

PASSION FRUIT PROCESSING

Passion fruits are processed into juices, which are sold either in single strength or as frozen concentrates. The passion fruit juice is also used in the production of cordials, alcoholic beverages, ice creams, and confectionery and mixed fruit blends.

Both purple and yellow passion fruits begin to lose moisture as soon as they fall and quickly become quite wrinkled if held under hot, dry conditions. Juice in these fruits is wholesome, but they are unsightly and thus unmarketable. Clean fruit can be stored in polyethylene bags at 10°C for as long as 3 weeks without loss.

PASSION FRUIT PROCESSING – PROCESSED PRODUCTS OF PASSION FRUITS

1. PASSION FRUIT JUICE

Passion fruit juice, is made with pure passion fruit, water and sugar, and served with lots of ice. To make it, need plump passion fruits, with slightly wrinkled skin and that feel heavy for their size (this indicates that the interior is filled with juicy pulp). Put the pulp in a sieve and press with the back of a spoon to release the bright orange-colored juice, or process it in the blender for a few seconds at very low speed to avoid crushing the seeds. Then just add water, sugar to taste.



2. NECTAR

Nectar is another popular beverage made with the whole fruit, not just the pulp. To make it, cut the passion fruit in half and cook it in enough water to cover (do not unpeel it), then process everything in the blender and press through a sieve. Discard the solids.



Ingredients

- 4 cups passion fruits
- 8 cups water
- 1 cup sugar to taste

Steps of preparation

1. Cut the passion fruit in half.
2. Put in a saucepan, cover with water, and bring to a boil. Turn the heat to medium-low and simmer until very tender, about 30 - 35 minutes. Cool.
3. Process the fruit and its water in the blender until smooth. Strain into a jar, add sugar to taste and refrigerate.
4. Serve very cold.
5. If the nectar is too thick, add more water to thin it.

3. PASSION FRUIT JELLY

Ingredients

- 16 passionfruit, plus extra pulp to serve
- 30ml fresh orange juice
- 4 sheets (15g) leaf gelatine
- 150g caster sugar
- Whipped cream, to serve



Method

- Scoop out passionfruit pulp into a bowl, catching all the juices. Transfer to a food processor and process for a few seconds. Sieve the mixture, pressing to extract all the juice, discard the seeds. Place juice in a measuring jug and add enough orange juice to make up to 200ml. Place gelatine leaves in a bowl of cold water for 5 minutes to soften.
- Place sugar and 150ml water in a pan over low heat, stirring to dissolve sugar. Simmer for 5 minutes.
- Squeeze excess water from gelatine, add to sugar syrup and stir to dissolve. Remove from heat and set aside to cool slightly, then stir in passionfruit juice. Pour into moulds and refrigerate overnight. Place base of moulds briefly in warm water, turn out and serve with cream and a little passionfruit pulp.

4. PASSIONFRUIT JAM

- Pulp from 24 passionfruit
- 1 cup water
- Juice from 1 lemon
- 1.1 kg sugar



Steps of preparation

- Wash the passionfruit well. Then cut in halves.
- Scoop the pulp out of the passionfruit. Put the pulp in a bowl and set aside.
- Cover half of the passionfruit shells in water. Let sit overnight.
- Add the soaked passionfruit shells and the soaking water to a large preserving pan or heavy based saucepan. Boil for 30 minutes or until the inner part softens

- Scoop out the additional pulp and throw away the shells. Chop up the retrieved pulp
- Mix the pulp, passionfruit flesh and water in a preserving pan or large heavy-based saucepan. Bring to the boil.
- Add the sugar and lemon juice. Stir to dissolve.
- Boil quickly until it reaches setting point
- Transfer to sterilized jam jars. Seal, label and date. Keep in a cool and dry place. The jam will keep for a year or two. Refrigerate after opening.

5. PASSION FRUIT SYRUP

Ingredients

1. 1 cup water
2. 1 cup sugar
3. 1/2 cup passion fruit pulp (from about 7 ripe passion fruits)

Preparation

- Combine all ingredients in heavy small saucepan.
- Bring to boil over medium-high heat, stirring until sugar dissolves.
- Reduce heat to low; simmer until syrup is reduced to 1 1/2 cups, about 15 minutes.
- Transfer to bowl, cover, and chill. (Can be made 2 days ahead. Keep chilled.)