

# Florida Food Fare

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## Jaboticaba

**Description:** The most fun about this fruit is probably found in trying to pronounce it. No matter what you say it sounds like a bunch of gobbily gook. The accent is usually on the first or second syllable as: ja-bo'-ti-ca-ba or ja'-bo-ti-ca-ba.

**Available:** March - June. This fruit does not ship well and is seldom available in local markets. Primarily it is a backyard fruit that can be grown locally, particularly in areas close to the coast.

**Nutritional Value:** (Per 1 cup) 45 calories; 1 g protein; 12 g carbohydrates; 6 mg calcium; 9 mg phosphorus; 23 mg ascorbic acid (vitamin C).

**Description:** Jaboticaba is native to Brazil, cherry like or grape like in appearance but with a thicker, tougher skin. Fruit has a dark maroon to blackish skin with a muscadine flavor. Average size is 1 inch in diameter but will vary from 3/4 to 1 1/2 inches, depending on species and variety. The gelatinous whitish pulp contains one to four small seeds. Fruit grows off the central stem, and not from the terminal branches as most other fruits.

**Storing:** For short term, about one week, place fruit in sealed plastic bags with a sprinkle of water to maintain a high humidity level. Freeze for later enjoyment.

**Basic Uses:** Fruits may be eaten out-of-hand, discarding the skin and seeds. They can also be used in jams and jellies, fresh fruit salads, sherbets and cobblers.

## Recipes:

### Jaboticaba and Mango Fruit Cup

1 cup cut, seeded jaboticaba (peeling is optional)	3 cups peeled and sliced mangos 1/2 cup fresh coconut chips
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Prepare fruit and combine, Chill. Serve either on crisp lettuce lined plates or in parfait-type glasses.

### Jaboticaba Juice

*(extracting for jam or jelly)* Wash jaboticabas and crush in bottom of saucepan. Add enough water to cover fruit. Bring to boiling point and simmer for 15 minutes or until tender. Allow to stand overnight. The next day mash fruit and heat to boiling. Pour fruit into a jelly bag, or double thickness of clean muslin, and allow to drain for 6 to 8 hours.

### Jaboticaba Jelly

4 cups jaboticaba juice	1/2 C lime juice
7 cups sugar	1/2 bottle liquid pectin

Bring juice to boil. Add sugar and lime juice. Bring to a rolling boil and boil for one minute, stirring constantly. Stir in pectin and bring to a rolling boil and boil for one minute more. Remove at once from heat. Allow to stand for 2 minutes, skim and pour into sterilized jars with two-piece lids. Seal and process in boiling water bath for 10 minutes.

### Jaboticaba Jam

3 cups jaboticaba pulp	2 tablespoons lime juice
3 cups sugar	

Use pulp that has been left over from jelly making or fresh pulp. Remove seeds and pulp through a food chopper. If using fresh fruit cook until tender. Add sugar and cook slowly until a spoonful of the mixture will hold its shape. A thick bottom pan is best for cooking jams. Spiced jam is excellent. If a spiced product is desired, for each cup of pulp add 1/4 teaspoon ground cloves, 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg.

*Note: for sugar-free or low-sugar jelly or jam, follow the instructions from the commercial pectin package as given for grapes.*

### **Jaboticaba and Mango Pudding Cake**

2 large ripe mangoes, peeled and sliced	2 tablespoons tapioca, soaked in
1 large green mango, peeled and sliced	cool water for 5 minutes
1 cup jaboticaba juice	2 tablespoons butter, melted
1/2 cup brown sugar	1/2 large box white or yellow cake mix
1/2 cup white granulated sugar	1 cup chopped pecans

In large pot place mango slices and jaboticaba juice. Heat until mangoes are partially cooked. (The green mango adds body to the fruit mixture and keeps it from becoming too soft.) Add to this mixture sugars and drained tapioca.

Add melted butter to 9 inch x12 inch pan. Pour mango mixture into this pan. Sprinkle 1/2 box dry cake mix on top of mango mixture. Sprinkle chopped pecans over top of mix. Dot with butter. Bake at 350 degrees F. about 45 minutes. Serve plain, or with ice cream or whipped cream.

### **Jaboticaba Tropical Pie**

1/2 cup seeded jaboticaba	1/3 cup chopped pecans
1 6-oz can crushed pineapple, drained but save 1/2 cup juice	2 small ripe bananas, sliced
1/2 cup sugar	1 baked pie shell
2 tablespoons cornstarch	8 ounces thawed frozen dairy topping
2 teaspoons vanilla extract	1/3 cup chopped pecans for topping

Prepare jaboticaba. Drain pineapple, reserving 1/2 cup liquid. Mix sugar and cornstarch; combine with drained pineapple juice and fruits. Bring to boil and cook, stirring constantly, until mixture is thickened. Add vanilla and cool. Stir in sliced bananas and chopped pecans. Pour into pie shell. Top with dairy topping and remaining chopped pecans.