

PERSIMMONS

Persimmons are a fruit and like apples they can be eaten raw or cooked. Cut them in slices to eat. You can eat the skin but don't eat the green stalk on top.

Persimmons are best eaten when they are firm and will last for up to 2 weeks after they have been picked. Once they go soft, you can still stew them, bake them or blend them in a smoothie.

They are best kept at room temperature as they tend to go softer faster in the fridge. Keep them on the bench, but away from your bananas.

How do you eat them?

Treat them like an apple and eat them whole

Slice them and serve with cheese instead of crackers

Add them to salads instead of tomato for a burst of colour

Once they soften, bake or stew them for a sweet dessert

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Baked Persimmons with Honey & Vanilla

Serves 4 | Preparation 5 mins | Cooking 55 mins

- 4 persimmons, halved horizontally
- 1 tsp vanilla essence
- 2 tbsp honey
- 1 cup hot water
- 1 cup low-fat yoghurt

Preheat oven to 180°C

Place cut persimmons in a large baking dish, cut-side facing upwards

Add honey and vanilla to 1 cup of boiling water, stir until combined and pour this syrup over persimmons

Cover dish tightly with tin foil or lid and bake for 35-45 minutes or until persimmons are soft

Remove foil, spoon thickened syrup from base of dish onto each persimmon and grill for 10 minutes or until persimmons are brown on top
Serve while warm with yoghurt and a light drizzle of the syrup

RECIPE COURTESY OF

