



# Fruit Recipes



# Fruit Recipes



## Apple Muffins

### Ingredients

- 2 apples finely chopped
- 1/2 cup raisins
- 1 cup plain flour
- 1 cup wheat flour
- 1 cup sugar ground
- 3/4 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. cinnamon powder
- 1 cup milk
- 3/4 cup butter

### Method

Cook onions in oil until light brown .Add yogurt, garlic & ginger paste, salt, red chili, garam masala, Soya sauce & vinegar to the onions and cook for 6 to 8 minutes.

Add mince meat to it and cook for 3 minutes. Add 1/2 cup of water in it and cook until the meat is tender and water has completely absorbed.

Remove from heat and put aside to become cool. Put the mince in a food processor or chopper and grind to a smooth thick paste which hold is shape.





# Fruit Recipes



## Apple Orange Icecream Flan

### Ingredients

- 2 apples peeled, diced
- 2 oranges, segmented, peeled, deseeded
- 1 tbsp. cornflour
- 1 tbsp. butter
- 1/2 cup sugar
- 1/2 cup orange juice
- 1 tsp. lemon juice
- 1/2 litre vanilla icecream
- 1/2 cup smooth fresh cream
- 2 tbsp. brandy (optional)
- 1 packet china grass

### Method

#### To make fruit filling:

Put both apple and orange segments in a pan. Add sugar, butter, heat till sugar is dissolved.

Add cornflour dissolved in orange juice, cook till thick. Stir in lemon juice, take off fire.

Warm or prepare just before using. Keep aside. Dry crush china grass in a small mixie, till broken to tiny bits.

Soak in 1 cup water, keep aside for 20 minutes. Heat, stirring continuously, till fully dissolved, and starts boiling.

Simmer for minutes or till transparent. Cool a little. Beat icecream till smooth, add fresh cream, chinagrass mixture.

Beat again till smooth or use an electric hand mixer. Pour in a flan tin. Transfer to freezer till firmly set, following procedure given a start of method.





# Fruit Recipes



## Apple Pudding

### Ingredients

- 4 firm apples, peeled, cored and diced
- 1 cup plain flour
- 1/2 cup milk powder or 1/2 tin condensed milk
- 1/4 cup sugar (if using milk powder)
- 1/2 cup walnut chopped roughly
- 1/2 tsp. vanilla essence
- 1 tsp. baking powder
- 2-3 pinches cinnamon powder
- 3 pinches salt
- 1 tsp. lemon rind grated
- 1 cup chilled cream
- 2 tbsp. sugar ground

### Method

- Sieve together flour, salt, baking powder, cinnamon powder,
- In another bowl, make paste (with water) of milk powder, or pour condensed milk.
- Beat till light and fluffy. If using powder, add sugar while beating.
- Stir in rind, essence, followed by dry ingredients mixture.
- Fold in apples and walnuts.
- Turn into a 9" greased cake mould, bake in preheated oven at 180C for 30 minutes.
- A skewer inserted should come out clean, if done.
- Whip cream in chilled bowl till stiff.
- Gently fold in sugar.
- Serve warm or hot with chilled whipped cream.





# Fruit Recipes



## Apple Crumble Tarts

### Ingredients

#### For crust and base:

2-1/2 cups plain flour  
100 gms. Chilled unsalted butter  
2-3 pinches salt  
2 tbsp. sugar ground

#### For topping:

1 cup chilled cream  
2 tbsp. sugar

#### For filling:

4 firm ripe apples chopped  
1/3 cup sugar  
2 pinches cinnamon powder  
2 pinches nutmeg powder  
1/2 tsp. cardamom powder  
1 med. lemon juice extracted

### Method

Sieve flour, sugar, salt together into a large cold bowl. Cut in cold butter quickly, so that it won't melt. Mix in with light fingers, till mixture is like breadcrumb. Keep one third of this mixture aside in refrigerator.

Add a few tbsp. iccold water, by sprinkling over remaining flour. Mix and form a smooth dough, but try to work quickly, with minimum handling. Wrap dough in a clean polythene sheet or cling film. Refrigerate for 30 minutes or till required.

Remove pastry dough, knead very lightly on flour-dusted clean surface. Roll into 1/4 inch thick large round. Prick well all over with fork, flip, prick otherside. Cut oversized rounds for greased tarts cases or muffin trays.

Press a round into a tart case, press well into mould. Trim edges and remove any extra dough.

Bake blind in preheated oven at 200oC for 20-25 minutes, or till light golden.

Remove, keep aside on mesh to cool.





# Fruit Recipes



## Apple Sauce

### Ingredients

- 10 large firm apples
- 1/2 cup water
- 1 lemon juice extracted
- 1/2 tsp. lemon rind finely grated
- 1/2 cup sugar
- 3-4 pinches nutmeg finely grated
- 3-4 pinches cinnamon

### Method

Peel, core, dice and apples. Combine apples, water and lemon rind in a large saucepan. Simmer, uncovered for 10 minutes. Mixture should be mushy with few chunks of apples left.

Add sugar and allow to melt while simmering on slow. When sugar is melted add cinnamon, nutmeg and lemon juice.

Watch closely and stir often to prevent burning. Applesauce should be thick, not watery.

Check with plate or other test (refer jams, preserves,) .Serve warm or chilled.

### Note:

Sugar quantity may be increased or decreased depending on the variety of apples used: If apples are very sweet decrease sugar and if sour then increase a little.





# Fruit Recipes



## Apple Jalebi

### Ingredients

- 25 grams flour
- 5 grams baking soda
- 1.350 liter water
- 500 grams sugar
- 500 grams apples
- 500 grams oil or ghee for deep frying

### Method

Sieve flour and baking soda together.

Gradually add 350 ml water or as required and mix to a smooth batter.

Put the sugar and one liter water in a heavy bottomed pan and simmer on low heat to obtain sugar syrup of one thread consistency.

Cover and keep it aside.

Peel and core the apples and cut them into roundels.

Dip in the batter and deep fry in hot ghee or oil till golden brown.

Remove from the oil, and dip in the hot sugar syrup.

Serve hot.





# Fruit Recipes



## Apple Brioche Pizza

### Ingredients

#### Crust:

2 2/3 cups bread flour  
1/4 cup sugar  
1 package (1/4 ounce or 2 1/4 tsp)  
1/2 teaspoon salt  
1/2 cup (1 stick) butter, cut up  
1/4 cup milk  
1/4 cup water  
2 eggs

#### Topping:

3 tablespoons sugar  
2 tablespoons bread flour  
1/4 cup whipping cream  
1 tablespoon Calvados (apple brandy)  
2 cups thinly sliced,  
cored and peeled apples (about 2 medium)  
1/4 cup apricot preserves, warmed

### Method

#### To make crust:

In large bowl, combine 1 cup flour, sugar, undissolved yeast and salt. Heat butter, milk, and water until very warm (120 to 130 F). Butter does not need to melt. Gradually stir into dry ingredients. Stir in eggs and remaining flour to make soft dough. Knead 5 minutes. (Dough will be buttery; do not add additional flour.) With floured hands, press dough to form 12-inch circle on lightly greased pizza pan, cookie sheet or sheet pan. Cover and let rest 30 minutes.

To make topping: In small bowl, combine sugar and flour. Gradually add cream and Calvados; stir until smooth. Set aside. Preheat oven to 400 F.

Form 3/4-inch high rim along edge of dough. Arrange apples on dough, overlapping slightly; carefully spoon cream mixture over top. Bake on middle oven rack 18 to 22 minutes or until crust is golden brown and apples are almost tender. Remove from pan; place on wire rack to cool slightly. Spread apricot preserves over top.

Nutrition information per serving (1/8 of recipe): calories 415; total fat 17g; saturated fat 9g; cholesterol 95mg; sodium 291mg; total carbohydrate 58g; dietary fiber 2g; protein 8g





# Fruit Recipes



## Apple Pie

### Ingredients

#### For pastry:

white flour 200 gms

baking powder 1 tbs

salt to taste

oil / ghee for deep frying

apple 2 nos

sugar 1 cup

cinamon powder 1 tbs

### Method

De seed Apples & chop them into small pieces.

Heat a pan add the chopped apples & sugar, cook till the sugar dissolves & apples become tender.

Check if more sugar is need because the apples might be sour.

Add cinnamon powder & mix, take out & keep aside.

Add a little ghee/oil to the flour, baking powder & salt.

Knead it to soft pliable dough adding water.

Roll the dough into small squares , add spoonful of the apple mix in the center, seal the edges with little water.

U can also shape in the gujiya mould.

In heavy bottomed pan heat oil , fry on a low fire till crispy& done.

I hope you have a great time enjoying this wonderful pie.





# Fruit Recipes



## Apple Crisp

### Ingredients

4 large apples

1/2 cup brown sugar

1 cup flour

3/4 cup white sugar

1 tsp. cinnamon

1/4 tsp. salt

2 Tbs. melted butter

1 egg

1/2 cup water

preheat the oven to 375 degrees.

### Method

Then, peel, core and slice the apples. Put the apples in a bowl and mix in 1/2 cup brown sugar.

In a separate bowl, using a fork, mix together 1 cup flour, 3/4 cup sugar, 1 teaspoon cinnamon, and 1/4 teaspoon salt.

In another bowl beat together 1 egg, 2 tablespoons melted butter and 1/2 cup water. Add them to the dry ingredients.

You've now made the topping. Put the apples in baking dish and pour the topping over them.

Bake in the oven for 30 - 40 minutes. When it's done the apples should be soft and the topping golden and crisp.





# Fruit Recipes



## Apple Tokku

### Ingredients

- 3 granny smith apples.
- 1/2 spoon powdered roasted methi (fenugreek)
- 3 tbsp oil
- pinch turmeric
- 1 tsp salt
- 1 tsp red chilly powder
- 1/4 tsp mustard seeds
- pinch of hing (asafoetida)

### Method

Chop apples in to small pieces.

Heat oil in a thick bottom pan. Add mustard seeds while popping, add hing and turmeric. Add the apple to the mixture.

Occasionally stir; when half cooked add salt; let it cook some more.

Add the red chilly powder and methi powder. Cook until the apple pieces almost disintegrate.





# Fruit Recipes



## Banana Nut Bread

### Ingredients

- 2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup butter
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 cup mashed banana - about 3 pieces
- 1/3 cup milk or buttermilk
- 1 cup nuts chopped (optional)

### Method

- Cream together butter and sugar.
- Add banana, eggs, and vanilla.
- Sift together dry ingredients.
- Add alternately with milk.
- Blend well.
- Stir in nuts, and pour into a greased and floured loaf pan.
- Bake at 325 degrees for 1-1/4 hours.





# Fruit Recipes



## Banana Salad

### Ingredients

- 2 ripe firm bananas
- 2 rip firm tomatoes
- 1 tbsp. fresh coriander finely chopped
- 3-4 fresh mint leaves finely chopped
- 2 tsp. lemon juice
- 1/2 tsp. cumin powder
- 1/4 tsp. red chilli powder
- 2 tsp. sugar powdered
- salt to taste
- 3-4 pinches black salt (optional)

### Method

- Save aside half coriander for garnish.
- Chop bananas, sprinkle lemon juice, toss lightly.
- Chop tomatoes, add all other ingredients.
- Add bananas.
- Toss gently with a flat spoon.
- Chill if desired.
- Garnish with remaining coriander.
- Serve as is or with chappati or toast.

### Note:

Prepare this salad fresh for best results, or maximum 30 minutes ahead. Or the bananas may discolour, though there will be no change in taste.





# Fruit Recipes



## Banana Milk Shake

### Ingredients

- 1 ripe medium banana
- 400 ml. milk chilled well
- 2 tsp. sugar
- 2 drops vanilla essence
- 1 drop yellow colour (optional)

### Method

- Chop bananas, add 1/2 cup milk, blend in mixie till smooth.
- Add all other ingredients, whip with an electric whipper.
- Whip till the milkshake is frothy.
- Pour into 2 tall glasses.
- Serve very well chilled.

### Note:

- One may add a tbsp. of finely chopped banana pieces at the bottom of each glass before pouring, if desired.





# Fruit Recipes

## Layered Banana Pudding

### Ingredients

#### Bottom layer:

8-10 marie biscuits  
1 tbsp. melted butter

#### Top layer:

2 bananas  
1 orange or mango (optional)  
1 tsp. lemon juice  
3/4 packet lemon jelly

#### Middle layer:

1 cup tied curds  
1 cup fresh cream  
1/2 cup sugar powdered  
2 ripe bananas pureed freshly  
1/4 packet lemon jelly  
4-5 drops vanilla essence

### Method

#### Bottom layer:

Put marie biscuits in a clean polythene bag. Crush to crumbs with a mallet or pestle. Remove into 6" pudding bowl (flat bottom 2" walls at least). Add melted butter and mix well with hand. Spread over bottom and press lightly. Bake in hot oven for 5 minutes (or microwave on medium for 2 minutes). Remove and cool to room temperature. Keep aside.

#### Middle layer:

Beat curds with electric hand beater till smooth. Dissolve jelly in 1/4 cup boiling water, dissolve till no crystals remain. Cool to room temperature. Beat chilled cream in chilled container with sugar till thick. Keep aside 2 tbsp. for topping. (optional) .Add beaten curds, vanilla essence, banana puree, mix well. Add jelly, beat well in chilled container, till thick. Pour over biscuit base, allow to set in refrigerator.

#### Top layer:

When curd layer is set, slice bananas as desired. Sprinkle lemon, and toss lightly to coat evenly. Arrange segments or orange or mango, and banana over curd layer. Prepare lemon jelly as per packet instructions, cool to room temperature. Pour over fruit, chill till well set. Decorate with save beaten cream





# Fruit Recipes



## Banana Kabbabs

### Ingredients

green bananas 1  
onions 1  
green /red/yellow pepper 1  
mint leaves 4 tbsp  
parsley leaves 4 tbsp  
origanum 4 tbsp

coriander leaves 4 tbsp  
salt to taste  
green chillies 3-4  
egg (beaten) 1  
bread crumbs 1 cup  
oil for frying

### Method

Grate the bananas and boil them in salt water for about 1-2 min.

Chop & mix coriander leaves, parsley, mint, origanum, peppers, onions & green chillies with the salt.

To this add the boiled bananas & mix them.

Make small balls & roll them in the egg mix & cover these with the bread crumbs .

Referigerate in for about 45 min.

Fry untill they are golden brown & serve hot.





# Fruit Recipes



## Banana Chocolate Chip Cake

### Ingredients

- 2 1/2 cups all-purpose flour (625 ml)
- 2 tsp baking soda (10 ml)
- 1/4 tsp salt (1 ml)
- 1 cup canola oil (250 ml)
- 2 cups granulated sugar (500 ml)
- 4 eggs
- 2 cups mashed ripe bananas (about 4 large) (500 ml)
- 1 tsp vanilla (5 ml)
- 1 1/3 cups semisweet chocolate chips (325 ml)
- 3/4 cup toasted walnuts (optional) 175 (ml)

### Method

Preheat oven to 350 F (180 C). Two 9- by 5-inch (2 L) metal loaf pans, lined with parchment or waxed paper, greased

In a bowl, combine flour, baking soda, and salt. In a large bowl, using electric mixer, beat oil and sugar. Add eggs, one at a time, beating well after each addition.

Add bananas and vanilla, beating well. Add flour mixture, beating just until smooth. Stir in chocolate chips and walnuts, if using. Spread batter in prepared pans. Bake in preheated oven for 60 to 65 minutes or until a tester inserted into center of cakes comes out clean.

Let cakes cool in pans on racks for 15 minutes. Remove from pans and let cool completely on racks.

### Tip:

You can easily freeze overripe bananas, skin and all. Just be sure to thaw them before mashing.





# Fruit Recipes



## Banana Fritters

### Ingredients

- 1 1/2 cups flour
- 1 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 3/4 cup water
- 4 firm bananas
- 5 cups vegetable oil (for frying)

### Method

In a large bowl combine 1 cup of flour, baking powder, soda and salt. Gradually blend in the water and beat with whisk until smooth.

Cut each banana crosswise into 3 pieces. You should have 12 pieces altogether. Coat bananas with remaining 1/2 cup of flour.

Heat oil in a large skillet over high heat. Dip banana pieces in flour water mixture, coating well. Cook 4-6 pieces at a time until golden brown, about 3-5 minutes.

Drain on paper towels.





# Fruit Recipes



## Banana Sweet

### Ingredients

maida (all purpose flour) 3/4 cup  
sugar 1/2 cup  
butter 3 tbsp.  
fresh ripened banana 1 no.  
oil for deep frying  
water

### Method

Take butter and knead well in All purpose flour. Now add sugar in it. Mix well. Add water and make dough.(consistency of the dough should not be tough like for chapatis or very loose. It should be medium)

Take banana, peel the skin and cut the fruit into thin slices. Now take oil in a pan heat it under a low flame. Side by side, make small balls (small as key lime)out of the dough.

Take each ball and flatten it on your left hand palm and fill one slice of banana and close it properly. Deep fry in oil until golden brown. Serve hot.

### Note:

While making dough, do not add too much of water for the required consistency because, as sugar and water is added to the flour, sugar dissolves in water. Chances of flour becoming very loose is more.

Take Canola oil or vegetable oil for frying.

You can prepare and refrigerate the sweet. (Not more than 2 days because, chances of filled banana becoming black is more.) Heat it in Microwave for few seconds just before serving.





# Fruit Recipes



## Banana Blueberry Muffins

### Ingredients

2 1/4 c all-purpose flour

2 ts baking powder

1/2 ts salt

1/2 ts ground cinnamon

2 ripe bananas, quartered

2 eggs

2/3 c firmly packed brown sugar

6 tb butter, melted

1 t vanilla

1 c fresh blueberries

### Topping:

1/4 c granulated sugar

1 t grated lemon rind

### Method

Preheat oven to 400 F. Lightly grease twelve 2 1/2-inch muffin cups. Combine flour, baking powder, salt, and cinnamon on sheet of waxed paper. Beat bananas in large bowl with electric mixer until mashed. Add eggs, brown sugar, butter, and vanilla, beating until blended.

Stir in combined dry ingredients with a wooden spoon until almost blended. Stir in blueberries just until combined.

Spoon into prepared muffin cups, dividing batter equally. Prepare Topping: Combine sugar and lemon rind in small dish. Sprinkle evenly over muffins.

Bake in preheated 400 F oven for 20 to 22 minutes or until golden. Remove muffins from an to wire rack. Source: Family Circle Magazineserving. Take Canola oil or vegetable oil for frying.

You can prepare and refrigerate the sweet. (Not more than 2 days because, chances of filled banana becoming black is more.) Heat it in Microwave for few seconds just before serving.





# Fruit Recipes



## Banana Oatmeal Cookies

### Ingredients

- 3 bananas
- 1/3 cup salad oil
- 2 cups oatmeal (quick cook)
- 1-1/2 cups chopped dates
- 1/2 cup chopped walnuts or pecans
- 1 tsp. vanilla
- 3/4 tsp. salt

### Method

Mash bananas. In large bowl add all the remaining ingredients.  
Drop by rounded Tablespoons on ungreased cookie sheet.  
Bake at 375 F for 20-25 minutes or until done.  
Makes 30.





# Fruit Recipes



## Pineapple Cake

### Ingredients

- eggless sponge cake (using 1/2 tsp pineapple instead of vanilla essence)
- 3-4 slices canned pineapple (or fresh)
- 8-10 canned or glazed cherries
- 3-4 tbsp butter icing white
- 4 tbsp butter icing yellow
- 2 tbsp whipped cream
- 1 tbsp powdered sugar

### Method

Slice the cake horizontally into 2 halves. Keep on a mesh, soft part up. Sprinkle both the parts with the syrup from canned pineapple (about 1 tbsp each half).

If you are using fresh pineapple, place the pineapple slices in 2 tbsp water and 1 tbsp sugar. Boil it covered for 5 mins. Cool. Use as for canned.

Chop pineapple into tiny pieces. Drain syrup. Whip the sugar and cream over a tray of icecubes, till it forms soft peaks. Do not over beat.

Fold in pineapple. Save a tablespoon for decoration. Layer it over the lower half cake. Place other half on top spread the yellow icing all over top and sides.

Smoothen out with a knife dipped in hot water.





# Fruit Recipes



## Pineapple Butter Icing

### Ingredients

- 3 tbsp. butter, softened
- 2 cups icing sugar, sifted
- 2-3 drops pineapple essence
- 4 drops of yellow colour
- 1 pinch salt
- 4-5 drops lemon juice

### Method

- Put butter in a deep bowl.
- Add flavouring and beat till smooth.
- Add sugar, beat with a wooden spoon till well blended.
- Add salt and lemon juice, beat again till light, white and smooth.
- When spoon is lifted the icing lifted in a peak should hold.
- Spoon into an icing bag, fit nozzle as required.
- Pipe carefully over prepared cake.
- Refrigerate if required to be used later.

### Variations:

Food colour and essence can be replaced with different flavour: For orange use orange, strawberry for pink, icecream for blue, etc.





# Fruit Recipes



## Pineapple Stuffed Triangles

### Ingredients

#### For crust:

3 cups plain flour  
1 tsp. baking soda  
3/4 cup cold butter  
1/2 tsp. salt  
4 tbsp. cold water

1 can pineapple  
2 tbsp. sugar  
1/4 tsp. salt  
1 tbsp. cornflour  
1 pinch cinnamon powder  
fat (ghee or dalda) for deep frying

### Method

#### For crust:

Sieve together flour, salt, baking soda. Cut butter in flour with knife. Rub in with fork or with fingers till mixture is crumbly. Add enough water to make a stiff dough. Wrap in plastic, keep in refrigerator till required.

#### For filling:

Drain pineapple, crush coarsely, save liquid. Measure out half cup liquid, if required add water. Add cornflour, sugar, stir to dissolve. Cook while stirring continuously, till transparent. Add pineapple, cinnamon, cook further till thick.

Chill to set well, before using.

#### To proceed:

Roll pastry with help of dry flour to dust, to 1/8" thickness. Cut into 4" squares. Place a spoonful of filling carefully at one corner, leaving margin to seal. Wet edge all around with a drop of water. Fold free corner over filling, to form a triangle. Press edges together with a fork or by hand. Make sure no filling oozes out. Heat fat in frying pan, till hot. Let in 2-3 triangles, frying till light golden, over medium-low flame. Flip sides carefully, fry other side. Drain, place on kitchen paper, to absorb excess fat. Cut into 2 halves, serve hot as is, or with vanilla icecream alongside.

#### Variation:

Fillings of apple, grapes, peaches, plums, etc. may also be used similarly.





# Fruit Recipes



## Pineapple Jam

### Ingredients

1 kg. cleaned chopped fruit  
900 gms. sugar  
1 lemon  
rind and pith of 2 lemons  
150 ml. water

### Method

Tie rind and pith of lemons in a small muslin cloth or pouch.  
Put fruit, rind bag, water, lemon juice in a large deep pan.  
Bring to a boil on high flame.  
Simmer till fruit is soft.  
Cool, pour into a bowl, stir in sugar.  
Cover with a clean cotton cloth, leave aside for 12 hours.  
Remove cloth, rind bag, put back to cook in similar pan as before.  
Stir cook till sugar melts completely.  
Boil on high to reach setting point.  
Test if setting point has been reached by plate or spoon test.  
Pour while hot into sterile jars.  
Cool and seal.





# Fruit Recipes



## Pineapple Fluff

### Ingredients

whipped cream--8 oz

sour cream--16-20 oz

crushed pineapple--20 oz

condensed milk--14 oz

### Method

Mix sour cream & condensed milk, then add crushed pineapple & whipped cream.

Mix well. Set in refrigerator for 1/2 hour before serving.

Garnish with any or all....black grapes, raisins, currants, cherries, nuts.....!!!!

Store in refrigerator & consume within two days.





# Fruit Recipes



## Pineapple Jelly Slush

### Ingredients

- 2 cups chopped pineapple
- 3/4 cup sugar
- 1/2 tsp salt
- 1/4 tsp pineapple essence
- few drops yellow colour
- 1 cup pineapple jelly
- 2 glasses water
- 10-12 crushed ice cubes

### Method

To make a pulp mix pineapple pieces, sugar, salt and bring to boil.

Take off from fire and chill.

Set jelly as per instructions on the packet.

Just before serving - in a blender add pulp (made as above), jelly chunks, colour, essence and water.

Blend very lightly.

Pour into glasses and mix in finely crushed ice.

Use wide straw for serving.





# Fruit Recipes



## Pineapple Ice Sticks

### Ingredients

- 300 ml. water
- 100 ml. pineapple juice
- 3/4 cup sugar
- 1 tbsp. liquid glucose
- 1/2 tsp. stabiliser
- 1 tsp. pineapple emulsion (essence + colour)
- 15-20 flat wooden sticks for icecreams

### Method

Dissolve stabiliser in 3 tbsp. water. Mix water, sugar, stabiliser, emulsion, bring to boil. Add liquid glucose, stir to dissolve.

Cool and add pineapple juice. Pour in container, freeze overnight or till firm.

Break and churn well. Pour into mould for icesticks, allow to set firm.

Insert a hot knife, to make a cut through.

Insert stick, and return to freezer till stick is firmly embedded in ice.

Unmould and serve.

### Note:

To make sorbets, after mixture is churned, return to container.

Allow to set till firm but not hard. Scoop and serve in individual cups.





# Fruit Recipes



## Pineapple Refresher

### Ingredients

- 2 cups unsweetened pineapple juice
- 1/8 tsp salt as per taste
- 1-2 tsp sugar
- 1 tsp lemon juice
- 1 egg white
- 1 glass crushed ice

### Method

- Whip egg whites till stiff
- Mix all the ingredients except ice
- Beat it till mixed well
- Add crushed ice to it and shake it well
- Serve in 2 glasses





# Fruit Recipes



## Pineapple Upside-down Cake

### Ingredients

- 3 tbsp honey
- 24- gms plain flour
- 6-8 tbsp pineapple juice
- 200 gms powdered sugar
- 10 glazed cherries
- 6 pineapple slices
- 4 eggs
- 200 gms butter
- 1 tsp baking powder
- 1 tsp pineapple essence

### Method

Use a little flour and butter to grease and dust the baking tin ..Spread honey at the base of the tin .

Cut the pineapple slices into halves and arrange then with cherries on spread honey  
Cream the sugar and butter till light and fluffy

Add egg yolks one at a time and beat well .Beat the egg whites till stiff .Fold in the sifted flour with the baking powder alternating with egg whites to the cream mixture

Add pineapple essence and mix well .Pour the mixture into prepared cake tin Bake at 170 o for 30-40 mins.

Insert a knife into centre .If it comes out clean, the cake is done .Allow it to cool and then turn upside down





# Fruit Recipes



## Pineapple Gojju

### Ingredients

- pineapple - 1 (cut into small pieces)
- urad dal - 4 tb spoons
- methi - 2 teaspoons
- coriander seeds - 2 teaspoons
- tilseeds - 2 teaspoons
- red chillies - 10
- tamarind - lemon sized (soaked for 30 mins)
- jaggary - 3/4 cup
- dry coconut - 1/2 cup
- seasoning - mustard seeds, haldi, curry leaves.

### Method

- Heat oil, put mustard seeds. After it stops sputtering, add haldi, curry leaves.
- After a minute, add pineapple, stir well, cover and leave on low fire for 10 minures.
- Meanwhile, roast all other ingds. except jaggery and tamarind. Make powder.
- Add tamarind, jaggery, salt, powder to pineapple.





# Fruit Recipes

## Mango-pua With Cream

### Ingredients

1 cup mango pulp  
1/2 cup maida  
3 tblsp suji (semolina)  
1 tsp cardamom powder  
2 tblsp chirounji  
1 cup cream  
1/2 cup powdered sugar  
1/2 cup milk  
oil for deep fry  
dry fruits

### Method

Mix maida and mango pulp.

Soak suji in milk for 1 hour and add to the mango-maida mix. Add more milk if the batter is too thick.

Add chirounji and cardamom powder to the batter.

Deep fry the pua in hot oil.

Beat cream and sugar till light and pour over the puas.

Sprinkle dry fruits.





# Fruit Recipes



## Mango Cheesecake

### Ingredients

lemon jello 85 grams (1 pack)

mini marshmallows - 1 cup

cream cheese - 255 grams (3 foil-wrapped packets of philadelphia cream cheese)

cool whip whipped cream - 113 grams (approx. 4 ounces)

mango pulp - 1.5 cups

ready 10 inch pie crusts - 2

### Method

Pour jello pack contents into a large mixing bowl.

Boil 1 cup of water and pour boiling water over jello. Stir till jello dissolves in water.

Add marshmallows to this mixture and stir well till they completely dissolve.

Soften the cream cheese by microwaving it for 2 minutes. Add cream cheese to the jello mixture.

Add whipped cream and mango pulp to this mixture and stir well.

Blend the mixture in a mixer or food-processor for 2 minutes.

Pour the batter into the ready pie crusts and refrigerate for 4-6 hours.

Serve chilled. .





# Fruit Recipes



## Mango Chitharanna

### Ingredients

- 1 raw mango
- 10 dry red chillies
- a teaspoon of daniya
- a teaspoon of methi seeds
- a little kuskus
- a pinch of hing
- little mustard seeds and a little jeera
- 3 cups of cooked basmathi rice

### Method

First fry all the dry ingredients in a pan and grind it to a paste adding a little of coconut and the raw mango.

In a pan put about 5 to 6 teaspoons of oil and when its hot add mustard seeds, hing, channa dal, urad dal and cashews (If desired) and ground nuts.

When its all done add the ground mixture and cook for about 5 minutes until the raw taste of the mango goes.

Add salt to the mixture and mix the Mixture with the rice

Serve it with Raitha or just like that it will nice.





# Fruit Recipes



## Mango Pulisberi

### Ingredients

mango ( ripe ) : 1 count  
ginger : 2 tsp  
onion : 3 tbsp  
turmeric powder : 1/2 tsp  
curd : 4 tbsp  
coconut (grated) : 1 cup  
dry chillies : 5 count  
curry leaves : 4 -5  
mustard : 2 tsp  
oil : 3 tsp

### Method

Cut mangoes into medium size pieces.

Put the cut onions, ginger, turmeric powder and enough salt to the mangoes and boil it until the mangoes are fully cooked.

Then grind the grated coconut along with the curd.

Add this to the cooked mangoes.

Heat oil in some pan and add mustard, dry chillies and curry leaves.

Then add the mixture to the pan and simmer for 30 sec.

Ur mango pulisberi is ready to be served.





# Fruit Recipes



## Mango-yoghurt Surprise

### Ingredients

- 3 ripe alphanso mangoes
- 1 cup fresh curd beaten
- 1 cup milk
- 1/2 cup cream
- 4 tbsp gelatine
- 4 tbsp water
- 1 cup sugar
- juice of 1/2 lemon
- 1/2 tbsp vanilla essence
- Few drops yellow colour (optional)

### For Base:

- 6 slices bread.
- 4 tbsp sugar
- few drops vanilla essence

### Method

Place all 3 ingredients for base in a mixie and run for a minute. Press the mixture on the bottom of a casserole, firmly. Make slices of peeled mangoes, and arrange over the pressed bread.

Sprinkle gelatine over water in a tiny saucepan. Heat on very low flame to dissolve. Keep aside. Mix milk and sugar and warm, so that sugar dissolves. Add gelatine and stir well. Once cool, add yoghurt (curd), cream, essence, lemon juice and colour.

Stir over a tray of chilled water to thicken or chill in the freezer. When thick pour over the mangoes. Place in freezer to set.





# Fruit Recipes



## Mango Icecream

### Ingredients

#### For Vanila:

- 1 litre fullcream milk
- 2 1/2 tsp. cornflour
- 1 tsp. gelatine
- 3/4 cup sugar
- 1 cup fresh cream
- 1 tsp. mango essence
- 1/2 cup cold milk
- 1 cup mango pulp (coarsely mashed)
- 1/2 cup fresh beaten cream
- 1/4 cup ground sugar

### Method

Bring milk to a boil. Boil for 15 minutes on low, stirring occasionally. Mix cornflour in 1/2 cup cold milk, keep aside. Add sugar to milk, stir. Add cornflour paste, stirring continuously, till boil resumes. Boil for a further 4-5 minutes, take off fire.

Sprinkle gelatine over 3 tbsp. water in a small pan. Allow to soak for 5 minutes. Warm over gentle heat, till dissolved. Do not bring it to a boil. When boiled milk cools a little, add gelatine solution and mix well. Cool to room temperature, freeze in covered tray, till set.

Remove when well set, mash and beat till soft and creamy. Mix together the pulp, 1/2 cup beaten cream and ground sugar. Add 1 cup cream first with essence and beat. Add fruit cream mixture and fold in gently. Transfer back to container and freeze till well set.

Serve scoops with the matching sauces. (For sauces refer Sauces for Icecreams & Cakes')





# Fruit Recipes



## Mango Memsikai

### Ingredients

half ripe mango-2  
grated fresh coconut - 3 tbl.sps.  
red chillies-10  
coriander seeds-1 tbl.sp.  
urad dhal-1 1/2 tsps.  
fenugreek- 1/4 tsp.  
salt - as required  
thin tamarind extract- a little  
jaggery - as per taste

### For seasoning :

oil- 2 tbl.sps.  
red chillies- 2  
mustard seeds- 1/4 cup  
curry leaves - few

### Method

Half ripe mango-2.Grated fresh coconut - 3 tbl.sps.Red chillies-10.Coriander seeds-1 Tbl.sp.

Urad dhal-1 1/2 tsps.Fenugreek- 1/4 tsp.Salt - as required.Thin tamarind extract- a little.Jaggery - as per taste

### For seasoning :

Oil- 2 Tbl.sps., Red chillies- 2, Mustard seeds- 1/4 cup, Curry leaves - few





# Fruit Recipes



## Mango Sambar

### Ingredients

- |  |                                       |
|--|---------------------------------------|
| 1 cup toor dal                           | 1 tsp. dhania powder                  |
| 4-5 strips tamarind soaked for 5 minutes | 1 tsp. red chilli powder              |
| 1 half ripped mango,<br>peeled and cubed | 1/2 tsp. each cumin and mustard seeds |
| 2 tbsp. sambar masala                    | 3 whole red chillies                  |
| 1/4 tsp. turmeric powder                 | 1 stalk curry leaves                  |
| 1 tbsp. chopped coriander leaves         | 4 onions                              |
| 2-3 flakes garlic                        | 1/2 cup pumpkin                       |
| 2 tbsp. oil                              | 1 large tomato                        |

### Method

Add tamarind, 1/2 tomato & 1 onion chopped, to the dal. Pressure cook till dal is done very soft. (Approx. 4 whistles) .Remove dal and beat with a whisk or churner till smooth. Grind to a paste, 1 onion, 1/4 tomato, garlic, all dry masalas. Chop the remaining onion and tomato to medium or fine pieces. Heat oil, add seeds , curry leaves and allow to splutter. Add onion, pumpkin, tomato, mangoes and stir fry for 2 minutes. Add paste, and cook for further 2 minutes.

Add dal and bring to a boil on high. Add tamarind, 1/2 tomato & 1 onion chopped, to the dal. Pressure cook till dal is done very soft. (Approx. 4 whistles) Remove dal and beat with a whisk or churner till smooth. Grind to a paste, 1 onion, 1/4 tomato, garlic, all dry masalas. Chop the remaining onion and tomato to medium or fine pieces. Heat oil, add seeds , curry leaves and allow to splutter. Add onion, pumpkin, tomato, mangoes and stir fry for 2 minutes. Add paste, and cook for further 2 minutes. Add dal and bring to a boil on high. Add enough water to get sambar consistency. Check and adjust masalas as required. Simmer for 12-15 minutes on low, till the aroma exudes. Add chopped coriander before serving.





# Fruit Recipes



## Ripe Mango Toasted Sandwiches

### Ingredients

- 2 ripe alphonso mangoes
- 6 large slices sandwich bread or wheat bread
- 1 tbsp. butter

### Method

- Cool mango in refrigerator before using.
- Peel and cut into oval slices as big as possible.
- Keep slices at least 1/2 cm. thick.
- Discard stones.
- Use the side titbits also to fill up sandwich.
- Prepare crisp toasts of bread in toaster or oven.
- Butter all slices on one side generously.
- Place mango slices to cover full bread slice on butter side.
- Repeat for 2 more slices.
- Cover all three slices with remaining buttered slices.
- Check to keep the buttered side facing mango.
- Cut into triangles, serve hot and crisp with a cold drink or a hot beverage.





# Fruit Recipes



## Mango Tofu Curry

### Ingredients

- 1 medium mango - peeled and sliced into strips.
- 1/2 green, yellow and red bell paper - cut into medium strips.
- olive oil.
- one small pack of medium firm tofu (the one that is for stir-frying).
- 1/2 tsp cornstarch
- 1 1/2 tsp ketchup
- 1/2-cup hot water.
- 2 tsp sugar
- 1/4 tsp ginger paste
- 1/4 garlic paste
- 1/4 garlic powder
- 3 tsp of soy sauce
- salt and black pepper to taste.

### Method

Make a curry paste first. Mix cornstarch, ketchup, 2 tsp soy sauce, sugar and hot water and mix it well. Keep it aside. Heat 1 tsp of olive oil and add tofu and stir-fry until it's brown and little crispy.

Take another pan; heat 3 tsp of olive oil (or any Thai flavor oil), add ginger, and garlic paste. Add all papers, salt, black pepper powder, little bit (1 tsp) of soy sauce, and stir fry until slightly tender.

Now add the stir-fry Tofu and sliced mango into peppers stir-fry. Add curry paste in it and then mix it well again. If you think it's thick, then add more hot water. Cover it and let it cook (simmer) at very low heat for 10 minutes.

Serve with white basmati or any type white of rice. Cut into triangles, serve hot and crisp with a cold drink or a hot beverage.





# Fruit Recipes



## Papaya-vita Drink

### Ingredients

Papaya (Papeeta)

### Method

Take in a deep vessel.

Add other ingredients.

Blend with an electric hand mixer.

Pour into glasses when smooth and frothy.

Serve chilled.





# Fruit Recipes

## Papaya Sabzi

### Ingredients

2 cups raw papaya,  
peeled & finely chopped.

1 potato, boiled

1 tbsp. coriander finely chopped

1 tbsp. grated cheese or paneer

1 tsp. methi seeds

1/2 tsp. cumin seeds

1/2" cinnamon

1 clove

1 tbsp. oil

salt to taste

grind to a paste:

2 medium onions

8-10 garlic flakes

1" ginger

1 tsp. red chilli powder

1/8 tsp. turmeric powder

1/2 tsp. dhania powder

### Method

Boil chopped papaya in salty water, till half done. Drain and keep aside. Chop potato in 8 pieces

Boil fenugreek seeds in some water for 2 minutes. Drain, add to papaya. Heat oil in a heavy pan.

Add cumin seeds, allow to splutter. Add ground paste, salt, and 1/2 cup water. Cook till gravy begins to boil.

Add papaya, potato, simmer for 6-7 minutes, covered. Remove in serving dish when papaya is tender, and gravy has thickened.

Garnish with chopped coriander and grated cheese or paneer. Serve hot with chappati, bread, paratha, etc.





# Fruit Recipes



## Papaya Kababs

### Ingredients

- 1 kg. raw papaya
- 1 cup bengal gram dal (channa dal)
- 2 tbsp. gram flour (besan)
- 3 tbsp. fresh coriander finely chopped
- 5 green chillies finely chopped
- 1 tsp. ginger grated
- 2 onions finely chopped
- 3 cups water
- 1 cup fine bread crumbs
- oil to deepfry

### Method

- Peel, core and slice papaya.
- Wash and put in a deep vessel.
- Add washed dal, add water, salt and cook covered.
- Take off fire when papaya is soft, and all water has been absorbed.
- Cool mixture, grind to a coarse paste.
- Roast gram flour slightly in a dry pan, add to paste.
- Add chopped onion, chillies, coriander, ginger, salt if required.
- Make small patty shaped kababs.
- Roll in breadcrumbs, deep fry in hot oil.
- Serve hot with tamarind chutney, green chutney, or papaya relish.





# Fruit Recipes

## Papaya Halwa

### Ingredients

papaya (papeeta)

sugar (cheeni)

khova

ghee and cardamom powder

### Method

Use a heavy or nonstick pan.

Heat pan, add khova, stirring till light pink in colour.

Remove keep aside.

Add papaya pulp to pan, allow to come to boil.

Add sugar a little at a time, till all is used up, and dissolved.

Add citric acid, allow to boil till thick like gravy.

Crumble and add cooled khova,, stir and cook on low.

When mixture is like a soft ball, add ghee and cardamom powder.

Stir and remove from fire.

Add half dry fruit, keep remaining to garnish while serving in individual bowls.

Serve hot.





# Fruit Recipes



## Raw Papaya Relish

### Ingredients

- 1 small raw papaya
- 2-3 green chillies slit lengthwise
- 1 tbsp. fresh coriander finely chopped
- 1 tsp. oil
- 1/2 tsp. each cumin & mustard seeds
- 3-4 pinches asafoetida
- 1/2 lemon
- salt to taste
- 1/2 tsp. sugar powdered

### Method

- Peel and grate papaya with a coarse grater.
- Heat oil, add seeds and asafoetida, allow to splutter.
- Add green chillies, papaya, saute for a minute.
- Take off fire, cool for 5 minutes.
- Add lemon juice, salt, sugar, coriander, toss to blend evenly.
- Serve warm or cold, with khaman, soft bread, or chappati.





# Fruit Recipes



## Papaya Fruit Bowl

### Ingredients

- |  |                                     |
|--|-------------------------------------|
| 1 small yellow ripe, firm, papaya                | 2 tbsp. syrup of pineapple from can |
| 1 orange, segmented, deseeded and peeled         | 1/4 tsp. chaat masala               |
| 1 sweet lime segmented, deseeded and peeled      | 1 tsp. sugar powdered               |
| 1 chickoo sliced into eight slivers              | 3-4 pinches salt                    |
| 1 kiwi fruit, peeled, sliced into half rounds    | 3-4 pinches pepper powder           |
| 1/2 cup black and/or green small seedless grapes | 1/2 tsp. lemon juice                |
| 1 small banana peeled and sliced                 | 4 tbsp. water                       |
| 1/4 cup canned cherries stoned                   | 1/4 packet lemon jelly              |
| 2 slices canned pineapples                       | 1 tsp. sugar                        |
| 2 tbsp. syrup of cherries from can               | 2 scoops vanilla icecream           |

### Method

Slit papaya into 2 vertical halves. Core, peel, and deseed. Make tiny slits throughout the inside of both halves. Do not make incisions so deep that they make holes in the fruit. Mix both syrups, salt, pepper, chat masala, sugar,

Sprinkle 1 mixture over each half papaya. Keep in fridge till required. Mix all fruit together, keeping banana aside.

Add remaining syrup mixture to tossed fruit. Pile fruit mixture into both halves till almost full.

Return to fridge. Boil water, add sugar and jelly crystals. Mix till fully dissolved. Add to vanilla icecream,.

Beat to thicken over a tray of icecubes. Pour over fruit in papaya, chill till firmly set. Before serving decorate with sliced banana slices.

Top with whipped cream (optional) .Serve chilled, but not frozen.





# Fruit Recipes



## Papaya Paratha

### Ingredients

raw papaya (small to medium ) gratings  
two medium size boiled potato, mashed  
green chillies 2 to 3 finely chopped  
finely chopped coriander small bunch  
garam masala one tea spoon  
pinch of asafoetida  
salt to taste  
methi finely chopped (optional)

### Method

Make soft chapathi dough and keep it aside.

Mix all above mentioned ingredients and make round balls which is used to stuff the chapathi and roll the parathas as usual and roast them in non stick pan with or without oil.

Seve it with Tomatoes annd Onion Rings. For taste enjoy while parathas are hot.

Healthy snack for every one for it contains rich source of vitamin "A".





# Fruit Recipes



## Papaya Fry

### Ingredients

raw papaya - 500 gms  
mustard seed - 2 tsp  
whole red chillies - 4 nos  
salt - 1 tsp  
turmeric powder - 1 tsp  
sugar - 2 tsp  
oil - 2 tsp.

### Method

Wash and grate the papaya.

Heat a pan, and add oil. After tempering it add mustard seed and whole red chillies.

Now add the grated papaya.

Add salt and turmeric powder into it.

At first fry it in a high flame for 5 minutes, and then cover it for 5 minutes with a slow flame.

Add sugar and mix well.

Serve hot with Rice or Chapatis.





# Fruit Recipes



## Papaya Chutney

### Ingredients

- 1 small raw papaya peeled and coarsely grated
- 4-5 green chillies slit
- 1/4 tsp. each cumin & mustard seeds
- 2 pinches asafoetida
- 1 tsp. sugar
- 1 tsp. lemon juice
- 1 tsp. coriander finely chopped
- 1 tsp. oil
- salt to taste

### Method

- Heat oil, add seeds, asafoetida, allow to splutter.
- Add green chillies, stir, add papaya.
- Add all other ingredients, mix well, remove from fire.
- Cool, serve with papdi.





# Fruit Recipes



## Papaya Drink

### Ingredients

- 1/2 cup fresh ripe papaya chopped
- 1 tsp. sugar
- 4-5 icecubes crushed
- 1 pinch pepper powder
- 1 cup water

### Method

Chill the papaya and water.

Just before serving, blend well in a mixie.

Pour in chilled glasses and serve immediately.

### Variations:

Use other fruit like cantaloupes, mango, or watermelon.

