

KIWIFRUIT



PREPARATION



- Cut in half and eat straight from the skin.
- Remove the tops and bottoms of the kiwifruit thinly slice of the skin and quarter/ slice to add to a fruit platter or fruit salad.

ADD FLAVOUR



- Sprinkle over sesame seeds and dried coconut and squeeze over lemon juice.
- Use to tenderise meat. Simply slice or mash up a green kiwifruit and place it on your meat before you cook it.

COOKING



- You can cook Kiwifruit but, since the flesh is so soft, add it to the last minute or two of a stir-fry.
- Both green and gold Kiwifruit make really refreshing summer drinks and additions to any salad.

VEGE UP



- Dice and used as an addition to muffins.
- Use as the base of a chutney or jam. The natural pectin will help it set.
- Stew and keep in the fridge or freezer to serve over porridge, cereal or ice-cream.

STORAGE



- Generally, speaking, when a kiwifruit yields to slight pressure, like a peach, it is ready to eat.
- If the kiwifruit is firm store at room temperature to ripen. If you don't want the kiwifruit to ripen further, put it in your refrigerator, it should store for 1–2 weeks.
- Kiwifruit can be peeled, chopped and frozen for use in homemade ice cream and smoothies.