

## **Indulge your passions! : a guide to exotic fruit & vegetables / Tesco.**

### **Contributors**

Tesco (Firm)

### **Publication/Creation**

[Cheshunt] : Tesco, [1995?]

### **Persistent URL**

<https://wellcomecollection.org/works/afna2mze>

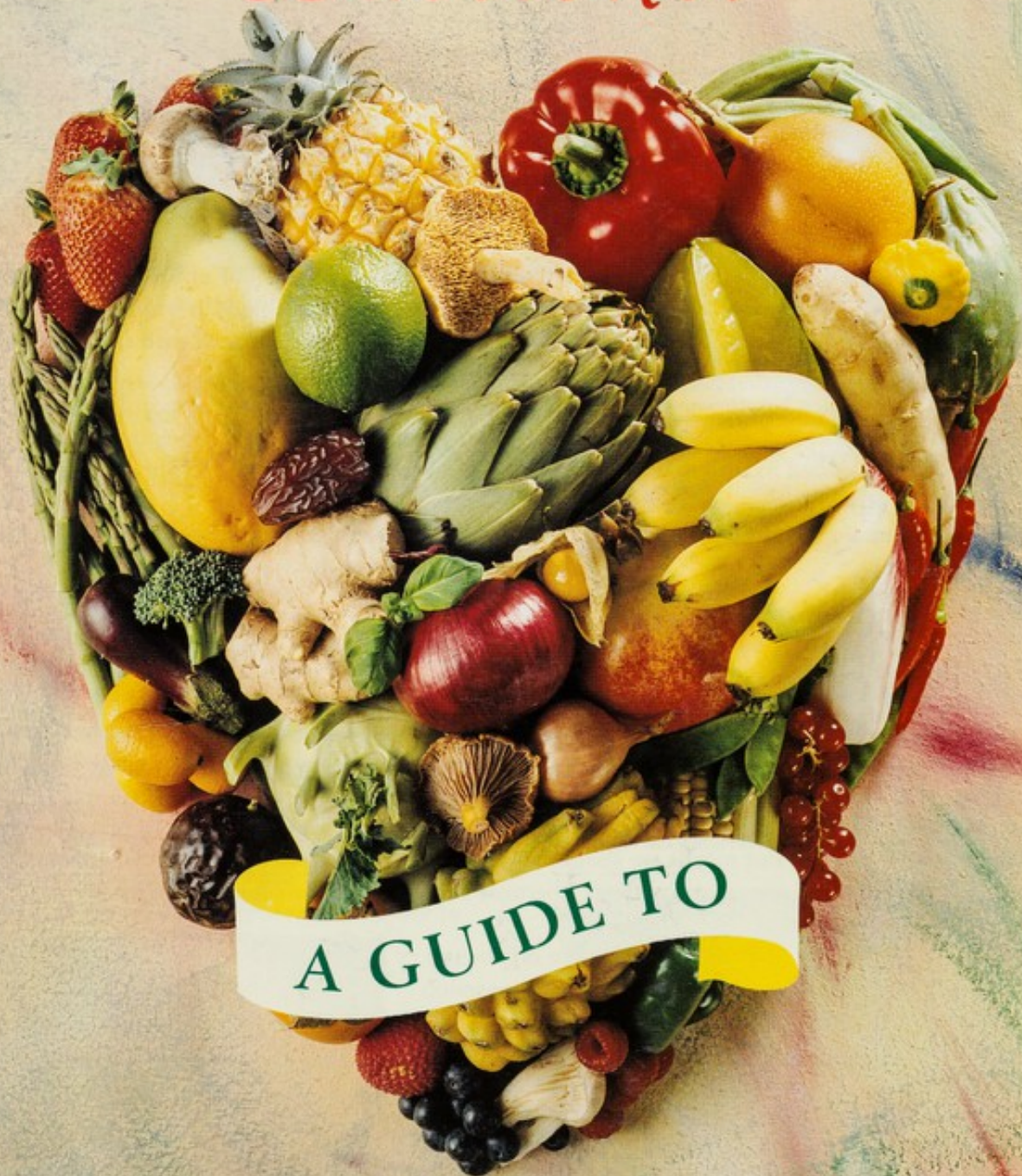
### **License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome  
collection**

Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

*Indulge Your  
Passions!*



**EXOTIC FRUIT & VEGETABLES**

**TESCO** *Every little helps.*

*Throughout the centuries, people have sought to fire their passions through the use of aphrodisiacs - foods which delight or inspire the mood of love and romance. Tesco takes a lighthearted look at the romantic and aphrodisiac claims associated with some exotic fruits and vegetables and suggests ways in which to serve, prepare and enjoy them.*



## *Love at first bite....*

### MANGO

It is not hard to believe that this is the number one food for lovers. For a start, the mango is so big and rich that most couples will want to share one - unless you each indulge your passion with a mini mango. And it's so sticky and juicy that it has been said that the only place to eat this gorgeous fruit "is in the bath with a friend!"

The sweet slightly spicy flavour of the orange, yellow flesh is the perfect complement to white meats such as chicken and works especially well with spicy dishes and curries.

**TO SERVE:** Slice length-ways either side of the large, flat central stone. Discard both skin and stone. To savour at its best, mango should be eaten on its own but is also delicious in mousses and sorbets or added to fruit salads. Mango juice is an excellent addition to fruit drinks. Also ideal with curries. Available all year.

Mangoes contain about 60 calories per 100g/3<sup>1</sup>/<sub>2</sub>oz. They are a good source of vitamin A, C and dietary fibre.

## *An exotic jewel....*

### POMEGRANATE

According to biblical scholars, the pomegranate has been a fruit of passion since the beginning of time. It is said that in the Garden of Eden it was the scarlet globe of the pomegranate - not the apple - that tempted Eve.

Romantic writers throughout the whole of history have praised its juicy flesh as a tempting treat for lovers of all ages. But maybe we should add a note of caution. In the Orient the jewel like ruby seeds are often served at weddings - because it is believed the couple will then go on to have as many children!

**TO SERVE:** Chill and cut in half or slice off the top of the fruit. Eat the fleshy seeds inside with a teaspoon but avoid the thin yellow membrane, which like the pith is bitter. Alternatively "knead" or roll the fruit with the hands before carefully piercing a hole in the skin and sucking to get the juice.

The syrup made from pomegranates (Grenadine) is used in cocktails. The juice can be used to flavour sauces, jellies, sorbets and casseroles. Available August to February.

Pomegranates contain vitamins A, some B vitamins and C. They contain about 50 calories per 100g/3<sup>1</sup>/<sub>2</sub>oz.





## *What's in a name?....*

### **PASSION FRUIT**

No one who has tasted passion fruit juice, or cake, or a delicious sorbet, or ice-cream based on this little purple number with a wrinkly leathery skin, will need much convincing that here is a delicacy conducive to amorous feelings! To savour the textures and taste of the bright yellowish flesh and crunchy seeds, simply eat it straight from the deeply perfumed fruit. Once tasted, a passion fruit can easily become one of the great loves of your life! If, as a clever connoisseur has written, the marks of an aphrodisiac food are lightness and intense flavours, the passion fruit is a winner every time.

#### **TO SERVE:**

Cut the fruit in half, scoop out the edible seeds and flesh and sieve if liked. Serve on its own or with cream and sugar to taste. Add to fruit salads, milk shakes and rich creamy desserts or simply top cheesecakes and pavlovas. Available throughout the year.

A source of riboflavin, niacin and vitamin C, its flesh contains about 40 calories per 100g/3<sup>1</sup>/<sub>2</sub>oz.

## *Pure Heaven....*

### **GRANADILLA - The Lover's Fruit**

A bigger cousin of the passion fruit, the Lover's Fruit also known as the granadilla, is a sweet treat highly esteemed in places as far apart as tropical Mexico, China and Hawaii. But the people there try to keep the granadilla's heavenly flavour to themselves making it something of a rarer treat in Britain.

So what's so special about the granadilla? Well, for a start, it is one of the prettiest fruits and very sensual to handle. You can cut it in half, and eat the greyish pulp and black seeds with a spoon. The sensation you get on the tongue is incomparable with the combination of crunchy seeds and sweet exotic fragrant flesh. Little wonder that the juicy, crunchy, tactile granadilla has earned itself the nickname the Lover's Fruit!

#### **TO SERVE:**

Cut in half and scoop out the flesh and seeds. Eat on its own as juice or use to make mousse, fruit salads, sorbets or ice cream. Available all year.

Granadilla contains about 90 calories per 100g/3<sup>1</sup>/<sub>2</sub>oz of pulp and is a very rich source of vitamins A and C.



## *Delicious "thistles"...*

### ARTICHOKES

There are many ways of serving this curious member of the thistle family, but perhaps the most exciting is the one named after Aphrodite, the Greek goddess of love - "Artichokes Aphrodite". The vegetables can be stuffed with a savoury filling, then steamed and served whole.

Each of you strips them of their petals, one by one, moving from the outside in. Using your teeth you scrape the tender flesh from the petal's base. Then you cut away the hairy choke covering the artichoke's base, and eat the remaining succulent core. A delicious dish that is sure to help you find the way to your loved one's heart!

#### **TO SERVE:**

Break the stalk of the artichoke so that it pulls out the fibres. With scissors trim off the pointed spines, and with a large sharp knife trim off the pointed top of the artichoke. Boil or steam the artichoke for 35-45 minutes or until a central leaf can be pulled out easily. Drain them upside down.

Artichokes contain about 50 calories per 100g/3<sup>1</sup>/<sub>2</sub>oz and contain iron, other minerals and vitamin E.



## *It's how you eat it that matters....*

### ASPARAGUS

Asparagus was considered an aphrodisiac by the Egyptians, the Greeks and the Romans.

Lovers, for over 2,000 years, have been sharing this slim and elegant vegetable - cooked quickly, the fresh green spears are simply picked up with the fingers, dipped into butter or a rich sauce, and nibbled from the tip.

The best asparagus is farmed in England and flown daily to many parts of the world. Aren't we lucky to have it growing on our own doorstep!

#### **TO SERVE:**

Wash and trim the stems, reserving any of the pieces to flavour stocks, soups, stews etc. Tie the asparagus into bunches and if possible stand the bundled stalks end down in boiling salty water using a very deep pan. Depending on the thickness of the stalk cook quickly between 10-20 minutes. Test by piercing the toughest part of the stem gently with a sharp knife. Preferably keep the tips out of the water, otherwise they will overcook.

Asparagus contains about 25 calories per 100g/3<sup>1</sup>/<sub>2</sub>oz and vitamins A, C and potassium.





## *The apple of love....*

### AUBERGINE

Known as "the apple of love", this is one of the world's most popular vegetables. It is also one of the easiest and most versatile to prepare: it can be baked whole in its skin, steamed, roasted or grilled. An extensive variety of recipes using aubergine originate from Turkey. The most famous of these is called Imam Bayildi, possibly the greatest vegetarian dish in the world: an aubergine is stuffed with cooked onions, seasoned tomatoes, olive oil and garlic, then baked. The strange name of the dish means "The Holy Man

Swooned" and is said to refer to a priest who was so thrilled at the scent of this wondrous dish that he forgot his vows of austerity and fainted from sheer delight.

#### **TO SERVE:**

Wipe the aubergine clean and trim off the spiny stalk. Halve, slice or dice them according to the recipe. Sprinkle with salt and leave for 30-60 minutes to draw out any bitterness and to keep the flesh firm. Rinse and dry well. Steam, sauté, barbecue, fry or grill the vegetable. Available all year round. Aubergine contains about 15 calories per 100g/3<sup>1</sup>/<sub>2</sub>oz. They contain the B vitamins and vitamin C.

## *Fragrant Flavours....*

### FENNEL

Fennel was recognised by Egyptian and Greek civilisations to have aphrodisiac properties and Italians in particular, have long sworn that this innocent looking vegetable can set the scene for romance. So it's not surprising that the ancient Romans introduced this plant to Britain.

Slightly bitter, with a distant flavour of aniseed (the herb which gives chartreuse liqueur its special appeal), fennel is particularly good with fish, cheese and pork. It is even used to give a spicy flavour to certain wines.

#### **TO SERVE:**

Thoroughly wash the root and trim stems and coarser outer leaves off. Use the feathery green leaves for garnishing. Leave small stems whole and cut larger fennel bulbs into halves and quarters if cooking in casseroles, stews and soups or slice or chop if using raw in salads. Allow one bulb per person.

Fennel contains about 10 calories per 100g/3<sup>1</sup>/<sub>2</sub>oz. It is a good source of folic acid and also contains some calcium, iron, vitamins A and C.





# Exotic Jewel Flan

SERVES 8

## INGREDIENTS:

225g (8oz) ready made shortcrust pastry

## FOR THE FILLING:

175g (6oz) cream cheese

50g (2oz) icing sugar, sifted

300ml (1/2pt) extra thick double cream

4 fresh passion fruit

## TO DECORATE:

25g (1oz) finely chopped fresh pineapple

75g (3oz) fresh redcurrants

Seeds of 1/2 fresh pomegranate

1 small fresh sharon fruit, quartered and cut into thin slices

1 fresh kiwi fruit, peeled, quartered and cut into thin slices

25g (1oz) fresh blueberries

25g (1oz) fresh raspberries

50g (2oz) fresh physalis, husks removed

1 fresh baby banana

Freshly squeezed juice of 1/2 lemon

75g (3oz) fresh strawberries, hulled and thinly sliced

## METHOD:

1. Roll out the pastry on a lightly floured surface and use to line a 25cm (10 inch) round and fluted, loose bottomed flan tin, trimming off any excess. Prick the base all over with a fork and chill in a fridge for 30 minutes. Preheat the oven to 200°C (400°F) Gas 6.
2. Bake the pastry case blind using greaseproof paper and baking beans for 15 minutes. Then remove the paper and beans and cook for a further 5 minutes or until the case is crisp and cooked. Then leave to cool on a wire rack.
3. Beat the cream cheese together with the icing sugar until softened and well mixed. Whip the cream until quite firm then fold into the cream cheese mixture. Cut the passion fruit in half, scoop out the seeds and juice and add to the filling mixture.
4. Spoon the filling into the pastry case, smoothing over the surface. Then arrange the pineapple in the centre, surrounded by sprigs of fresh redcurrants.
5. Arrange lines of pomegranate seeds, sharon fruit and kiwi slices around the redcurrants and then lines of blueberries, raspberries and physalis around them.
6. To finish the flan, peel and slice the banana and toss in the lemon juice to help prevent discolouration. Then shake off any excess lemon juice and arrange the banana and strawberry slices around the very edge of the flan as illustrated. Serve chilled in slices.