

Tree Tomato

Rob Love

Mauna Kea Beach Hotel



Play on Pasta in Tree Tomato Sauce

Ingredients:

2 large locally grown Purple sweet potatoes
6 tree tomatoes / tamarillos
2 tbsp fine minced ginger
1/2 cup brown sugar
1 tsp red salt
1 tbsp chopped basil
1 tbsp parsley

Procedure:

Shred sweet potatoes paper thin on mandolin or slicer. Salt and set aside until pliable.

Cut tree tomatoes in half and chop. In a large bowl, mix in brown sugar, basil and parsley followed by the sweet potato slices folded in half.

Let sit 15 minutes before serving.

Yields: 5 servings

Nutritional Values Per 100g of Edible Portion

moisture	82.7-87.8
protein	1.5g
carbohydrate	10.3g
fat (ether extract)	0.06-1.28g
fiber	1.4-4.2g
nitrogen	0.223-0.445g
ash	0.61-0.84g
calcium	3.9-11.3mg
phosphorus (with seeds)	52.5-65.5mg
(without seeds)	13.1mg
iron	0.66-0.94mg
carotene	0.371-0.653mg
(or calculated vitamin A)	540 I.U.
thiamine	0.038-0.137mg
riboflavin	0.035-0.048mg
niacin (with seeds)	1.10-1.38mg
(without seeds)	1.011mg
ascorbic acid	23.2-33.9mg

Tree Tomato or Tamarillo

Cyphomandra betacea

A small brittle fast growing tree, rarely reaching heights of 20 feet. Fruit ranges from 2 to 4 inches and is usually red colored although some varieties can be purple-red, orange or yellow.

The tough skin and seeds are often discarded in favor of the sweet to slightly acid flavored fruit. Reminiscent of a spicy tomato, the fruit is extremely popular in New Zealand where it was introduced in 1891. It is generally believed to have originated in the Andes and was spread worldwide by early explorers and traders. It was thought to come to Hawaii with Poha in 1825. The name Tamarillo was developed in 1967 in New Zealand for marketing purposes.

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Ken Love, President

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