

Da Vine Foods

# Passion Fruit Recipes

Made with Passion





Aloha! I'm Rochelle, the co-founder, chef, and writer behind Da Vine Foods, located on the Big Island of Hawaii.

I believe that good wholesome food brings family and friends together and enjoying each other's company over food doesn't have to be complicated.

When Da Vine Foods started, we set out to make great food and drinks from the Hawaiian Liliko'i (Passion Fruit). The flavor is everything we love in food: tangy, sweet, and versatile. You'd think after using this amazing fruit for so long that I'd tire of it. However, to this day I love creating meals using our Liliko'i products. Sharing amazing moments with friends and family around the table never gets old.

This cookbook contains a selection of recipes from the Da Vine Foods list of favourites. All of the recipes are made with Da Vine Foods' Passion Fruit products. I hope you enjoy the same great times with friends and family, trying some of these recipes.

**- Rochelle**

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# Passion Fruit Mule



4 oz Vodka  
2 oz [Lilikoi Cocktail Mix](#)  
2 tsp Lime Juice  
8 oz Ginger Beer  
Ice  
Mint for Garnish

- 1 Fill your glasses with ice.
- 2 Put 1 oz of [Lilikoi Cocktail Mix](#) and 1 tsp of Lime Juice into each glass.
- 3 Add 2 oz of Vodka then top with Ginger Beer.
- 4 Gently stir.
- 5 Add a sprig of mint for garnish.
- 6 Serve immediately.

Serves 2

# Passion Fruit Hurricane



2 oz White Rum  
2 oz Dark Rum  
2 oz [Lilikoi Cocktail Mix](#)  
1 oz Orange  
1 oz Lime Juice  
.5 oz Simple Syrup

.5 oz Grenadine  
Ice  
Cherry and Citrus Wheels for  
Garnish

- 1 Fill your glasses with ice.
- 2 Combine all ingredients into a shaker with ice.
- 3 Shake well.
- 4 Strain into glasses.
- 5 Garnish with a cherry, orange and lime wheel.
- 6 Serve immediately.

# Kona Kooler



4 oz [Lilikoi Cocktail Mix](#)

12 oz Seltzer Water

Ice

Lime Wheel for Garnish

Paper Umbrella

- 1 Fill your glasses with ice.
- 2 Put 2 oz [Lilikoi Cocktail Mix](#) into each glass
- 3 Fill glasses with seltzer water.
- 4 Garnish with a lime wheel.
- 5 Add a paper umbrella.
- 6 Serve immediately

Serves 2

# Passion Fruit Candied Bacon with Mac Nuts



1 Pound of Bacon

¼ Cup Water

¼ Cup Sugar

¼ Cup [Passion Fruit Puree](#)

½ Cup Macadamia Nuts

Skewers

(if using wooden skewers, soak first)

- 1 In a small saucepan mix water, sugar and [Passion Fruit Puree](#).
- 2 Bring to a boil and cook down for 5 minutes.
- 3 While that is boiling, put bacon slices on skewers.
- 4 Brush liquid mixture onto the bacon.
- 5 Line baking sheet with foil and put a cooling rack on top of it.
- 6 Put bacon skewers on the cooling rack and bake at 375 degrees for 5-8 minutes
- 7 While bacon is in the oven put mac nuts in a zip lock bag and crush with a rolling pin.
- 8 Take bacon out of oven and brush with liquid mixture again. Flip and brush underneath side as well.
- 9 Sprinkle mac nuts on bacon and bake for another 5-8 minutes until desired crispiness is achieved.
- 10 Serve immediately.

Serves 6-8

# Lilikoi Shrimp Teaser



1 Pound of Shrimp – cleaned and deveined, tails on  
4 Tbl Butter  
4-5 Cloves Garlic  
¼ Cup [Passion Fruit Puree](#)  
¼ Cup Minced Fresh Parsley  
Pinch Crushed Red Pepper (optional)  
Salt and Pepper to Taste

- 1 Be sure shrimp are dried off. Season with salt and pepper and put to the side.
- 2 Melt butter in a large sauté' pan over medium heat and blend in the garlic.
- 3 Raise heat to Medium High and sauté shrimp until pink on both sides.
- 4 Add [Passion Fruit Puree](#), Parsley and Crushed Red Pepper to pan.
- 5 Stir and let sauce thicken. 1-2 minutes.
- 6 Serve immediately with fragrant rice as a main dish or with toothpicks as an appetizer.

*Serves 4 as an appetizer, 2 as a main dish*

# Passion Fruit Brussel Sprouts



1 Package Fresh Brussel Sprouts  
6-8 Slices of the Passion Fruit Candied Bacon with Mac Nuts  
3 Tbl Bacon Grease  
1/3 Cup Water  
2 tsp Bullion (chicken or veggie)  
2 Cloves of Garlic, finely chopped  
¼ Cup [Passion Fruit Puree](#)  
½ Cup Mac Nuts or Almonds

Salt and Pepper to Taste

- 1 Wash and chop Brussel sprouts into bite sized pieces.
- 2 Put all ingredients except the Brussel sprouts and the bacon in a medium sized frying pan.
- 3 Sauté for 5 minutes.
- 4 Toss in the Brussel sprouts and continue cooking for one minute.
- 5 Add the Mac Nuts and the Passion Fruit Bacon and make sure everything is well coated and incorporated.
- 6 Spread the mixture onto a baking sheet.
- 7 Roast for 15 minutes at 400 degrees.

Serves 4

# Passion Fruit Pork Sliders



- |                                       |  |
|---------------------------------------|--|
| 5 lb Pork butt                        | 2 tsp Worcestershire sauce                     |
| 2 Tbl Liquid smoke                    | 1 1/2 Cups <a href="#">Passion Fruit Puree</a> |
| 2 1/2 Tbl Hawaiian salt (or sea salt) | 3/4 tsp Cayenne pepper                         |
| 1 Large banana leaf                   | 1 Head green cabbage, shredded                 |
| 1/12 Cup cider vinegar                | 5 Carrots, shredded                            |
| 1 Cup Pineapple juice                 | 2 Cups Pineapple, chopped                      |
| 1 Cup Ketchup                         | 1/2 Cup Mayo                                   |
| 3 Tbl Soy sauce                       | 1/2 Cup Pineapple juice                        |
| 3 Tbl Honey                           | 1/4 Cup White vinegar                          |
| 3 Tbl Brown sugar                     | 1 Tbl Sugar                                    |
| 2 tsp Liquid smoke                    | 1/2 tsp Ginger                                 |

- 1 Slice long, shallow cuts into the pork butt. Rub liquid smoke and salt into the pork.
- 2 Wrap the pork with banana leaf, secure it with twine then repeat with foil.
- 3 Pour 1" of water into a roasting pan. Roast the pork for 3.5 hours.
- 4 Shred the pork and mix it into the BBQ sauce. Scoop on Hawaiian taro rolls or sweet bread, with a side of pineapple coleslaw.

## Pineapple BBQ Sauce

- 1 Mix all ingredients together in a sauce pan except for the [Passion Fruit Puree](#). Whisk mixture and boil until sauce achieves desired thickness. Lower the heat and simmer for about 20 minutes.
- 2 Pour in the [Passion Fruit Puree](#) and reduce to 2 cups.

## Pineapple Cole Slaw

- 1 Combine the pineapple juice, mayonnaise, sugar, & vinegar together.
- 2 Mix thoroughly with the chopped pineapple, cabbage & carrots.

# Crispy Roast Duck with Passion Fruit Sauce



5 Pound Duck (thawed if frozen)  
 2 ½ oz. Irish whiskey  
 2 Star Anise  
 1/3 oz. Black Treacle  
 3 1/3 oz. Pure Maple Syrup  
 ½ Cup [Passion Fruit Puree](#)

- 1 Score the skin with a diamond pattern, cutting only into the skin, not the meat. Diamonds should be about 1 ½" wide.
- 2 Poke duck with a fork all over.
- 3 Salt and truss.
- 4 Roast at 300 degrees for 1 hour breast side up.
- 5 Poke again, flip, roast for 1 hour breast side down.
- 6 Poke, flip, and roast each side 1 more time for 1 hour each.
- 7 Poke again, flip, roast breast side up at 400 degrees for 11-13 minutes or until internal temperature reaches 165 degrees..
- 8 Let rest for 10 minutes, carve & serve with Passion Fruit Sauce.

## Passion Fruit Sauce

- 1 Pour [Passion Fruit Puree](#) in a small saucepan. Add whiskey and star anise.
- 2 Bring to a boil. Remove from heat. If whisk flambés allow it to burn off the alcohol.
- 3 Add maple syrup and black treacle and bring to a boil. Remove from heat.
- 4 Reheat sauce when ready to serve.

Serves 4-6

# Lilikoi Meringue Pie with Gingerbread Crust



## Crust

6 Tbl Unsalted Butter, at room temp  
 1/3 C Firmly Packed Dark Brown Sugar  
 1/4 C Dark Molasses  
 1 Egg  
 1 1/2 C Flour  
 1/2 tsp Baking Soda  
 1/4 tsp each Ground Ginger, Nutmeg, Cloves & Salt  
 1/2 tsp Ground Cinnamon

## Lilikoi Curd

6 Whole Eggs + 6 Egg Yolks  
 1 1/3 C Sugar  
 1 1/4 C [Passion Fruit Puree](#)

## Meringue

6 Egg Whites  
 1 C Sugar

- 1 In a bowl, using an electric mixer on medium speed, cream together the butter, sugar and molasses.
- 2 Add the egg and mix well
- 3 In another bowl, sift together the flour, baking soda, ginger, nutmeg, cinnamon, cloves and salt.
- 4 Add the flour mixture to the creamed mixture and beat just until all ingredients are incorporated. Do not over work the dough.
- 5 Press into a square on a piece of plastic wrap, enclose in the plastic and refrigerate for 1 hour.
- 6 Spray an 8" fluted tart pan with a removable bottom with vegetable oil cooking spray.
- 7 On a floured surface, roll out the dough to 1/4" thick and 10" in diameter and carefully transfer to the prepared pan.
- 8 Press into the bottom and sides of the pan. Using a rolling pin, press down on the pan edges to trim off the excess dough. This dough is very soft so you must work quickly.

# Lilikoi Meringue Pie with Gingerbread Crust



9. Refrigerate for 20 minutes
  10. Bake the crust for 20 minutes, until light golden brown.
  11. Remove from the oven and allow to cool.
- 
- 1 In a stainless steel or other heatproof bowl that will fit over the top of a pan of boiling water, whisk together the whole eggs and egg yolks until blended.
  - 2 Add the sugar and [Passion Fruit Puree](#) and mix well.
  - 3 Place the bowl on top of a pan of boiling water and whisk continuously for 10-15 minutes, until the mixture thickens and has the consistency of a thick pudding.
  - 4 Immediately pour into the baked crust.
  - 5 Cover and refrigerate for 2 hours
- 
- 1 In a bowl, combine the egg whites and sugar.
  - 2 Place over a pan of simmering water and whisk continuously until warm.
  - 3 Remove from the heat and whisk until cool.
  - 4 Spoon the meringue into a pastry bag fitted with a ½" star tip and pipe rosettes on top of the pie.
  - 5 Use a butane torch to lightly color the top, or slip briefly under a preheated Broiler.
  - 6 Return the tart to the refrigerator and chill for 1 hour, until completely set.
  - 7 To unmold, remove the pan sides and slide the pie onto a serving plate.
  - 8 Serve chilled.

Serves 8-10

# Passion Fruit Coconut Tapioca



1/4 Cup Minute Tapioca  
1/3 Cup Sugar  
1 Egg  
1 Cup Milk  
1 Can Coconut Milk  
1/2 Cup [Passion Fruit Puree](#)  
1/4 Cup Jam, thinned with 1 tsp water  
3 tsp Vanilla yogurt  
6 Large Berries

- 1 Mix tapioca, sugar, egg, milk, coconut milk and vanilla in a saucepan.
- 2 Let sit 5 minutes.
- 3 Cook until boiling, reduce heat, stir constantly until thick.
- 4 Remove from heat.
- 5 Cool to room temperature, then add [Passion Fruit Puree](#).
- 6 Pour into 6 small bowls, ramekins or glasses.
- 7 Garnish with thinned jam, dot of yogurt and 1 berry.

# Passion Fruit Cheesecake



## Crust

2 Packages of Graham Crackers  
 1/2 Cup Sugar  
 1 tsp Salt and Cinnamon  
 1/2 Cup Mac Nuts  
 1/2 Cup Butter

## Cheesecake

2 lbs Cream cheese  
 4 Eggs  
 3/4 Cup Sugar  
 1/2 Cup Whipping cream  
 1 tsp Vanilla  
 1/2 tsp Salt  
 1/2 -3/4 Cup [Passion Fruit Puree](#)

## Crust

- 1 Put all crust ingredients into a food processor and blend well.
- 2 Press into the bottom of a pie plate or spring form pan.
- 3 Bake for 15 minutes at 325 degrees

## Cheesecake

- 1 Beat all remaining ingredients except the eggs until well blended.
- 2 Add eggs, 1 at a time, just until blended.
- 3 Pour over crust.
- 4 Bake for 55 minutes or until center is almost set.
- 5 Run knife around rim of pat to loosen.
- 6 Cool before removing.
- 7 Refrigerate cheesecake for 4 hours.
- 8 Drizzle [Lilikoi Coconut Syrup](#) over each piece or spread [Lilikoi Coconut Butter](#) over entire cheesecake.

Serves 8-10

# Passion Fruit Cupcakes and Frosting



## Cupcakes

1 ½ Cups Butter  
 3 Cups Sugar  
 12 Egg yolks  
 3 Cups Flour  
 1 tsp Baking Powder  
 1 tsp Salt  
 6 oz [Passion Fruit Puree](#)  
 2 tsp Vanilla

## Frosting

4 Egg Whites  
 ¾ Cup Sugar  
 1 ¾ Cup Butter, room temperature  
 ½ tsp Salt  
 3-5 Tbl [Lilikoi Coconut Syrup](#) or [Passion Fruit Puree](#)  
 1 tsp Vanilla

## Cupcakes

- 1 Preheat oven to 325 Degrees F
- 2 Blend Butter, Sugar, Yolks, [Passion Fruit Puree](#) and Vanilla into one bowl.
- 3 Blend Salt, Baking Powder and Flour in another bowl.
- 4 Mix both together and pour into a heavy buttered pan.
- 5 Pour mixture into bread pan and bake 60-70 minutes.
- 6 If making muffins pour mixture into lined muffin tins and bake 20-25 minutes.

## Frosting

- 1 Use double boiler and whisk egg whites and sugar until warm (but not cooked) and sugar is dissolved.
- 2 Put in a standing mixer and whisk until egg whites are fluffy, glossy and cool.
- 3 Cut butter into squares. Slowly add squares of butter while mixer is on; mix until smooth.
- 4 Slowly add 1 Tablespoon at a time of [Lilikoi Coconut Syrup](#).
- 5 Put frosting into a pastry bag and pipe onto the cake or cupcakes.

## How to Juice Liliko'i (Passion Fruit)



So, you are lucky enough to live where you can grow liliko'i fruit, not just the beautiful flower. Now what? How do you get the small amount of that liquid gold juice out without having to purchase hugely expensive equipment?

When I picked my first 5 gallon paint bucket full of liliko'i, I cut the liliko'i in half, spooned out the flesh, and put the seeds and juice into a large bowl. Then, I would take about a cup at a time and put it in a strainer with a fine mesh screen. I would use a spoon, rubbing back and forth over and over; trying to get as much of the juice out as possible. A very slow, time consuming, and not very rewarding, process.

Next, I tried putting all the contents into a nut milk bag. I would hang the bag over a bowl from one of our kitchen cupboards and let the juice drain out. When the draining slowed, I would squeeze the heck out of the remaining contents to get every last drop of that lovely liliko'i puree. This was better than the first method, but was still time consuming. My forearms would get so sore from squeezing and squeezing.

Then, I had the bright idea to use my Champion juicer. The juicer worked great; but it ground up the seeds, making the juice a mucky brown color. Yuck! One of the beauties of Da Vine Foods' liliko'i products, is its natural color. I couldn't have the mucky brown color in the products.

## How to Juice Liliko'i (Passion Fruit)



My final idea, and the method I prefer to use for small batches, with minimal equipment at home, is to cut the top off of the lilikoi'i and put all of the inner contents into a freezer bag. The lilikoi'i juice is in a membrane that is around the seed. When I freeze the contents of the bag that membrane pops and releases the juice. I then defrost the lilikoi and put 1 cup at a time into a potato ricer and squeeze the juice into a bowl. This is still labor intensive, but I can do it in multiple steps with stopping time in between. It seems like the best way, to me, for both clean up and labor time. The potato ricer has a long handle which gives me leverage, allowing me to get more juice out of each batch.

This way I get the maximum amount of juice and I am able to maintain the beautiful golden color. My hands don't get tired like they did using the nut milk bag. It seems like a win win to me.

# The History of Liliko'i (Passion Fruit)



<b>Common Name:</b>	<b>Liliko'i</b> (lee-lee-co e) <b>Passion fruit</b>
<b>Scientific Name:</b>	<b>Passiflora edulis Sims</b>
<b>Flower Color:</b>	<b>White, purple, and yellow</b>
<b>Fruit Color:</b>	<b>Yellow and purple varieties</b>
<b>Habitat:</b>	<b>Yellow:</b> Sea level - 2,000 ft <b>Purple:</b> 2,000 ft - 4,000 ft

In the 16th century, when Christian missionaries landed in South America, the passion flower was the plant that signified their success. They named it “Flor de las cinco llagas” or “flower of the five wounds” after its distinctive purple flower. They believed that the flower symbolized the death of Christ; the five petals represented the disciples (minus Peter and Judas), the corona symbolizes the crown of thorns around Christ's head, and other features were a symbol of the wounds, nails, and whips used on Christ.

Today, passion fruit is grown nearly everywhere in the tropical belt but known by a variety of different names. Its common name is Maracuya in Ecuador and Brazil, Parcha in Venezuela, **Liliko'i** in Hawaii, and Chinola or Parchita in Puerto Rico.

Passion Fruit was introduced into Hawaii in 1880 and it quickly became popular in home gardens. It naturalized in Hawaii's almost perfect climate and, by 1930, could be found wild on all the islands of the Hawaiian chain.

## The History of Liliko'i (Passion Fruit)



While there are over 500 species of *Passiflora* only one of the species can be called passion fruit. Within this species (Sims) there are two distinct types of passion fruit, one that produces a purple skinned fruit and another, that produces a yellow skinned fruit. In Hawai'i the two varieties are commonly called purple Liliko'i and yellow Liliko'i. Because the purple variety is subtropical while the yellow variety is tropical, Hawai'i tends to possess more of the yellow than purple Liliko'i.

Both varieties of passion fruit yield a delicious orange colored juice. Passion fruit has a slight tart and citrus taste. Fresh passion fruit contains [vitamin C](#) (36%), [dietary fiber](#) (42%), [B vitamins riboflavin](#) (11%) [niacin](#) (10%), [iron](#) (12%) and [phosphorus](#) (10%) in significant percentages of the [Daily Value](#).

The most striking thing about the passion fruit vine is the flower. These beautiful flowers are beyond description. The flowers, up to three inches wide, grow individually all over the vine. These fragrant flowers each have five white petals that form the base, which has on top a vivid purple streaked and dotted center. Coming up from the center are 5 bright yellow stamens with large ends and shooting outwards from the center are very fine, whitish 'hairs' to complete this bizarre but beautiful flower.

## The History of Liliko'i (Passion Fruit)



As the flower ages, it begins to close and harden into a young fruit. The fruits start out as a dark purplish-green nut shaped fruit, that matures to about a 3 inch wide fruit, that becomes purple or bright yellow. Within the fruit are a delicious pulpy juice and many small black seeds. Both the juice/pulp and seed is edible, but the fruit must be mature, as toxins exist in the immature fruits. While the seeds are edible, it is the fruit juice that is mostly used.

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## I HOPE YOU ENJOYED THIS COOKBOOK!

This is just a small sample of recipes I have shared on my website.

Please visit me at **Da Vine Foods** for more recipes!

[www.davinehawaii.com](http://www.davinehawaii.com)

- Rochelle

