

Feijoa Recipes

Feijoa Jam



2 kg peeled and chopped feijoas

1 kg sugar

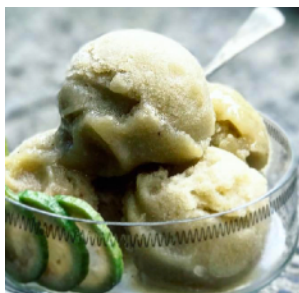
1 lemon

1 orange

Pectin or agar (for amount follow package instructions)

Mix feijoas, sugar, lemon juice and orange juice (and peel if desired) in a saucepan and bring to the boil. Simmer for 20 minutes. Take off the heat and add pectin or powdered agar and simmer for 5 more minutes (check package instructions). Skim off foam and pour into sterilised jars.

Feijoa Sorbet



8 feijoas

4 tbsp honey

Juice of 1 lemon

Cut feijoas in half, scoop out flesh and place in a food processor or blender. Pulse until well blended into a thick puree. Add honey and lemon juice and blend. Pour into a shallow container and freeze or use an ice cream maker.

Feijoa and Kiwifruit Pavlova



6 feijoas

2 kiwifruit

4 egg whites

220 g caster sugar

3 tsp corn or potato starch

1 tsp white vinegar

600 ml whipping cream

Preheat oven to 150°C. Beat the egg whites until soft peaks form. Gradually add the sugar, beating well until the mixture is glossy. Sift the cornflour over, add the vinegar and fold through. Pile on a baking tray lined with non-stick baking paper. Place in the oven, reduce the heat to 120°C and cook for 1 hour. Turn the oven off and allow the meringue to cool in the oven. To serve, top with whipped cream, feijoa and kiwifruit. Sprinkle with nuts and sugar if desired.