

ABOUT PLUOTS

Pluots are a hybrid fruit created by combining a plum and an apricot. The ratio works out to around 70% plum and 30% apricot, and they look more like plums. They should be handled delicately, just like a plum. Pluots are a good source of vitamin A, vitamin C, and fiber.



Choose:

- ◆ Pluots that are plump, firm, red to pink in color and fragrant

Avoid:

- ◆ Green, un-ripened pluots

Storage:

Pluots can be stored in the refrigerator once they are fully ripe.

Serving Tip:

- ◆ Use them in place of plums or apricots in your favorite recipes.
- ◆ Pluots can be served raw or cooked.



Make your own baby food. Use 2 pluots and 2 peaches for this puree. Using a knife, make an "X" at the bottom of the pluots and peaches, just cutting through the skin. Make sure to leave them whole. Place the fruit in a steamer pot over boiling water for 2-3 minutes or until the skin starts to peel back from the fruit. Remove from the heat. Let the fruit cool for a minute or two. Peel all of the skin off the fruit (if using ripe fruit, it should come right off). Cut the fruit into large chunks, discarding the pit, and place in a food processor. Puree until smooth. Cool and serve.

PLUOTS

Honey Pluots



Yield: 4 servings
Time: 8 minutes

Ingredients

1/4 cup honey
5 pluots, quartered

Directions

1. Cover the bottom of a sauté pan with honey. Place over low heat to warm the honey. Then add the pluots, cut side down. Cook for 5 to 6 minutes or until the cut sides are slightly browned.
2. Turn the pluots and cook for another 3 minutes or until the fruit is soft, but not mushy. Serve with ice cream.

Notes: _____



Homemade Pluot Syrup

Yield: 4 servings, or 2 cups of syrup
Time: 30 minutes



Ingredients

4 pluots, diced
1/2 cup sugar
1/4 cup water
Juice from 1 lemon
1 cinnamon stick or 1 teaspoon cinnamon

Directions

1. Place all ingredients in a small saucepan over medium heat. Stir to combine. Allow mixture to come to a slow boil, stirring often. Reduce heat to low and allow to simmer, stirring often, about 20 minutes, or until liquid has reduced by nearly half and becomes thick like a syrup.
2. Remove cinnamon stick.
3. Allow to cool for about 5 to 10 minutes before serving. Syrup will thicken a bit more as it cools. Serve warm over pancakes.

Notes: _____

