



STARFRUIT

STARFRUIT BRUSCHETTA INGREDIENTS

2 large starfruit • 1/2 cup fresh raspberries • 1/2 cup red seedless grapes, cut in half • 1/2 cup pineapple tidbits, drained
1 Tbsp. minced jalapeño pepper • 1 Tbsp. sugar • 8 oz. cream cheese • 1/2 cup chopped pistachios

DIRECTIONS

Prepare the starfruit by removing the ends and shaving off each edge around fruit. Cut each fruit into 4 to 6 stars, and then remove seeds from the fruit's center. Place stars in between layers of paper towels and gently press down to absorb excess liquid. Remove paper towels and transfer stars to a decorative platter; set aside. Place raspberries, grapes, pineapple tidbits, and jalapeño pepper into a glass bowl. Sprinkle sugar over top and mix to incorporate, adding more sugar to taste if desired. Set bowl aside. Remove the cream cheese from package and place in a shallow glass bowl. Microwave on high at 15-second intervals, stirring each time until cream cheese has softened enough that it is easy to spread. To assemble, add one tablespoon of cream cheese to each star, followed by a tablespoon of fruit mixture, and top with chopped pistachios. *Adapted from a recipe created by Chef Katherine Babson*

About Starfruit

Try the five-pointed sweet starfruit for an incomparable taste that's been described as a delightful blend of apple, grape, pear, and other citrus fruits. Before taking a bite of this freshly picked gem, however, it's good to know that starfruits are generally sweetest when allowed to fully ripen on the tree. With a skin that's smooth, light to dark yellow, and waxy to the touch, the fruit's pulp is crisp, pale to more intense yellow, translucent, and very juicy. A slow-growing, small-to-medium-height evergreen tree, the starfruit makes an attractive ornamental and thrives as a container-grown plant. Soft, smooth, and medium green on the upper surface and white beneath, its compound leaves contain 5 to 11 small, light-sensitive leaflets that close together at night or if the tree is disturbed. Blooming several times throughout the year, its fragrant, perfectly shaped flowers, ranging from pink to lavender, grow in clusters on leafy, young or older, bare branches. With prominent longitudinal ribs that form the points of the star when sliced widthwise, the small fruit contains about a dozen thin, tiny, brown edible seeds. Commonly referred to as the starfruit, this plant is also called the carambola, five-finger, and bilimbi.

