

FOR THE LOVE OF PAWPAWS RECIPES



MICHAEL JUDD

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Eating a pawpaw is a gustatory delight akin to taking a tropical vacation. While pawpaws are best enjoyed fresh, the rich and custardy texture, sweetness, and complex flavors make it hard to eat more than one at a time.

Before we jump into the many delightful ways to prepare the pawpaw, let's explore the flavor and nutritional nuances of this bountiful fruit.

The Flavor Gamut

The flavor profile of pawpaws is complex and runs the range of sweet and floral in cultivated select fruits to funky and tannic in random wild fruits. Even within a select cultivar, there can be variation depending on climate, region, and harvest timing, much like wine grapes. In short, the quality of the fruit you begin with can play a big role in the recipe's outcome.

Aside from the source of the fruit—cultivated or foraged—the stage of ripeness will also play a major role in flavor profiles. Let's take a popular favorite cultivated variety like Shenandoah as an example; if picked it off the tree just as it was beginning to ripen, the flesh will be firm and predominately sweet with mild flavor profiles. Let it sit on the counter for two days and the flesh will soften a bit, with the flavors becoming richer and more aromatic. Leave it on the counter for four days and the flesh will begin to become mushy and darken, taking on rich notes of coffee and butterscotch. Each stage can be played with.

HOW TO EAT A FRESH PAWPAW

Let's start with the basics of how to approach eating a fresh pawpaw fruit. Personally, I split pawpaws in half with my thumbs right through the middle, pull apart the two halves, and squeeze up from the bottom like a push pop, slurp up the pulp and seeds, roll the smooth seeds around in my mouth to glean all the custardy goodness, and then spit them out. Yum! Repeat with the other half. A more dignified approach is to cut the fruit with a knife down the middle or lengthwise as best you can around the large seeds and use a spoon to scoop out the pulp, discarding the seeds and skin. At our pawpaw festival, we make tasting samples by slicing pawpaws into one-inch dials, skin and all, so that folks can easily pick them up, peel the thin strip of skin, and pop it in their mouths. This makes it possible to try multiple cultivars before filling up!

Raw versus Cooked

There is a considerable and palatable difference between using pawpaw fruit in its raw state versus cooking it in recipes. The general consensus is with keeping the pawpaw fruit in a raw, uncooked state to fully appreciate its complexities and subtle aromas.¹ That said, heating the pawpaw in an artful way brings out rich aromas and deeper notes that hint at caramel and butterscotch, with distinct tropical fruitiness.



Traditionally, you will see many baked pawpaw recipes, which makes sense for times when freezers were not as abundant as our current times and the need to capture the harvest lent to baking. The challenge is that baking with flour often masks the pawpaw flavor subtleties and can leave only a vague banana-like taste. But there are tricks to working with pawpaw in heated recipes that create very unique and decidedly delicious outcomes, as you will see in the pages to come.

The surefire way to maintain the pawpaw's rich, tropical flavors is to keep it raw in recipes.

¹ Fresh pawpaws are only in season for a short time, roughly late August to early October, but frozen pulp is available year-round. See Resources for ordering options.

Because the pawpaw's flavors are highly volatile, cooking or baking to pull them out is an art form; done carefully, it can produce exquisite desserts and savory dishes that are distinctly pawpaw. And somewhere in between are the ever-increasing popular pawpaw ferments of beer, meads, and kombucha, which we will explore. And, of course, some pawpaw cocktails!

Pawpaws: The Original Nutrient-Rich Super Fruit

Nutritionally speaking, pawpaws are vitamin-packed antioxidant powerhouses—the original super fruit! Let's take a quick look at how generous, gratifying, and guiltless this super fruit is:

- Pawpaw protein contains all essential amino acids in contents higher than that of apples, bananas, or oranges.
- Full of vital vitamins and minerals, exceeding peaches, grapes and apples. It is exceptionally high in potassium, calcium, vitamin C, niacin, phosphorus, iron, zinc, copper, and magnesium.
- High in antioxidants and unsaturated fatty acids.



PAWPAW RECIPES GUIDELINES

Some general guidelines and ideas for working with pawpaws in recipes follow .

- Add lemon juice or ascorbic acid to the purée to keep the pulp from browning .Seal pulp well and use within 24 hours or freeze.
- Pawpaw purée can be substituted for mashed banana in any recipe, and may still taste like banana .
- Blend complimentary flavors (vanilla, cinnamon, coconut, lemon) sparingly, careful not to mask the pawpaw flavor.
- Custard and pawpaw make tasty partners .The tropical notes of the pawpaw blend well with the egg, vanilla, and sugariness of custard .
- Many recipes suggest mixing pawpaw with flour; doing so will mellow the rich paw-paw flavor.
- The quality of the fruit you start with will affect flavor, from sweet and light to musky and bitter, each which can be used as an advantage .
- Use low heat .Do not boil or dry as a fruit leather since this distorts the flavor and can lead to tummy ache.
- For first timers trying pawpaws, eat small amounts .Like many foods, some folks are intolerant .
- Tartness can add a balance to pawpaw's sweetness .
- Mix freely with bourbon .



*One of the best pawpaw dishes I have had was a Pawpaw Tart made at star Chef Spike Gjerde's Woodbury Kitchen in Baltimore. I could tell they had used wild pawpaws because of the tannic, bitter notes that were able to survive the baking. It worked beautifully!

Without further ado, here are some lip-smacking ideas. The recipes are listed from raw to heated to fermented.



RECIPES

“Delicious, nutritious and free for the taking.” —Earthy Delights

The following recipes are a collection of the best of my pawpaw recipes developed from experimenting, plus favorites created for our pawpaw festivals. There are inspirations from Alan Bergo, known as the “Forager Chef,”² and Ellen Zachos, known as the “Backyard Forager.”³ Additional recipe contributions have been made from both my lovely wife and my beautiful mother, as well as by Leigh Scott, a gourmet vegan chef, and Linda Watkins a nutritionist health goddess. Excerpts are included from The Earthy Delights Recipe Blog: Recipes on the Wild Side.⁴

There are a surprising number of pawpaw recipes in circulation. Most are heavy on butter, cream, wheat flour, and refined sugar; while these ingredients do make excellent partners with pawpaw’s flavors, they do nothing to prevent heart disease and diabetes. So, to keep in balance, I have focused mainly on healthy and tasty recipes. Don’t worry, I still add in some of the good ol’ heart stoppers—because, in many ways, they simply cannot be beat!

2 Learn more about Alan Bergo: www.foragerchef.com

3 Learn more about Ellen Zachos: www.backyardforager.com

4 Earthy Delights Recipe Blog: www.earthydelightsblog.com

RAW PAW PAW RECIPES

PAW PAWFRUIT FOOL

Provided by Earthy Delights

Earthy Delights are leaders in offering wild-harvested and hand-crafted foods from small harvesters and growers to a larger audience via their online store. Earthy Delights' recipe blog is full of culinary gems and images. They have been generous to share a sample with all of us! See their links in the Resources appendix to order pawpaw pulp and many other specialty foods to enliven your palate.

INGREDIENTS

- 1 cup very cold heavy cream
- 2 Tbsp sugar
- 1/3 tsp vanilla extract
- 1 cup pawpaw purée (about 1 medium pawpaw)



METHOD

1. Prepare pawpaw purée.
2. Place the cream into a clean bowl with the sugar (either regular sugar or powdered confectioner's sugar) and the vanilla extract, then whip until stiff enough to hold soft peaks.
3. Gently fold half (1/2 cup) of the pawpaw purée into the whipped cream until just barely blended.
4. Add the second 1/2 cup of the pawpaw purée to the mixture, folding just 3 or 4 times. The idea is to leave large, attractive swirls of pawpaw purée throughout the mixture.
5. Carefully spoon into serving dishes and chill until ready to serve.
6. Garnish with fresh mint leaves if desired.



PAWPAW N'ICE CREAM

By Leigh Scott, Olive Thyme Kitchen

This is the vegan and healthy version of pawpaw “ice cream” developed by Leigh Scott specifically for this book! Leigh is a certified chef in Vienna, Virginia, who focuses on nutritious, delicious whole-food, plant-based cuisine.⁵

Yield: Four ½-cup servings

INGREDIENTS

- 1 large frozen sliced banana (~1 cup)
- 1 frozen pawpaw (~1 cup pulp), peeled and seeded
- ¼ cup light coconut milk
- 1 teaspoon rum (optional, but recommended)
- Toasted coconut for topping

METHOD

1. Place all ingredients in a food processor⁶ and blend until smooth .
2. Eat as soft serve right away or freeze to make a scoopable dessert .
3. Top with toasted coconut .

⁵ Learn more about Leigh Scott: www.OlivetheThymeKitchen.com

⁶ A food processor should be used; a blender is usually not powerful enough.

“CHEESECAKE” PAWPAW FROZEN BITES

By Linda Watkins

These are raw, dairy-free “Cheesecake” bites by my good friend and health coach extraordinaire Linda Watkins of Baltimore, Maryland .She lent her considerable talents to helping develop healthy pawpaw recipes just for this book! *Thank you, Linda!*

Yield: 36 “bites”

INGREDIENTS

- | | |
|---|---|
| • 1/3 cup coconut oil, slowly melted | • 1 1/3 cup raw cashews, ideally soaked 4 hours or more |
| • 1 lemon, zested and juiced | • 1 Tbsp agave nectar |
| • 2/3 cup pawpaw pulp blended or finely chopped | • 3" stripes of parchment paper |
| • 2/3 cup whole fat coconut milk | • Mini muffin pans |

METHOD

1. Slowly melt the coconut oil to keep it raw (under 118°F).
2. Wash and dry the lemon thoroughly. Zest the lemon before juicing it using a zesting tool or small grate to zest the skin. Set zest aside for garnish .
3. Squeeze the juice from the zested lemon into a bowl; discard seeds.
4. Using a blender, mix all ingredients, except lemon zest, until smooth .
5. Pour into mini muffin tins lined with parchment paper,⁷ then sprinkle with lemon zest on top of each bite .
6. Freeze at least 1 hour before removing from the muffin pan and enjoying!

⁷ Chef Linda's Helpful Hint: Lay a 3" strip of parchment paper across the inside of each mini muffin cup, extending outside each cup enough to be able to pull each bite out after freezing. If you don't have parchment paper, the bites can be removed using a butter knife.

RAW AND CHUNKY PAWPAW NECTAR

By Linda Watkins

Yield: 4 cups

INGREDIENTS

- | | |
|--|--|
| ○ 1 Tbsp agar agar sea vegetable flakes | ○ Juice of 1 lemon |
| ○ 1 cup water | ○ 1 Tbsp agave nectar |
| ○ 1/3 cup melted coconut oil | ○ 2/3 cup blended pawpaw pulp |
| ○ 2/3 cup whole fat coconut milk (or any non-dairy milk) | ○ 2/3 cup whole pawpaw fruit, coarsely chopped |
| ○ 1 1/3 cup soaked raw cashews | ○ 1 tsp lemon zest |

METHOD

1. Bring the agar agar and water to a boil, then simmer 1 minute.
2. Put into a blender with the remaining ingredients except the whole pawpaw and lemon zest.
3. Mix until well blended in blender.
4. Pour into glass bowl, then add the remaining coarsely chopped pawpaw fruit, stirring to incorporate.
5. Sprinkle lemon zest over top .
6. Refrigerate until solidified .

Option: Chill in individual 1/2-cup servings, then sprinkle zest over each bowl .

Recipe

✂ Long Creek Homestead ✂

Pawpaw Fest Ice Cream

FROM THE KITCHEN OF *Ashley Judd and Carolyn "Maw Maw" Judd*

The consensus is that the next best thing to fresh pawpaws is eating them in ice cream. This is largely because the fruit is still in a raw state. This is one of the simplest, yet most flavorful, pawpaw recipes that always creates a long waiting line at our annual pawpaw fest! I think half the people come just for the pawpaw ice cream!

INGREDIENTS:	METHOD:	YIELD: 2 Quarts
1 quart Half and Half or 3:1 whole cream/whole milk	1) Using an electric blender, combine all ingredients except the pulp.	
1 TBSP vanilla extract	2) Add the pulp in the blender last.	
Dash of salt	3) Don't blend all the way so you can end up with some nice fruit chunks.	
1/3 to 1/2 cup of simple syrup (optional) [1]	4) Use a two-quart ice cream maker (if you have a one-quart ice cream maker, the recipe can be cut in half).	
2 1/2 cups pawpaw pulp	5) After the ice cream maker stops, let it sit for 30 minutes before serving. [2]	

NOTES:

[1] The simple syrup is an optional ingredient in the PawPaw Fest Ice Cream. It improves the texture and body of the ice cream, plus it helps lower the freezing point. Usually, no added sugar is needed because of the natural sweetness from the pawpaw pulp, but if you prefer a sweeter outcome, add 1/2 cup of simple syrup or granulated sugar prior to adding the pulp.

[2] Note that most ice cream maker motors need to cool down completely before being ready to make a second batch. We learned this the hard way during our first pawpaw fest!



HEATED PAW PAW RECIPES

PAWPAW CHEESECAKE

By Alan Bergo, The Forager Chef

Alan Bergo is the keystone between the best of wild flavors and gourmet food .He hunts the most unique flavors the wild has to offer and turns them into exquisite delicacies, and he's a fine cameraman to boot!

My friend—and uncommon fruit guru—Lee Reich⁸ turned me onto Alan and the phenomenal pawpaw cheesecake recipe shown below .Lee told me it is a Thanksgiving favorite for his family and that he has been able to store his pawpaws fresh until Thanksgiving in order to make it! When it comes to fruits, Lee is a magician .

Chef Alan's Notes: The pawpaw's fruity flavor makes it a natural thing to enjoy in cheesecake form, as the flavors pair especially well with dairy, and really could be used in anything with a creamy texture, like a pudding, custard, or ice cream .It's also necessary to cut the flavor of the pawpaw a bit as I do here with cheese; when eaten raw, pawpaw can have a slightly bitter note. When working with pawpaws, keep in mind they have a delicate flavor, so simple preparations are the best for them . I would also avoid excess spices, except maybe a bit of ginger or honey if it's a tannic variety. A bit of lemon, too, will give them a lift and help their flavor to shine. Caramel is a great partner, too, but I would avoid chocolate with pawpaw desserts.

The other important thing to know is that the more heat you apply to pawpaw, the less of its perfume will be in the finished product .This is why the pawpaw is added at the end in this recipe, which is different than most pastry cream—which, essentially, is what this is .

This is probably my favorite way to serve pawpaws, and is a recipe I learned by watching my old pastry chef at the legendary Midwestern restaurant, Heartland .Steaming the cheesecake can seem tricky, but once you've gotten the process down, the results are worth the effort, giving the lightest, fluffiest result you've ever had .It's pictured here with a simple sauce made from wild blueberries and a dash of lemon juice, but it's also good all by itself .

If steaming the cheesecakes sounds like a lot of work, you can also cook the batter in ramekins to make smaller, individual cheesecakes, which is how we originally served it at the restaurant .Since it's not possible to put a crust in the ramekins, you may want to garnish it with something crunchy, like granola.

⁸ Read Lee Reich's blog: www.leereich.com/blog

Yield: One 8-inch spring form pan, or roughly 12 servings

BLACK WALNUT-GRAHAM CRUST INGREDIENTS

- 5 tablespoons unsalted butter
- 1½ cups graham crumbs (roughly 12 crackers)
- ¼ cup sugar
- ½ teaspoon fresh ground cinnamon
- ½ teaspoon salt
- ½ cup finely chopped black walnuts, or regular walnuts

FILLING INGREDIENTS

- 2 large eggs + 3 yolks, at room temperature
- ¾ cup sugar
- 1 lb .high quality cream cheese
- 2 cups (1 lb .) pawpaw purée
- Zest of half a Meyer lemon + 2 tablespoons juice (or substitute fresh lemon juice)

METHOD FOR THE CRUST

1. Preheat the oven to 350°F.
2. Melt the butter, then mix with the graham crumbs, sugar, cinnamon, salt, and the ground walnuts.
3. Press the mixture into an 8-inch spring form pan or square baking dish .
4. Bake for 12-13 minutes, or until lightly browned .
5. Cool the crust while you prepare the filling .

METHOD FOR THE FILLING

1. Beat the whole eggs, yolks and sugar using a stand mixer with the whisk attachment until light and doubled in volume.
2. Meanwhile, purée the cream cheese and the pawpaw purée in a food processor until smooth .
3. Add the pawpaw cheesemixture to the whipped egg mixture and continue mixing with the whisk attachment for 15 minutes.
4. Fold in the lemon juice and zest.
5. Pour into the cooled crust .
6. Bake the cheesecake in a water bath (optional) at 300°F for 70-80 minutes, making sure to check on it regularly at the end .
7. When in doubt, undercook it slightly .The cheesecake needs to be slightly under-baked, and should jiggle gently in the middle.
8. Turn off the oven, and allow the cheesecake to continue cooking, uncovered, until it comes to room temperature.
9. Remove from the oven, then refrigerate until needed, uncovered .⁹



⁹ Chef Alan's Note: The cheesecake can be baked and frozen, then thawed when ready to serve.

VEGAN LEMON PAWPAW “CHEESE” CAKE WITH OATMEAL PECAN CRUST

By Leigh Scott

Yield: 8

CRUST INGREDIENTS

- | | |
|---|--|
| <ul style="list-style-type: none">○ ¾ cup rolled oats | <ul style="list-style-type: none">○ ¼ cup Grade A maple syrup, amber color |
| <ul style="list-style-type: none">○ ⅓ cup oat flour | <ul style="list-style-type: none">○ 1 tsp vanilla extract |
| <ul style="list-style-type: none">○ ⅓ cup raw pecans | <ul style="list-style-type: none">○ Pinch of salt |

FILLING INGREDIENTS

- | | |
|--|--|
| <ul style="list-style-type: none">○ 2 cups raw cashews | <ul style="list-style-type: none">○ Pinch of salt |
| <ul style="list-style-type: none">○ 2 cups pawpaw fruit, seeded and mashed | <ul style="list-style-type: none">○ 8 ounces coconut milk, well blended |
| <ul style="list-style-type: none">○ 1 Tbsp lemon juice | <ul style="list-style-type: none">○ 5 tsp agar agar sea vegetable flakes |
| <ul style="list-style-type: none">○ ¼ cup Grade A maple syrup, amber color | <ul style="list-style-type: none">○ Coconut flakes, toasted |

METHOD FOR THE CRUST

1. Preheat the oven to 350 degrees .
2. Add the oats, oat flour, pecans, maple syrup, vanilla extract, and salt to a food processor.
3. Blend for a few minutes until the mixture begins to come together.
4. Press the mixture into a spring form pan and bake at 350°F for about 25 minutes or until light brown .
5. Remove from the oven and let cool while preparing the filling .

METHOD FOR THE FILLING

1. Soak the cashews in hot water for 30 minutes .
2. Drain the cashews well, then put them into a food processor.
3. Add the mashed pawpaw, lemon juice, maple syrup, and salt .
4. Blend well until mixture is smooth and creamy.
5. In a saucepan, add the coconut milk and whisk in the agar agar flakes .
6. Bring the coconut milk mixture to a low boil .
7. Continue whisking and stirring for about 4 minutes, until the agar agar is dissolved .
8. Remove from heat .
9. Add the coconut milk mixture to the cashew mixture .



10. Blend well, then spoon it into the prepared crust .

11. Top with toasted coconut .

12. Chill well until ready to serve.

Recipe

✂ Long Creek Homestead ✂

Pawpaw Jam

Ashley Judd and Michael Judd

FROM THE KITCHEN OF -----

I feel like it is time to throw in a simple recipe! One that can use up a lot of pawpaw pulp when the harvest is abundant. The Long Creek Homestead Pawpaw Jam is a favorite at our annual pawpaw fest, where we cook it down on a wood-fired rocket stove. A what? Yes, a rocket stove! The rocket stove is an ingenious appropriate technology that uses very little wood to heat quickly, practically eliminating smoke and hard work.

INGREDIENTS:	METHOD:	YIELD: 10 8oz Jars
Our pawpaw fest jam is simply hand pulped fruits, water, and a little lemon juice, that's it.	Place all ingredients in an uncovered pot and slow cook it over about 20-30 minutes on low to mild heat while stirring. The aromas that come off the jam are exquisite and make the process a real joy. We serve the lumpy and luscious jam on sourdough bread fresh out of the earthen oven. Touch of Appalachian heaven!	
4 pounds of fresh pawpaws peeled and seeded		
1/2 cup water		
Lemon juice to flavor - 1 tbsp		

NOTES:

This deluxe rocket stove made by InStove makes a great summer kitchen, and can fit a pressure cooker or large wok.



PAWPAW JAM/BUTTER

A more refined recipe for making pawpaw jam, which comes out as a smooth butter, can be taken directly from Kentucky State University's recipe book online¹⁰ or from Friends Drift Inn, also online.¹¹ I took tips from both recipes, then fashioned my own recipe in the kitchens of Herrington Bay on the Maryland eastern shore, who hosted me not once but twice while writing this book, and generously and boldly let me loose in their kitchen to play with pawpaw recipes. Thank you, Anna and Bob!

There is something very amazing about fresh, warm pawpaw jam. When you cook it down slowly in a thick saucepan, the jam gains a rich aroma reminiscent of brownies and bananas. Throw in some good whiskey and a dash of zest and you're happy trailing on a custard delight from the woods!

Yields: One half gallon

INGREDIENTS

- | | |
|--------------------------------|----------------------------|
| ○ Zest and juice from 1 lemon | ○ ¾ cups sugar |
| ○ Zest and juice from 1 orange | ○ ½ cup whiskey or bourbon |
| ○ 5 lbs pawpaw pulp | ○ 2 tsp vanilla |
| ○ 2 cups water | ○ 1 tsp salt |

METHOD

1. Zest the lemon and orange. Set zest aside.
2. In a food processor, blend the pawpaw pulp with the lemon and orange juices.
3. In a large, thick saucepan, add the pulp mixture to the water. Heat over low to med heat for 10 minutes, stirring often.
4. Remove from the heat.
5. Add sugar, whiskey, and vanilla.
6. Return to low/med heat—be sure not to overheat—stir frequently 30-45 minutes.
7. Remove from heat.
8. Add zest and salt. (*Note: If the zest is added during cooking, it will release bitter notes.*)



Pawpaw Jam/Butter is thick and spreadable; it has a dark yellow appearance and presents strong flavors of caramel, vanilla, and pawpaw. Pair it with shortbread with berries on top to balance any bitter notes.

¹⁰ Kentucky State University pawpaw recipes: www.pawpaw.kysu.edu/Recipes.htm

¹¹ Friends Drift Inn recipes can be found at www.friendsdriftinn.com

PAW PAW CURD

Provided by Earthy Delights¹²

Maybe it is from my time growing up in the English midlands scoffing scones laden with thick chunks of butter and tart curds that has me partial to this well- fashioned recipe by Earthy Delights, but as they point out “the sweetness of the pawpaws benefits from a little tartness to give it balance.” I concurred.

Fruit curds are a mixture of fruit juice or purée, eggs, sugar and butter – lots and lots of rich, silky butter. Traditionally served at afternoon tea with bread, cakes and pastries, fruit curds make a refreshing alternative to jam or custard.



Creamy, spreadable and eminently edible pawpaw curd

¹² Earthy Delights, America’s premier supplier of specialty foods to quality-conscious American chefs: www.earthy.com. See the Resources appendix for how to order pawpaw pulp and many other specialty foods to enliven your palate.

It's super easy to create spectacular, fresh-tasting desserts with homemade pawpaw curd. One of our favorite ways to use it is spread on crisp-baked rectangles of puff pastry, topped with a combination of fresh fruit, nuts and berries.

Yield: 4 servings

INGREDIENTS

- | | |
|--|--|
| ○ 4 large eggs | ○ 2/3 cup sugar |
| ○ 1 cup pawpaw purée, strained through a fine mesh sieve | ○ ¾ cup (1½ sticks) cold unsalted butter, cut into ½-inch pieces |
| ○ ¼ cup lemon juice | |

METHOD

1. Combine the eggs, pawpaw purée, lemon juice, and sugar in a non-reactive mixing bowl or in the top half of a double boiler.
2. Whisk together to combine ingredients.
3. Set the bowl over a pot of gently simmering water or use a double boiler, stirring constantly with a whisk.
4. Stir and scrape along the sides and bottom of the bowl as you go. It's important to keep everything moving, especially around the edges, to avoid the dreaded "scrambled" curd.
5. Continue to cook and stir until the mixture begins to thicken noticeably, 8 to 10 minutes. Don't worry, you'll be able to tell.
6. Remove the bowl from the heat and set it on a doubled kitchen towel on a work surface.
7. Begin whisking in the butter, a piece or two at a time, stirring until each piece is completely incorporated before adding more.
8. Continue adding butter and stirring until all the butter has been used and the consistency is smooth and glossy.
9. Spoon the mixture into a medium bowl.
10. Gently press a sheet of plastic wrap directly onto the surface of the curd and allow to cool at room temperature.
11. Place the cooled curd into the refrigerator to chill for at least an hour before using. The pawpaw curd will continue to thicken up as it cools.¹³

¹³ Tightly sealed in a jar, pawpaw curd keeps for weeks in the refrigerator. For even longer storage, freeze it. Pawpaw curd freezes exceptionally well (must be all that butter!), allowing you to enjoy pawpaws the entire year round.

PAWPAW CRÈME BRÛLÉE

By Ellen Zachos, The Backyard Forager

Ellen Zachos has written seven books, two of which are tops on my list: *Backyard Foraging: 65 Familiar Plants You Didn't Know You Could Eat*, and *The Wildcrafted Cocktail*. Of course, Ellen is a fan of eating and drinking pawpaws (be sure to see her Sugar Bear Cocktail a bit later in this chapter). Ellen has figured life out: she teaches foraging mixology workshops across the U.S. and lectures at botanic gardens, flower shows, and garden clubs around the world—my heroine!

Yield: 6 serving in 3" ramekins

INGREDIENTS

- | | |
|---|---|
| ○ 2 large (or 3 small) perfectly ripe pawpaws | ○ 5 egg yolks (save the whites for meringue cookies, or add them to your next omelet or scramble) |
| ○ 2 cups heavy cream | |
| ○ 2 T bourbon | |
| ○ 2/3 cup sugar plus 6 T for sprinkling | ○ Six 3-inch ramekins |
| ○ 1/8 teaspoon salt | ○ Kitchen torch |

METHOD

1. Purée the pawpaws: Slice each pawpaw in half and scoop out the flesh. The seeds are large and the fruit clings tenaciously to the seeds. So as not to waste a precious speck of fruit, use your fingernail to slice through the jacket of pawpaw flesh that coats the seed, then pull it off.
2. Transfer the flesh to the bowl of a food processor then purée it until it's perfectly smooth.¹⁴ Set aside.
3. Combine the cream and bourbon in a saucepan; bring it just barely to a simmer. Whisk to prevent scorching. Remove it from the heat as soon as the first bubbles appear, and set it aside.
4. Preheat the oven to 350°F.
5. In a separate bowl, whisk the sugar and salt into the egg yolks.
6. Add the heated cream mixture to the eggs, a little at a time, whisking constantly to prevent the egg from scrambling. This is called "tempering" the eggs.¹⁵
7. Stir in the pawpaw purée and combine thoroughly.
8. Divide the custard mixture evenly into the six 3" ramekins.

¹⁴ Pawpaw purée freezes well, so if you end up with more than a cup, you can freeze the leftovers. Or you can just eat it with a spoon.

¹⁵ With tempering, the goal is to raise the temperature of the eggs without cooking them. If you add too much hot liquid too quickly, the eggs will cook and solidify rather than form a silky, thickened liquid. It's easier than it sounds, as long as you proceed slowly and carefully.



9. Place the ramekins in a shallow roasting pan .
10. Fill the pan with water to within a half inch of the top of the ramekins .
11. Bake at 350°F for about 30 minutes .The tops of the custards should not be entirely solid when you take them out of the oven; they should look a little jiggly.
12. Refrigerate the custards at least 6 hours or overnight .
13. Before serving, sprinkle a light layer of sugar on top of each custard (about 1 Tablespoon per ramekin).
14. Using a kitchen torch, brûlée the sugar until desired toasted state.
15. Let it cool (briefly!) to form that glassy, sweet topping that cracks so satisfyingly under a gentle whap from your spoon .

VEGAN PAWPAW MEXICAN LASAGNA WITH BLACK BEANS AND POTATO

By Leigh Scott

Sweet and spicy combination!

Yield: Makes two layered enchiladas, which can each be cut into four wedge-shaped servings

ENCHILADA INGREDIENTS

- ½ small onion, chopped
- 1 large garlic clove, minced
- Approximately 1/4 cup of low-sodium vegetable broth
- 2 cups black beans, mashed¹⁶
- ½ cup brown rice, cooked
- ½ tsp cumin
- ½ tsp coriander
- ¼ tsp chili powder
- ½ tsp unsweetened cocoa powder
- Salt and pepper to taste
- 4 small to medium red or gold potatoes, peeled and cooked
- Approximately 1/4 cup of unsweetened almond milk
- 2 pawpaws, peeled, seeded and mashed
- 8 corn tortillas
- Approximately 1¾ cups enchilada sauce (about two 15-oz cans)
- Salsa, if desired
- Avocado, diced, if desired

CASHEW CREAM INGREDIENTS

- ½ cup raw cashews
- ½ cup hot water
- 2 T nutritional yeast
- 1 T lemon juice
- Salt and pepper to taste

METHOD FOR THE “LASAGNA”

1. Preheat oven to 350°F.
2. In a large skillet, cook the onion and garlic in the vegetable broth or water until lightly browned .
3. Add the beans, brown rice, cumin, coriander, chili powder, and cocoa powder.
4. Stir well to combine; season to taste with salt and pepper. Set aside.
5. In a small bowl, mash the potatoes with the unsweetened almond milk until creamy.
6. Season the potatoes to taste with salt and pepper. Set aside.

¹⁶ Canned beans are fine, as long as you choose beans that have no salt added, as salt added during the first stage of cooking makes the beans less digestible.

7. In another small bowl, ready the mashed pawpaws .Set aside.
8. Place two corn tortillas in a 9"x13" baking dish .
9. Spread approximately 1/8cup of enchilada sauce on each tortilla .
10. Spread half of the bean mixture on each tortilla.
11. Put a second tortilla on top of the bean mixture, then spread approximately 1/8cup enchilada sauce on top of each tortilla.
12. Spread half of the mashed potatoes on each tortilla.
13. Put a third tortilla on top of the mashed potatoes and spread with approximately 1/8cup enchilada sauce on top of each tortilla.
14. Spread half of the mashed pawpaw on each tortilla.
15. Top with the fourth tortilla.
16. Pour the remaining enchilada sauce over the top of the tortillas .
17. Cover the baking dish with aluminum foil .
18. Bake approximately 30 minutes or until heated through .
19. During the baking process, make the cashew cream (see method below).
20. Let sit, covered, on cool working surface about 15 minutes to allow the "lasagna" to meld .
21. Remove the foil .
22. Top the lasagna with the cashew cream, salsa, and avocado, if desired, before serving .

METHOD FOR THE CASHEW CREAM

1. Soak the cashews in 1/2 cup hot water for about 30 minutes.
2. Combine the cashew mixture, nutritional yeast, and lemon juice in a blender or food processor.
3. Blend until smooth .
4. Add salt and pepper to taste.
5. Add additional hot water, a small amount at a time as needed if the sauce is too thick .
6. Spoon the cashew cream on top of the enchiladas before serving .



VEGAN PAWPAW AND PECAN WHOLE WHEAT PAN CAKES WITH CARAMEL SAUCE

By Leigh Scott

Chef Leigh's Notes: It works best to make the caramel sauce first so that it will be ready when the pancakes are hot off the griddle. You will need a candy thermometer to assure the sauce reaches the necessary temperature.



Makes 4 servings

CARAMEL SAUCE INGREDIENTS

- | | |
|--|-------------------------|
| ○ ½ cup almond milk | ○ ¼ tsp salt |
| ○ ½ cup Grade A maple syrup, amber color | ○ ½ tsp vanilla extract |

PANCAKE INGREDIENTS

- | | |
|--|--|
| ○ 1⅓ cups whole wheat pastry flour (do *not* use regular whole wheat flour; it would be too heavy) | non-dairy milk, but oat milk is best because it encourages browning) |
| ○ 4 tsp baking powder | ○ 3-4 pawpaws – peeled, seeded and mashed |
| ○ ½ tsp salt | ○ 1 tsp vanilla extract |
| ○ 1⅓ cup oat milk (you can substitute another | ○ 1/4 cup chopped pecans (toasted, if desired) |

METHOD FOR THE CARAMEL SAUCE

1. Combine the almond milk and maple syrup in a heavy saucepan.
2. Whisk constantly until mixture comes to a full boil and the mixture reaches 235°.
3. Continue to whisk the boiling sauce for 8 minutes .
4. Remove from the heat .
5. Stir in the salt and vanilla extract .
6. Spoon over warm pancakes and enjoy!
7. Store any leftover caramel sauce in the refrigerator.

METHOD FOR THE PANCAKES:

1. Once the caramel has been made, combine the flour, baking powder, and salt in a bowl . Whisk to mix .
2. In a separate bowl, combine the oat milk, mashed pawpaw, and vanilla extract .
3. Use a spoon to make a well in the flour mixture, then add the almond milk mixture and stir until just combined .Do not overmix .Add more oat milk, if needed, to reach the right consistency.
4. Using a ½-cup measuring cup, pour batter onto a hot, non-stick skillet, forming pancakes.
5. Turn the pancakes when the tops begin to dry and the bottoms turn light brown .
6. Remove from the pan when the second side turns light brown .
7. To serve, sprinkle with chopped pecans and drizzle with caramel sauce, if desired .

PAW PAW PANNA COTTA

By Alan Bergo

I like the panna cotta with a little bit of sharp berry sauce or citrus to wake it up a bit, just think of garnishes that would taste good with a banana. Pictured is wild plum jam thinned with a dash of orange and lemon juice to make a sauce, along with toasted hickory nuts to add crunch.

Yield: Six 4-ounce ramekins

INGREDIENTS

- ½ cup sugar
- 2 cups heavy cream
- 3 sheets leaf gelatin or 3.5 teaspoons powdered gelatin
- 6 oz (2½ cup) frozen or fresh pawpaw purée
- Dash of fresh Meyer lemon, or lemon juice, to taste
- A few scrapes of orange zest



METHOD

1. Gently warm the cream and sugar, whisking until the sugar is melted.
2. Meanwhile, bloom the gelatin until soft in ice water, then squeeze the water out. (If using powdered gelatin, add it directly to the warm cream and sugar, then whisk).
3. Puree the warm cream mixture with the pawpaw purée and the gelatin.
4. Pass through a strainer (optional).
5. Zest the lemon into its own dish.
6. Add the lemon juice and the zest to taste.
7. Check the seasoning and adjust as needed (you should taste a hint of citrus in the background).
8. Ladle the mixture into 4-ounce ramekins.
9. Refrigerate overnight until the panna cotta is set.

COCKTAILS

FROZEN PAWPAW MARGARITA

By Chef Rosie Moot

My good friend and fellow pawpaw aficionado, David Doyle, connected me with his cousin—Chef Rosie Moot of Pico Taqueria in Chincoteague, Virginia .Chef Rosie makes this outstanding frozen pawpaw margarita.This connection has changed my life! Muchisimas Gracias!

- 1 shot lime juice
- 1 shot pawpaw puree
- ½ shot simple syrup
- 1½ shot tequila
- ½ shot Deep Eddy Peach
- 10 ice cubes



PAWPAW PINA COLADA

Brought to you by the Judds

We had a pawpaw piña colada party once to work out a recipe . . .but it was so much fun, we forgot to write anything down 😊

The gist was throwing the following ingredients in a blender. The beauty of this recipe is you can adjust the measurements of each of the ingredients to suit your own personal taste. The high nutrient value of this concoction kept the party going long into the night!

INGREDIENTS

- | | |
|------------------------|-------------------------|
| ○ Pawpaw pulp | ○ Flor de Cana dark rum |
| ○ Coconut milk | ○ Wee bit of vanilla |
| ○ Pure pineapple juice | |
-

SUGAR BEAR COCKTAIL RECIPE¹⁷

By Ellen Zachos

On a more refined cocktail note . . .Ellen Zachos, the Backyard Forager, celebrates the love story between pawpaw and bourbon in style with the Sugar Bear Cocktail.

INGREDIENTS

- | | |
|-------------------------|---|
| ○ 2 ounces bourbon | ○ ½ teaspoon verjuice |
| ○ 4 ounces pawpaw purée | ○ Ground dried spicebush berries (optional) |
| ○ ½ ounce acorn orgeat | |
-

METHOD

Combine the bourbon, pawpaw purée, acorn orgeat, and verjuice in a shaker with ice and shake for 30 seconds. Pause, then shake again for 30 seconds. Pawpaw purée is thick and extra shaking is required to mix it up. A sprinkling of ground spicebush berries is a tasty and attractive garnish.

¹⁷ Excerpted from *The Wildcrafted Cocktail*® by Ellen Zachos. Used with permission from Storey Publishing.

SPECIAL MENTION: PAWPAW MOONSHINE

Pawpaw makes a fine moonshine.¹⁸ Known as the “hillbilly banana” to some, pawpaw moonshine has long been added into corn mash for a flavorful white lighting .

Pawpaw moonshine also makes a mighty fine brandy. Kelly Sauber, the distiller at Fifth Element Spirits in Ohio¹⁹, makes a much sought-after pawpaw brandy. Kelly was the first to brew a pawpaw beer for the Ohio Pawpaw Festival way back in 2002. The festival now boasts nine pawpaw flavored brews from eight Ohio breweries (see the next section on ferments).



¹⁸ Appalachian Distillery makes a 100% West Virginian pawpaw moonshine, visit them at appalachian-moonshine.com.

¹⁹ Learn more about Kelly Sauber and Fifth Element Spirits: <http://www.westendciderhouse.com/fifth-element-spirits.com>

PAWPAW CINNAMON MEAD

By Elisha and Elizabeth Somerville

Pawpaw mead²⁰ is one of the best honey wines I have ever tasted—which is saying something! Mead is made with honey as the main ferment to which fruit and herbs can be added. The aromas and subtle pawpaw flavors pair beautifully with the full body base of honey. It can be enjoyed as a dessert wine or poured over ice to lighten it up as a summer drink.

Our good friends and herbal wizards Elisha and Elizabeth Somerville took about 40 pounds of our pawpaws to run multiple mead variations and came back with some mighty fine wine and testing notes. The winner of various batches is their Pawpaw Cinnamon Mead . . . it is purely nectarous!
Yield: 5 gallons

INGREDIENTS

- | | |
|----------------------------------|---------------------------------|
| ○ 1 packet Lalvin D-47 yeast | ○ 5 quarts raw wildflower honey |
| ○ Filtered non-chlorinated water | ○ 3 tablespoons cinnamon chips |
| ○ 10 cups pawpaw pulp | |

METHOD

1. Prepare yeast: add packet of yeast to a little warm water. Let it sit for approximately 15 minutes.
2. Meanwhile, place pawpaw pulp and 2 quarts of the honey into a large jar or crock.
3. After 15 minutes has passed, add the yeast mixture and approximately 1 gallon of filtered water to the brew and stir vigorously.
4. Cover with a cloth and leave for 1 to 2 days, stirring 2 to 4 times per day. This type of open fermentation allows the yeast to get a good start, but is not ideal for the entirety of the process.
5. After 1 to 2 days in the cloth-covered jar or crock, pour the brew into a 5-gallon carboy²¹ with an air lock and keep in a dark place at room temperature.
6. Check the brew weekly, adding a quart of honey with a little water every week for 3 weeks in a row. The timing doesn't have to be exact as to when the honey is added, and you can add more or less to your taste. When all is said and done, you want to have a full carboy and will want to have added the 3 remaining cups of honey before the brewing process is finished.

²⁰ A recommended must-read for any mead maker is Jereme Zimmerman's *Make Mead Like a Viking* because it's so freeing in philosophy and encourages you to let your imagination guide your recipes.

²¹ A carboy is a large glass bottle used in the winemaking process. These can be purchased online from winemaking companies and other distributors.



7. You will know that it is finished when you no longer see the air lock bubbling .Expect this to take at least a month .
8. When the fermentation is finished, siphon off all of the clear mead into bottles with airtight lids. You can expect to have a heavy layer of dregs at the bottom of the carboy that you don't want in your bottled mead, so it's ok to take the time to let everything settle for a bit before bottling . Wine bottles with corks, beer bottles with crimped lids, or glass bottles with swing-top clasps work well for bottling your mead .
9. Store the bottled mead in a cool, dark location .This brew is great to drink as soon as you bottle it, but also gets better with age .*Cheers!*

PAWPAW FERMENTS: BEER, MEAD, AND KOMBUCHA

Pawpaw is making headlines in popular culture thanks very much to its success as a tasty beer. The Ohio Pawpaw Festival and its founder, Chris Chmiel, have fermented a small revolution in the micro-brewery world. Indeed, it seems the pawpaw beers have become the keystone to the festival, which now includes at least eight different breweries and a brewer's round table event to share the wonders of pawpaw and fermenting.

I am going to dodge the rabbit hole of beer and pawpaws and just put in a few collected notes here as, fortunately, there are some very good articles posted online that delve into the intricacies of the brewing process.

If you're really thirsty to learn more, then plan to hit up the Ohio Pawpaw Festival!²²

2018 OHIO PAWPAW FESTIVAL BEER LINEUP

The beer line up for the Ohio Pawpaw Festival in 2018 showcased the diversity of styles that pair well with pawpaw:

- Pawpaw Wheat, Jackie O's Brewery, Athens
- Weasel Pawpaw Pale Ale, Weasel Boy Brewing
- Paw Paw Wa Wa Blonde, North High Brewing
- Pawpaw Hef, Sixth Sense Brewing
- Pawpaw Murkshake IPA, Sixth Sense Brewing
- Pawpaw Weizen, Little Fish Brewing
- PawPale Ale, Devil's Kettle Brewing
- Pawpaw Cream Ale, Maple Lawn Brewery
- Saison Paw Paw, Thirsty Dog Brewing

It seems the pawpaw flavor and aromas come out well in a diversity of styles, with lighter wheat and pale ales making the most headlines.

²² Learn more about the Ohio Pawpaw Festival: www.ohiopawpawfest.com

Recipe

✂ Long Creek Homestead ✂

Kombucha

Ron White

FROM THE KITCHEN OF

Kombucha is a fermented tea made from using green or black tea and a symbiotic culture of yeast and beneficial bacteria known as a SCOBY (Symbiotic Culture Of Bacteria and Yeast), often referred to as the "mother." It makes a tasty, lightly effervescent beverage popular in the health world [1]. I am not typically drawn to kombucha, but when our friend Ron White brought over a batch of homemade pawpaw kombucha, I converted quickly. The clear bottles were filled with a light golden nectar that popped and sizzled. Needless to say, it became an instant new homestead favorite!

INGREDIENTS:	METHOD:	YIELD: 1 Quart
A SCOBY	"I start with tea, sugar, and well water. When the fermentation is done, then I bottle it. At that point, I add flavorings. My favorite is one teaspoon of pawpaw pulp added to a 16-ounce bottle. Let it sit until it has carbonated and then enjoy." -Ron White	
Tea (2 tsp of green or black tea per quart of water)		
Well Water - 32oz		
Sugar - required for the SCOBY in fermentation		
2 tsp of pawpaw pulp (1 tsp per 16oz of water)		

NOTES:

[1] It has been noted that making it at home can be dodgy if over-fermented, and it can become contaminated, so do your research first! Kombucha has amazing health benefits: the probiotic bacteria provides a boost to gut health; studies show kombucha helps prevent the growth of cancer cells; the fermentation process helps kill bacteria and can be instrumental in fighting infections; and some studies show kombucha can aid with health challenges, such as heart disease, liver ailments, diabetes, and weight loss.

[2] To learn all about the kombucha-making process and acquire a SCOBY, visit the fine folks at Cultures for Health:
www.culturesforhealth.com



Pawpaw Food Safety

As with any food, there are a portion of people who have unfavorable reactions with eating pawpaws. These symptoms range from nausea and puffy lips to a rushed trip to the bathroom, but to date, there are no recorded fatalities from eating pawpaws. Heck, even the FDA says they are safe to consume!

Some tissues of the pawpaw, including the bark, leaves, and seeds, contain a variety of alkaloids, phenolic acids, proanthocyanidins, tannins, flavinoids, and acetogenins. While these chemicals can cause allergic reactions, some of them are anticarcinogens, while others have natural or botanical pesticide qualities.

Pawpaw trees and, to a lesser degree, pawpaw fruits, contain medical compounds known as acetogenins. Research on pawpaw acetogenins is showing very promising results for fighting cancer. Acetogenic compounds are found most strongly in the pawpaw's bark, branches, and leaves, and to a lesser degree in the fruits. One might think of it as a mild wild medicinal.

ALL THINGS PAWPAW

For more recipes and additional information on pawpaws, visit our Facebook page, *For the Love of PawPaws*: www.facebook.com/fortheloveofpawpaws. Also see the Resources appendix for an amazing amount of information on all things pawpaw!

FOOD FOR THOUGHT BY R. NEAL PETERSON

“Due to its potential for allergic reaction causing contact dermatitis and possible presence of pesticides, pawpaw consumption may be harmful to humans.”*

Because of that statement, a question has arisen about the safety of eating pawpaws. According to the FDA: “The pawpaw has a long history of food use; the FDA does not currently have any evidence that pawpaw is unsafe to eat.”**

Indeed, some people are allergic to pawpaw. This is not exceptional, however. Food allergies are many, the most common being milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Among fruits, the common allergens are apple, peach, and kiwi. This list puts pawpaw allergy in perspective. Pawpaws are not unusual; and the same caution should be exercised in eating them as in eating other fruits.

The statement that pesticides are present in pawpaw seems peculiar. Pesticides are not being sprayed on the fruit—never in the wild, and almost never in cultivation. This claim seems to be a poorly chosen wording, based on the fact that pawpaw—and other plants in the Annona family—contain acetogenins, a class of potent compounds that contain pesticide properties.

We should not be surprised that plants contain toxic compounds, as these are the plant’s defense against predation by insects, fungi, and animals. The food plants eaten around the world are full of bioactive compounds. Notable toxic compounds are found in some very popular plants consumed, unknowingly and without concern, each day: potatoes, tomatoes, and eggplant contain acetylcholinesterase inhibitors; tannins are found in tea, coffee, and cocoa; and cabbage, broccoli, and Brussels sprouts contain glucosinolates.

Moderation in eating pawpaw is the sensible approach. Consumption of one or two fresh fruits a day, in season, is normal; it is how humans have consumed them throughout the ages. Daily consumption throughout the year, particularly of a tea brewed from the leaves, is probably unwise.

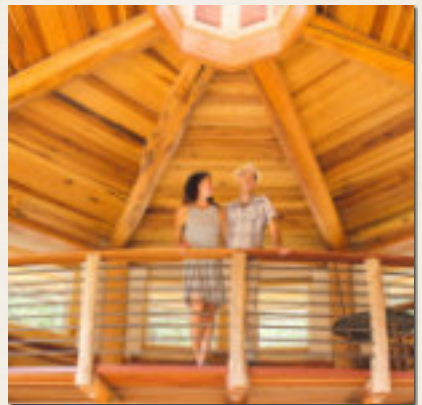


*[wikipedia.org/wiki/Asimina_triloba#Fruits](https://en.wikipedia.org/wiki/Asimina_triloba#Fruits)

**Communication to Dr. Kirk Pomper, Kentucky State University

LONG CREEK PERMACULTURE

FREDERICK MARYLAND



FOR THE LOVE OF PAWPAWS

PAWPAWS AND PERMACULTURE

THANK YOU!

We hope you've enjoyed this short intro to the fantastic world of PawPaws & Permaculture.

It gets much more delicious the more you explore..

For more resources, videos, books, and courses on easy to grow fruits, mushrooms, food forests, and much much more visit:

www.michael-judd.com

Stayed tuned to for new guides, videos and courses that will help make your life more fruitfull!

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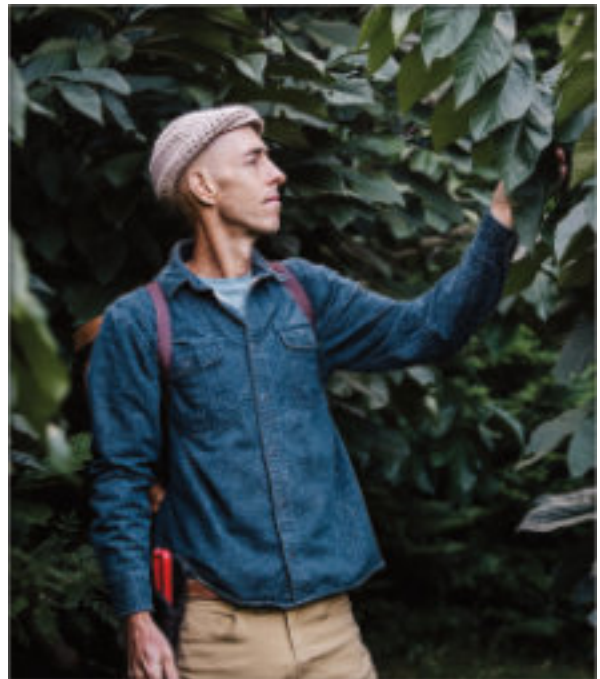
Blessings, Michael & Ashley Judd



WHO IS MICHAEL JUDD?

Michael Judd has worked with agro-ecological and whole-system designs throughout the Americas for over two decades, focusing on applying permaculture and ecological design. His projects increase local food security and community health in both tropical and temperate growing regions. He is the founder of **Ecologia Edible & Ecological Landscape Design, Project Bona Fide**, an international nonprofit supporting agro-ecology research, and co-founder of **SilvoCulture**, a Maryland based nonprofit which is helping plant 1 million nut trees in the Mid-Atlantic region. He is also the author of *For the Love of Paw Paws* – book and online course.

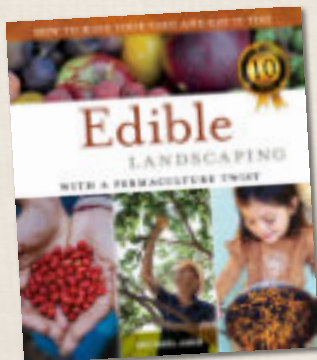
Michael lives with his family on a permaculture haven nestled along the foothills of the Blue Ridge Mountains near Frederick, Maryland. The Judds' homestead consists of 25 acres of mixed woodlands, food forests, gardens, and a nursery designed for experimentation and education.



Above: Michael Judd in a PawPaw Patch

Below: PawPaw Fest at Long Creek Permaculture

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