



# Tamarillo

<b>Store</b>	Keep in fruit bowl for about one week. Refrigerate for up to two weeks. They can easily be frozen – either whole (remove the skins first) or pureed.
<b>Prepare</b>	To consume raw, cut in half (cross section) and scoop out the flesh with a spoon. The skin has a very unpleasant taste so don't eat it
<b>Cook</b>	To remove the skin place the tamarillos in a heat proof bowl. Pour over boiling water so that the fruit are completely covered. Leave them for 3-4 minutes, drain and refresh with cold water. Make a small cut with a knife and the skin just slips off. Tamarillos don't really need cooking – great as they are but if you want slice them or halve them and cook over low heat with a little sugar.
<b>Add Flavour</b>	For breakfast fruit or fruit to serve with yoghurt for a desert, peel and slice the tomatillos and place in a bowl. Sprinkle with a little sugar and leave overnight. Alternatively sprinkle a little orange rind and sugar over the fruit and leave to develop the flavours.
<b>Vege Up</b>	Add whole peeled tamarillos to a casserole or any dish (in the same way you would tomatoes). Try wedges of red and golden tamarillo with a cheese-board. Make an awesome sandwich with fresh wholemeal bread, cottage cheese and slices of peeled tamarillo. Toss peeled and sliced tamarillos through salad greens. Puree and sieve poached tamarillos – drizzle over deserts, grilled chicken, pork or fish. Dice tamarillo and avocado, add a little chopped chilli and onion for an awesome salsa. Tamarillos make great preserves, jams, chutneys, jellies, relishes, sauces and marmalades.

## Recipe Ideas

<b>Rich Red Tamarillo Pork</b>  Serves 4 -6	<p>800 g. cubed, lean pork                  ¼ cup flour                  ½ teaspoon each: salt, ground ginger, cinnamon, curry powder                  1 large red onion, finely chopped                  2 cloves garlic, crushed                  1 tablespoon brown sugar                  ¼ cup soy sauce                  2 tablespoons tomato paste                  4 - 6 tamarillos                  10 pitted prunes</p> <p>Pre-heat oven to 180°C. Place pork cubes into a large, strong plastic bag with flour, salt and spices. Shake well to coat the pork in seasoned flour.                  Tip pork into a 3 litre casserole dish together with onion. Combine garlic, brown sugar, soy sauce and tomato paste and stir well to mix smoothly. Pour this evenly over pork and bake in pre-heated oven for 45 minutes.                  Make a small cross in the bottom of each tamarillo with a sharp knife. Dip the tamarillos into boiling water and then peel off the skin. Slice them and add to the pork casserole, together with the prunes.                  Bake for a further 45 minutes.</p> <p>This is very nice served with a kumara-parsley mash. Cook the peeled kumera and mash with some sour cream and a large handful of finely chopped parsley.</p>								
<b>Tamarillo Crumble</b>  Serves 4	<table border="0"> <tr> <td>4 tamarillos, peeled and sliced</td> <td>1 apple, peeled and sliced</td> </tr> <tr> <td>25g melted margarine</td> <td>½ cup flour</td> </tr> <tr> <td>½ cup rolled oats</td> <td>½ cup coconut</td> </tr> <tr> <td>¼ cup brown sugar</td> <td>½ teaspoon cinnamon</td> </tr> </table> <p>Spread the tamarillo and apple slices in a 20cm microwave pie dish. Mix the margarine, oats, flour, coconut, brown sugar and cinnamon together. Spread evenly on top of tamarillos. Microwave on high power for 5 minutes. Let stand for 5 minutes before serving with cream, yoghurt, custard or ice cream. Alternatively, bake at 200°C for 30 - 40 minutes or until golden brown.</p>	4 tamarillos, peeled and sliced	1 apple, peeled and sliced	25g melted margarine	½ cup flour	½ cup rolled oats	½ cup coconut	¼ cup brown sugar	½ teaspoon cinnamon
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