

Fill
your life
with
Passion

XCentric Ideas

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Recipes: Internet. Photos by: Alma Pretorius

Passion Fruit / Granadillas

Passion Fruit is also called Granadilla in South Africa.

Passion Fruit flower is the national flower of Paraguay.

The Amazon is home to more than two hundred species of **passion plants**.

The several **varieties of passion fruit** are generally purple or yellow in colour. The purple kind, which is also called purple granadilla, is smaller in size but juicier and more flavourful. However, the yellow passion fruit is more widely cultivated.

If you are having **trouble sleeping** or feeling anxious most of the time, regular consumption of passion fruit might help.

Single serving of passion fruit has more than 100% of the total required intake of vitamin C for a healthy diet added with Vitamin A, Beta Carotene and Potassium.



Photo by: Alma Pretorius

Recipes in this issue:

- Passion fruit cordial – delicious with soda water / vodka and soda water / ice water*
- Passion fruit tangy syrup – use on cake, muffin, toast, waffle, pancake, yoghurt*
- Passion fruit chutney – ideal as a gift, good with chicken, meat or cheese.*
- Passion fruit chilli sauce – perfect with meat, chicken, fish, veggies or cheeses.*
- Passion fruit and rooibos tea poached chicken – moist, flavorsome and yummy.*
- Passion fruit coconut flour muffins – gluten free, flavorsome, freeze well.*



Passion Fruit Cordial

Recipe by:
<http://drizzleanddip.com/>
2013/04/19/quick-and-easy-home-made-passion-fruit-cordial

Recipe | makes about 750 ml

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|--------------------------|--------------------|
| 2 cups water | 2 cups sugar* |
| 1 cup passion fruit pulp | 2 tbsp lemon juice |

Bring all of the ingredients to the boil, then allow it to cool. Pour the cordial into a sterile bottle and serve in a tall glass with loads of ice, soda water and fresh mint.

Notes:

- *Use less sugar if you want or **Xylitol**.
- Cocktail: instead of **soda water**, use **sparkling white wine**.
- Cocktail: Passion Fruit Cordial, **Vodka & Lemonade**.
- Passion Fruit **Ginger** Cordial: add 1 – 2 teaspoons grated ginger and boil.

Tangy Passion Fruit Syrup



Notes:

- *Spoon over ice cream.
- *Drizzle over natural yoghurt.
- *Lovely on pancakes / waffles.
- *Perfect topping for pavlova / cheesecakes.
- *Mix with whipped cream and spread between cake layers.

- | | |
|-------------------------------------|---------------|
| 1 cup caster sugar | 1/2 cup water |
| Pulp of 8 Passionfruit (about 180g) | |

Place caster sugar and 1/2 cup water in a saucepan over low heat and stir to dissolve sugar. Increase the heat to medium-high and simmer for 3 minutes until syrupy. Stir in the passionfruit pulp and simmer gently for 3 minutes. Allow to cool. Keep in fridge. *Serve on toast spread with cottage cheese.*

Recipe by:
<http://myfoodbook.com.au/recipes/show/thick-cut-fruit-toast-with-passionfruit-sauce>

Chilli and Chutney

Passion Fruit Chilli Sauce a la Alma

1 cup of passion fruit pulp	2 tsp crushed garlic
¼ cup white vinegar	¼ cup sunflower oil
2 tbsp brown sugar	¼ teaspoon ground ginger
1/4 teaspoon ground nutmeg	1/4 teaspoon ground cloves
2 heaped teaspoons grain mustard	1 green bell pepper,
4 Thai (Birds' Eye) chillies, chopped fine	chopped fine

Add everything to a blender or a food processor and blend until smooth. Pour into cooled down sterilised jar / bottle. Store in the refrigerator for up to a month.

Perfect with chicken, meat, potatoes and fish.



Recipe adapted from:
<http://www.curriedcantaloupe.com/passion-fruit-hot-sauce/>



Passion Fruit Chutney

500g Passion fruit pulp	500g green apples
250g onions, peeled	2 cups malt vinegar
4 cups brown sugar	2 tsp ground allspice
½ tsp black pepper	1 tbsp salt
¼ tsp cayenne pepper	

Place the passionfruit pulp in a saucepan. Chop the unpeeled apples and peeled onions and add to the saucepan. Stir in the vinegar, bring to the boil and cook, partially covered for 15 minutes. Add the remaining ingredients and continue cooking, partially covered, for 30 minutes, till nice and thick. (Do not overcook, you'll end up with a chewy mess.) Allow sauce to cool, then pour into clean bottles and seal. Makes about 1.5 litres

Recipe by:
<http://www.passionfruit.org.nz/Recipes/Passionfruit-Ketchup>



Chicken pieces steamed in Rooibos Tea and Passion Fruit pulp

4 pieces of chicken, without skin
4 passion fruits, pulp (about 85 g)
2 rooibos tea bags
2 cups boiling water
Onion, chopped
Grated ginger
Minced garlic
Spices



Fry the chicken with the onion, ginger, garlic and spices in oil. Mix the tea bags with boiling water and let steep a bit. Add to the chicken dish, put lid on and simmer for about 15 – 20 minutes. Remove chicken and serve.

Notes:

- You can thicken the sauce and serve that too.
- Use seafood / fish instead of chicken.

Recipe by: Alma Pretorius

Coconut flour Passion Fruit Muffins

3 large eggs
½ cup milk of your choice
⅓ cup honey
¼ teaspoon baking powder

2 purple passionfruit (about 42.5g)
½ cup coconut flour
⅓ cup coconut oil, melted

Preheat oven to 160 °C. Remove pulp from passionfruit and add to mixing bowl. Mix oil and syrup together in a bowl and stir well. Add oil and syrup mix to passionfruit pulp. Add milk to mixture. Whisk all wet ingredients together. Add baking powder to coconut flour. Add dry mixture slowly to wet mixture, whisking as you go. Coconut flour absorbs a lot of moisture, so adding it slowly will ensure an even batter.

Cook mini muffins for 16-18 minutes, larger muffins for 20 – 25 minutes. You want them to be evenly brown on top and not have crumbs come out when tested with a skewer. **It freezes well.**



NOTE:

Remember the Tangy Passion Fruit Syrup on page 2 of this issue?

Pour the Tangy Passion Fruit Syrup over the baked muffins – it's absolutely deeeelish!!!!

Recipe adapted from:

<http://www.lightenupblog.co/passionfruit-coconut-flour-muffins/>