

Preserving Kiwifruit



Kiwifruit, an excellent source of vitamin C, is native to southeast Asia. It was originally known as "Chinese Gooseberries". This brown fuzzy fruit is grown commercially in New Zealand, Italy, Japan, France, Australia, Greece, Chili and United States. New Zealand and California are the largest producers, however there is some commercial production in Oregon and Washington.

There are more than 50 species of kiwifruit. Consumers are most familiar with the Hayward (*Actinidia deliciosa*) variety.

Kiwi will keep for several days at room temperature and up to four weeks in the refrigerator. It can be held for over 10 months commercially.

Kiwi is ripe when you can press the outside with your thumb and it gives to light pressure. If you apply pressure and the fruit doesn't give at all, it is not ready to eat or preserve. To ripen kiwifruit quickly, place it in a vented plastic bag with an apple or banana and leave it at room temperature for a day or two.

Kiwis make great jams, jellies, preserves. They can also be preserved by freezing and drying.

Caution: When working with large quantities of kiwi, wear rubber gloves to avoid irritation to the skin.

Jams Jellies and Preserves

Kiwi is high in acid and low in pectin. When making jams and jellies, it is best to use recipes with added pectin. Kiwi can be substituted in your favorite recipes for other high acid, low pectin fruits such as strawberry, cherry or pineapple.

Kiwifruit Jam (cooked)

- 4½ cups peeled, crushed kiwi (about 4 pounds)
- 1 box (1¾ ounce) powdered pectin
- 7 cups sugar

In a large heavy kettle mix fruit and pectin together. Place over high heat and stir constantly until mixture comes to a boil. Add sugar all at once. Bring to a full rolling boil and boil hard for 1 minute. Remove from heat, skim off foam. Pour into hot sterilized ½ pint jars, leave ¼" headspace and seal. Adjust lids and process in a boiling water canner for 5 minutes. After processing, take canner off heat. Remove lid. Wait 5 minutes before removing jars.

Yield: 8 cups

Kiwi Freezer Jam

Uncooked jam has a brighter green color and a fresher kiwi taste than cooked jam.

- 2 cups peeled kiwi, crushed
- 4 cups sugar
- 1 box powdered fruit pectin (1¾ oz.)

Crush kiwifruit in large bowl. Stir sugar into fruit, mix thoroughly. Let stand 10 minutes. Mix ¾ cup water and pectin in a small saucepan. Bring to a full rolling boil and boil 1 minute, stirring constantly. Add boiled hot pectin mixture to fruit and continue stirring for 3 minutes. Ladle into containers leaving ½ inch headspace. Cover at once with lids and let stand at room temperature for 24 hours. Store jam in freezer. Small amounts may be kept in refrigerator up to 3 weeks.

Yield: approximately 5 cups.

Kiwifruit Jelly

- 3½ cups kiwi juice (about 4 pounds)
- ¼ cup water
- 5 cups sugar 1 box (1¾ oz.) powdered pectin

Peel and crush kiwifruit. Place fruit and water in a saucepan, cover and simmer 5 minutes. To extract juice, place cooked fruit in jelly bag or clean tea towel placed in a colander. Let drip at least 4 hours. Do not squeeze bag. If there is not enough juice you can pour a small amount of water through the pulp.

Mix measured juice and pectin in a large heavy kettle. Place over high heat and stir constantly until mixture comes to a full rolling boil. Add sugar. Bring back to a full rolling boil. Boil hard for 1 minute stirring constantly. Remove from heat and skim off foam. Pour into hot, sterilized ½ pint jars, leave ¼" headspace, and seal. Process in a boiling water canner 5 minutes. After processing, take canner off heat. Remove lid. Wait 5 minutes before removing jars.

Yield: 5½ cups.

FREEZING KIWIFRUIT

Choose fully ripe fruit. Kiwi can be frozen sliced, crushed or whole. Kiwi is high in acid. Adding sugar improves flavor and helps to keep the fruit firm. Slices may be frozen individually by placing on a cookie sheet or tray and freezing. When frozen, package in freezer weight bags. These slices are great for garnishes.

Caution: Kiwi contains the enzyme papain that breaks down protein. Therefore, frozen and fresh kiwifruit must be heated to boiling before it is used in gelatin dishes.

Frozen kiwi can be used to tenderize meat. Small whole fruits may be frozen for this purpose.

For syrup pack: Use 3 cups sugar to 4 cups water. For dry sugar pack: Use 1 cup sugar to 1 quart kiwifruit slices. Toss to coat before packing. For crushed fruit, use 1 cup sugar for 1 quart fruit or to taste.

DRYING KIWIFRUIT

Select soft, ripe fruit. Peel and slice in ¼ inch slices. Small fruit may be cut in half. Place on dryer sheets and dry until pliable and leathery. You might also like to heat the slices in a heavy sugar syrup for 1-2 minutes before drying for added flavor and to destroy the enzyme papain that breaks down protein and can cause mouth irritation.

Kiwifruit makes excellent fruit leather. Mix strained pulp with sugar to taste and pour in a thin layer on plastic sheets and dry in a dehydrator, in the sun, or oven. It can also be mixed with other fruits such as pineapple, strawberry, apple and pear.

CHUTNEY

Kiwi Chutney

1 quart firm-ripe kiwi (peeled and thick sliced) 1½ quarts sliced firm-ripe peaches or nectarines ½ cup fresh ginger root or 5 to 6 oz. candied ginger 2 cups water 3 cups sugar 3 cups cider or wine vinegar (5 %) 2 cloves garlic, minced ¾ cups Worcestershire sauce 1 teaspoon salt 1 cup finely chopped onion ¾ teaspoon ground ginger 1 teaspoon ground cinnamon 1 teaspoon ground allspice ½ teaspoon cayenne pepper 1½ cup bottled lemon juice

Cover kiwifruit and peaches or nectarines with salt water (2 Tablespoons salt per quart water) and let sit overnight. Chop ginger and cook until tender in 2 cups water. Reserve water. Mix sugar, vinegar, garlic, Worcestershire sauce and the water the ginger was cooked in. Cook until sugar dissolves. Drain fruit and add to sugar mixture. Cook until nectarines are clear, as in preserves. Remove fruit and add remaining ingredients to syrup. Cook until onions are soft and mixture is as thick as desired. Add fruit and heat to boiling. Taste and adjust seasoning. Pour into hot canning jars, leaving ½ inch headspace. Seal and process in a boiling water canner 10 minutes. After processing, take canner off heat. Remove lid. Wait 5 minutes before removing jars.

Makes about 6 pints.

Variation: Add 2 cups raisins with other fruit

Source: OSU Master Food Preserver Program