

Fruit & Vege Co-op



Kiwifruit

STORAGE	PREPARATION
<ul style="list-style-type: none">- Generally, speaking, when a kiwifruit yields to slight pressure, like a peach, it is ready to eat.- If the kiwifruit is firm store at room temperature to ripen. If you don't want the kiwifruit to ripen further, put it in your refrigerator, it should store for 1-2 weeks.	<ul style="list-style-type: none">- Cut in half and eat straight from the skin.- Remove the tops and bottoms of the kiwifruit thinly slice of the skin and quarter/ slice to add to a fruit platter or fruit salad.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Sprinkle over sesame seeds and dried coconut and squeeze over lemon juice.- Use to tenderise meat. Simply slice or mash up a green kiwifruit and place it on your meat before you cook it!	<ul style="list-style-type: none">- Dice and used as an addition to muffins.- Use as the base of a chutney or jam. The natural pectin will help it set.- Stew three cups of diced kiwifruit with $\frac{3}{4}$ cup of sugar and keep in the fridge to serve over porridge, cereal or ice-cream.
COOKING	
<ul style="list-style-type: none">- You can cook Kiwifruit but, since the flesh is so soft, add it to the last minute or two of a stir-fry.- Both green and gold Kiwifruit make really refreshing summer drinks and additions to any salad.	
RECIPE: Kiwifruit & Banana Smoothie (Serves 4) <i>Source: Adapted from Jamieoliver.com</i>	
3-4 ripe kiwifruit 4 Tbsp. rolled oats 1 large banana (or 2 small) 8 ice cubes 1 cup milk 1 cup plain yoghurt $\frac{1}{2}$ tsp. ground ginger or $\frac{1}{2}$ cm piece of fresh ginger grated 2-3 tsps. honey to taste.	
<ol style="list-style-type: none">1. Remove the tops and bottoms of the kiwifruit, stand on their ends and slice the skin off as thinly as possible.2. Put the kiwifruit, rolled oats, banana, milk and yogurt in blender or food processor.3. Blend for 30 seconds.4. Add honey and ice cubes and blend for further 20 seconds.5. Pour into tall glasses.	
Variations: <ul style="list-style-type: none">- Use half a cup of drained tinned fruit instead of the banana- Substitute ginger for cinnamon if you prefer- Add in 1 desert spoon of hot chocolate powder or milo instead of honey.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op

