

A Taste of the Tropics

Sick of winter and can't afford a vacation?
Get a taste of the tropics with these recipes that feature tropical fruits.

Dragon fruit Cheesecake

Ingredients:

- ¼ cup cold water
- 1 tablespoon gelatine powder
- 250g pkg. of Arnott's NICE biscuits or a plain chocolate biscuit crumb that will look magnificent against the pink of the cake.
- 100g butter – melted
- 500g cream cheese – softened
- 2/3 cup caster sugar
- 1 large red dragon fruit diced (approx. 360 – 400g of fleshed fruit)
- 300ml thickened cream
- Extra dragon fruit (any colour) or other fruit such as berries to decorate.

Method:

- Grease a 22cm round (base) springform cake pan. Line sides only with baking paper, ensuring it extends a minimum of 1cm above the edge of the pan
- Place the ¼ cup water in a small heatproof jug. Sprinkle the gelatine powder over the water and microwave on HIGH for 20 to 30 seconds until gelatine



is dissolved. Important watch closely as need to stir at halfway mark i.e. 10 seconds. Once dissolved set aside to cool. Note the consistency should be liquid, not a gel.

- Using a food processor, blitz biscuits until they resemble fine crumbs. Add the cooled melted butter and process until combined.
- Spoon and press biscuit mixture

over the base of your prepared pan and refrigerated while preparing the filling.

- Wipe processor clean, then process softened cream cheese, sugar, and the dragon fruit until smooth and combined. Add cream and process for a further 30 seconds. Whilst the motor is running, gradually add cooled gelatine mixture, processing until combined.
- Pour mixture over prepared base in pan.
- Refrigerate overnight or until set.
- Remove cheesecake from pan and place on serving platter.
- Decorate cheesecake with the extra dragon fruit and or berries to your liking.



Mango Crumb Bars

As well as being an antioxidant, this delicious fruit is an excellent source of vitamin C, A, and folate and is high in fiber, which is beneficial in weight control and the prevention of colon cancer and heart disease.

Ingredients:

- 2 cups all-purpose flour
- 1 cup melted butter
- ½ cup confectioners' sugar
- ½ cup chopped macadamia nuts
- 4 cups chopped mangoes
- ¾ cup white sugar
- ⅓ cup water
- 1 teaspoon lemon juice
- 4 tablespoons cornstarch
- 3 tablespoons water

Directions:

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- Combine flour, butter, and confectioners' sugar in a bowl. Stir in macadamia nuts. Press half of the mixture into a 1/2-inch-thick layer on the bottom of the prepared pan to make the crust.
- Bake in the preheated oven until lightly browned, 15 to 20 minutes.
- Stir mangoes, white sugar, 1/3 cup water, and lemon juice together in a saucepan. Cook over medium heat until mangoes reduce by 1/3, 7 to 10 minutes.
- Combine cornstarch and 3 tablespoons water in a small bowl. Pour into the mango mixture; cook until thickened, 5 to 7 minutes. Cool briefly and pour over the crust. Sprinkle the remaining flour mixture on top.
- Continue baking until lightly browned, 20 to 25 minutes. Cool until set, about 15 minutes. Cut into bars.



Ingredients:

- 4 ounces unsalted butter (1 stick)
- 2 cups pineapple chopped
- ⅔ cup all purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 large whole eggs plus 1 egg yolk
- 1 teaspoon vanilla extract
- 1 cup granulated sugar
- ½ teaspoon lemon zest grated

- Confectioners sugar to dust

Instructions:

- Preheat oven to 350 F
- Butter a 9" round cake pan (use parchment in the bottom of the pan for easy removal after baking)
- In a large frying pan over medium heat, melt the butter, reserve 6 tablespoons for later. Add the pineapple and cook for about 10 minutes.
- **do not use any of the juice from the frying pan only the pineapple.
- In a small bowl mix together flour, salt and baking powder.
- In a large bowl beat the whole eggs and egg yolks until blended.
- Add the reserved melted butter, sugar, vanilla and lemon zest.
- Stir in flour and pineapple.
- Spoon into prepared pan, smoothing the top.
- Bake until cake is browned, 30-35 minutes.
- Transfer to a wire rack to cool in pan for 5 minutes. Invert cake onto plate to remove the pan and then invert again and return to rack to cool completely.
- Before serving dust with confectioners sugar



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PRICES SUBJECT TO CHANGE

Davis gelatine powder	100grs	\$5.19
Rogers berry sugar	1kg	\$5.49
Macadamia nuts	200g	\$8.29
Icing sugar	1kg	\$6.39
Philadelphia cream cheese	250g block	\$8.99
Fraser Valley unsalted butter	250g	\$5.99
All purpose flour	1kg	\$2.89
Pure vanilla extract	57ml	\$5.79
Rogers granulated sugar	1kg	\$4.19
Real Lemon lemon juice	125ml	\$0.99
Cornstarch	230g	\$1.49