



Desaru Fruit Farm

Sungai Cemasran, Desaru, 81900 Kota Tinggi, Johor, Malaysia.

Tel : 07-822 8018 / 17 Fax : 07-822 8018 H/P : 012-707 0634, 012-732 7128.

<http://www.desaruff.com> Email : sales@desaruff.com

Chilled Oranges

Ingredient

Oranges
Cinnamon
sugar

Preparation Method

Chill oranges, cut into wedges. Combine cinnamon and sugar together. Roll oranges into cinnamon-sugar. Enjoy! Put more sugar than cinnamon.

Dump Fruit Salad

Makes 6 servings

Ingredient

1 c Mandarin oranges, drained
1 c Pineapple chunks, drained
1 c Flaked coconut
2 c Miniature marshmallows
1 c Sour cream (high quality)
1 tb Sugar
6 Maraschino cherries for the Garnish (optional)

Preparation Method

Mix all the canned fruit, sugar and coconut thoroughly in mixing bowl. Fold in the sour cream and marshmallows. Transfer to decorative serving bowl, cover with plastic wrap and refrigerate up to 24 hours. Right before serving you could garnish with a few maraschino cherries placed on the top of the salad.

Fresh Tropical Fruit

Makes 16 servings

Ingredient

Flesh of 1 6 1/2-inch (16 cm) cantaloupe, cut into small pieces or scooped into balls.
Flesh of 1 6 1/2-inch (16 cm) honeydew melon, cut into small pieces or scooped into balls.
Flesh of 1 3-pound (1.4 kg) pineapple, cubed
2 medium bananas, peeled and thinly sliced crosswise on the diagonal
3 large star fruits (carambola), sliced crosswise
4 large kiwi fruits, peeled and sliced
1/2 pound (225 g) seedless green grapes, separated from the stems
1/4 cup (59 ml) fresh lime juice

Preparation Method

Combine all fruits in a large bowl. Drizzle with lime juice and gently stir. Chill until ready to serve.



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Tropical Fruit Dessert

Make 1 servings

Ingredient

1/2 lb storebought fruit salad from :salad bar
1 star fruit or carambola --:peeled and sliced
1 kiwi -- peeled and sliced
1 TB sugar
3 TB grand marnier:fresh mint leaves

Preparation Method

Drain off any excess liquid from storebought fruit salad. In a large bowl toss together all of the fruit, sugar and the grand marnier. Serve mixed fruit with mint leaves as garnish.

Fried Banana

Makes 4 servings

Ingredient

1 ea BANANA, QUARTERED
1/2 c FLOUR
2 ts DOUBLE ACTION BAKING POWDER
6 tb WATER
4 c COOKING OIL
4 tb HONEY

Preparation Method

1. Roll the banana pieces in flour. Mix the baking soda with water to make a paste and roll the banana pieces in it.
2. Heat the oil until it is hot. Deep fry bananas for 4 minutes or until they are golden brown. Drain.
3. Pour 1 tablespoon of honey on each banana piece and serve.

Banana Fritters

Makes 1 servings

Ingredient

Amount	Measure	
1 1/2	C.	all-purpose flour
1	Tsp.	baking powder
1/4	Tsp.	baking soda
1/4	Tsp.	salt
3/4	C.	water
4		firm bananas
3	C.	vegetable oil

Preparation Method

Combine 1 cup of the flour, the baking powder, baking soda and salt in a large bowl. Gradually blend in water, beating with a whisk until smooth.

Peel bananas, making a total of 12 pieces. Cut each banana in 3 pieces, crosswise. Coat bananas lightly with remaining cup of flour.



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Heat oil in wok over medium-high heat, until it reaches 375 degrees. Dip bananas in flour-water mixture, coating completely.

Cook 4 to 6 pieces at a time in the oil, until golden, 3 to 5 minutes. Drain on absorbent paper. Serve hot with ice cream.

Banana-Coconut Rolls

Makes 4 servings

Ingredient

4	Peeled firm bananas	juice
2	Tablesp. melted butter or	
	-1/2 cup shredded coconut	
	Margarine	
	-Light cream	
2	Tablesp. lemon or lime	

Preparation Method

Buy green-tipped or all yellow bananas

Start heating oven to 375ø F. Grease 10" x 6" x 2" baking dish. Cut bananas into halves, crosswise; place in dish. Brush well with butter, then lemon juice; sprinkle with coconut. Bake 15 to 20 min., or until easily pierced with fork. Serve warm, with cream or Orange Sauce.

Pineapple Ecstasy

Ingredient

Amount	Measure	
10	ounces	fresh pineapple chunks
2	packages	sugar substitute
		Lowfat vanilla yogurt
1		sliced banana
		Lowfat sugar cookies

Preparation Method

Mix pineapple, bananas, sugar substitute, and yogurt. Serve with low fat sugar cookies.

Chocolate-Dipped Oranges

Makes 1 Servings

Ingredient

Amount	Measure	
24	Oz.	semi-sweet chocolate
1/4	C.	vegetable shortening
6		oranges -- divided into sections

Preparation Method

Melt the chocolate and shortening in top of double boiler over hot but not boiling water; remove from heat. Dip sections of oranges into chocolate and place on wax paper-lined cookie sheets. Refrigerate about 30 minutes.

Mango Chicken Salad



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Makes 6 servings

Ingredient

Amount	Measure	
4	whole	chicken breasts without skin -- boned
1	cup	chicken broth, fat free
1/2	cup	golden raisins
1	whole	mango -- peeled and cubed
3/4	cup	Low Fat Blend
1/4	cup	mango chutney
2	tablespoons	sour cream, light
2 1/2	teaspoons	curry powder
1/4	cup	fresh parsley -- minced
1	cup	pineapple -- coarsely chopped
2	cups	grapes

Preparation Method

Cook chicken. Set aside to cool.

In a large bowl, shred or cut the chicken into bite sized pieces. Add the raisins, mango and grapes and mix well.

In a small bowl, whisk the Low Fat Blend, chutney, sour cream, curry powder, and parsley together. Combine with the chicken and chill for at least 3 hours.

Just before serving, stir in the pineapple. Serve on a bed of mixed greens.

NOTES :

Low Fat Blend: Equal parts non-fat yogurt and non-fat cottage cheese zapped in the blender until smooth. I make up a jar and keep it in the refrigerator as a lot of recipes in Great Good Food call for this ingredient.



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Israel Honey Orange Muffins

Makes 24 servings

Ingredient

Amount	Measure	
2 1/2	c	Flour
1/3	c	Wheat germ
1/4	c	Sugar
1	tb	Grated orange peel
2 1/2	ts	Baking powder
1 1/2	ts	Baking soda
1 1/2	ts	Salt
3/4	c	Butter or marg: melted,coold
1/2	c	Honey
1/4	c	Orange juice
3		Eggs

Preparation Method

In a bowl combine all dry ingredients. In another bowl combine remaining wet ingredients. Combine wet to drys quickly to blend. Fill muffin cups 2/3 full. Bake 375 15 to 20 minutes or tested done with toothpick.

Tropical Fruit Salad

Makes 4 servings

Ingredient

Amount	Measure	
1		Mango -- halved and cut along the pit, peeled and cut into 1/2" cubes
1		Papaya -- halved, seeds removed, cut into wedges, peeled and cut into 1/2" cubes
1		Asian Pear -- quartered, cored peel left on, cut Into 1/2" cubes
1		Kiwi -- quartered and peeled, cut into 1/2" cubes
1	t	Sugar
1	d	Ground Cinnamon

Preparation Method

Combine mango, papaya, Asian pear and kiwi in a large bowl. Sprinkle With sugar and cinnamon and toss to coat. Let stand at room temperature until ready to serve.



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Tropical Fruit Salad delight

Makes 6 servings

Ingredient

- 2 (20 ounce) cans sliced [pineapples](#), undrained
- 3 tablespoons [honey](#)
- 1/2 cup [fresh lime juice](#)
- 1 teaspoon grated [orange rind](#)
- 1 teaspoon grated [lime rind](#)
- 6 medium [oranges](#), peeled and sliced
- 4 [kiwi](#), peeled, halved, and sliced
- 2 [papayas](#), peeled and cubed
- 1/2 cup [sweetened flaked coconut](#) [fresh mint leaves](#)

Preparation Method

Drain pineapple and set aside 1/2 cup of its juice. Chop pineapple into chunks. In a large bowl, add the reserved pineapple juice, honey, lime juice, orange rind, and lime rind; stir to combine. Add the pineapple, oranges, kiwi, and papaya; gently toss to coat. Cover and chill for 8 hours. When ready to serve: sprinkle with flaked coconut and garnish with mint leaves.

Tropical Fruit Dip

Makes 24 servings

Ingredient

Amount	Measure	
1	c	low-fat sour cream
1/4	c	orange marmalade
2	tbsps	peanuts -- finely chopped
1	tbsp	coconut flakes -- toasted
1	c	pineapple chunks in juice -- drained
1	c	strawberries
1	c	starfruit slices
1	c	banana -- sliced
1	c	pears -- sliced

Preparation Method

Mix all ingredients except fruit. Cover and refrigerate at least 2 hours to blend flavors. Sprinkle with additional coconut if desired. Serve with fruit.



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Tropical Fruit Daiquiris

Makes 6 servings

Ingredient

Amount	Measure	
2/3	c	Light rum
1/4	c	Fresh lime juice
1/4	c	Superfine sugar
4		Passion fruit or guavas - or 2 mangoes, papayas - or pepinos
2	c	Crushed ice Lime or kiwi -- sliced, - for garnish

Preparation Method

Put rum, lime juice and sugar into blender or food processor. If using passion fruit, cut in half, scoop out pulp and add to blender. If using guavas, peel, chop and add to blender. If using mangoes, papayas or pepinos, cut in half and scoop flesh (not seeds) into blender. Puree until smooth. Strain out seeds if using passion fruits.) Add ice to puree. Process until smooth. Taste for sweetness. Pour into glasses and garnish with lime or kiwi.