

# Taste Test: Star Fruit



Star fruit, also known as carambola, is a tart and juicy tropical fruit native to Sri Lanka; however, they are now cultivated in many other regions of Asia and South America as well. The cross-section of the fruit looks like a five-pointed star – that is where it gets its name!

## Food Fact

Star fruit is very high in vitamin C, and a source of fibre and folate!

### How to Choose:

- Look for firm, glossy, unbruised fruit.
- Browning on the tips of the ridges is a sign of ripeness.
- Overripe fruit will be yellow with brown spots.

### How to Prepare:

- Wash, dry, and cut crosswise into thin slices.
- Use as a garnish for meat dishes, appetizers, and in salads.

### How to Store:

- Cover and refrigerate unwashed ripe fruit for up to 2 days.
- Ripen at room temperature until it smells slightly sweet, and the skin is golden with slightly brown ribs.

### 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 star fruit again?

YES     NO

## Ideas for Serving Star Fruit:

- Add stars (slices of star fruit) to your salads and fruit salads.
- Diced star fruit can be added to curry dishes.

### Grilled Pineapple with Star Fruit

Makes 4 servings

#### Ingredients:

- 1 small pineapple
- 1 star fruit, sliced
- 1 Tbsp coconut, shredded



#### Directions:

1. Preheat grill and line grill pan with foil.
2. Remove top and base of pineapple, then cut away skin, removing as many eyes as possible.
3. Cut pineapple in half lengthways. Then slice into half rounds 5mm thick.
4. Grill till golden brown on each side. Serve with starfruit and sprinkle with coconut.

Recipe adapted from <https://livelighter.com.au/Recipe/86/grilled-pineapple-with-star-fruit>

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).

<sup>1</sup>Mix it Up!™ Campaign. Fruit&Veggies Primer. <http://www.5to10aday.com/en/fruits-veggies-primer/fruits-from-a-to-z/a> Accessed July 30, 2012.

