango Tango

### Ingredients:

- 2 mangoes
- 2 oranges
- 2 persimmons

**Method:** Cut all the ingredients and mix in a bowl. Delicious!

## Tiny mango

### Ingredients:

- 4 ripe Atulfo mangoes (the Asian ones with yellow skin)
- 2 ribs of celery, finely chopped
- 2 oranges
- Handful of parsley, finely chopped

**Method:** Cut the fruits and vegetables. Mix in a big bowl.

## Go mango!

### Ingredients:

- 2 mangoes
- ½ papaya
- 1 banana

**Method:** Blend everything and it's ready to go!

## Mango-Coco

### Ingredients:

- 2 slices pineapple (about 3 inches)
- 1 big mango
- 1 cup coconut water from mature coconut



**Method:** Blend everything. Be sure to use mature coconuts for the water, to give this nice coconut taste. If you don't have coconut water, simply use water and add two dates.

## Mango Soup

**Ingredients:**

- 4 mangoes
- 3 bananas

**Method:** Blend 2 mangoes with 1 cup of water. Cut the other mangoes and the bananas. Mix in a bowl and enjoy!

## Mango Salad

**Ingredients:**

- 2 mangoes
- 1 cup of baby spinach
- ¼ red onion chopped
- 2 tomatoes
- 2 tsp. of apple cider vinegar (optional)

**Method:** Cut the ingredients (spinach too) and mix in a big bowl. I really like this one!

**Tip:** When you cut your mango, if you don't really want to eat the center with your teeth (directly on the pit) because it has too much fiber that will get caught between your teeth, you can press it in your hand under a bowl to get the juice to use in your recipe.

## Banana and Plantain



Bananas are among the most widely consumed foods in the world!

In fact, bananas and plantains constitute a major staple food crop for millions of people in developing countries. In most tropical countries, green (unripe) plantain bananas used for cooking represent one of the main crops. Cooking bananas are very similar to potatoes in how they are used. Bananas may also be cut and dried and eaten as a type of chip.

Bananas are grown in at least 107 countries. The term "banana" usually refers to soft, sweet "dessert" bananas. The bananas with firmer, starchier fruit are called plantains. Although the wild species have fruits with numerous large, hard seeds, virtually all culinary bananas are seedless.

The most important properties making 'Cavendish' the main export banana are related to transport and shelf life rather than taste; major commercial cultivars rarely have a superior flavor compared to the less widespread cultivars.

There are so many kinds of bananas around the world, some have red or brown skin, and others are smaller or bigger:

Banana Ambon (Bali), Banana Andong (Bali), Banana Bom (Vietnam), Banana Emas (Bali), Banana Finger (Thailand), Banana Gaoudi (Africa), Banana Gepok (Bali), Banana Gia (Vietnam), Banana GIong (Vietnam), Banana Hom (Thailand), Banana Hot (Vietnam), Banana La (Vietnam), Banana Manzano (Mexico), Banana Mas, (Malaysia), Banana Matcho (Mexico), Banana Nam Wa (Thailand), Banana Peron (Mexico), Banana Platanos (Africa), Banana Poyo (Antilles), Banana Raja (Bali), Banana Rasatali (Malaysia), Banana Roja (Mexico), Banana Saba (Bali), Banana Sap (Vietnam), Banana Sasih (Bali), Banana Schwarz (Thailand), Banana Sim (Vietnam)...

Bananas are rich in carbs and give you a lot of calories. They are easy to find and not too expensive. They make great smoothies and healthy desserts. For those reasons, you will find many recipes using bananas in this book and all of my other books.

## Coconut



You can easily find two kind of coconut on the market: the young coconut and the mature ones. The young coconut is bigger and contains more water. The flesh is smooth and creamy. The water is sweet. You can buy them at the Chinese market. Ask the employee if you don't find them. There aren't round and brown like the older ones — they are almost beige and they are cut in a nice shape (like a little house).

To drink the water of the young coconut, you just need a knife with a sharp point and to hit the middle of the flat side to find the hole. You might have to try many times before finding it. The water is delicious!

To open the young coconut and eat the flesh, you need an axe or a hammer, or a machete. Hit the side of the coconut with the sharp part. Hit all around until the coconut cracks and then you can open it with your hand. The machete method is different.

Needless to say: be very careful. I once had a "coconut opening accident" that resulted in my needing hand surgery, so now I'm super careful.

The safer method to open a young, already shaved coconut is to simply take out the water, and then smash it forcefully on the ground several times! It's actually kind of fun.

The brown coconuts you see at the supermarkets are older ones. The flesh is very firm, and there is much less water inside. To open them, first remove the water by poking a hole on one of the “eyes” at the bottom, then hit it with a hammer. It will break.

## Coconut Recipes

### White Coconut

#### Ingredients:

- 2 cups coconut water
- 2 bananas
- 1 young coconut (meat of)
- 1 inch real vanilla

**Method:** Blend everything. Use young coconuts for this recipe. If you can't find real vanilla, use a few drops of natural vanilla extract.

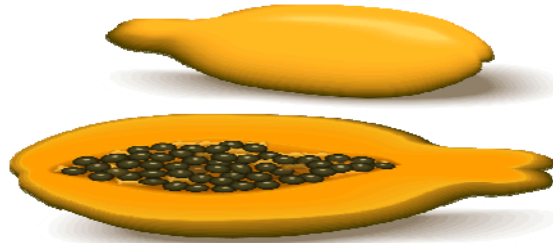
### Carob Smoothie

#### Ingredients:

- 2 cups coconut water
- 2 bananas
- 1 young coconut, meat of
- 2 Tbs. carob powder
- 6-8 dates, pitted

**Method:** Blend everything. This is a variation of the previous recipe, but turning it into a carob smoothie.

# Papaya



Papaya originally comes from Mexico. There are different sizes of papaya. They can measure 4 inches to 12 inches and weigh up to 8 pounds (4 kilos). You must remove the seeds before eating. The taste of the flesh is sweet but the seeds are spicy. The seeds are also slightly toxic and in fact can provoke a miscarriage when eaten in fair quantities.

The papaya is one of the most commercialized tropical fruits along with pineapple, mango and avocado.

Papayas usually ripen rather fast and are ready once they yield to light pressure applied with your palm.

## Papaya Recipes

### Papaya smoothie

#### **Ingredients:**

- 1 medium papaya (about 2 cups)
- 4 bananas
- 3-4 ice cubes (optional).

**Method:** Blend together. This is one of my favorite smoothies! Alternatively, add some lettuce to create a green papaya smoothie.

## Papaya Smoothie II

### Ingredients:

- 1 sapote
- ½ papaya

**Method:** Blend everything. It goes without saying that peels and seeds don't go in there!

## Mashed Papaya

### Ingredients:

- ½ papaya
- 2 bananas
- ½ cup of strawberry (fresh or frozen)

**Method:** With the potato masher, mash all the ingredients. Keep it chunky.

## Orange Papaya

### Ingredients:

- 1 papaya
- 1 cup of orange juice

**Method:** Press oranges to make the juice. Blend. A great smoothie! Alternatively, add two ripe persimmons. Be sure that your persimmons are really ripe.

## Ramboutan



The ramboutan comes from Malaysia and is in the same family as the litchi and the longan. There are about 50 kinds of ramboutan. It looks like an ouchin and « rambout » means hair in Malay language. The fruit is round or oval and it's easy to open. The flesh is clear and white, the same consistency as the litchi. There is a seed in the middle. The ramboutan is sweet or sometimes sour.

To make a nice presentation on the plate, you can open the ramboutan and let the flesh inside half of the shell show. The ramboutan is delicious alone but you can also make good recipes with it. All the recipes made with this fruit can be made with the litchi and the longan.



Longan



Litchi



# Ramboutan Recipes

## Really Tropical Mix

### Ingredients:

- 1 young coconut (meat of)
- 1 cup coconut water (or more)
- 2 mangoes, diced
- 5-12 ramboutans (litchi or longan)

**Method:** Blend the coconut meat with the water. Cut the mangoes. Take off the shell of the ramboutan, litchi or longan. Mix everything in a bowl. You will have to be careful with the pit of the ramboutan when you eat. Delicious!

## Ramboutan Power

### Ingredients:

- 5-10 ramboutans
- 2 kiwis
- 2 Asian pears
- 2 oranges (juice of)
- 1 cup baby spinach, chopped

**Method:** Press the orange to make juice. Take off the shell of the ramboutan. Cut the pear and the kiwis. Mix in a bowl and pour some orange juice on it.

## Choco Ramboutan

### Ingredients:

- 5 ramboutans
- 4 dates
- 2 tbs. carob powder

**Method:** Blend the dates (without the pit) with the carob and  $\frac{1}{4}$  cup of water. Pour the sauce on ramboutan (without their shells). Gorgeous!

## Prickly Pear



The prickly pear grows on a cactus called *Opuntia ficus-indica* that comes from Mexico and the West-south of U.S.A.

The prickly pear is purple, sometimes green or kind of yellow and red. It has a cone shape and the skin is full of thorns. Watch out when you hold it, you must grip it with a piece of cloth.

The inside of the fruit can be red or yellow and contain many seeds. It's very juicy and sweet. To eat them, you cut it in a half and take out the flesh with a spoon. It's very good like this, without any other ingredients. But, you can make some delicious and special recipes too. They go pretty well with the pitahaya!

## Prickly Pears Recipes

### Kiwi and Pears

#### Ingredients:

- 3 prickly pears
- 3 kiwis
- 1 Asian pears

Method: Cut all the ingredients and mix them in a bowl.

## Durian



Durians grow in South-East Asia, and they are rarely grown anywhere else in the world. There are more than 30 species.

The name comes from Malay language « duri » which means « thorn ». It's also called the "king of fruit" for good reasons! It can weigh up to 10 pounds (5 kilos); it has a prehistoric looking skin, and tastes amazingly good when ripe and fresh.

It's also a fatty and sweet fruit, a combination that generally is not common in nature. However, it digests well when eaten alone.

The skin of the fruit is green, brown or red, depending on the species. You can open it in 5 parts, which may contain some seeds coated with a creamy pulp.

You can find these special fruits at the Chinese market. Frozen durian is usually all that's available. It's frozen whole and sold by the pound. However, the taste is often still okay even in a frozen, thawed durian. Fresh durians can be found in season, at a high price (often \$30 to \$50 for a fruit). You can also find containers of frozen durian in the freezer of some Asian markets. When buying a fresh or frozen durian, ask someone at the store to help you choose a good one.

When the fruit is ripe, it is very easy to open by hand. But, if it isn't, you will need a knife to cut each part. When buying a frozen durian, let it thaw for 24 hours.

## Durian Recipes

### Durian Ice-Cream

#### **Ingredients:**

- 2 cups half frozen or thawed durian
- 2-3 frozen bananas
- As little water as possible.

**Method:** I love to make this recipe with a Vita-Mix. I buy frozen durian in plastic containers (which contains one pound, or 450 grams). I will usually let the container thaw for a few hours, so that it's still cold. Then, put the durian in the Vitamix, and try to blend with 2-3 frozen bananas. You will need the plunger, or stop your machine several times to mix it.

Alternatively, try adding some cacao or carob powder for a chocolate ice cream!

It's incredibly good!

## Pitahaya or Dragon Fruit



The pitahaya is the fruit of a climbing cactus with air roots. The flowers are wonderful, they are called « Queen of the night ». The flowers open only during the night and produce a powerful perfume. That plant was the favorite of Marie-Antoinette, the Queen of France.

The fruits are also very special. They are round or oval, with some thorns. Usually they are red, pink or yellow. Inside, they are white or red with little black seeds.

One of my friends likes to give these fruits to his children for Easter. He said they look like big pinky eggs. This is better than chocolate eggs!

If you like to make fruit sculptures, you can also transform the pitahaya into a really nice fish. Basically, you just need to add some eyes!

This is the kind of fruit you want to eat alone to really taste it. But, they can also make some great recipes.

You will find it in Asian markets or exotic produce stores.

# Pitahaya Recipes

## Pitahaya Queen

### Ingredients:

- 1 pitahaya
- 4 kiwis (green)
- 4 kiwis (golden)
- 1 carambola

**Method:** Cut all the ingredients and mix in a bowl. Keep some carambola slices to put on top.

## Honey Pitahaya

### Ingredients:

- 1 pitahaya
- ½ honeydew melon

**Method:** Cut the melon in a half. With a melon spoon make little melon balls. Do the same with the pitahaya. Put all the balls in the melon skin and enjoy!

## Cactus delight

### Ingredients:

- 1 pitahaya
- 2 prickly pears

**Method:** Cut the fruits in half and take out the inside with a spoon. Be careful with the pear cactus, they have thin thorns. Mix the fruits and serve to your best friends!

## Jackfruit



The jackfruit grows on a big tree (9 to 21 m). The fruit can also be very large and weigh up to 100 lbs!

The skin of the fruit is green or yellow when ripe and composed of numerous hard, cone-like points attached to a thick and rubbery, pale yellow or whitish wall. The interior consists of large "bulbs" of yellow, gum-flavored flesh, massed among narrow ribbons of thin, tough undeveloped perianths, and a central, pithy core. Each bulb encloses a smooth, oval, light-brown "seed". There may be 100 or up to 500 seeds in a single fruit.

Some people think that the ripe, unopened fruit smells bad. But the pulp of the opened fruit smells of pineapple and banana. The only problem with this fruit is when we want to cut it, its copious gummy latex accumulates on the knife and the hands. I personally love jackfruit!

You can find it frozen or fresh at the Chinese market. The fresh ones are usually sold in smaller parts because an entire jackfruit could cost you a lot!

# Jackfruit Recipes

## Jackfruit Soup

### **Ingredients:**

- 1 cup of jackfruit
- 15 small oranges
- 2 mangoes

**Method:** Press the oranges to make the juice. Cut the other fruits. Mix everything in a bowl. Wow! This is a treat!

## Jackfruit Sorbet

### **Ingredients:**

- ½ bag of frozen jackfruit
- ½ cup of frozen strawberry

**Method:** Mix the ingredients in the food processor or in a heavy-duty blender. You can't find that stuff at the ice cream bar!

## Jackfruit Salad

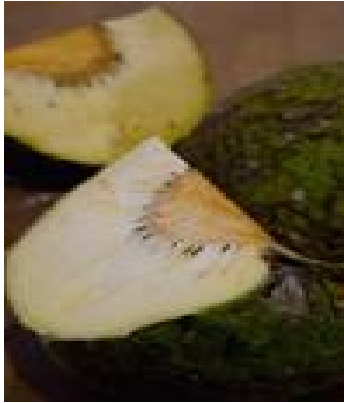
### **Ingredients:**

- 1 cup of jackfruit
- 2 oranges
- 1 mango
- 1 cup of pineapple
- ½ cup of raspberry (frozen or fresh)
- 3 branches of celery, finely chopped

**Method:** Cut all the ingredients and mix in a bowl. This is an amazing recipe!



## Breadfruit



This is the cousin of the jackfruit, and it doesn't smell bad...

In the late 18th century it was used as a cheap, high-energy food source for British slaves in the West Indies.

Breadfruit is one of the highest-yielding food plants, with a single tree producing up to 200 or more fruits per season. This is a very starchy fruit. Most people eat it cooked. It tastes like the potato or bread when it's boiled or baked.

When it's really ripe, you can eat it fresh, as long as it's a good variety. It has the consistency of a pudding and it tastes wonderful. I had one in Costa Rica and it was delicious!

But, in Canada, I have never found a good one I could eat raw. They just don't ripen.

## Sapote



The sapote comes from Central America and South of Mexico.

This fruit may be round, ovoid or elliptic in shape, often bluntly pointed at the apex. It can weigh up to 5 pounds.

It has rough, dark-brown, firm, leathery, semi-woody skin or rind, and salmon-pink to deep-red, soft flesh, sweet and pumpkin-like in flavor.

You can scratch the skin to know if the fruit is ripe. If the flesh inside is green, it's not ready. Wait, if you eat it now, latex will stick on your lips.

It's grown in Costa Rica, but I don't like the variety there. In other countries, the variety is much better and really tastes like pumpkin pie.

It's funny to know that chewing gum was once made with the « chicle » — the white latex of the sapote's tree.

The fruit is very rich in calories, with up to 114.5 calories per 100 grams.

In California, I also had the much better “white” sapote, which tastes like vanilla pudding. The problem is that it’s impossible to ship it ripe, and only a tree-ripen fruit will taste good.

The “chocolate” black sapote is also a treat. It tastes like chocolate pudding! Again, this delicious fruit can only be found in people’s backyards or grown on a small scale.

# Sapote Recipes

## Sapote Pudding

### Ingredients:

- 1 sapote (any type)
- 3 bananas

**Method:** Blend the ingredients and refrigerate for up to 1 hour before serving.

## Sapote smoothie

### Ingredients:

- 1 sapote
- 1 peach
- 2 apricots
- 1 orange (juice of)

**Method:** Blend everything and serve.

## Sapote cream

### Ingredients:

- 1 sapote
- ½ papaya
- 2 bananas

**Method:** Mix the ingredients in a blender.



The yellow sapote, Eggfruit or Canistel

## Sapodilla



This is in the same family as the sapote, but I prefer because it really tastes like caramel or maple syrup! The flavor is exceptionally sweet and very tasty, with what can be described as a malty flavor.

The unripe fruit is hard to the touch and contains high amounts of tannin. Some sapodillas are round and some are oval with pointed ends, much resembling a smooth-skinned potato and containing 2 to 5 big seeds. Inside, its flesh ranges from a pale yellow to an earthy brown color with a grainy texture akin to that of a well-ripened pear.

Again, you will find it in Asian markets.

## Sapodilla Recipes

### Sapodilla Smoothie

#### Ingredients:

- 1 sapodilla
- 3 bananas
- Some water

Method: Blend and it's ready to serve.

P.S. Sapodilla can be delicious with sugar cane juice. That's a nice drink!

## Persimmon



The persimmon is the national fruit of Japan. They have 800 varieties. In the world, there are more than 2000 varieties.

Persimmons are generally light yellow-orange to dark red-orange in color, and depending on the species, vary in size and may be spherical, acorn-, or pumpkin-shaped.

They are high in calories and they provide 66 calories / 100 grams.

The heart-shaped Hachiya is the most common variety of astringent persimmon. Astringent persimmons contain very high levels of soluble tannins and are unpalatable if eaten before softening.

The non-astringent persimmon is squat like a tomato and is most commonly sold as *fuyu*. Non-astringent persimmons are not actually free of tannins as the term suggests, but rather are far less astringent before ripening, and lose more of their tannic quality sooner. Non-astringent persimmons may be consumed when still very firm to very very soft.

# Persimmon Recipes

## Smoothies for Me

### **Ingredients:**

- 2 bananas
- 2 persimmons
- 2 ribs of celery
- ½ cup of water

**Method:** Blend everything. (Make sure the persimmons are ripe.)

## Sweet Soup

### **Ingredients:**

- 3 persimmons
- 10 oranges
- 2 ribs of celery finely chopped
- 2 kumquats
- ½ cup of raspberry

**Method:** Press the oranges to make the juice. Cut the celery very finely. Cut the kumquat in slices with the skin. Cut the persimmon and take out the seeds if there is some. Mix the ingredient in a bowl.

## Persimmon Sauce

### **Ingredients:**

- 2 persimmons
- 1 orange (juice)
- 2 dates

**Method:** Blend everything. Pour on apples slices or banana ice cream.

## Cherimoya



The cherimoya is more popular in Europe, California, Asia and certain parts of Latin America. It is produced rustically in many parts of the world, but it is produced in commercial plantings only in semi-tropical areas of Spain, Brazil, Chile, Peru, California, New Zealand, Australia, and Israel.

This fruit is oval, often slightly oblique with a smooth or slightly tuberculated skin. The fruit flesh is white, and has numerous seeds embedded in it.

The Moche culture of Peru had a fascination with agriculture and represented fruits and vegetables in their art. Cherimoyas were often depicted in their ceramics

Cherimoya is ready to eat when it softens and feels like the heel of one's hand. If in doubt, it should be allowed to ripen further. It's better for it to be a little over ripe than a little under ripe. After ripening, cherimoya can be kept for several days in the refrigerator. To ripen faster, fruit can be put in a paper bag and put in a warmer place.

I used to only find cherimoyas in California. Now, they are imported from Brazil and sold in Asian markets and stores specializing in importing fruits.

You must eat it alone to taste the real flavor first. Then, you can try some recipes.



# Cherimoya Recipes

## Cherry Smoothie

### **Ingredients:**

- 1 cherimoya
- 1 banana
- ½ cup of water

**Method:** Open the cherimoya. Take out all the seeds. Put the flesh in the blender with a banana and some water. Mix.

## Cherimoya Sorbet

### **Ingredients:**

- 1 cherimoya
- 1 frozen soursop (1 cup) or frozen jackfruit

**Method:** Open the cherimoya. Take out the seeds. Blend with the frozen fruit.

## Sugar Apple



Although it looks similar to the cherimoya, this is another type of fruit, which is more common in Brazil and South East Asia.

Also called custard-apple (but it's not the same fruit...), the sugar apple is a species of *Anona* native to the tropical Americas.

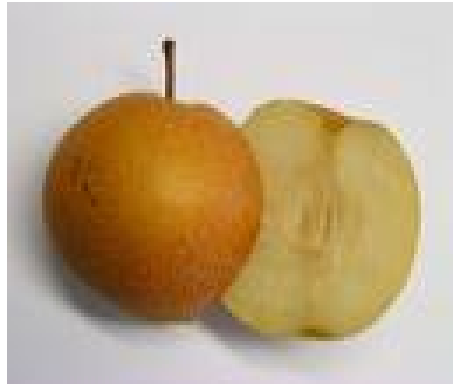
The fruit is usually round; slightly pine cone-like with a scaly or lumpy skin. The fruit flesh is sweet, white to light yellow, and resembles and tastes like custard. The edible portion coats the seeds generously.

Sugar apple has a very distinct, sweet-smelling fragrance. It is slightly grainy, a bit slippery, very sweet and very soft.

There is a pineapple sugar apple, which is similar in sweetness but has a very different taste. Like the name suggests, it tastes like pineapple.

This is an ultra-sweet fruit that is best eaten alone or used to flavor other recipes.

## Asian Pear (Nashi)



The Asian pear comes from China, Korea and Japan. In Japanese, "Nashi" mean pear. The Asian pear has a taste that combines the pear and apple, but the crunchiness of the apple. It's so juicy and refreshing. Like apples, they can keep for a rather long time.

There are many varieties of nashi: Chojuro, Hayatama, Hosui, Kikusui, Kimisuka, Kosui, Kumoi, Nijisseiki, Nitaka, Seuri, Shinko, Shinseiki, Shinsui, Tsu Li...

You can find some kind at the supermarket and at the Chinese market.

## Nashi Recipes

### Asian Smoothie

#### **Ingredients:**

- 3 Asian pears
- 3 ribs of celery
- ½ cup of water

**Method:** Blend everything.

## Pear Salad

### Ingredients:

- 2 Asian pears
- 1 pear
- 1 apple
- 2 cup of spinach baby
- ½ lemon (juice)
- Handful of cilantro

**Method:** Cut all the ingredients (spinach too), mix in a bowl and serve.

## Pomelo and Pear

### Ingredients:

- ½ pomelo
- 3 Asian pears
- 2 oranges (juice)
- Some cilantro chopped

**Method:** Cut the pomelo in 3 big slices. Take off the peel of each slice. Divide the slice in 2 parts. Take off the pulp off the skin. Separate the pulp into tiny little parts. Put the pulp in a big bowl with the Asian pear chopped. Pour some orange juice and mix.

## Açaí



Açaí palms are cultivated for both their fruits and for their hearts of palm. Global demand for the fruit has expanded rapidly in recent years, due to the discovery that açaí is one of the highest sources of anti-oxidants.

The fruit is especially popular in Brazil. When I was there, I would eat an açaí sorbet every day. It was made with frozen açaí, honey or guarana syrup, and served with granola. I loved it!

The Brazilians buy it in big frozen blocks.

Now you can find it in health food stores in North American and Europe at a relatively high price. The juice and pulp of açaí fruits are used in various juice blends, smoothies, sodas, and other beverages. You can buy it frozen and make your own.

# Açaí Recipes

## Açaí Sorbet

### **Ingredients:**

- 1 cup of frozen açaí
- 3-5 Tbs. of honey or other sweetener of your taste
- ¼ cup of water

**Method:** Mix everything in the blender and add little berry on top.

## Açaí Energy!

### **Ingredients:**

- 100 grams. pack of açaí pulp (frozen)
- 6 whole strawberries (frozen)
- 1/3 cup of almond milk
- 1-2 Tbs. of honey or other sweetener of your taste
- 4-5 crushed walnuts
- 1 cup fresh berries

**Method:** Blend everything except the last two ingredients in your blender or food processor. Add the toppings and enjoy!

## Açai Smoothie

### **Ingredients:**

- 1 pack of frozen açai (100 grams)
- 3-4 bananas
- ½ cup frozen berries
- Water to reach right consistency

**Method:** Let the berries thaw 30 minutes before, and then blend everything.

## Açai Sauce

### **Ingredients:**

- ½ cup of frozen açai
- 2 Tbs. of honey or agave syrup
- ½ cup of water
- Some fresh mint

**Method:** Take out the frozen açai before to mold it. Blend the açai, honey and the water. Chopped the mint and add it in the blender. Blend again for 2 or 3 seconds and pour on top of a salad.

## Tamarillo



The fruit tastes like a combination of the kiwi and the tomato. At first I didn't like it, but now it's become one of my favorite exotic vegetable-fruit.

The tamarillo was known as the "tree tomato" in New Zealand, but a new name was chosen in order to distinguish it from the ordinary garden tomato and increase its exotic appeal. The choice is variously explained by similarity to the word "tomato", the Spanish word "amarillo", meaning yellow, and a variation on the Maori word "tama", for "leadership". It is still called Tree Tomato in most of the world. In Spanish, they call it Tomato de Palo.

The fruit is eaten by scooping the flesh from the halved fruit. It's ripe when it feels a bit softer and brighter, much like a tomato. Don't wait until it's too ripe though.

Each fruit has very little flesh, but the flavor is intense. The flesh of the tamarillo is tangy and mildly sweet, and may be compared to kiwi or tomato. The skin and the flesh near it have an unpleasant bitter taste, so make sure you don't eat it or get the fruit flesh too close to it.

## Tamarillo Recipes

### Tamarillo Dressing

#### Ingredients:

- 1 cup of tree tomato (scoop the inside)
- 1 cup of mango



- Optional: a bit of fresh cilantro

**Method:** Blend everything and enjoy this great, low fat dressing!

## Best Vegetable Soup

### **Ingredients:**

- 1 large tomato, diced
- 1 medium cucumber, peeled and diced
- ½ cup fresh dill
- A few fresh chives, chopped
- 1 mango
- 3 tomatillos (flesh of)

**Method:** Blend at a low speed so everything stays chunky. Soooo good!

## Tree Tomato Chili

### **Ingredients:**

- 1 cup of tree tomato (scoop the inside)
- 2 cups of tomato chopped
- 2 cup of red pepper chopped
- ½ cup of mango
- 2 green onions chopped
- Some basil
- Chili (optional)

**Method:** Mix 1 cup of tomato and pepper with the mango in the blender. Add the other ingredients in a bowl and mix with the rest.

## Pineapple



Pineapples come from Brazil and Paraguay. Hawaii and Costa Rica are one of the biggest exporters of pineapple of the world.

Some diets recommend eating a lot pineapple or only pineapple for a several days. It's supposed to be good to "dissolve" the fat and help in the digestion.

Of course, no food can "dissolve" body fat. Only caloric restriction can. Pineapples are too acidic to be eaten in large quantities, day after day.

When I was in Costa Rica, the pineapples were so good that I wanted to eat just pineapple. But I can't eat more than one before getting the signal that I've had enough.

In North America, we generally only find one type of pineapple: the "yellow" one with yellow flesh.

In Costa Rica, they also grow a local variety called "criolla" which has white flesh and a saltier taste. When it's fully ripe, the flesh is translucent and very sweet. The problem is it goes bad within a day or two so it can't be exported.

A ripe pineapple won't automatically have a yellow skin. Some varieties have a green skin when they are fully ripe.

There is a nice tool to cut the pineapple into perfect slices. You just have to cut the top of the pineapple, to place the tool on the top and turn it until you've reached the bottom. Then you have beautiful slices

and also an empty pineapple, which can be used for serving a soup. You can find this tool in many kitchen equipment stores.

**Tip:** When you cut your pineapple, don't be afraid to remove a lot of the skin with your knife. You don't want to keep any "eyes", which are hard to digest. Also remove the center stem.

To avoid wasting, you can then press the cut skin of the pineapple in your hands to get a glass or two of pineapple juice from each pineapple you cut.

## Pineapple Recipes

### Tropical Soup

**Ingredients:**

- 1 pineapple diced
- 1 cup of soursop
- 1 cucumber diced
- 4 oranges (juice)
- 1 cup of grapes, cut in half
- 2 branches of celery, sliced thinly

**Method:** Press the oranges to make some juice. Mix all the ingredients in a big bowl.

### Pineapple cream

**Ingredients:**

- 1 pineapple
- 1 cup of soursop

**Method:** Keep  $\frac{1}{4}$  of the pineapple diced. Blend the rest with the soursop in the blender. Pour into individual bowl and add some diced pineapple on that delicious cream.

### Pineapple Salad

**Ingredients:**

- 2 cups of pineapple
- 1 cup of soursop
- 1 chayote, diced (really tiny dices)\*

- 3 oranges (juice of)
- 1 green onion, chopped

**Method:** Cut all the ingredients and mix everything in a big bowl. This is another amazing recipe!

\* Chayote is an exotic squash.

# Mangosteen



Known as the “Queen of Tropical Fruits” the Mangosteen is one of the most popular tropical fruits in South East Asia.

The white flesh tastes very sweet and juicy, with a lemon tang. Once you’ve had a few good ones, it will quickly become one of your favorite fruits.

Cut the Mangosteen in half and scoop out the flesh with a spoon. It is best eaten chilled. Avoid the exuding latex close to the skin.

You can find these fruits at the Chinese market.

## Mangosteen Recipes

### Queen and Star

**Ingredients:**

- 2 mangosteen
- 2 star apple (caimitos)

**Method:** Cut them in half and scoop out the flesh with a spoon. Take out the seed and cut in pieces. Mix in a bowl.

## Star Apple (Caimito)



It has numerous common names including *caimito*, *golden leaf tree*, *abiaba*, *pomme de lait*, *estrella*, and *aguay*

The fruit has a purple skin that is often green around the calyx, with an attractive star pattern in the pulp. The skin is rich in latex, and both it and the rind are not edible. The flattened seeds are light brown and hard.

The fruit also exist in two colors, dark purple and greenish brown. The purple fruit has a denser skin and texture, while the greenish brown fruit has a thin skin and a more liquid pulp.

It's one of my favorite exotic fruit. The flesh is sweet and tastes very smooth and aromatic. They are very good by themselves.

This is a traditional food plant in Africa, this little-known fruit has potential to improve nutrition, boost food security, foster rural development and support sustainable landcare.

A drink called "matrimony" is made in Jamaica; it's a mixture of star apple pulp and sour orange juice.

In Montreal, I have found this fruit in Asian markets.

## Passion Fruit



The passion fruit or granadilla is a tropical fruit. Depending on the variety, the skin can be purple or yellow. The shell is hard and contains many seeds. The flesh is very juicy and perfumed. The taste is really good and you don't need a lot to add that fresh flavor to your recipes.

Brazil, Colombia, Ecuador, Peru and Indonesia are the principal growers of this fruit. Most of the production goes towards making passion fruit juice, but you can find fresh ones at the market.

The passion fruit tends to have a more acid taste, but more flavor. It's ripe when the skin is fully wrinkled.

The granadilla is sweet, and can be eaten before the skin wrinkles. Below is the granadilla:



# Passion Fruit Recipes

## Tropical Drink

### Ingredients:

- 2 granadilla or passion fruit.
- 1 mango
- 5 oranges

**Method:** Press the passion fruit through a sieve to remove the seeds. Press the oranges to make some juice. Blend the mango, orange juice and passion fruit juice together. Enjoy

## Granadilla Salad

### Ingredients:

- 1-2 granadillas
- 2 oranges
- 1 yellow pepper
- 2 cup of chopped lettuce
- 1 handful of parsley

**Method:** Press the granadilla through a sieve to remove the seeds. Mix the granadilla juice, the juice of the oranges in the blender. Cut all the other ingredients and put them in a bowl. Mix and serve.

## Granadilla Sorbet

### Ingredients:

- 1 granadilla or 2 passion fruits
- 1 cup frozen pineapple or mango

**Method:** Press the granadilla through a sieve to remove the seeds. Blend the frozen pineapple or mango with a bit of water and the passion fruit juice in the blender.

## Tropical Smoothie

### Ingredients:

- 2 passion fruits
- ½ cup pineapple
- 1 mango



**Method:** Press the passion fruits through a sieve to remove the seeds. Blend all ingredients together and enjoy! Add a bit of water if desired.

## Exotic ice cream

**Ingredients:**

- 1 passion fruit
- 1 cup frozen soursop

**Method:** Press the passion fruits through a sieve to remove the seeds. Blend everything with  $\frac{1}{2}$  cup of water. Enjoy!

## Guava



The guava fruit has one of the nicest smells of any fruit. The fruit will be pink to red, and the flesh cream to orange with some hard seeds in it.

Here's the problem with guava: every single guava I have opened contains worms! They are the same color as the flesh, so people don't tend to notice them.

For that reason, I don't buy them anymore.

As a test, try opening any guava, and watch the flesh. You will see something move...

Yes, it's pretty disgusting, but it's important that I let you know.

Eventually I will plant a guava tree in my backyard in Costa Rica just for the smell. But I'll leave the fruits to the birds... Guava trees attract parrots and monkeys.

The guavas exported to North America are picked green. So it's possible that they are worm-free. I would recommend testing them first...

The perfume of the guava is so strong that you can find it with your nose in the market! This is usually how I know if there is guava around...

Because of the worm problem with guavas, I am not including any recipes.

## Sweet Lemon



This is one of the most unusual and unique citrus fruits I have ever come across. The fruit tastes like a perfumed lemonade. It's very low in acidity. The shape of the fruit is like a Minneola tangelo. It peels like an orange and the sections separate easily. The flesh is yellow, somewhat seedy.

I find this fruit at Sami Fruit in Montreal, and also in Costa Rica.

In Costa Rica, there is a tree full of sweet lemons in my neighborhood.

## Sweet Lemon Recipes

### Non-Acidic Lemonade

#### Ingredients:

- 1 liter of sparkling water or regular water
- 4 sweet lemon
- 1 orange

**Method:** Press 2 lemon to make juice. Slice 2 lemons and the orange. Put everything in a pot with the mineral water. Mix.

# Chayote



This tropical squash is now easy to find in almost every large supermarket. It contains a lot of water and it doesn't have very much flavor, but it picks up the flavor of the other foods you mix with it.

When peeling and cutting chayote, do it under running water, to avoid getting the latex-like milk on your hands.

## Chayote recipes

### Layered Chayote

#### **Ingredients:**

- 2 tomatoes, diced
- 1 chayote, peeled and grated, or processed in the food processor to create "rice"
- 2 mangoes, diced
- Fresh cilantro
- Leafs of lettuce

**Method:** Process the peeled chayote to create a “rice”. Place the mixture on a generous bed of lettuce. Mix the tomatoes and mangoes and add on top. Add some chopped cilantro on top. Yum!

## Chayote soup

### **Ingredients:**

- 1 cucumber
- 1 chayote, peeled
- 2 tomatoes
- 1 mango
- 1 green onion

**Method:** Cut half of each ingredient in small cubes. Put the other half in the blender with ½ cup of water. Then mix everything in a big bowl and serve.

## Gaspachayote

### **Ingredients:**

- 1 chayote, peeled and dice finely
- 4 tomatoes, diced
- 1 avocado, diced
- 2 kale chopped (without the stem)
- 2 green onions, chopped
- 3 oranges (juice)
- ½ lemon (juice)

**Method:** Cut all the ingredients and press the lemon and oranges. Mix everything in a big bowl and serve in individual bowls to your best friends.

# Tamarind



The tamarind originated in tropical Africa. It has a strong acidic flavor. Despite its acidity, its natural sugar content is high, which means the pulp has high caloric value.

That fruit has a strange look but the taste is interesting. You can find the whole fruit boxed in Chinese markets or as a paste sold in a plastic packages (with the seed). To eat the whole fruit, you just need to break the shell with your hand and eat the pulp inside.

With this fruit, I rarely use it whole and instead use it as a seasoning in some recipes.

## Tamarind Recipes

### Tamarind Lemonade

This is my “raw” version of a popular Mexican recipe called “agua de tamarindo”.

#### Ingredients:

- 1 quart of water
- 8 tamarindo pods, peeled and seeds removed
- VERSION A: 8 dates (or more to taste)
- VERSION B: Replace the water with sugar cane juice

**Method:** I love to make this recipe when I'm in Costa Rica, and surely I will be making it in Canada as well. Normally I will make it with sugar cane juice. You can break apart the sugar tamarind pods in the water. Mix well to get as much tamarind flavor in it. Then strain it. If you're not using sugar cane juice, then simply break it apart in water and strain it. OF COURSE: KEEP THE WATER! The point is to get the tamarind to mix with the water (without cooking it, as is commonly done).

Then once you have the tamarind water, blend it with a sweetener. Add more to taste. If you're using sugar cane juice, it will be sweet enough.

Add a lot of ice to your pitcher and enjoy this great lemonade!

If it's too sweet, add more ice to dilute. If it's too acidic, you didn't put enough sweetener in. If it's not tangy enough, you didn't use enough tamarind.

## **Tamarind Dressing**

### **Ingredients:**

- 5 Tbs. of tamarind pulp (without the seeds)
- 2 Tbs. of honey or other sweetener
- ¼ cup of olive oil
- Sea salt to taste (optional)

**Method:** Mix everything in the blender. I rarely use olive oil but this recipe is an exception.