

# Taste Test: Cape Gooseberries



Cape Gooseberry is native to warm subtropical regions throughout the world, and is often imported from South America and Colombia. The fruit is orange or yellow, grows inside a lantern-shaped shell; hence the cape gooseberry is also known as the Chinese lantern. The berries have a sweet-sour taste and have the texture of tomatoes. They can be used with sweet or savory foods, but typically they are used in jams or garnishes.

## Food Fact

Cape gooseberries are rich in vitamins A and C. They contain more vitamin C than an orange, and the riper the fruit, the higher the amount of vitamin A. Vitamin C is an antioxidant and vitamin A helps keep vision better at night.

## How to Choose:

- Choose bright-yellow berries that are firm to the touch.
- The outer covering should be intact.

## How to Prepare:

- Peel back the lantern shell and twist the berry off from the shell.
- Wash and eat as is or use in salads, baking, or sauces.

## How to Store:

- Leave the outer shell intact.
- When the shell is intact the fruit can be stored for up to eight weeks in a dry, cool place such as a kitchen pantry or cold room.
- Gooseberries can also be stored in the fridge for 2-3 weeks.

## Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

## I Tried It!

My Rating (circle one):



Would you like to try cape gooseberries again?

YES     NO

## Ideas for Serving Cape Gooseberries:

- The berries are a delicious sweet snack just on their own.
- The berries can be added to a salad, yogurt, or cereal.
- They make a great addition to baking such as in fruit crisps, muffins or in sauces like chutneys and salsas.

### Cape Gooseberry Scones with Lemon

Makes 8 scones

#### Ingredients:

- 2 cups all-purpose flour
- ½ cup granulated sugar
- 1 large lemon, zested (1 Tbsp)
- 2 ½ tsp baking powder
- ½ tsp salt
- ½ cup unsalted Butter, frozen
- ½ cup heavy cream



- 1 egg
- 1 ½ tsp pure vanilla extract
- 6 oz cape gooseberries, sliced

#### Directions:

1. In a large bowl, whisk the flour, sugar, lemon zest, baking powder, and salt together until well combined. Grate the frozen butter using a box grater. Add it to the flour mixture and combine with a pastry cutter, two forks, or your fingers until the mixture comes together in pea-sized crumbs. Place in the refrigerator or freezer as you mix the wet ingredients together.
2. In a small bowl, whisk 1/2 cup heavy cream, the egg, and vanilla extract together until just incorporated. Drizzle over the flour mixture, add the gooseberries, then mix together until everything appears moistened.
3. Pour onto the counter and, with floured hands, work dough into a ball as best you can. The dough will be sticky. If it's too sticky, add a little more flour. If it seems too dry, add 1-2 more tablespoons of heavy cream. Press into an 8-inch disc, and with a sharp knife or bench scraper, cut into 8 wedges.
4. Brush the scones with the remaining heavy cream.
5. Preheat the oven to 400°F and arrange the scones 2-3 inches apart on a parchment paper lined baking sheet, and refrigerate for at least 15 minutes.
6. Bake for 22-25 minutes or until golden brown around the edges and lightly browned on top.

Recipe adapted from <https://www.alifedelicious.com/cape-gooseberry-scones/>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. for more information please contact APPLE Schools at [info@appleschool.ca](mailto:info@appleschool.ca)

