

Taste Test: Star Fruit



Star fruit, also known as carambola, is a tart and juicy tropical fruit native to Sri Lanka; however, they are now cultivated in many other regions of Asia and South America as well. The cross-section of the fruit looks like a five-pointed star – that is where it gets its name!

Food Fact
Star fruit is very high in vitamin C, and a source of fibre and folate!
How to Choose:
☐ Look for firm, glossy, unbruised fruit.
☐ Browning on the tips of the ridges is a sign of ripeness.
Overripe fruit will be yellow with brown spots.
How to Prepare:
Wash, dry, and cut crosswise into thin slices.
Use as a garnish for meat dishes, appetizers, and in salads.
How to Store:
☐ Cover and refrigerate unwashed ripe fruit for up to 2 days.
☐ Ripen at room temperature until it smells slightly sweet, and the skin is golden with slightly brown ribs.
Note:
Canada's food guide recommendations: Include vegetables and fruit in all meals and snacks. Aim for half your plate to be vegetables and fruit.

I tried It!

My Rating (circle one):







Would you like to try star fruit again?

☐ YES ☐ NO

Ideas for Serving Star Fruit:

- Add stars (slices of star fruit) to your salads and fruit salads.
- Diced star fruit can be added to curry dishes.

Grilled Pineapple with Star Fruit

Makes 4 servings

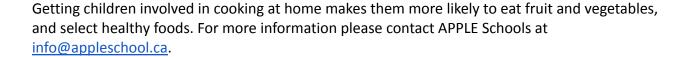
Ingredients:

- ☐ 1 small pineapple
- ☐ 1 star fruit, sliced
- ☐ 1 Tbsp coconut, shredded

Directions:

- 1. Preheat grill and line grill pan with foil.
- 2. Remove top and base of pineapple, then cut away skin, removing as many eyes as possible.
- 3. Cut pineapple in half lengthways. Then slice into half rounds 5mm thick.
- 4. Grill till golden brown on each side. Serve with starfruit and sprinkle with coconut.

Recipe adapted from https://livelighter.com.au/Recipe/86/grilled-pineapple-with-star-fruit



¹Mix it Up!TM Campaign. Fruit&Veggies Primer. http://www.5to10aday.com/en/fruits-veggies-primer/fruits-from-a-to-z/a Accessed July 30, 2012.



