



**PRIZE - WINNING
PASSION FRUIT
RECIPES**

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Consumer Marketing Information

Prize-Winning Passion Fruit Recipes

Foreword

This collection of passion fruit recipes contains the prize winners in the Passion Fruit Product Show conducted by the Subcommittee of the Support Island Economy Committee of the Hawaii Federation of Women's Clubs on October 6, 1955.

The yellow passion fruit was used in all the recipes since this variety grows on a lower elevation than the purple passion fruit and, therefore, more readily available.

The yellow passion fruit is an excellent source of provitamin A and niacin, a good source of riboflavin, and a fair source of ascorbic acid.

The natural high acidity, due largely to citric acid, is characteristic of the passion fruit. This gives the juice a distinctive flavor and its good keeping quality. Passion fruit also has a fragrant and pleasant aroma.

These characteristics make the passion fruit juice especially good for use as a blend to enhance the flavor of other fruit juices.

The fruit usually ripens during the summer and fall, and some as late as January. Frozen passion fruit nectar, however, is always available in the market.

The yellow passion fruit has enough acid but insufficient pectin to make a good jelly. Jelly can be made with it, however, with commercial pectin.

In using passion fruit, it is important to remember that heat destroys the delicate flavor of the fruit. For this reason, when the juice is used in cooked recipes, it should be added after the other ingredients have cooled.

Eleanor A. Matsumoto
Consumer Information Specialist

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PASSION FRUIT PRODUCT SHOW AND RECIPE CONTEST COMMITTEE

(Subcommittee of the Support Island Economy Committee, Hawaii Federation of Women's Clubs)

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PASSION FRUIT SPICE CAKE

Mrs. Esther Okano
3042 Felix Street
Honolulu, Hawaii

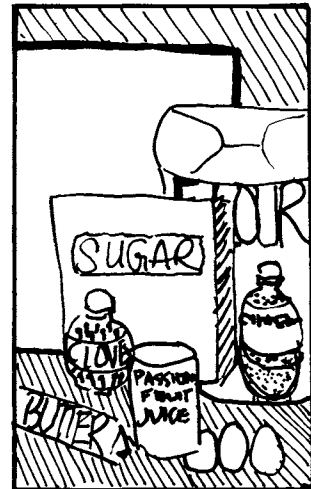
3 cups cake flour
1 teaspoon cinnamon
1 teaspoon cloves
1/2 teaspoon allspice
2 teaspoons double-acting baking powder
1 teaspoon baking soda
1 cup shortening
(1/2 cup butter,
1/2 cup hydrogenated vegetable fat)
2 cups sugar
4 egg yolks
1/2 cup passion fruit juice
1/2 cup water
4 stiff-beaten egg whites

1. Preheat oven at 350^o F.
2. Sift flour, spices, baking powder, and soda together.
3. Thoroughly cream shortening and sugar.
4. Add egg yolks, one at a time, beating well after each addition.
5. Add flour mixture alternately with passion fruit juice.
6. Fold the batter into the beaten egg whites.
7. Bake in two greased cake pans for about 30 minutes.

Passion Fruit Icing

3 tablespoons butter
2-1/4 cups confectioners' sugar
3 tablespoons fresh passion fruit juice
1/3 cup coarsely chopped nut meats

1. Cream butter.
2. Add sugar gradually and cream until fluffy.
3. Add passion fruit juice, beating until the icing is smooth and stiff enough to spread on cake.
4. Sprinkle chopped nuts on iced cake.





BUTTER CAKE WITH LILIKOI BUTTER CRUNCH FROSTING

Mrs. Alice Loo

Butter Cake

- 1/2 cup butter
- 1/2 cup margarine
- 1-1/2 cups granulated sugar
- 4 medium eggs
- 2 teaspoons vanilla flavoring
- 3 cups sifted cake flour
- 3-1/2 teaspoons double-acting baking powder
- 1 cup milk

1. Preheat oven to 350° F.
2. Grease two 9-inch layer cake pans.
3. Cream the fat and sugar until light and fluffy.
4. Add eggs one at a time and beat well after each addition.
5. Stir in vanilla.
6. Sift flour and baking powder together.
7. Starting with flour mixture, add mixture and milk alternately. The last addition should be mixture.
8. Turn the batter into the greased layer pan.
9. Bake approximately 20 to 25 minutes.
10. When done, turn the cake out on a cake rack to cool.

Lilikoi Butter Crunch Frosting

- 3/4 cup shortening
- (10 tablespoons butter,
2 tablespoons hydrogenated fat)
- 3-1/4 cups sifted confectioners' sugar
- 1/3 cup fresh passion fruit juice

1. Cream shortening.
2. Add sugar gradually and continue creaming.
3. Add passion fruit juice gradually and stir until well blended.
4. Frost cake.

Butter Crunch

Yield: 1-1/4 cups.

- 1/4 cup butter (1/8 pound)
- 2 tablespoons brown sugar
- 1/2 cup sifted all-purpose flour
- 1/4 cup chopped walnuts
(coconut or pecans may be used)

1. Preheat oven to 400° F.
2. Combine all ingredients and mix well.
3. Spread in oblong pan 13 x 9-1/2 x 2.
4. Bake 15 minutes.
5. Remove from oven, stir with spoon.
6. Sprinkle over frosting.



PASSION FRUIT JELLY CAKE WITH FOAMY FROSTING

Mrs. Mary McGill
4485 Aukai Avenue
Honolulu, Hawaii

Jelly Cake

- 1-1/2 cups butter (3/4 pound)
- 2 cups sugar
- 4 eggs, unbeaten
- 2 egg yolks
- 4 cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon allspice
- 1/4 teaspoon ginger
- 1 cup passion fruit jelly
- 1 cup pineapple jam
- 2 teaspoons baking soda
- 1 cup buttermilk

1. Preheat oven to 350° F.
2. Cream butter and sugar thoroughly.
3. Add 4 unbeaten eggs and 2 egg yolks.
4. Sift flour, baking powder, salt, and spices together.
5. Add 1 cup of this flour mixture to creamed mixture.
6. Combine passion fruit jelly, pineapple jam, soda, and buttermilk. Add to the above mixture.
7. Add remaining flour mixture and beat well for one minute.
8. Pour into three 9-inch square cake pans which have been well greased and dusted with flour.
9. Bake at 350° F. for 20 minutes, then raise temperature to 400° F. and bake for additional 25 minutes.

10. Remove from oven. Allow to stand in pan on a cake rack for about 10 minutes.
11. Cool. Cover with frosting.

Foamy Frosting

- 2 cups granulated sugar
- 2/3 cup fresh passion fruit juice
- 1/4 teaspoon cream of tartar
- 2 egg whites
- 3 tablespoons light corn syrup
- 1 cup grated coconut
- 1/2 cup coarsely chopped macadamia nuts

1. Put sugar, juice, and cream of tartar into a saucepan. Heat.
2. Bring to boil, stirring until sugar dissolves.
3. Boil syrup to 240° F. or until it spins a thread.
4. Add corn syrup gradually while beating egg whites stiff.
5. Continue beating and add sugar syrup gradually to egg whites until the frosting is fluffy.
6. Frost layers and sprinkle fresh grated coconut and chopped macadamia nuts over each layer.



PASSION FRUIT CHIFFON CAKE

All three winners in the Passion Fruit Chiffon Cake competition used the chiffon cake recipe developed by the Home Service staff of the Hawaiian Electric Company.

First Prize	Mrs. Bernice L. Gan 1110 15th Avenue Honolulu, Hawaii
Second Prize	Mrs. Helen K. Fujinaga 106 South Kuakini Street Honolulu, Hawaii
Third Prize	Mrs. Elsie Perkins P. O. Box 137 Pearl City, Oahu, Hawaii

2-1/4 cups sifted cake flour	1/2 cup water
1 cup sugar	1/4 cup passion fruit juice
1 tablespoon baking powder	1 cup egg whites (approximately 8 to 9 large eggs, weighing 2 ounces each)
1 teaspoon salt	1/2 teaspoon cream of tartar
1/2 cup salad oil	1/2 cup sugar
5 egg yolks	

1. Sift flour, 1-cup sugar, salt, and baking powder into small mixing bowl.
2. Make a well in the flour mixture and add oil, yolks, water, and juice.
3. Beat with a spoon until smooth.
4. Beat egg whites with cream of tartar until whites form soft peaks.
5. Add 1/2 cup sugar gradually, beating after each addition.
6. Beat until meringue is just stiff enough not to slide when bowl is inverted.
7. Gradually pour yolk mixture over meringue, gently folding in with rubber spatula until just blended.
8. Pour into an uncoiled 10-inch tube pan and bake at 325° F. for one hour.
9. Immediately turn pan upside down on cake rack and let stand about one hour or until cold. Remove from pan.



PASSION FRUIT MERINGUE PIE

Mrs. Louise Clark
55 Circle Drive
Wahiawa, Oahu, Hawaii

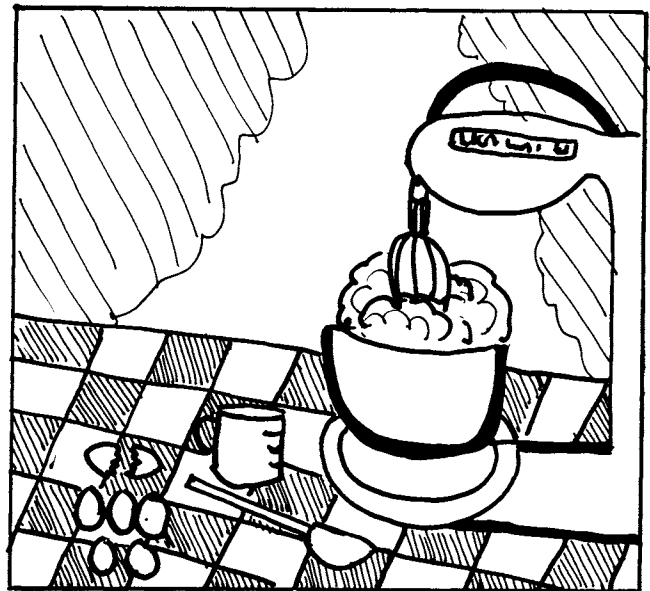
3 egg yolks	2 tablespoons evaporated milk
1/3 cup corn starch	1 tablespoon butter
1-1/4 cups sugar	3/4 cup fresh passion fruit juice
1-1/2 cups water	1 9-inch baked pastry shell

1. Combine corn starch, sugar, and egg yolks. Add water slowly and mix until smooth.
2. Heat to boiling, stirring constantly.
3. When mixture comes to a boil, add milk.
4. Remove from heat and add butter.
5. Add passion fruit juice.
6. Pour into baked pie shell.

Meringue

3 egg whites
1/3 cup granulated sugar
1/2 teaspoon cream of tartar
1/2 teaspoon passion fruit juice

1. Beat egg whites until slightly foamy.
2. Add cream of tartar and beat until foam holds shape when beater is withdrawn.
3. Gradually add the sugar, about 1/3 at a time, by sprinkling it over the foam.
4. Beat egg whites stiff but not dry.
5. Add passion fruit juice at the last.
6. Spread over cooled filling, sealing it edges of pastry.
7. Bake at 375° F. for about 6 minutes.





PASSION FRUIT MERINGUE PIE

Mrs. Vivian Y. Shinmoto
2835 Dole Street, Honolulu, Hawaii

- 1/3 cup corn starch
- 2 tablespoons flour
- 1 cup sugar
- 1/4 teaspoon salt
- 1/2 cup cold water
- 3 egg yolks
- 2 cups boiling water
- 1/2 cup fresh passion fruit juice
- 1/4 cup fresh Kona orange juice
- 1/2 teaspoon yellow coloring(optional)
- 1 tablespoon butter

1. Into a saucepan combine corn starch, flour, sugar, and salt with the 1/2 cup cold water and blend well.
2. Beat egg yolks slightly; add to mixture.
3. Add boiling water and cook over medium heat until thick.
4. Add coloring, butter, and fruit juices and blend well. Cool.
5. Pour into a baked and cooled pie shell and top with meringue.

Meringue

- 3 egg whites
- 1/4 teaspoon cream of tartar
- 6 tablespoons sugar

1. Beat egg whites until slightly foamy.
2. Add cream of tartar and beat until stiff but not dry.
3. Add sugar gradually.
4. Spread over filling, being careful to seal meringue onto edge of crust to prevent shrinking and weeping.
5. Bake in hot oven at 400° F. for about 8 to 10 minutes until meringue is delicately browned.



PASSION FRUIT MERINGUE PIE

Arlene Hee
2440 East Manoa Road, Honolulu, Hawaii

- 1 cup sugar
- 3 tablespoons corn starch
- 2 tablespoons flour
- 1/4 teaspoon salt
- 3 cups boiling water
- 3 egg yolks
- 1 tablespoon butter
- 1/3 cup passion fruit juice
(6 tablespoons)

1. Mix sugar, corn starch, flour, and salt.
2. Add water to above mixture, stirring constantly.
3. Continue to stir until mixture thickens.
4. Add beaten egg yolks and cook for 2 minutes longer, stirring constantly. Cook until mixture is thick and smooth.
5. Add butter and cool.
6. Add passion fruit juice.
7. Pour into 9-inch baked pie shell and cover with meringue topping.

Meringue

- 5 egg whites
- 2/3 cups granulated sugar
- 1 teaspoon passion fruit juice

1. Have egg whites at room temperature.
2. Beat whites until foamy.
3. Gradually add the sugar by sprinkling it over the foam.
4. Add passion fruit juice. Beat until stiff.
5. Cover pie. Bake at 350° F. for 12 to 15 minutes.



LILIKOI JELLO CHIFFON PIE

Ruby W. Wong
2945 Kahawai Street
Honolulu, Hawaii

3 egg yolks, slightly beaten	1/2 cup passion fruit juice
1/3 cup sugar	4 egg whites
1 cup water	1/3 cup sugar
1 package lemon jello	1 baked 9-inch coconut pie shell
1 fresh Hawaiian lime, juice only	1/2 pint whipping cream
	1/2 cup grated fresh coconut, toasted*

1. Combine egg yolks and 1/3 cup sugar in top of double boiler and mix well.
2. Add water and blend.
3. Cook over hot water, stirring constantly until mixture coats spoon.
4. Remove from heat and add jello, stirring until jello dissolves.
5. Cool, add the combined lime and passion fruit juices. Chill until slightly thickened.
6. Beat egg whites until foamy.
7. Add remaining 1/3 cup sugar gradually and continue beating until stiff.
8. Fold slightly thickened passion fruit-jello mixture into egg whites.
9. Pour into cold baked coconut pie shell and chill until firm.
10. Top with whipped cream and toasted coconut.

9-inch Single Crust Coconut Pastry

1 cup all-purpose flour
1/2 teaspoon salt
1/3 cup grated fresh coconut
1/3 cup shortening
2-1/2 to 3 tablespoons cold water

1. Sift flour and salt together.
2. Add coconut.
3. Cut in shortening and proceed as usual.
4. Bake at 450° F. for 8 to 10 minutes.

*Toasted Coconut for Topping

1/3 cup grated fresh coconut

1. Preheat oven to 350° F.
2. Toast grated coconut in shallow baking pan.



PASSION FRUIT CHIFFON PIE

Mrs. Julia Ing
2198-A 10th Avenue
Honolulu, Hawaii

1 tablespoon gelatin
1/4 cup water
1/2 cup sugar
4 egg yolks
1/2 cup passion fruit juice
4 egg whites
1/4 cup sugar
1 9-inch baked pie shell

1. Sprinkle gelatin over cold water.
2. Beat in 1/2 cup sugar to egg yolks in top of double boiler.
3. Cook, stirring constantly, until thick. Remove from hot water.
4. Add gelatin and stir until it dissolves. Allow to cool.
5. Gradually stir in passion fruit juice to egg yolk mixture. Chill.
6. Beat egg whites until stiff but not dry; then beat in 1/4 cup sugar, 2 tablespoons at a time.
7. As soon as egg yolk mixture begins to set, fold in egg whites.
8. Pour into baked shell and chill until firm.



PASSION FRUIT CHIFFON PIE

Mrs. Helen M. Tanaka
2017 Fern Street
Honolulu, Hawaii

1 tablespoon gelatin
1/4 cup unsweetened guava juice
4 egg yolks
1/2 cup sugar
1/3 cup passion fruit juice
1 teaspoon lemon rind
4 egg whites
1/2 cup sugar
1 9-inch baked pie shell

1. Soak gelatin in guava juice.
2. Beat egg yolks and 1/2 cup sugar together in top of double boiler.
3. Cook over water, stirring constantly, until thick.
4. Add gelatin and stir until it dissolves. Cool.
5. Add the combined lemon rind and passion fruit juice.
6. Beat in the other 1/2 cup sugar to egg whites, 2 tablespoons at a time.
7. As soon as mixture begins to set, fold in egg whites.
8. Pour into baked shell. Chill until firm.



HAWAIIAN DELIGHT PUNCH

Mrs. Alice Loo
2325-A Liliha Street
Honolulu, Hawaii

2 cups fresh passion fruit juice
1/2 cup fresh papaya pulp
1/2 cup fresh guava juice (frozen guava juice may be used)
1/4 cup pineapple juice
1/4 cup lime juice
1-1/2 cups sugar (use more or less to taste)
Water
Ice
1/2 cup ginger ale
Mint leaves

1. Chill liquid ingredients.
2. Combine all ingredients except ginger ale, which should be added just before serving.*

* Since the ginger ale in this recipe serves as a water substitute and the liquid from the ice will further reduce the strength of the mixture, the addition of more water to the punch will depend on both the amount of ice used and how long the punch stands before being served.



PASSION FRUIT PUNCH

Mrs. Louise Clark

1 cup guava sherbet
1/2 cup fresh passion fruit juice
1 cup pineapple juice
1/4 cup orange syrup base
1/2 cup sugar
2 cups water

1. Combine all ingredients.
2. Mix in blender, chill, and serve.



PASSION FRUIT PUNCH

Mrs. K. C. Tom

1 cup fresh passion fruit juice
1/2 cup Hawaiian orange juice
1-1/2 cups sugar
2 cups water

1. Combine all ingredients.
2. Serve with chipped ice.



PASSION FRUIT JELLY

Mrs. Ruth Otake
P. O. Box 558
Kaneohe, Oahu, Hawaii

Yield: Approximately 4 to 5 8-ounce glasses

3-1/4 cups sugar 3/4 cup fresh passion fruit juice
1 cup water 1/2 cup Certo

1. Combine sugar and water and bring to bubbling boil. Stir constantly for one minute.
2. Remove from heat. Stir in Certo.
3. Add passion fruit juice and mix well.
4. Pour into glasses and cover with paraffin at once.



PASSION FRUIT JELLY

Mrs. Elsie Perkins

1-1/2 cups passion fruit juice
1-1/2 cups guava juice, unsweetened
7 cups sugar
1 bottle liquid pectin

1. Combine sugar and guava juice and bring to boil.
2. Remove from heat and add Certo; stir constantly.
3. Add passion fruit juice and mix well.
4. Skim and pour quickly into sterilized glasses. Cover with paraffin.



LILIKOI JELLY

Mrs. Maybelle Roth
3020 Diamond Head Road, Honolulu, Hawaii

3-1/4 cups sugar
3/4 cup water
1/2 bottle Certo
3/4 cup fresh passion fruit juice
(or one 6-ounce can frozen juice)

1. Place sugar and water in a large saucepan. Mix well.
2. Place over high heat, bring to a full, rolling boil, and boil hard one minute; stir constantly.
3. Remove from heat and immediately stir in the Certo.
4. Add passion fruit juice. Mix well.
5. Pour quickly into glasses. Cover at once with 1/9-inch hot paraffin.

SCORE CARDS USED IN JUDGING

<p align="center">LAYER CAKE</p> <p>APPEARANCE..... 30 points <u>Shape</u>--Symmetrical, evenly risen, without circles or bumps. <u>Color</u>--Lightly and uniformly browned, <u>Frosting</u>--Glossy, not granular; 1/4- to 1/2-inch thick, not highly colored.</p> <p>TEXTURE..... 35 points <u>Cake</u>--Tender, fine grain, velvety moist, light, even texture throughout, no streaks. <u>Frosting</u>--Light and fluffy, soft, not sticky. Cuts without cracking.</p> <p>FLAVOR 35 points Pleasing, well balanced, no pronounced taste of leavening, fat, or eggs. <u>Frosting and Filling</u>--Blends well with that of cake, of good flavor.</p> <p align="right"><u>100 points</u></p>	<p align="center">MERINGUE PIE</p> <p>APPEARANCE..... 30 points <u>Crust</u>--Golden brown, uniform. <u>Meringue</u>--Lightly golden, at least 1/2-inch thick, irregular surface without syrup drops, generally attractive.</p> <p>TEXTURE..... 40 points <u>Crust</u>--Light, flaky, tender, without crumbling. <u>Meringue</u>--Tender, fine grain, moist, light, and fluffy. <u>Filling</u>--At least 1-inch thick, smooth, soft but stiff enough to hold shape; not rubbery or with separation.</p> <p>FLAVOR 30 points <u>Crust</u>--Rich, well blended. <u>Meringue</u>--Not overly sweet. <u>Filling</u>--Pronounced and pleasing flavor, no raw taste.</p> <p align="right"><u>100 points</u></p>
<p align="center">CHIFFON CAKE</p> <p>APPEARANCE..... 30 points <u>Shape</u>--Symmetrical, evenly risen, without circles or bumps. <u>Color</u>--Lightly and uniformly browned.</p> <p>TEXTURE..... 35 points Tender, fine grain, velvety, moist light, even texture throughout, no streaks, elastic, springs back when pressed with finger.</p> <p>FLAVOR 35 points Pleasing, well balanced, no pronounced taste of leavening, fat, or eggs.</p> <p align="right"><u>100 points</u></p>	<p align="center">CHIFFON PIE</p> <p>APPEARANCE..... 30 points <u>Crust</u>--Golden brown, uniform. <u>Filling</u>--Smooth, of good color.</p> <p>TEXTURE..... 40 points <u>Crust</u>--Light, flaky, tender, without crumbling. <u>Filling</u>--At least 1-inch thick, smooth, tender, slightly moist; not too airy or foamy or dry.</p> <p>FLAVOR 30 points <u>Crust</u>--Rich, well blended. <u>Filling</u>--Pronounced and pleasing natural fruit flavor, no gelatin flavor.</p> <p align="right"><u>100 points</u></p>

JELLY

APPEARANCE 25 points

Jars--Clean, uniform, neatly labeled.

Color--Characteristic of fruit, bright and clear, no air bubbles.

TEXTURE 35 points

Tender--Quivers when shaken; holds sharp edge when cut; free from crystals.

FLAVOR..... 35 points


Characteristic of product; free from excessive sweetness, sourness, or salt-ness; no overcooked flavor.

SEAL..... 5 points


Uniform placing of paraffin or seal.

100 points

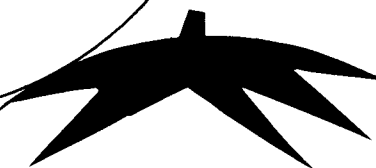
FROZEN PASSION FRUIT JUICE



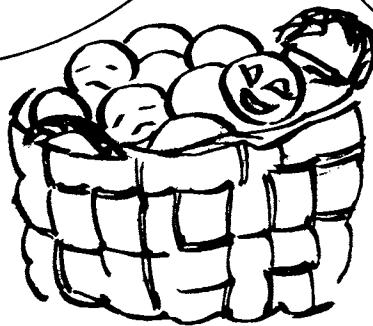
FROZEN
PASSION FRUIT
JUICE,
either purchased
or home prepared,
is available
all year round.



HOME PREPARED
The strained,
juicy pulp of the
passion fruit may
be frozen for about
six months without
sugar. For longer
storage, add one part
sugar to three parts
sieved pulp.



COMMERCIAL PRODUCT
Commercially made
sweetened frozen passion fruit
juice, a uniform product,
may be used in any of the
recipes given in this booklet.
A 6-ounce can of frozen
passion fruit juice contains
 $\frac{3}{4}$ cup pure juice and an average
of $\frac{1}{2}$ cup sugar.
This amount of sugar must be
decreased from the recipe.



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