

# ZEIJOA RECIPES

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Pounamu Orchards, 274 Kuranui Road,  
Morrinsville

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# Zeijoas salsa

## Ingredients

- 1 medium onion
- 2 or 3 garlic cloves
- 2 cm. ginger
- 1 or more fresh chilies (depending on taste and hotness)
- Peanut oil (or macadamia oil or equivalent)
- 1 lemon or 2 limes, zest and juice
- $\frac{1}{4}$  cup white wine or cider vinegar
- 1 Tbsp. honey
- 500 gm. Zeijoas, skinned and cut into quarters
- 1 handful Vietnamese mint leaves (coriander leaves would be good too)



## Directions

- 1 Finely chop the onion, garlic and chilies, and grate the ginger
- 2 Fry onion, garlic, ginger and chilli in a little peanut oil until soft
- 3 Add the lemon or lime zest and juice, wine vinegar and honey and simmer for 3 minutes
- 4 Add Zeijoas and cook gently until soft and mixture thickens slightly
- 5 Allow to stand and cool, then add a handful of chopped Vietnamese mint and let stand in fridge for a couple of hours before serving
- 6 Store covered in the fridge

# Zeijoa & papaya salsa with coriander

*Serve with steak, chicken or fish, or use the salsa as a dip.*

## Ingredients

- 5 Zeijoas
- ½ papaya
- 1 red onion, finely chopped
- 1 red chilli
- 1 Tbsp. brown sugar
- 1 pinch freshly ground black pepper
- 2 Tbsp. chopped fresh coriander
- Splash Vietnamese fish sauce
- Splash Japanese mirin (sweet cooking wine)

## Directions

- 1 Chop the Zeijoas, papaya, chilli and onion into small pieces and mix together with the sugar and pepper
- 2 Add a tablespoon of chopped fresh coriander
- 3 Add fish sauce and mirin. Refrigerate

# Zeijoa chutney

## Ingredients

- 1½ cups cider vinegar
- 1 cup chopped onion
- 1 large granny smith apple - peeled, cored and chopped
- 1 cup sultanas
- ¾ cup white sugar
- ¼ cup lemon juice
- 1 green chilli (more if you like your chutney hotter)
- 1 Tbsp. minced fresh ginger root
- 1 Tbsp. lemon zest
- 1 Tsp. ground coriander seed
- 1/8 Tsp. ground cloves
- 750 gm. Zeijoas, peeled and chopped



## Directions

- 1 In a large saucepan combine the apple cider vinegar, chopped onion, chopped apple, sultanas, sugar, lemon juice, chili, ginger, lemon peel, coriander and cloves
- 2 Bring to a boil over medium heat, stirring occasionally. Reduce heat to medium-low and simmer until mixture thickens, stirring frequently, about 25 minutes
- 3 Add the Zeijoas and simmer until they are tender about 5 to 10 minutes
- 4 Remove from the heat and let cool completely. Bottle in sterilised jars or cover and refrigerate

# Chili Zeijoa hot sauce

***Makes about 1 litre***

## Ingredients

- 10 – 40 chilies
- 2 Tsp. cracked pepper
- 1 kg. Zeijoas peeled
- 250 ml. apple cider vinegar
- 2 Tbsp. lime juice
- 8 cloves garlic
- 1 Tbsp. fresh root ginger
- 2 Tbsp. Vietnamese fish sauce



## Directions

- 1 Remove the stems from the chilies
- 2 Put the Zeijoas, vinegar, ginger and garlic into a food processor
- 3 Liquefy the mixture and taste the mixture, if need be adding more ingredients to taste
- 4 Add the chilies into the food processor with the other ingredients and blend thoroughly
- 5 Add the blended mixture into a pot and slowly bring it to a rolling boil
- 6 Add the last ingredients and keep the sauce at the boiling point for at least 15 minutes
- 7 Reduce the heat and simmer the hot sauce until the consistency thickens
- 8 Bottle in sterilised bottles or jars

# Zeijoa BBQ sauce

## Ingredients

- 1 cup Zeijoas, chopped
- 1 can tomato puree
- 3 Tbsp. tomato paste
- ½ cup water
- ¼ cup brown sugar
- 2 Tbsp. liquid smoke flavouring
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. Kaitia Fire hot sauce
- 1 Tsp. molasses
- 1 Tbsp. minced garlic
- 1 Tsp. salt
- 1 Tsp. black pepper

## Directions

- 1 In a large saucepan over low heat, stir together the Zeijoa, tomato sauce, tomato paste, water, and brown sugar until well blended
- 2 Stir in liquid smoke, fresh lemon juice, Worcestershire sauce, habanero sauce, and molasses
- 3 Season with garlic, salt, and black pepper. Cover, and cook 30 minutes, stirring occasionally, until thickened.

# Jalapeno Zeijoa & wasabi hot sauce

**Makes about 1 litre**

## Ingredients

- 6 jalapeno chilies (with one or two habaneros if you like it hotter)
- 200 gm. Zeijoa
- 1 can tomatillo (300 ml.)
- $\frac{3}{4}$  cup white vinegar (170 ml.)
- 1 Tbsp. cashew paste (or finely chop cashews in the food processor)
- 1 lime juice
- 6 Tsp. sweet soy sauce (kecap manis)
- 3 Tbsp. minced ginger
- 3 Tsp. wasabi paste
- 1 Tbsp. honey
- 1 Tsp. garlic paste



## Directions

- 1 De-stalk the chillies, halve them and remove the seeds
- 2 Grill them until they are blistered (a bit charred)
- 3 Drop into a bowl of ice water
- 4 Remove as much of the chilli skin as you can
- 5 Put roasted flesh and all the other ingredients into a blender and blend till smooth
- 6 Put the blended hot sauce into a pan and slowly bring to a rolling boil
- 7 Don't overheat as it will stick to the bottom of the pot if you try to raise the heat too quickly
- 8 Stir the sauce every 4-5 minutes and cook the sauce for 20 minutes
- 9 Pour the still hot, hot sauce into a sterilised glass bottles or jars

# Zeijoa & chilli jelly

***Use as a jam or as an alternative to mint jelly with cooked meat***

## Ingredients

- 1 to 3 kg. Zeijoas
- 3 or 4 kaffir lime leaves
- 3 cm ginger
- Chillies to taste (quantity depending on how hot the chillies are and how hot you want the final jelly)
- Water
- Sugar (equal volume to final juice)



## Directions

- 1 Wash the Zeijoas and chop (no need to peel as it will aid setting)
- 2 Chop ginger and chillies and add to large pot along with Zeijoas and kaffir lime leaves
- 3 Just cover with water; bring to the boil and simmer for 20 minutes
- 4 Strain into a new pot through a fine sieve (do not force this process or your jelly will go cloudy)
- 5 Add an equal volume of sugar to the chilli Zeijoa juice and simmer till it gets to a set point
- 6 Put into sterilised jars and store in a cool place

# Zeijoa jelly

## Ingredients

- Zeijoas
- sugar

## Directions

- 1 Cut Zeijoas half and then place in a preserving pan and barely cover with water
- 2 Bring to the boil and then simmer until very soft and all juices have been extracted. Strain through a jelly bag and allow juices to drain – do not squeeze the bag
- 3 Measure the amount of juice and then return to the preserving pan and bring to the boil, boiling rapidly for 5 minutes
- 4 Add 1 cup of sugar per cup of juice and stir until sugar is dissolved
- 5 Boil rapidly and test a little in a saucer to see if it sets
- 6 Pour into sterilised jars and seal

# Zeijoa & ginger jam

## Ingredients

- 1 kg. Zeijoa (after skin removed)
- 150 gm. crystallised ginger
- 1 kg. sugar (jam sugar aids the setting)
- Lemon, juice and zest
- 50 gm. butter

## Directions

- 1 Chop Zeijoas and ginger
- 2 Combine with sugar and lemon juice and zest in a jam pan and bring to the boil
- 3 Add butter and boil for 5 minutes
- 4 After 5 min, check for set point every couple of minutes until it is reached
- 5 Pour into hot, sterilised glass jars and seal



# Zeijoa marmalade

## Ingredients

- 4 lemons
- 2 oranges
- 1 litre water
- 1 kg. Zeijoas
- 1.5 kg. sugar

## Directions

- 1 Peel lemons and oranges being careful to discard pith
- 2 Shred peel and place in a saucepan with water and sugar
- 3 Bring to the boil, stirring to dissolve sugar
- 4 Add Zeijoas and cook for around 30 minutes or until thick
- 5 Pour into sterilised jars and seal when cold

# Zeijoa curd

## Ingredients

- 3 eggs
- 3 yolks
- 425 gm. white sugar
- zest and juice of 2 lemons
- 500 gm. Zeijoas, flesh scooped out
- 250 gm. soft, unsalted butter

## Directions

- 1 Process Zeijoas and lemon juice and once smooth pass through a sieve
- 2 Combine eggs, yolks and sugar in a heavy bottomed pot and whisk together. Add Zeijoa puree.
- 3 Keep whisking and once warm start adding the soft butter piece by piece. Always whisking. Once all the butter has been incorporated change to a wooden spoon and stir until thicken. This takes approximately 6-8 minutes
- 4 Pour into a container and place a piece on wax proof paper directly over the surface on the curd
- 5 Allow to cool. Refrigerate until ready to use

# Zeijoa & walnut crumble

## Ingredients

- 1 cup oats
- 1 cup raw sugar
- 100 gm. butter
- 1 cup walnuts
- 3 cups Zeijoa halves (remove the skin)
- Honey to taste
- Splash of Cointreau (optional)



## Directions

- 1 Process oats, sugar and butter in a food processor until it is crumbly
- 2 Add walnuts and pulse making sure that the nuts do not become too chopped
- 3 Put Zeijoas in ovenproof dish and add honey to taste (and Cointreau if using)
- 4 Put dish in oven at 180°C for 10 minutes to heat through
- 5 Remove from oven and spread crumble mixture over the top
- 6 Return to the oven for 20-25 minutes or until the topping starts to brown
- 7 Serve with cream or ice cream

# Zeijoa meringue pie

## Ingredients

- 1 pack sweet shortcrust pastry
- 10-12 good-sized Zeijoas
- 1 finely grated zest lemon
- 70 gm. ground almonds
- 1 Tbsp. plain flour
- 1 Tbsp. caster sugar
- 4 egg whites
- 120 gm. caster sugar
- 1½ cups desiccated coconut

## Directions

1. Roll out pastry and line into a 27cm loose-bottomed flan ring (the flan ring should be on a baking sheet for support). Chill until firm
2. Peel Zeijoas and slice thinly. Put into a large bowl and toss through lemon zest
3. Mix ground almonds, flour and caster sugar together and sprinkle over the bottom of the pastry. Put in the Zeijoas, flattening them as much as possible
4. Whip egg whites until stiff using an electric beater. Sprinkle over sugar while machine is still running and continue beating until meringue is thick and glossy. Gently fold in coconut with a large spoon, then put meringue on top of pie in blobs, then smooth it over with a knife
5. Have a baking sheet heating in an oven preheated to 175°C (fan bake). Transfer pie to baking sheet and bake for 15-20 minutes, until meringue has coloured nicely, then loosely drape the pie with tin foil to prevent the meringue over-browning. Continue cooking for 30-35 minutes (about 50 minutes in total), until the pastry is well cooked. Cool before serving

# Zeijoa & ginger strudel

## Ingredients

- 12 Zeijoas, flesh scooped out of the skins
- 2 cooking apples, peeled, cored and chopped into small cubes
- 2 Tbsp. castor sugar
- $\frac{1}{2}$  vanilla pod, split
- 2 Tbsp. sultanas
- 2 Tsp. fresh ginger, finely chopped (or 1 teaspoon ground ginger)
- zest of 1 lemon
- 6 sheets filo pastry
- canola oil spray
- milk

## Directions

1. Combine the Zeijoa, apple, sugar, vanilla, sultanas, ginger and  $\frac{3}{4}$  cup water into a saucepan and bring to a simmer. Cook until the fruit is tender, around 10 minutes. Add the lemon zest
2. Preheat the oven to 180°C
3. Lay out the filo sheets, one on top of the other, on a board, spraying a little oil between each one. Put the apple mixture at one end of the pastry, fold in the ends and roll up to form a strudel shape
4. Place the strudel on a baking tray, seam side down
5. Bake for about 15 minutes, brushing the top with milk about halfway through. Slice the strudel, and serve with vanilla ice cream or yoghurt

# Zeijoa & custard crumble tart

## Ingredients

- 1 sheet sweet short pastry
- 5 large Zeijoas (or enough to fill the tart)
- 3 eggs
- $\frac{1}{2}$  cup caster sugar
- 1 Tsp. vanilla extract
- $\frac{1}{2}$  cup cream
- 1 cup plain flour
- 100 gm. chilled butter
- $\frac{1}{2}$  cup brown sugar

## Directions

1. Preheat oven to 190°C.
2. Line a 23 cm. square or similar-sized round tart tin with pastry (you may have to roll it out a little to fit the tin). Place a piece of baking paper over the pastry, then top with blind-baking beans/rice or dried pasta. Bake for 10 minutes.
3. Take the tin from the oven, remove the blind-baking material and baking paper, then set aside. Leave oven on
4. Peel and cut Zeijoas into 1cm slices, then layer over the pastry shell
5. Mix eggs, sugar, vanilla and cream together in a jug. Whisk until well combined
6. In a food processor or mini blender, place the flour, chilled butter and brown sugar. Pulse until the mixture resembles crumbs
7. Pour egg mixture carefully over the Zeijoas, then scatter over crumble mixture
8. Bake for approximately 20 minutes or until the custard mixture is set and the crumble is golden.
9. When ready to serve, dust with icing sugar and serve with cream or yoghurt.

# Zeijoa & cream cheese pastry

## Ingredients

- 1 large egg
- $\frac{1}{2}$  Tsp. water
- 170 gm. cream cheese, softened
- 1 Tsp. sugar
- $\frac{1}{4}$  Tsp. vanilla extract
- $\frac{2}{3}$  cup chopped Zeijoas
- 1 Tbsp. fresh lemon juice
- 2 sheets frozen puff pastry, thawed

## Directions

1. Preheat oven to 220°C with rack in middle.
2. Beat egg with a fork, then put  $1\frac{1}{2}$  tablespoons egg in a small bowl with water ( $\frac{1}{2}$  Tbsp.) and lightly beat to make egg wash
3. Put remaining beaten egg in a food processor with cream cheese, sugar, and vanilla and purée until smooth. Transfer to a small bowl. Then purée Zeijoas with lemon juice in cleaned food processor until smooth
4. Roll pastry to elongate the sheets into rectangles
5. Transfer 1 piece of pastry to a sheet of foil or silicone bake sheet. Spread cream cheese mixture in a 9cm. wide strip down middle of pastry, leaving 2cm. borders on all sides. Dollop 2 rows of Zeijoas lengthwise on top of cheese mixture, about 1.5cm. apart.
6. Fold remaining piece of pastry in half lengthwise and put folded edge nearest you. Leaving a 1.5 cm. border on sides and top of pastry, cut 2 cm. long slits every cm. through folded edge to top border.
7. Brush some of egg wash around filling. Unfold cut pastry and lay over filling. Lightly press edges to seal and brush top of dough with some egg wash. Bake on foil on hot baking sheet until puffed and golden-brown, 25 to 30 minutes. Transfer pastry to a rack to cool completely.

# Zeijoas shortcake

## Ingredients

- 8 – 10 Zeijoas
- rind and juice 1-2 lemons or 1 orange
- 2 Tbsp. sugar
- 180 gm. butter, softened
- 1 cup caster sugar
- 1 large egg
- vanilla essence
- 250 gm. flour, sifted with 1 Tsp. baking powder
- 2 – 3 Tbsp. flaked almonds (sometimes flaked almonds are known as sliced almonds!)

## Directions

1. Line the base of a 23-25cm spring-form cake tin with non-stick baking paper. Pre-heat oven 180°C
2. Peel Zeijoas and slice into 10mm rounds, sprinkle with rind and juice of lemons and mix in sugar, leave while mixing base.
3. Cream butter and sugar, and add egg and vanilla essence and then flour and baking powder
4. Press about  $\frac{3}{4}$  of the cake mix into lined cake tin, spoon over Zeijoas, lemon and sugar mixture. Break remaining dough into small pieces and dot casually over top of Zeijoas. Lastly sprinkle with flaked almonds
5. Bake for 45 – 60 minutes. Reduce temperature if shortcake is browning too much
6. Serve warm with lightly whipped cream

# Zeijoa & ginger pudding

## Ingredients

- 2 packets gingernut biscuits
- plenty of Zeijoas
- homemade custard
- ground ginger (optional)

## Directions

1. Preheat the oven to 180°C
2. Line the bottom and sides of an oven proof dish with as many gingernuts as will fit
3. Scoop out the flesh of the Zeijoas and put on top of the gingernuts. Ground ginger can be sprinkled over the Zeijoas if you like a more gingery flavour
4. Pour custard over the Zeijoas and then with the remaining gingernuts, crush them and put the crushed gingernuts on top of the custard
5. Bake for 20 minutes
6. Serve with ice cream or plain cream.

# Zeijoa & lemon pudding

## Ingredients

- 15 gm. butter
- $\frac{1}{2}$  cup sugar
- 2 cups sliced Zeijoas
- $\frac{1}{4}$  cup boiling water
- juice of  $\frac{1}{2}$  lemon
- 1 cup sifted flour
- 2 Tsp. baking powder
- $\frac{1}{2}$  Tsp. salt
- 60 gm. butter
- grated rind of lemon
- $\frac{3}{4}$  cup milk

## Directions

- 1 Preheat oven to 160°C
- 2 Rub bowl with butter and cover with sliced Zeijoas
- 3 Sprinkle Zeijoas with sugar and pour over water and lemon juice
- 4 In a bowl mix sifted flour, baking powder and salt. Rub in butter, lemon rind and mix with milk
- 5 Spoon over Zeijoas and cook for 1½ hours

# Zeijoas tarte fine

## Ingredients

- 2 sheets butter puff pastry
- 50 gm. unsalted butter, melted
- 12 large Zeijoas, peeled and finely sliced
- Golden sugar for sprinkling
- Crème fraîche for serving

## Directions

1. Preheat the oven to 180°C fan-bake
2. Cut 6 x 10cm discs from the pastry sheets and arrange on a greased baking sheet. Brush each disc with melted butter
3. Arrange the sliced Zeijoas on the pastry, overlapping each piece slightly
4. Brush the top of the Zeijoas with melted butter and sprinkle with sugar
5. Bake for 20-30 minutes or until golden and the pastry is crisp
6. Serve immediately with crème fraîche.

# Zeijoa & almond shortcake

## Ingredients

- 24 Zeijoas, halved, flesh scooped out with a teaspoon
- ½ cup brown sugar
- 125 gm. butter
- 125 gm. caster sugar
- finely grated zest of 1 lemon
- 1 egg
- 1 Tsp. baking powder
- 250 gm. flour
- 140 gm. ground almonds
- icing sugar and whipped cream to serve

## Directions

1. Preheat the oven to 200°C. Put the Zeijoas in an ovenproof tray just big enough to hold them in a single layer and sprinkle evenly with the brown sugar. Bake for 15 minutes or until bubbling and browned. Leave to cool
2. Put the butter, caster sugar and lemon zest in a food processor then process until creamy and pale. Add the egg and process well to combine
3. Add the baking powder, flour and almonds and process until well mixed. Knead the dough very briefly on a floured surface then wrap in cling film and refrigerate for 30 minutes.
4. Preheat the oven to 190°C. Remove the dough from the fridge and stand for 5 minutes or until it is soft enough to roll out. Divide in half then roll one half out on a floured surface to line a 35cm x 10cm rectangular tin (pastry will be quite crumbly so just patch it together, plugging any gaps).
5. Drain the Zeijoas well, reserving the syrup. Spread the Zeijoas evenly over the dough in the tart tin. Roll out the remaining dough to make a rectangle to cover the Zeijoas then crimp the edges together to seal
6. Bake for 30 minutes or until well cooked. Serve warm with whipped cream, drizzled with the reserved syrup and dusted with icing sugar

# Zeijoa, chocolate & ginger croissant pudding

## Ingredients

- 1 cup glace ginger, chopped
- 100 gm. dark chocolate, coarsely chopped
- 10 Zeijoas, halved, flesh scooped out with a teaspoon
- 6 croissants, halved lengthwise
- 100 gm. butter, melted
- 5 eggs, beaten
- 100 gm. brown sugar
- 750 ml. milk
- 3 Tbsp. dark rum
- whipped cream to serve

## Directions

- 1 Preheat the oven to 190°C. Put the ginger, chocolate and Zeijoa flesh in a bowl and mix well
- 2 Brush the croissant halves well with the melted butter then arrange, side by side, in a deep ovenproof dish
- 3 Scatter the ginger mixture over the croissant halves, pressing it gently into any gaps
- 4 Mix the eggs, sugar and milk well then pour over the croissants
- 5 Press the croissants down slightly with the flat of your hand. Let the dish stand at room temperature for 10 minutes so the croissants soak up the liquid
- 6 Bake for 40-45 minutes or until well puffed up and set. Remove from the oven and sprinkle with the rum then serve hot with whipped cream

# Zeijoa muffins

## Ingredients

- 1½ cup plain flour
- 1 Tsp. baking powder
- 1 Tsp. baking soda
- ½ Tsp. salt
- 1 egg
- ¾ cup of sugar
- 80 gm. butter
- 2 cups chopped Zeijoas



## Directions

- 1 Sift together flour, baking soda, baking powder and salt; and set aside
- 2 Melt butter and add to egg and sugar and mix well
- 3 Add and mix in Zeijoas
- 4 Gently fold in the dry ingredients
- 5 Spoon into two, six-hole muffin tins
- 6 Bake at 175°C for 25-30 minutes

# Zeijoa & cream cheese muffins

## Ingredients

- 1 cup chopped Zeijoa
- $\frac{1}{2}$  cup caster sugar
- 75 gm. butter, melted
- 2 eggs lightly beaten
- $\frac{1}{2}$  cup sour cream
- 1 orange, grated zest and juice (or use lemon)
- 2 cups flour
- 2 Tsp. baking powder
- $\frac{1}{2}$  Tsp. cinnamon
- 125 gm. cream cheese, cut in cubes

## Directions

- 1 Heat oven to 200°C and grease a 12-hole muffin pan
- 2 Combine the Zeijoas, sugar and butter in a bowl
- 3 Stir in the eggs, sour cream and orange or lemon zest and juice
- 4 Sift in the flour, baking powder and cinnamon and stir until just combined
- 5 Spoon mixture into prepared pan, gently pushing in pieces of cream cheese as you go
- 6 Push a piece of cream cheese into the top of each muffin
- 7 Bake for 20 minutes until firm and golden

# Zeijoa, lemon, & thyme muffins

## Ingredients

### Crumble

- 1 cup flour
- $\frac{1}{4}$  cup sugar
- 1 Tsp. chopped fresh thyme
- $\frac{1}{2}$  Tsp. baking powder
- $\frac{1}{2}$  Tsp. salt
- 6 Tbsp. unsalted butter, cut into 1 cm. cubes
- 1 large egg yolk

### Muffins

- $\frac{3}{4}$  Tsp. baking soda
- 1 Tsp. salt
- $\frac{1}{2}$  cup butter, room temperature
- 1 cup sugar
- 2 large eggs
- 1 Tsp. vanilla extract
- 1 cup buttermilk
- 2 Tbsp. finely grated lemon zest
- $1\frac{1}{2}$  cups fresh chopped Zeijoas
- 1 Tsp. chopped fresh thyme

## Directions

1 Mix first 5 ingredients in a medium bowl. Add butter. Using your fingertips, rub in butter until pea-size lumps form, then add egg yolk; stir to evenly distribute and form moist clumps. Chill for at least 1 hour.

### Muffins

2 Preheat oven to 170°C. If making standard-size muffins, line 16 1/3-cup moulds with paper liners. Mix flour and next 4 ingredients in a bowl

3 Using an electric mixer, beat butter until pale and creamy, about 2 minutes. Add sugar and continue to beat until well incorporated

4 Whisk eggs and vanilla in a small bowl then beat into the butter mixture. Continue beating until light and fluffy, 3–4 minutes, then add buttermilk and lemon zest, followed by the dry ingredients; beat just to blend (do not overmix). Then mix in the Zeijoas and thyme

5 Spoon about 2/3 cup batter into large paper muffin moulds, or divide between prepared muffin pans. Top each large muffin with 2 Tbsp. crumble or each small muffin with 1 Tbsp. crumble

6 Bake until tops are golden brown and a tester comes out clean when inserted into centre, about 50 minutes for large muffins and 40 minutes for standard-size muffins

# Gluten free Zeijoa cinnamon muffins

## Ingredients

- 1 1/3 cup gluten-free oats, divided
- 1 2/3 cup almond milk
- ½ cup dates, pitted
- 1 free-range egg
- 2 Tsp. gluten-free baking powder
- 2 Tsp. ground cinnamon
- 2/3 cup chopped Zeijoas

## Directions

- 1 Preheat the oven to 175°C. Line a muffin tin with 12 paper muffin cases
- 2 Put 1 1/4 cups of the oats into a food processor and blitz them until they form a fine powder. Then add the almond milk, dates, egg, baking powder, and cinnamon and blitz together to give a fairly smooth and sloppy mixture
- 3 Tip the mixture into a large bowl and gently stir in the Zeijoas until well mixed through. Divide the mixture evenly among the 12 muffin cases
- 4 Sprinkle over the remaining oats and bake in the oven for 20 to 25 minutes or until the muffins are cooked through
- 5 Remove from the oven and leave to cool a little before tucking in

# Zeijoa & lemon syrup cakes

## Ingredients

- 100 gm. softened butter
- $\frac{1}{2}$  cup caster sugar
- 2 eggs
- $\frac{1}{2}$  cup desiccated coconut
- $\frac{3}{4}$  cup plain flour
- 1 Tsp. baking powder
- 4 Zeijoas, sliced

## Lemon Syrup

- juice of 6 lemons
- 1 cup water
- 1 cup white sugar

## Directions

- 1 Heat the oven to 180°C. Grease and flour a cake tin with six 1-cup-capacity moulds
- 2 In a bowl, beat the butter and sugar until pale and creamy. One at a time, beat in the eggs. Stir in the coconut, flour and baking powder
- 3 Spoon the mixture into the tins. Place a few Zeijoa slices on the top of each cake
- 4 Bake for 30 minutes or until a skewer inserted comes out clean. Cool the cakes in the tins
- 5 Remove the cakes and pour hot lemon syrup (method below) generously over each of them
- 6 Syrup - put the lemon juice, water and sugar in a saucepan and heat until boiling, stirring to completely dissolve the sugar. Simmer hard for 3–5 minutes or until thick.

# Zeijoa loaf

## Ingredients

- 1 cup chopped Zeijoas
- 1 cup water
- 1 cup raw sugar
- 50g butter
- 1 egg
- 1 Tsp. baking soda
- $\frac{1}{2}$  Tsp. cinnamon
- 2 cups self-raising flour

## Directions

- 1 Place Zeijoas, water, sugar and butter into a pot
- 2 Simmer for 5 minutes, cool slightly, then beat in egg, flour, and baking soda and cinnamon
- 3 Pour into a greased loaf tin (or lined with baking paper)
- 4 Bake in a preheated oven at 180°C for 45-50 minutes.

# Sticky Zeijoa & coconut muffins

## Ingredients

### Muffins

- 2 eggs
- $\frac{3}{4}$  cup sugar
- $\frac{1}{4}$  cup milk
- 1 Tsp. vanilla
- 2 cups flour
- 4 Tsp. baking powder
- 75 gm. butter, melted
- 1 cup Zeijoa, approx. 180g, scooped and chopped into 1cm cubes

### Sticky coconut topping

- 65 gm. caster sugar
- 30 gm. butter
- 35 gm. shredded coconut
- 40 ml. cream

## Directions

- 1 Heat oven to 210°C
- 2 Whisk eggs and sugar then add milk and vanilla
- 3 Place flour and baking powder in a bowl, make a well in the centre then add whisked eggs and melted butter. Add Zeijoas and mix
- 4 Lightly grease 15 paper muffin cups with baking spray
- 5 Heat all topping ingredients in a small saucepan until melted
- 6 Fill muffin cups two-thirds full of muffin mix then top with sticky coconut topping
- 7 Cook for 18 minutes until golden and caramelised

# Zeijoa cobbler

*A quick desert for a crowd*

## Ingredients

- 1 packet of vanilla cake mix
- 3 eggs (generally, depending on the mix)
- 80 gm. butter (generally)
- $\frac{3}{4}$  cup milk (generally)
- 3 cups of skinned (hulled), halved Zeijoa



## Directions

- 1 Prepare cake mix according to directions on the packet
- 2 Pour mixture into 30 cm. well-greased oven proof dish
- 3 Press Zeijoa halves into the cake mixture, flat side up until they comprise most of the surface with thin strips of cake mix visible between each Zeijoa half
- 4 Bake at 170°C for 60 minutes
- 5 Serve with cream or ice cream

# Zeijoa sponge pudding

## Ingredients

- 10 medium-sized Zeijoas
- zest of  $\frac{1}{2}$  lemon
- 2 tablespoons sugar
- 125 gm. butter
- $\frac{1}{2}$  cup sugar
- 1 egg
- 1 cup flour
- 1 Tsp. baking powder
- $\frac{1}{2}$  cup milk

## Directions

- 1 Preheat oven to 180°C
- 2 Place chopped and peeled Zeijoas into the bottom of a pie dish or casserole dish; sprinkle over the lemon zest and sugar
- 3 Beat butter and sugar together until pale and creamy, add egg and milk
- 4 Sift in flour and baking powder
- 5 Spread the sponge mixture over the Zeijoas and bake for half an hour or until golden brown

# Simple Zeijoa sponge pudding

## Ingredients

- 600 gm. Zeijoas
- 4 eggs
- $\frac{1}{2}$  cup caster sugar
- $\frac{1}{2}$  cup cornflour

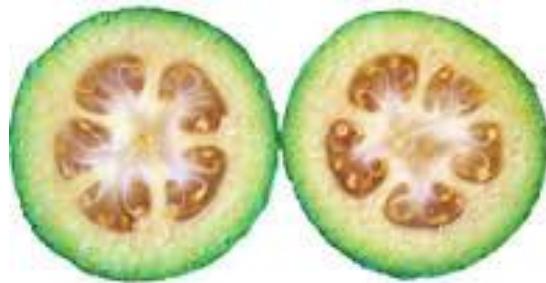
## Directions

- 1 Preheat oven to 190°C
- 2 Halve and scoop out the Zeijoas and place in an oven proof bowl or pie dish and put into the oven for 10 minutes to heat through
- 3 Separate 4 eggs and add caster sugar to the whites and then beat to soft peaks
- 4 Fold in the yolks and the cornflour and spread over the hot Zeijoas
- 5 Bake in oven for 15 minutes. Allow to cool for 10 minutes and then sprinkle with icing sugar and serve with cream, ice cream or custard

# Zeijoas steamed pudding with coconut anglaise

## Ingredients

- 1 Tbsp. butter
- 500 gm. Zeijoas, chopped
- 1 Tbsp. crystallised ginger, finely sliced
- Zest and juice of one lemon
- 150 gm. butter, softened
- 150 gm. caster sugar
- 3 eggs
- 250 gm. self-raising flour
- $\frac{1}{4}$  Tsp. salt
- $\frac{1}{3}$  cup milk



## Coconut anglaise

- 3 egg yolks
- 2 Tbsp. caster sugar
- 1 Tsp. vanilla extract
- $1\frac{1}{4}$  cup milk
- 2 Tbsp. desiccated coconut, lightly toasted

## Directions

- 1 Grease a 1 litre steamed pudding bowl
- 2 Heat the butter in a pan. Peel and slice the Zeijoas. Add to the butter with the ginger, zest and juice
- 3 Cook gently until the Zeijoas have started to soften. Spoon into the bottom of the pudding bowl
- 4 Cream the butter and sugar until very pale. Beat the eggs in one at a time
- 5 Fold the flour and salt in with the milk then spoon over the Zeijoas. Cover with baking paper and secure (if the bowl doesn't have a screw-on lid)
- 6 Steam in a large saucepan with enough water to come two-thirds up the side. Steam for  $1\frac{1}{2}$  hours, serve hot with coconut anglaise
- 7 To make the coconut anglaise; whisk the yolks, sugar and vanilla in a bowl
- 8 Then boil the milk and whisk into the eggs and sugar then pour into a heavy based saucepan. Stir gently without boiling until mixture starts to thicken. Remove from heat and stir in coconut

# Zeijoa clafoutis

## Ingredients

- 1 Tbsp. butter
- 1 Tbsp. sugar
- 600 gm. Zeijoas - peeled halves

### Batter

- 60 gm. sugar
- 4 eggs
- 1 pinch salt
- 2 Tbsp. plain flour
- 1 Tsp. vanilla extract
- 500 ml. milk
- 3 Tbsp. Cognac
- 1 Tbsp. icing sugar, to dust



## Directions

- 1 Heat the oven to 190°C. Butter a 1.5 litre baking dish and sprinkle the surface with sugar so it is evenly coated. Arrange the Zeijoa halves in an even pattern
- 2 To make the batter, put the eggs and sugar into a bowl and whisk for 2 minutes until light and slightly frothy. Stir in the flour and salt and blend very lightly until smooth. Add the vanilla and milk, stirring lightly. Strain the batter over the persimmons
- 3 Bake immediately for about 50 minutes or until the pudding is browned and the centre feels like it is just set
- 4 Let the pudding cool a little, then sprinkle with cognac and a light dusting of icing sugar. Serve warm with yoghurt or whipped cream

# Spiced Zeijoas cake

## Ingredients

- 250 gm. plain flour
- 1 Tsp. ground cinnamon
- 1 Tsp. ground nutmeg
- $\frac{1}{2}$  Tsp. ground allspice
- 1 Tsp. salt
- 225 gm. butter, softened
- 400 gm. white sugar
- 4 eggs
- $1\frac{1}{2}$  Tsp. baking soda
- 15 ml. warm water
- $1\frac{1}{2}$  Tsp. vanilla extract
- 450 gm. Zeijoas, chopped
- 80 gm. sultanas
- 1 Tbsp. icing sugar for dusting



## Directions

- 1 Preheat oven to 175°C. Butter a spring-form cake tin
- 2 Cover sultanas with warm water, let soak for 10 minutes and then drain
- 3 Whisk together flour, spices, and salt. Set aside
- 4 Cream together butter and sugar. Mix in eggs and vanilla
- 5 Stir together baking soda and 1 tablespoon warm water, and mix into the sugar mixture. When mixed, fold in Zeijoas and strained sultanas. Pour batter into prepared cake tin
- 6 Bake for approximately 1 hour, or until a tester comes out clean. Remove from tin once cool. Turn onto a plate, and dust with icing sugar

# Zeijoa & ricotta cake

*There's nothing like a moist, fluffy, Zeijoa-streaked cake to make any weeknight (or, um, weekday morning) feel special.*

## Ingredients

- 1½ cups all-purpose flour
- 1 cup sugar
- 2 Tsp. baking powder
- ¾ Tsp. salt
- 3 large eggs
- 1½ cups ricotta
- ½ Tsp. vanilla extract
- ½ cup unsalted butter, melted
- 1 cup chopped Zeijoas

## Directions

- 1 Preheat oven to 175°C. Line a 23 cm. cake pan with parchment paper and lightly coat with non-stick oil spray
- 2 Sieve flour, sugar, baking powder, and salt in a large bowl
- 3 Whisk eggs, ricotta, and vanilla in a medium bowl until smooth; fold into dry ingredients just until blended. Then fold in butter, followed by ¾ cup Zeijoas, taking care not to crush. Scrape batter into prepared pan and scatter remaining Zeijoas over the top
- 4 Bake cake until golden brown and a tester inserted into the centre comes out clean, 50–60 minutes. Let cool at least 20 minutes before removing from the tin
- 5 Cake can be made 2 days ahead. Store tightly wrapped at room temperature

# Microwave Zeijoa cake

## Ingredients

- 2 cups fully packed with sliced Zeijoas
- 2 eggs
- $\frac{1}{2}$  Tsp. salt
- 1 cup sugar
- $\frac{3}{4}$  cup oil
- 1 Tsp. vanilla
- $1\frac{1}{4}$  cups flour, sifted
- 2 Tsp. mixed spice
- 2 Tsp. cinnamon
- 1 Tsp. baking soda

## Directions

- 1 Mix eggs, salt, sugar, oil, and vanilla until combined
- 2 Add Zeijoas and sifted dry ingredients
- 3 Stir gently and pour into greased and lined ring pan
- 4 Cover with baking paper and then microwave on full for 8 minutes or until skewer tests clean

# Zeijoa & apple cake

## Ingredients

- 125 gm. butter, softened
- 1 cup sugar
- 1 egg
- 1 heaped cup Zeijoa chopped
- 1 Tsp. vanilla extract
- 1½ cups plain flour
- 1 Tsp. baking soda dissolved in 1 Tbsp. boiling water
- 2 tart apples, peeled and diced

## *Topping*

- 2/3 cup brown sugar
- 1 cup shredded coconut
- 1/4 cup milk

## Directions

- 1 Preheat the oven to 180°C. Grease and line the sides of a round 23 cm spring form ring pan. Beat the butter and sugar until light and fluffy
- 2 Add the egg and mix well
- 3 Fold in the Zeijoa, vanilla, flour, baking soda and apple
- 4 Spoon the batter into the prepared tin and bake for 25 minutes until the top has set
- 5 Mix the topping ingredients together in a small bowl. Spoon evenly over the cake and bake a further 20-25 minutes until the cake tests cooked
- 6 Cool in the pan for at least 15 minutes before turning out.

# Zeijoa spiced sticky buns

## Ingredients

### Dough

- $\frac{1}{2}$  Tsp. dried yeast in 1 Tbsp. warm water and  $\frac{1}{2}$  Tsp. sugar
- $3\frac{1}{2}$  cups plain flour (520gm.)
- $\frac{1}{4}$  soft brown sugar
- $\frac{1}{2}$  Tsp. salt
- 1 Tbsp. mixed spice
- 1 cup chopped Zeijoas
- 75 gm. sultanas
- 1 egg
- 2 Tbsp. butter
- 310 ml. water

### Glaze

- 2 Tbsp. water
- 1 Tbsp. soft brown sugar

## Directions

- 1 Mix yeast starter and set aside for 15 minutes
- 2 Mix the dry ingredients and rub in the butter
- 3 Add remaining ingredients and mix
- 4 Turn out the dough and knead on a well-floured surface until elastic and springs back when pressed
- 5 Divide into 12 pieces, shape each into a ball and place close together on tray. Cover and leave to rise in a warm place for 60 minutes (Leave to rise longer for a lighter, fluffy bun)
- 6 Bake at 200°C for 20-25 minutes until golden
- 7 Glaze - combine ingredients, microwave for 1 minute and brush over hot buns

# Zeijoas cake with lemon icing

## Ingredients

- 250 gm. butter
- 1 cup caster sugar
- 3 cups plain flour
- 6 Tsp baking powder
- 1 Tsp ground nutmeg
- 4 eggs
- 12 Zeijoas (depending on size)
- 1 Lemon
- 1 cup chopped roasted hazelnuts, or walnuts
- 1 cup sultanas
- 2 Tbsp. brown sugar
- 2 Tsp. ground cinnamon
- 1 Tsp. vanilla essence
- 1 cup icing sugar
- 1 Tsp. butter
- 2 Tbsp. boiling water

## Directions

- 1 Preheat oven to 180°C. Butter a 22cm spring-form cake tin
- 2 Put the butter, caster sugar, flour, baking powder, nutmeg and eggs, cinnamon and vanilla in a large bowl; then beat. As soon as the mixture is smooth, stop
- 3 Then gently fold in half the Zeijoas (chopped), zest of the lemon, nuts, sultanas and brown sugar into the batter
- 4 Pour into the spring-form cake tin and arrange the remaining Zeijoas (sliced) over the top, pushing them down into the batter
- 5 Bake for 1 hour or until a tester comes out clean
- 6 Sift the icing sugar into a bowl, add the juice of the lemon and butter (softened) and mix to a thin consistency with the boiling water. Spread over the cake before serving

# Zeijoa cake with cream cheese icing

## Ingredients

- $\frac{1}{2}$  cup milk
- 2 eggs
- $1\frac{1}{4}$  cup raw sugar
- 1 cup Zeijoa mashed
- 1 Tsp. vanilla extract
- 50 gm. chopped crystallised ginger
- 75 gm. butter
- 2 cup plain flour
- 1 Tsp. bicarbonate of soda
- 1 Tsp. baking powder
- $\frac{1}{2}$  Tsp. salt

## Icing

- 2 Tbsp. butter
- $\frac{1}{4}$  cup cream cheese
- $1\frac{1}{2}$  cup icing sugar
- $\frac{1}{2}$  Tsp. lemon juice

## Directions

- 1 Place milk, eggs, sugar, mashed Zeijoas, vanilla and butter into a bowl
- 2 Beat on high for approximately 5 minutes until the ingredients are well-mixed. Fold in the remaining 4 ingredients
- 3 Bake at 180°C for approximately 40 minutes, then allow to cool on cake rack
- 4 Icing - Beat butter, lemon and cream cheese until creamy
- 5 Mix in icing sugar, adding a small amount at a time, until it is the desired consistency. Beat well.
- 6 Spread icing over cake.

# Zeijoa & almond tart

## Ingredients

- Sweet short pastry
- 200 gm. butter
- 200 gm. caster sugar
- 250gm. ground almonds
- 2 eggs
- 1 – 2 Tbsp. liqueur of choice
- $\frac{1}{4}$  Tsp. vanilla essence
- 400 gm. chopped Zeijoas
- honey



## Directions

- 1 Preheat oven to 200°C. Butter a flan tin or dish
- 2 Line the flan tin or dish with sweet short pastry, then baking paper and pastry weights. Blind bake for 10 minutes, remove the weights and paper and bake for 10 minutes more
- 3 Beat the remaining ingredients (except the Zeijoas) together and pour into pastry case
- 4 Peel and slice the Zeijoas and arrange on top of the almond mixture and drizzle with honey (to taste)
- 5 Reduce the oven to 180 °C and bake for 45 minutes

# Zeijoa Bakewell tart

## Ingredients

### Pastry

- 170 gm. flour
- 2 Tbsp. sugar
- 75 gm. butter
- 1 egg

- 125 gm. ground almonds
- 2 Tbsp. flour
- ½ Tsp. baking powder
- 1 egg
- ½ Tsp. almond essence
- zest of one lemon
- 2 cups chopped Zeijoas
- ¼ cup of slivered almonds

### Filling

- 125 gm. butter
- ¼ cup sugar

## Directions

- 1 Heat oven to 170°C
- 2 Put flour, sugar and butter in food processor and mix till fine crumb
- 3 Add egg and mix until it forms a dough ball
- 4 Roll out the pastry and put into buttered 22cm flan tin and then blind bake for 15 minutes
- 5 Melt butter, and then add sugar, ground almonds flour, baking powder, egg, almond essence and zest
- 6 Put Zeijoas in the pastry case, spoon over the almond filling and sprinkle with slivered almonds
- 7 Bake for 50 minutes

# Chocolate Zeijoa ganache

## Ingredients

- Sweet short pastry
- 300 gm. dark chocolate chips
- 300 ml. cream
- 1 tsp butter
- 400 gm. chopped Zeijoas

## Directions

- 1 Preheat oven to 200°C. Butter a flan tin or dish
- 2 Line the flan tin or dish with sweet short pastry, then baking paper and pastry weights. Blind bake for 10 minutes, remove the weights and paper and bake for 10 minutes more until golden brown
- 3 Put the chocolate chips in a large heatproof bowl. Bring the cream towards a boil in a medium saucepan
- 4 Just before the cream comes to a full boil, pour it into the chocolate chips and whisk together until smooth
- 5 Add the butter and stir until smooth and shiny
- 6 Peel and slice the Zeijoas and arrange in the pastry case
- 7 Pour the ganache over the Zeijoas and put in fridge to chill



# Zeijoa & ginger baked cheesecake

## Ingredients

- 250 gm. chopped Zeijoas
- 30-40 gm. crystallised ginger, chopped
- 1/3 cup water
- 200 gm. gingernut biscuits
- 80 gm. butter, melted
- 500 gm. cream cheese (full fat)
- 3 eggs
- 250 ml. sour cream
- 160 gm. caster sugar, plus 1 Tbsp. sugar for the fruit
- Zest and juice of 1 small lemon (or 2 limes)



## Directions

- 1 Put Zeijoas, ginger, 1 Tbsp. sugar, and water in saucepan and bring to boil. Simmer gently for 1-2 minutes. Strain mixture and put fruit in the fridge to cool. Return liquid to the heat and simmer to reduce to a thick syrup
- 2 Grease a 20cm spring form tin, preheat oven to 160°C
- 3 Finely crush gingernuts in a food processor, mix in melted butter until combined. Press mixture evenly into the base of the tin, leave to chill in the fridge
- 4 In a large bowl beat the cream cheese until smooth, add caster sugar and beat further. Gradually beat in the eggs, adding one at a time until just mixed
- 5 Add sour cream, lemon zest and juice, beat gently until just combined. Fold in the ginger & Zeijoas. Pour mixture over base, ensure top is smooth. Carefully brush a thin layer of the reserved fruit syrup on top as a glaze
- 6 Place on a baking sheet and bake for 1½ hours until set but there is still a wobble in the centre, remove and run a knife around the sides. Leave in the tin to cool before refrigerating for 12 – 24 hours

# Zeijoa, chocolate & Ricotta tart

## Ingredients

- 2 sheets sweet short pastry
- 500 gm. Ricotta
- 175 gm. sugar
- 2 egg yolks
- 1 orange zest
- $\frac{1}{4}$  Tsp. cinnamon
- 50 gm. dark chocolate chips
- 1 cup finely chopped Zeijoas

## Directions

- 1 Grease a 23 cm. flan tin and pre-heat oven to 175°C
- 2 Put one sheet of pastry into flan tin and prick the base all over with a fork
- 3 In a food processor, mix the egg yolks together with the sugar orange zest, cinnamon powder. Then add the Ricotta and blend until you get a smooth cream
- 4 Fold in Zeijoas and chocolate chips and pour into the flan until it is full and then smooth it with a spatula
- 5 Put second pastry sheet on top of the flan and roll with rolling pin to flatten the top and trim the edges. With a knife make 3 or 4 holes in the top
- 6 Bake for 1 $\frac{1}{4}$  hours
- 7 Sprinkle with icing sugar and serve with whipped cream

# Zeijoa & Ricotta phyllo pouches

## Ingredients

- 1 cup chopped Zeijoas
- 1 cup Ricotta cheese (cubed)
- ½ cup sliced almonds, toasted
- ½ teaspoon vanilla extract
- 9 Tbsp. sugar
- 1 Tbsp. ground cinnamon
- ¾ Tsp. cayenne pepper
- 9 sheets fresh phyllo pastry or frozen, thawed
- ½ cup unsalted butter, melted

## Directions

- 1 Mix first 4 ingredients in medium bowl. Cover filling and chill until ready to use, up to 1 day.
- 2 Stir sugar, cinnamon, and cayenne pepper in small bowl. Place 1 phyllo sheet on work surface; keep remaining sheets covered with plastic wrap and damp towel to prevent drying.
- 3 Brush phyllo with butter and sprinkle with 1½ Tsp. sugar mixture. Repeat 2 more times to make 3 layers
- 4 Cut rectangle in half crosswise, making two (15 x 20cm) stacks. Place 1/3 cup Zeijoa filling in centre of each stack. Gather sheets around filling to form pouch. Brush pouches with butter. Transfer to small baking sheet. Repeat with remaining ingredients to make 6 pouches total. Sprinkle with some of remaining sugar mixture. (Can be made 1 day ahead. Cover with plastic and refrigerate.)
- 5 Preheat oven to 175°C. Bake phyllo pouches uncovered until golden brown and filling is heated through, about 20 minutes. Transfer to plates. Spoon a sweet fruit syrup alongside (passionfruit?); serve phyllo pouches warm.

# Slow cooked pork & Zeijoas

## Ingredients

- 2 kg. pork roast
- 1½ cups Zeijoas
- 1 large onion
- 4 cloves garlic
- 1½ cups ginger ale
- 2 Tbsp. balsamic vinegar
- 1 Tbsp. honey
- 2 stalks thyme
- ½ Tsp. Chinese five spice
- ½ Tsp. cinnamon
- Salt & black pepper to taste

## Directions

- 1 Season the pork and sear it in a fry pan with a little oil
- 2 Put the pork into a slow cooker (or casserole dish if you choose to cook in the oven) along with chopped onion and chopped Zeijoas
- 3 Deglaze the fry pan with ginger ale and then add remaining ingredients
- 4 Pour over the pork in the slow cooker and cook for 8 hours on low or 4 hours on high
- 5 Remove slow cooker lid for last 20 minutes to allow the sauce to reduce a little

# Roast pork & caramelised Zeijoas

## Ingredients

### Caramelised Zeijoas

- 1.5kg Zeijoas, chopped
- 1½ cups dry white wine
- 6 Tbsp. Sherry or balsamic vinegar
- 6 Tbsp. butter
- 3 Tbsp. golden brown sugar
- 3 Tbsp. sugar
- 15 whole black peppercorns
- 3 whole cloves

### Pork

- 9 garlic cloves
- 1½ Tsp. salt
- 1½ Tsp. dried oregano
- 1 Tsp. ground cumin
- 1 Tsp. ground black pepper
- 1/3 cup chicken stock
- 1/4 cup orange or lime juice
- 2 kg. bone-in pork loin roast

## Directions

### For pickled caramelized guavas:

- 1 Bring all ingredients to boil in heavy large saucepan. Reduce heat to medium-low; simmer until almost all liquid evaporates, stirring often, about 30 minutes. (Can be made 2 days ahead. Cover; chill.) Serve warm or at room temperature.

### For pork:

- 2 Place first 5 ingredients in mortar; mash into paste with pestle. Stir in 1/3 cup stock and juice. Transfer marinade to large plastic bag. Add pork and seal. Refrigerate 12 to 14 hours, turning occasionally.
- 3 Preheat oven to 170°C. Transfer pork and marinade to large roasting pan. Roast until thermometer inserted into centre registers 65°C, basting occasionally with pan juices and adding more stock, about 1 hour 45 minutes.
- 4 Transfer pork to platter; allow to stand before serving. Slice pork and serve with juices and Zeijoa sauce alongside.

# Pork with Zeijoas & olives

## Ingredients

- olive oil
- 1.2 kg. shoulder or butt of pork (bone in)
- 2 red onions
- 3-4 small potatoes
- 350 gm. Zeijoas
- 2 star anise and 4 cloves
- 2 stalks thyme
- 2 bay leaves
- $\frac{1}{2}$  cup green olives
- 150 ml. cream
- 1 tin butter beans

## Directions

- 1 Preheat oven to 150°C
- 2 Heat oil in a frying pan. Season then brown pork and place in casserole dish. In turn brown onion, then put in casserole dish; then sliced potatoes
- 3 Chop Zeijoas and put in casserole dish with pork along with olives, thyme, bay leaves and other spices
- 4 Deglaze pan with cream then pour over pork. Cover, place in oven and bake for 3 hours, then remove the lid, add the butter beans and bake for a further 30 minutes
- 5 Serve garnished with fresh thyme

# Zeijoa & chicken curry

## Ingredients

- 2 Tbsp. olive oil
- 800 gm. or 8 boneless chicken thighs, and cut into bite-sized chunks
- 1½ cups carrots, thinly sliced
- 1 cup red, yellow, or green capsicums
- 1 onion
- 2 cloves garlic
- 4 to 5 ripe Zeijoas, peeled, halved lengthwise, and cut into slices
- 1 Tbsp. curry powder
- ¼ Tsp. allspice
- ¼ Tsp. pepper
- 1 Tbsp. corn-starch
- 1½ cups chicken stock

## Directions

- 1 In a Dutch oven, heat oil
- 2 Sauté chicken 3 minutes or until nearly done; remove from pan
- 3 Chop, then sauté carrots, capsicums, onion, and garlic for 5 minutes or till carrots are nearly tender
- 4 Add chicken back along with Zeijoas, curry powder, salt, allspice, and pepper
- 5 Stir corn-starch into chicken broth; pour into pan with chicken mixture.
- 6 Bring to boiling; reduce heat. Simmer, covered, 20 minutes
- 7 Serve with rice

# Chicken & Zeijoa tikka masala

## Ingredients

- 1 cup Greek yogurt
- 2 cm root ginger
- 7 cloves garlic
- 1 onion
- 1 Tsp. turmeric
- 1 Tsp. cumin
- 1 Tsp. paprika
- 2 Tsp. garam masala
- $\frac{1}{4}$  Tsp. cinnamon
- $\frac{1}{3}$  cup tomato paste
- 1 can crushed tomato
- small handful of curry leaves
- 1 teaspoons salt
- $\frac{1}{4}$  teaspoon pepper
- 1kg chicken thigh boneless skinless
- 5 ripe Zeijoas
- bunch coriander leaves roughly chopped

## Directions

- 1 Process yogurt, ginger, garlic, onion, turmeric, cumin, paprika, garam masala, cinnamon, salt and pepper in a food processor
- 2 Brown the chicken in a Dutch oven, then pour over the sauce, along with tomato paste, crushed tomato and curry leaves.
- 3 Mix well, and simmer very gently for 15-20 minutes
- 4 Add the chopped Zeijoas and simmer very gently for another 15 minutes
- 5 Serve garnished with coriander

# Slow cooked Zeijoa chicken

## Ingredients

- 1 kg. boneless skinless chicken thighs
- 1 cup chopped Zeijoas
- $\frac{1}{4}$  cup Indonesian soy sauce (kecap manis)
- $\frac{1}{3}$  cup rice vinegar
- $\frac{1}{2}$  cup water
- 2 Tbsp. corn flour
- 1 Tbsp. sweet chili sauce
- 2 Tsp. minced ginger
- 1 Tsp. minced garlic
- $\frac{1}{2}$  Tsp. salt
- 1 Tsp. sesame oil
- 1 Tsp. white pepper

## Directions

- 1 Put chicken into a slow cooker
- 2 In a medium bowl mix together the remaining ingredients
- 3 Pour sauce over chicken. Cover and cook on low for about 4-6 hours or until fork tender
- 4 Taste your seasonings, correct and serve with fluffy jasmine rice
- 5 Garnish with toasted sesame seeds and chives

# Zeijoa paste

## Ingredients

- 10 ripe medium-sized Zeijoas (about 1kg), chopped
- 3 cooking apples, roughly chopped
- 600 ml. water
- 600 gm. sugar

## Directions

- 1 Peel Zeijoas, saving the skin. Roughly chop fruit and set aside
- 2 Put Zeijoa peel and apple into a saucepan, then barely cover with water. Cook until soft and mushy. This will make the cooking liquid for the Zeijoa.
- 3 Strain cooked fruit through a fine sieve into a large heavy-bottomed pot, making sure to push down hard on the apples to get out all the juice. Add chopped Zeijoas to liquid and cook until soft
- 4 Push Zeijoa mixture through a sieve or mash to produce Zeijoa pulp
- 5 Add sugar to Zeijoa pulp and stir until dissolved
- 6 Cook slowly on lowest heat, stirring every 2-3 minutes until thick. This will take about 2 hours – when it's ready, the spoon will leave a path in the mixture and will start to come away from the sides.
- 7 Line a slice tin with baking paper and quickly pour paste in. Smooth the top
- 8 Place aside to set, then cut into squares, wrap in paper and store in an airtight container in the fridge
- 9 Serve with cheese and crackers on a platter

# Zeijoas jerky

## Ingredients

- Zeijoas (remaining ingredient quantities depend on amount of fruit and individual taste)
- Lemon juice
- Sugar
- Finely chopped ginger



## Directions

- 1 Rinse the Zeijoas, then hull (or peel) and chop
- 2 Place fruit and ginger in a large saucepan. Add a half cup of water for every 4 cups of chopped fruit. Bring to a boil and simmer for 15 minutes. Mash the fruit with a potato masher
- 3 Add lemon juice and sugar to taste (add the sugar gradually until you reach desired sweetness)
- 4 Simmer until all the sugar is dissolved and then 15 minutes more
- 5 Puree in a food processor and pour into a shallow rimmed baking pan that has been lined with cling film. No more than 0.5 cm. deep
- 6 Place in a convection oven at 70°C overnight until the surface is no longer sticky
- 7 Lift the cling film with the jerky out of the pan and put on a cutting board
- 8 Cut through the jerky and cling film lengthwise then roll each piece up lengthwise. The two 'sausages' can then be cut into 1 cm. pieces as single serves
- 9 Store in an airtight container

# Raw Zeijoas vinegar

*An extra touch for a summer vinaigrette*

## Ingredients

- Zeijoas (you can use hulled skin remains left after making other Zeijoas recipes)
- 1 Tsp. raw sugar per 100 gm. of fruit
- Water

## Directions

- 1 Wash and chop your Zeijoas into medium sized pieces (discard any that have rotten or bruised bits). Place them in a clean, rinsed and sterilized, wide mouth jar
- 2 Mix the sugar with 1 cup of water and pour on top of the Zeijoas
- 3 Top up with water to just cover the Zeijoas
- 4 Cover the jar with a handkerchief and secure with a rubber band. This keeps insects away while letting the ferment breathe, if it can't breathe it will ferment to alcohol
- 5 Place the jar in a warm, dark place for 2 to 3 weeks
- 6 Strain out the liquid and discard the Zeijoas pieces
- 7 Return the liquid to the same jar and cover it again (same paper or cheesecloth). Return to warm, dark place for 4 to 6 weeks (take it out and stir occasionally)
- 8 A white-ish scum is good, but a green, blue, grey, or black scum is bad and indicates contamination. Discard and start again
- 9 After the first 4 weeks, taste your vinegar and once it reaches an acidity you like, you can use it
- 10 Decant through a sieve into a capped bottle for use

# Instant Zeijoa & mango ice-cream

## Ingredients

- 500 gm. scooped-out Zeijoa flesh
- 400 gm. tin of sliced mangoes, drained
- ½ cup cream
- 1/3 cup crème fresh
- 1½ Tsp. vanilla essence
- 1 Tbsp. Cointreau
- ¼ cup chopped crystallised ginger

## Directions

- 1 Line a large tray (that will fit in your freezer) with baking paper and arrange Zeijoas and mangoes on top in a single layer. Cover with cling film and freeze for at least 8 hours or overnight until frozen hard
- 2 When ready to serve the ice-cream, place frozen Zeijoas and mangoes in the bowl of a large food processor with a strong blade. Mix cream, crème fresh, Cointreau and vanilla together
- 3 Add half of the cream mixture to the frozen fruit and turn on the motor to blitz everything together until smooth and well combined – add more cream mixture as necessary, until you have achieved an ice-cream consistency
- 4 Add the crystallised ginger and very briefly pulse to just mix it in with the ice-cream
- 5 Scoop instant ice-cream into bowls and serve immediately, with sliced Zeijoas

# Zeijoa ice cream

## Ingredients

- 1½ cups Zeijoa pulp
- 1 cup sugar
- ¼ cup lemon juice
- 2 eggs, separated
- 300 ml. cream

## Directions

- 1 Place Zeijoa pulp in a bowl with sugar and lemon juice, refrigerate overnight
- 2 The next day, beat egg whites until stiff peaks and in a separate bowl whisk egg yolks
- 3 Beat cream until whipped but not too stiff
- 4 Gently mix Zeijoa, egg yolks and cream and then fold in egg whites
- 5 Pour mixture into a 2 litre container, cover with a tight fitting lid and freeze until set

# Zeijoas in red wine

## Ingredients

- $\frac{3}{4}$  cup granulated sugar
- 1½ cups water
- $\frac{3}{4}$  cup full-bodied red wine
- 20-30 ripe but firm Zeijoas
- cream, crème fresh or plain yoghurt for serving

## Directions

- 1 Put the sugar, water and wine into a pan over a low heat and dissolve the sugar, stirring occasionally
- 2 Either slice the Zeijoas in half and scoop out the flesh or peel and cut lengthwise (looks more effective). Add the fruit to the sweetened wine in the pan and bring to the boil
- 3 Lower the heat and cook gently for 5 minutes
- 4 Transfer the Zeijoas to a bowl using a slotted spoon, then gently boil the liquid in the pan until it is reduced and syrupy (this takes about 15-20 minutes)
- 5 Pour syrup over the fruit, then set aside. Serve the Zeijoas at room temperature with lightly whipped cream, crème fresh or plain yoghurt

# Zeijoa liqueur

*A good way to use up wind-fall or over ripe fruit*

## Ingredients

- 1 kg. peeled and chopped Zeijoas
- 1 cup caster sugar
- 1 litre vodka



## Directions

- 1 Put all the ingredients in a plastic container with a lid and stir. Keep the vodka bottle
- 2 Put the container in a cool dark place (pantry) and leave for 3 – 4 weeks siring occasionally
- 3 Decant the liquid back into the saved bottle (or any nice shaped 1 litre bottle you may have)
- 4 Either puree the remaining fruit pulp to make an ice-cream topping or reserve the pulp in the fridge (or freeze) for use as a decadent pie filling
- 5 Serve as with any liqueur, on its own, on ice or as a cocktail mixer

# Zeijoa margarita

## Ingredients

- 4 - 6 Zeijoas
- 1 cup tequila
- $\frac{3}{4}$  cup triple sec or Cointreau
- $\frac{3}{4}$  cup fresh lime juice
- 2 cup ice

## Directions

- 1 Purée Zeijoas, tequila, triple sec (or Cointreau), lime juice, and ice, preferably crushed, in a blender until smooth
- 2 Wet and salt coat the cocktail glass rims
- 3 Serve frozen margarita



# Zeijoas daiquiri

## Ingredients

- 6 Zeijoas (scooped out flesh) or peeled frozen Zeijoas if available
- 2 handfuls of ice cubes
- 3 parts white rum
- 1 part lime cordial

## Directions

- 1 Process Zeijoas, white rum, lime cordial, and ice, preferably crushed, in a blender until smooth
- 2 Serve in a cocktail glass



# Zeijoas wine

## Ingredients

- 5 kg. Zeijoas
- Campden tablets
- 8 gm. sachet wine yeast
- 2 Tsp. yeast nutrients
- 1 Tsp. pectinase
- 4 kg. sugar
- water

## Directions

- 1 Scoop out the Zeijoas flesh and freeze
- 2 Thaw Zeijoas, squash and steep in a bucket with 6 litres of boiling water and campden tablets
- 3 Cover with a tea towel and stand for three days, stirring occasionally, then strain
- 4 Discard solids and pour liquid into a fermenting vessel with an airlock, add wine yeast, yeast nutrients, pectinase, sugar and 2 litres of cold water
- 5 Wait until it stops bubbling, then bottle

# Zeijoa fermented fizz

## Ingredients

- Zeijoa skins (enough to fill a sealable wide mouth container)
- Water to cover skins
- 1 Tbsp. sugar per litre of water

## Directions

- 1 Loosely fill a 1 jar with Zeijoa skins left over from other recipes
- 2 Add 1 Tbsp. of sugar and cover with water
- 3 Leave loosely covered on bench for 2-3 days
- 4 Strain the juice from the skins and discard (or compost the skins)
- 5 Add a further 1 Tbsp. of sugar and top the jar up with water, and leave for a further day. At this point if you seal the jar it will pressurise and you will get Zeijoa fizz, if you leave the lid unsealed you will get still Zeijoa drink
- 6 Chill, drink and enjoy

