

CHERIMOYA 101

Rolling in from sunny Southern California, our friends at Cunningham Ranch offer the unique flavor of organic Cherimoya. This one-of-a-kind fruit, resembling a small dragon egg, brings sweet, creamy tropical flavors to sets and tables.

Encourage food enthusiasts to elevate their eating experience and tempt curious shoppers experiment with something fresh and exciting. Ask your Account Representative about bringing in this delicious and unusual fruit.

Prep:

Pull apart ripe Cherimoya with your hands or a small knife and scoop up the sweet flesh – but avoid eating the skin or seeds.

Flavor:

Sweet with subtle tartness and a unique blend of banana, pineapple, strawberry, papaya and sometimes vanilla.

Texture:

Creamy and custard-like with a velvety smooth flesh similar to a ripe avocado. You'll know it's ripe when it gives to gentle pressure, like an avocado or pear, and has a little black or brown coloring on the skin.

Nutrients:

Good source of vitamin C, B6, potassium and magnesium, and high in fiber.

Uses:

- Enjoy fresh, scooped with a spoon.
- Use in smoothies, fruit salads and desserts like ice cream.
- Incorporate into savory dishes for a unique twist.

Pairings:

- Complements tropical fruits like mango, passion fruit and coconut.
- Pairs well with citrus flavors like lime or orange.
- Excellent with mint, ginger and chocolate for adventurous combinations.

