

# PAPAYA RECIPES

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## 1997 EDITION

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Edited by:  
Marjie Scharff & Harry Mazal



THE SAN ANTONIO BOTANICAL  
SOCIETY

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555 Funston  
San Antonio, Texas 78209  
Society: (210) 829-5360 — Plant Sales: (210) 829-5100

# PAPAYA RECIPES

## GREEN PAPAYAS

Some people have skin allergies to the papain found in the milky white liquid of the unripe papaya peel therefore you might want to avoid this by wearing vinyl gloves when peeling

### RYALS' GREEN PAPAYA SALAD

1 lb. shredded papaya	1 TBS. garlic powder
1 TBS. fish sauce	2 TBS. lime juice
(Nam Pia in Oriental food section)	1/2 tsp. hot chile sauce
3 plum tomatoes, chopped	1 TBS. sugar

Wash and cut green papaya into half and scrape out the seeds. Slice, like you would a cantaloupe melon, and peel. Grate papaya slices using a food processor or hand grater like you would cabbage for slaw. Cover shredded papaya with sauce (see below) and marinate for several hours or overnight. Keeps good for three days in refrigerator. Great served with BBQ chicken.

### RYALS' BAKED GREEN PAPAYA

Chunk peeled slices of papaya. Parboil for 15 to 20 minutes (depends on size of chunks). Put in a baking dish, season and cook as you would butternut squash.

## **RYALS' STIR FRYED GREEN PAPAYA**

Prepare and parboil as above. Put in skillet, add some red pepper and onion slices, add seasoning as desired and cook to desired tenderness. Serve with rice.

## **FREEZE PAPAYA FOR BAKING**

(From Will and Gretchen Ryals)

The green papaya can be frozen for baking later. Peel, chunk and parboil for about 2 minutes. Immediately submerge in Ice cold water, drain, put in freezer containers and freeze.

## **STIR FRYED GREEN PAPAYA**

2 lb. green papaya peeled, seeded, diced	1 onion, chopped 1/4 cup water
2 TBS. oil	1 tomato chopped
2 cloves crushed garlic	
2 TBS. soy sauce	

Sauté garlic, onion and tomato. Add papaya and soy sauce. Add water. Cover and cook for about 15 minutes or until tender.

## **PAPAYA SEED SALAD DRESSING**

1/2 cup sugar	2TBS. fresh papaya seeds (washed)
2 cups oil	1 cup tarragon vinegar
1 tsp. seasoned salt	1 tsp. dry mustard
1 small onion, minced	

Put vinegar and dry ingredients in a blender, turn on, and gradually add oil and onion. Add seeds and blend only until seeds are the size of coarse ground pepper.

## MALE PAPAYA FLOWERS IN COCONUT MILK

1 lb. papaya flowers from the male tree	<b>1/4</b> cup chopped tomato
1 serrano chile, sliced and seeded	<b>1</b> garlic clove, sliced
2 TBS. com oil	<b>3</b> shallots sliced
1 tsp. salt	<b>1</b> cup coconut milk (not sweetened)
<b>1/4</b> cup chopped tomato	<b>1/2</b> tsp. shrimp paste (trassi in Oriental market)

Pick the buds and newly opened flowers from the stems and cover them with water in a saucepan. Cook over medium for 15 minutes. Drain the flowers and blot with a paper towel to remove moisture (this takes away the slightly bitter flavor). Heat oil in a skillet and stir fry the shallots and garlic for a minute or so over medium heat. Add shrimp paste and stir fry for another minute, then add papaya flowers, chile, salt and chopped tomato and mix. Add coconut milk and simmer for 10 minutes or until the milk is absorbed. Goes well with rice. Serves 6.

## PICKLED CABBAGE AND GREEN PAPAYA SLAW

1/2 head small green cabbage, cored and sliced very thin	<b>1/4</b> cup canned unsweetened pineapple juice
1/2 cup white vinegar	<b>1</b> carrot sliced into thin rounds
<b>1</b> small red onion, sliced thin	<b>1</b> garlic clove, minced
<b>1</b> small green papaya, peeled, seeded and juli- enned	Salt and pepper to taste

Stir together vinegar, pineapple juice, and minced garlic. Pour over mixed ingredients and toss. Cover and refrigerate overnight.

## SPICY PAPAYA SALAD

1/4 cup fresh lime juice	1 TBS. chopped fresh cilantro
1 med. green papaya, peeled, seeded & chopped	1 tsp. sugar
1/4 cup fish sauce (Nam Pia in Oriental market)	1 large sweet onion, sliced very fine
1 ripe tomato, chopped	4 cloves garlic, minced
2 TBS. dried shrimp powder	3 TBS. peanuts, ground in blender
1 serrano chile, seeded & chopped	1 serrano chile, seeded & chopped

Combine lime juice, fish sauce, shrimp powder, sugar, garlic and chile in a bowl and stir. Add papaya, tomato, onion, and cilantro. Stir. Cover with powdered peanuts and serve. Serves 6.

1/2 gallon water	2 cups green papaya showing yellow streaks, peeled, seeded and diced
6 oz. pork chop, diced	
3 to 4 oz. dried octopus, diced	
3 or 4 oz. raw peanut	

## NEARLY RIPE PAPAYA SOUP WITH OCTOPUS

2 cups green papaya showing yellow streaks, peeled, seeded and diced

Add octopus and raw peanuts to water. Bring to a boil, then simmer for 1 hour. Add pork chop and continue to simmer for 30 minutes. Add papaya and simmer for 15 minutes. Salt to taste and serve.

## **GREEN PAPAYA-CABBAGE SALAD/PICKLE**

1 lb. green papaya julienned (peel & seed first)	1 TBS. salt
2 TBS. finely chopped peanuts	1/2 tsp. turmeric
1 1/2 cups shredded cabbage	1 onion, sliced into thin crescents
2 TBS. vegetable oil	1/2 cup rice vinegar
1 carrot, julienned	1 large clove garlic, minced
1/4 tsp. red pepper flakes	1 TBS. brown sugar, firmly packed
Chopped fresh cilantro for garnish	1 TBS. finely chopped peeled fresh ginger

Sprinkle green papaya, cabbage and carrot with the salt and let stand several hours. Rinse in a colander with cold water and allow draining. Combine onions, garlic, ginger and peanuts and add to heated oil in a large heavy skillet along with pepper flakes and turmeric. Stir frequently over low/medium heat for 5 to 10 minutes. Stir in vinegar and sugar and cook another 5 minutes or until slightly thickened. Add drained papaya, cabbage and carrot, stirring until coated by mixture. Cool to room temperature, then put in a large shallow bowl, sprinkle fresh cilantro over the top, and cover with saran wrap, refrigerate for 3 hours before serving. It will keep for two weeks in refrigerator. Serves 6.

## **GREEN PAPAYA YOGURT SALAD**

1 tsp. crushed caraway seeds  
1 cup plain yogurt  
2 cups grated green papaya (peeled &  
1/2 tsp. salt  
seeded first)  
1/4 tsp. pepper  
1 med. cucumber, peeled, seeded, & grated

## GREEN PAPAYA BAKE

4 cups peeled, seeded and shredded green papaya	1/2 c. grated parmesan cheese
3 TBS. thinly sliced green onion	1/4tsp. black pepper
4eggs	1 1/4 tsp. salt
1 clove garlic, minced	18 cherry tomatoes, halved
1/4 cup flour	3 TBS. chopped fresh parsley
3/4 tsp. oregano	

In a mixing bowl beat eggs, and then add flour, one fourth cup of the cheese, salt, parsley, onion, garlic, oregano and pepper. Stir in shredded green papaya and pour mixture into a greased 1 1/2 quart Pyrex baking dish. Place tomatoes cut side up over the top. Sprinkle the remaining 1/4 cup parmesan cheese evenly over tomatoes. Bake uncovered in a preheated 350 degree oven for 30 minutes or until mixture is set in center when lightly touched. 6 servings.

## GREEN PAPAYA SHRIMP SOUP

2 large onions, sliced	3 cups water
1/2 lb. Shrimp, peeled, deveined & minced	2 cups green papaya, peeled, seeded & cubed
2 tsp. shrimp paste (found in oriental mkl..)	8 peppercorns, crushed
4 garlic cloves, mashed	Salt to taste
2 TBS. sesame oil	2 fresh limes

Sauté onions and shrimp paste in the oil. Add green papaya, shrimp, garlic and water. Cover and boil until papaya is tender. Stir in peppercorns. Add salt to taste. Squeeze juice of limes and add to soup right before serving. Makes 4 to 6 servings.

## GREEN PAPAYA CHICKEN SOUP

1 1/2 cup green papaya, peeled, seeded & cubed	2 garlic cloves, minced
6 cups water	1/2 tsp. pepper
1 (3 lb.) chicken cut into pieces.	2 green onions, chopped
1 tsp. sugar	Salt
2 Tbs. raw rice	1 TBS. fish sauce (Nam Pia in Oriental Market)
1/4 cup fresh lime juice	2 TBS. chopped fresh cilantro

Place first 6 ingredients in about 6 cups water to cover and simmer until chicken is tender. Remove chicken from pan. Cool to touch and debone, removing skin. Return chopped chicken to liquid, stir in sugar, lime juice, pepper, and salt to taste. Return to simmer. Add cilantro just before serving. Makes 6 servings.

## BAKED GREEN PAPAYA

1 to 1 1/2 lb.. green papaya, peeled, seeded and cubed	1/4 tsp. dried oregano
1/2 tsp. poultry seasoning	2 TBS. butter
1 garlic clove, minced	Salt and pepper to taste
	2 cups dried bread cubes

Cook papaya in small amount of salted boiling water for 10 minutes. Cook garlic in butter for a few seconds. Stir in papaya, bread cubes, and seasonings. Put in greased baking dish and bake in preheated 350 degree oven for 20 minutes. Add more liquid as needed. Serves 4.

## HONEY-MUSTARD MARINATED VEGETABLES

2 cups broccoli flowerets	6 large fresh mushrooms, sliced
1/2 cup purchased honey- mustard dressing	1 TBS. poppy seeds
2 cups green papaya, peeled, seeded and cubed	1/4 cup sliced celery
1/4 cup white vinegar	1/2 tsp. salt

Combine broccoli, papaya, mushrooms and celery in a large bowl. Combine salad dressing and rest of ingredients in a second bowl. Pour mixed dressing over vegetables and toss to coat. Cover with saran wrap and chill 3 hours, stirring occasionally. 4 to 6 servings.

## GREEN PAPAYA PICKLE

1 large green papaya, peeled and cut into small pieces	1 cup sugar
1/2 cup water	1 cinnamon stick
1 TBS. mixed pickling spice	1/2 cup cider vinegar
1 tsp. salt	1 small dried chile pepper
	1 large clove garlic, crushed

Tie spices in a cheesecloth bag. Bring to a boil sugar, cinnamon stick, pepper, garlic and spice bag. Boil for 5 minutes and add papaya pieces. Simmer 15 minutes or until papaya is transparent. Remove spice bag and place pickled pieces into sterilized jars. Makes about 2 cups. Store in refrigerator.

## GREEN CHILE AND PORK WITH GREEN PAPAYA

2 lb. boneless pork, cubed	6 TBS. oil
2 cups green papaya, peeled, seeded & cubed	1 cup green chilies chopped
Flour	1 med. onion, chopped
1 cup corn kernels (frozen or canned)	2 tsp. oregano
6 TBS. oil	2 cloves garlic, minced
	Salt and pepper to taste
	2 cans of 8 oz. tomato sauce

In a large, heavy saucepan, sauté cubed pork in oil until browned. Remove and drain on paper towels. Sauté onion and garlic in oil. Return pork and add enough water to cover. Simmer for 1 hour, stirring occasionally. Add remaining ingredients and simmer for 20 minutes. Serves 6.

## DULCE DE PAPAYAS EN ALMIBAR DE TOMAS

5 to 6 lb. green papaya, peeled and seeded	6 long rods of cinnamon
2 lb. white sugar	1 - 2 TBS. baking soda
1 lb. brown sugar	

Cut papaya into crescent slices 1/2 to 1 inch wide. In a large saucepan, place the papaya slices, cover with water and add the baking soda. Let it stand for 30 to 45 minutes. Remove all the water and rinse. Layer the papaya with the sugars in a very large pan. **NO WATER IS NEEDED.** Cover and cook on low for 30 minutes. Remove the cover and add cinnamon rods or any other spices you so desire. Continue to cook without covering for 1 1/2 hours, or when the papaya slices turn golden brown and look transparent. At the end of the first hour, turn the slices from top to bottom. Serve at room temperature with your favorite cheese, pound cake or cookies. **A Puerto Rican treat!**

## **PINEAPPLE- GREEN PAPAYA BREAD**

3 eggs	2 cups green papaya,
3 cups flour	grated (peeled & seeded)
1/2 cup oil	3/4 tsp. nutmeg
1/2 cup chopped walnuts,	1/2 tsp. salt
toasted	1 (8 oz.) can crushed pineapple
1/2 cup buttermilk	(drained)
2 tsp. baking soda	1/2 tsp. baking powder
1 1/2 cups sugar	2 tsp. vanilla
1 1/2 tsp. cinnamon	

Preheat oven to 350 degrees. Grease and flour two 9"x5" loaf pans. Beat together eggs, oil, buttermilk, sugar, green papaya, pineapple and vanilla. Combine all dry ingredients, stir and mix into fruit mixture until just combined. Divide evenly between pans and bake approximately 50 minutes (or until an inserted tooth- pick comes out clean. Cool in pans 10 minutes, then remove.

## **GREEN PAPAYA- LEMON MUFFINS**

2 cups flour	1 TBS. baking powder
1/4 tsp. nutmeg	3/4 cup milk
1/2 cup sugar	1 tsp. grated lemon rind
1 cup grated green pa-	3 TBS. oil
paya (peeled & seeded)	1/4 tsp. salt
	1 egg

Combine the first six ingredients in a bowl. Make a well in the center of the mixture. Combine papaya, milk, oil and egg and stir well. Add to flour mixture and stir just until moistened. Pour batter into a 12 cup muffin tin lined with baking cups that have been sprayed with cooking oil. Bake at 400 degrees for 20 minutes.

# RIPE PAPAYAS

## SMOOTH PAPAYA CHUTNEY

4 TBS. vegetable oil	1/2 cup molasses
4 cups ripe papaya, peeled, seeded and cubed	1 tsp. garlic, minced
1 onion, minced	2 TBS. lemon juice
1 cup white vinegar	1 TBS. allspice Salt and cracked coarse black pepper to taste
1/2 cup red bell pepper, diced	1 TBS. curry powder
1 cup pineapple juice	1 TBS. cumin powder
1/2 cup green bell pepper, diced	

Heat oil in a large skillet and saute onion until browned, *add* peppers and stir for 2 minutes. Add garlic and spices and cook 2 minutes stirring constantly. Add papaya, vinegar, pineapple juice and molasses. Stir and bring to a boil. Reduce heat and simmer for 20 to 30 minutes or until mixture is the consistency of thick tomato sauce. Add lemon juice, salt and pepper to taste and stir. May cover and refrigerate for an hour to allow flavors to blend or serve immediately.

## BLACK BEAN AND PAPAYA SALSA

1 cup cooked black beans	1/2 red bell pepper, diced
1/2 cup lime juice	2 TBS. ground cumin
2 ripe papayas, peeled & seeded, diced	1 TBS. minced fresh serrano chile pepper
1/2 cup chopped fresh cilantro	1/2 red onion, diced
1/2 yellow bell pepper, diced	Salt and pepper to taste
	3/4 cup pineapple juice

Stir everything together in a bowl. Will keep in refrigerator for 4 to 5 days.

## PAPAYA- FIG CHUTNEY

4 cups chopped ripe papaya (peeled & seeded)	1 tsp. peeled fresh ginger, minced
1 small serrano chile pepper, minced	1 key lime
1 cup chopped fresh figs	1/4 tsp. allspice
1/2 cup dark brown sugar	1 TBS. sesame oil
1 medium orange	1/4 tsp. cracked black peppercorns

Grate the orange rind, juice the orange, juice the lime. In a deep skillet warm sesame oil and add pepper, ginger, allspice, serrano and grated orange rind. Cook until aromatic. Add brown sugar, orange juice, lime juice, papaya, and figs. Simmer for 10 minutes. Keeps in refrigerator for one week.

## PAPAYA- KIWISALSA

1 to 1 1/2 lb. ripe papaya, diced (peeled & seeded)	1/2 cup chopped plum tomatoes
2 tsp. grated lime peel	1/2 tsp. serrano chile, minced
4 ripe kiwi fruit, peeled and diced	1 large shallot, minced
2 TBS. fresh lime juice	1 TBS. chopped fresh cilantro

Mix all ingredients together in a glass bowl. Salt to taste. Refrigerate for one hour before serving.

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## TROPICAL SALSA

2 cups ripe papaya cubed (peeled & seeded)	1 TBS. garlic, minced
1 TBS. red wine vinegar	1 1/2 cup chopped fresh cilantro
1/2 cup chopped ripe meaty tomato	1 1/2 tsp. minced jalapeno pepper
1/4 cup fresh lime juice	1/4 tsp. salt
1/2 cup chopped red onion	1 tsp. ground cumin
1/4 tsp. cracked black peppercorns	1 TBS. olive oil

Combine all ingredients. Allow flavors to blend for 30 minutes before serving. Keeps in refrigerator for 3 days.

## PAPAYA- JICAMA SALSA

Combine all ingredients and refrigerate for 30 minutes before serving.

2 cups ripe papaya, diced (peeled & seeded)	1 serrano chile pepper
4 green onions, chopped (including tops)	1 TBS. lime juice
1 cup jicama, peeled and diced	1/2 cup chopped fresh ripe tomato
1 clove garlic, minced	Salt and pepper to taste
	1/3 cup fresh cilantro, chopped

## HOT AND SPICY FRUIT COMPOTE

1 TBS. New Mexico hot red chile powder	2/3 cup cider vinegar
1 cup fresh pineapple, peeled and cubed	2 cups ripe papaya, peeled and cubed
1 cup sliced fresh strawberries	2 TBS. sugar

Pour vinegar, chile powder and sugar into a saucepan and simmer for 5 minutes. Cool slightly, then pour over fresh fruit in a heat resistant bowl and toss to coat. Serves 4.

## PAPAYA- CORN RELISH

1 cup white shoe peg corn, drained	1/2 cup red onion, minced
1 small clove garlic, minced	1 TBS. chopped fresh basil
1 ripe papaya, cubed (peeled & seeded)	1 cup chopped ripe tomato
1 TBS. fresh lime juice	Salt and pepper to taste 1/2 tsp. chile powder

Mix all ingredients in a serving bowl, stir. Cover with saran wrap and refrigerate one hour before serving.

## SWEET HOT TROPICAL RELISH

2 1/2 cups peeled, seeded & diced ripe papaya	1 cup sectioned & diced grapefruit
1 large shallot, finely chopped	1 TBS. white vinegar
1 cup peeled, seeded, & diced cucumber	2 TBS. fresh lime juice 1/2 tsp. sugar
1 jalapeno pepper, seeded & finely chopped	2 TBS. finely chopped fresh mint 1/2 tsp. salt

Combine all ingredients in a serving bowl and stir. Cover and chill overnight or for at least 3 hours. Taste before serving and feel free to add more peppers, mint sugar, etc. Makes 4 cups

## PAPAYA BREAKFAST DRINK

1 cup ripe papaya, cubed (peeled & seeded)	1 carton peach flavored yogurt
1 peeled banana	1/2 to 1 cup cold cranberry or orange juice

Puree fruit in a blender. Add yogurt and enough cold fruit juice to liquefy to desired consistency.

## PAPAYA WATERCRESS SALAD

1 medium ripe papaya, chopped (peeled & seeded)	1 small bundle fresh watercress
1 small head Boston bib lettuce	1 small sweet onion, thinly sliced in crescents
1 large ripe avocado, sliced	salt and pepper to taste
	Green Goddess salad dressing

Wash and tear into serving size pieces lettuce and watercress. Blot on paper towels. Add papaya, avocado, onion, lettuce and watercress to a large salad bowl. Pour desired amount of Green Goddess dressing over all and toss.

## HOT POTATO AND PAPAYA SALAD

2 cups ripe papaya, cubed (peeled & seeded)	1 medium cucumber, sliced (peeled & seeded)
1 cup honeydew melon, cubed	1 large Texas 1015 onion, finely sliced into crescents
6 medium red potatoes, do not peel	Poppyseed dressing
1/4 cup sliced celery	(may substitute any sweet onion)
Salt and pepper to taste	

Boil potatoes in salted water until tender. Drain off water and cut potatoes into cubes while still hot. In a large bowl, add hot potatoes to all other ingredients except dressing. Stir. Add at least 1/2 cup of poppyseed dressing and mix well. Serve hot. Goes well with lamb.

## PAPAYA- PINEAPPLE JUICE

2 cups ripe papaya, diced (peeled & seeded)	1/4 cup lemon juice
2 1/2 cups pineapple juice	1/2 cup honey

Puree papaya with pineapple and lemon juices. Add ey and stir until dissolved. Pour over ice.

## PAPAYA SOUP

1 sweet onion, finely sliced	1 large ripe papaya,
3 cups cream	cubed (peeled &
2 TBS butter	seeded)
Salt and pepper to taste	1/4 tsp. mace
	3 cups chicken broth

Soften onion in the butter for two minutes. Add papaya, chicken broth, and seasonings. Simmer about 30 minutes. Cool enough to add to blender and puree. Add the cream and mix. Refrigerate. Check seasonings and serve cold.

## PAPAYA RICE

1 1/4 cups long grain white rice	1/2 tsp. salt
1 1/2 cups water	1 TBS. fresh ginger, peeled & minced
2 tsp. vegetable oil	1 3/4 cups ripe papaya, cubed (peeled & seeded)
·1 cup papaya nectar	1/2 tsp. ground cardamom
1 small clove garlic, minced	

In a heavy 2 quart saucepan, cook ginger and garlic in oil over medium heat for one minute and add cardamom. Pour in water and papaya nectar and bring to a boil. Add rice and salt and stir. When mixture returns to boil, add papaya and turn down to low. Cover pan and simmer for 20 minutes. Remove from heat and let stand, covered for 15 minutes. Fluff and serve. Serves 4.

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**PAPAYAS and other exotic  
plants were for sale at the San  
Antonio Botanical Gardens.  
Details at: (210) 829-5100**

## **PAPAYA-PINEAPPLE MARMALADE**

10 cups firm ripe papayas, cubed (peeled & seeded)	3 TBS. fresh ginger root, peeled & grated
Grated rind of 1 orange & 2 lemons	1/2 cup orange juice
1 cup fresh pineapple, shredded	8 cups sugar
	1/2 cup lemon juice

Combine fruit, juice, ginger and citrus rind and boil for about 30 minutes or until somewhat thickened. Add sugar and stir. Cook until clear and of desired consistency. Pour into hot, sterilized jars and seal. Consult canning source for desired processing time in a hot water bath.

## **PAPAYA CHUTNEY**

6 cups ripe papaya, diced (peeled & seeded)	1/4 lb. blanched almonds
1/2 cup diced onion	3/4 lb. brown sugar
2 cups vinegar	1 1/2 tsp.. mustard seed
1 tsp. crushed red pepper	1 TBS. salt
1 lb. raisins	1/2 cup chopped red bell pepper
3 TBS. fresh ginger root, peeled and minced	

Mix vinegar and sugar in a large pot and bring to a boil. Add all other ingredients and boil over medium heat for about 30 minutes.

## **PAPAYA- PINEAPPLE TOPPING FOR ICE CREAM**

1 cup ripe papaya, chopped (peeled & seeded)	1 cup fresh pineapple, chopped
1/2 tsp. grated lemon rind	2 TBS. packed brown sugar

Stir all ingredients well and refrigerate for flavors to blend, about one hour. Serve over ice cream.

## PAPAYA MERINGUE SHORTCAKE

3 egg whites, room temperature	1 tsp. grated lemon rind
3 cups diced ripe papaya (seeded & peeled)	1 tsp. vanilla extract
1/8 tsp. salt	1 pint whipping cream
1 TBS. Grand Marnier liqueur	1/4 tsp. ginger
	1 cup sugar, plus extra for cream

In a medium bowl beat egg whites until foamy. Add saH and beat until soft peaks begin to form. Continue beating while adding sugar, several tablespoons at a time, until mixture is stiff and shiny. Beat in vanilla. Drop by large spoonful's onto a baking sheet lined with lightly greased and floured wax paper. Place baking sheet in a preheated 350 degree oven and tum off. Leave in oven until meringues are cooled or overnight. Peel meringues off paper and store in airtight container. Toss papaya with Grand Marnier and lemon rind. Whip the cream with 1 Tablespoon sugar and 1/4 tsp. ginger. Assemble as you would shortcakes. Serves 6.

## TROPICAL FRUIT CAKE

1 box yellow cake mix	1 cup shredded coconut
2 cups diced ripe papaya (peeled & seeded)	1 box vanilla instant pudding mix
1 large can crushed pineapple	1 (8 oz.) container Cool Whip
1 banana	2 cups milk
1 cup sugar	

Prepare cake as directed on box and bake in a 9"x13" greased and floured pan. Five minutes before cake is done, drain pineapple and mix with sugar. Bring to a boil and boil for 5 minutes. When cake is done and still hot, poke holes in the top with a skewer and pour cooked pineapple mixture over hot cake. Let cool. Mix pudding and milk according to package directions and pour over cake. Top pudding with papaya and sliced banana. Spread Cool Whip over top. Sprinkle with coconut.

## PAPAYA AND RAISIN BREAD

1/2 cup raisins	2/3 cup milk
1/2 cup apple juice	1 tsp. baking soda
3/4 cup sugar	1/2 tsp. salt
1/3 cup corn oil	2 3/4 cups flour
2 large eggs	
3/4 cup cubed ripe papaya (peeled & seeded)	

Plump raisins in simmering apple juice and let cool. Preheat oven to 350 degrees. Beat together in a large mixing bowl sugar, oil and eggs. Stir in milk. Add baking soda, salt and flour and mix thoroughly. Fold in the papaya and drained raisins. Pour batter into a greased and floured 8"x5" loaf pan. Bake approximately one hour. Check for doneness with a toothpick inserted into the center. If it comes out with no batter clinging, it is done. Cool in pan for 10 minutes before removing.

## PAPAYA SAUCE CAKE

1 1/4 cup butter	1/4 tsp. ginger
1 cup sugar	1 1/2 cups flour
1 egg	2 tsp. lemon juice
1 1/2 tsp. baking powder	1/2 cup seedless raisins
1/2 tsp. salt	3 TBS. water
1 cup diced ripe papaya (peeled & seeded)	1/2 tsp. cinnamon
	1/4 tsp. nutmeg

Stew the papaya and water together until it becomes of a smooth, thick sauce consistency. Cream butter, add sugar, mix well and add beaten egg. Mix together salt, baking powder, spices and flour. Add cooled papaya sauce and dry ingredients alternately to egg mixture. Stir in lemon juice and raisins. Pour into a greased and floured loaf pan and bake in a preheated 350 degree oven for 50 to 60 minutes.

## TROPICAL FRUIT SALAD

- 1 cup ripe papaya, cubed (peeled & seeded)
- 1 large avocado, cubed
- 2 small bananas, sliced
- 1 cup pineapple, chunks
- 1 cup ripe mango, chunked
- 1/2 cup chopped cashews
- 1 cup seedless red grapes
- 1 carton strawberry flavored yogurt

Stir yogurt into fruit mixture and refrigerate. Bananas should be mixed with juice of one lemon to retard turning dark.

## PAPAYA CAKE MIX

- 1 box spice cake mix & required ingredients
- 1 cup ripe papaya, diced (peeled & seeded)

Prepare cake mix according to directions on the box **EXCEPT** substitute 1 cup of fruit for 1/4 cup of water. Pour into a prepared Bundt pan and bake following directions.

## PAPAYA MEAT MARINADE

- 1/2 cup catsup
- 1/2 cup soy sauce
- 1/2 cup pureed papaya

Stir together and marinate, chicken, pork, or lamb at least 3 hours. Grill *over* charcoal. Do not keep used Marinade in refrigerator after using for safety reasons.

## PAPAYA FACTS

In a newspaper article Papaya was listed as **the Most Nutritious Fruit**. One medium portion of papaya supplies you with 6,122 IU's of vitamin A, the daily requirement of vitamin C and a large amount of potassium plus some calcium.

100 g of papaya has 23 to 26 calories; 6 to 7 g of carbohydrates; 0.5 to 1.3 g of fiber; 13 to 41 mg of Calcium; 5 to 22 mg of Phosphorus; 36 to 72 mg of Ascorbic Acid; 15 mg of Lysine; 4-5 mg of Tryptophan;

Papayas contain an enzyme, papain, found in the white latex mainly from the green fruit. It breaks down protein foods to a digestible state and is the main ingredient in most commercial meat tenderizers. You can use 4 inch squares of green papaya to cook right on your cut of meat to tenderize it. You may also wrap the large fresh leaves around fowl and prick through the leaves through the meat and allow to tenderize for 2 to 3 hours. Leaves may also be torn in small pieces and layered over meat. Because of its papain content, a piece of green papaya can be rubbed on a piece of tough meat to tenderize it.

In tropical folk medicine, the fresh latex from green papayas is smeared on boils, warts and freckles and given as a vermifuge!

The papaya plants produced at the San Antonio Botanical Gardens by a team of volunteers are not the ordinary papayas found in supermarkets. They are the result of careful genetic engineering and hybridization to produce a plant that will produce large amounts of very sweet fruit in a single growing season.

The head of research at the gardens, Mr. Moy, has spent years developing the *Moy Dulce* variety of papaya taking into account the climate and growing conditions in San Antonio and surrounding areas. The plants are started from seed in September and are carefully nurtured in a greenhouse held at eighty degrees day and night until all risk of a freeze is over. The plants are fertilized weekly and watered daily to ensure strong and fully-sexed plants by the time they are put on sale in late March and Early April.

Why is it important for the plants to be fully-sexed?

Only the female bears fruit in any quantity. One male is sufficient for four to five females if large quantities of fruit are desired. It is only possible to sex the papayas when they have flowered.

Many people prefer to buy only male papayas because they are very attractive flowering plants. They produce literally hundreds of aromatic blossoms in a growing season and attract hummingbirds, hovering moths and butterflies, but rarely bees.

Because the *Moy Dulce* papaya is a hybrid, the seeds from its fruit will produce fruits that are tasteless and often of an unpleasant odor. Mr. Moy produced the hybrid seeds from selected parents and was therefore able to control the quality of the fruit.