



## Kiwi Recipes from Vancouver Island, Canada

Kiwi Cove Lodge offers scrumptious original  
recipes using home-grown kiwi . . . ENJOY!

5130 Brenton Page Rd

Ladysmith, BC

1-866-303-5494

### KIWI GINGER SPREAD – makes 3 pints

- 5 cups kiwi puree (arguta kiwi are best)
- 1 cup finely chopped fresh ginger
- 2 cups unsweetened apple juice
- 1 ½ cups sugar
- ½ tsp green food coloring
- 1 pkg Bernardin “No sugar needed” pectin

Mix all together. Heat with frequent stirring. Boil 5 minutes. Ladle hot mixture into hot jars and cover with hot lids. Cool on a rack. Check seals and label before storing.



### KIWI JAM - makes 3 pints

- 3 1/2 cups kiwi puree
- 1/3 cup lemon juice
- 5 cups sugar
- 1/8 tsp green food coloring
- 2 pkgs pectin powder

Combine all ingredients, whisk in the pectin . Cook over med heat, stirring occasionally.

When mixture reaches a full boil that cannot be stirred down, boil for 1 minute. Remove foam if needed. Pour hot mixture into hot jars and cover with hot lids. Cool on a rack. Check seals and label before storing.

### CONNIE'S KIWI PIE - makes one pie

- 1 baked 9” pie shell
- 1-300 ml Eagle Brand sweetened condensed milk
- 1Tbsp grated lime rind
- ½ cup pureed kiwi
- ¼ tsp salt
- 2 slightly beaten egg yolks
- ¼ tsp green food coloring

Preheat oven to 350. Stir ingredients together until thickened. Pour the mixture into the baked pie crust (cover with meringue optional)

Bake the pie 10-15 min or until meringue is slightly browned.





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### **GUACA KIWI - Yield 2 cups**

- 5 – 6 kiwi fruit (1 ½ c )
- ½ cup diced green onion
- 2 tbsp lime juice
- 2 tsp packed brown sugar
- ½ tsp oregano
- 1 finely chopped avocado
- Chopped fresh parsley

Mix all together . Great with taco chips. Keeps several days.

### **BASIC KIWI MARINADE**

A natural enzyme in kiwi fruit helps tenderize tougher cuts of meat like round or blade steak. Add marinade to cubed meat at least two hours and not more than six hours.

- 1 cup chopped kiwi
- 2 tbsp each, soy sauce and tomato sauce
- 2 cloves minced garlic
- 4 tsp Worcestershire sauce

### **KIWI JALAPENO WINGS**

- 1 lb chicken wings
- ½ cup green jalapeno jelly
- 1 large clove garlic, minced
- 2 tbsp brown sugar
- 2 kiwi fruit mashed

Roast chicken for 30 minutes 375. Turn down to 350 toss, and add some of the sauce.

After 10 minutes toss and add sauce, repeat once more or until done.



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### KIWI CHUTNEY

- 2 tbsp lime juice
- 1 clove garlic and 1 jalapeno pepper minced
- 2 tbsp olive oil
- 1 tsp curry powder and 1 tsp cumin
- 1 tsp honey
- ¼ tsp hot pepper flakes
- ¼ cup chopped purple onion
- 6 kiwi fruit, frapped

Also makes a spicy wrap filling by adding 1 ¾ cup hot cooked rice. Refrigerate for an hour or so. Spread cream cheese on the tortilla and add whatever else you wish.

### KIWI VINAIGRETTE DRESSING - stores well

In a blender mix;

- 4 kiwi fruit
- ¼ cup olive oil
- ¼ cup white wine vinegar
- ½ tsp dry mustard

### CREAMY KIWI SALAD DRESSING

- 250 ml sour cream
- 160 ml frozen lemonade concentrate
- ½ cup kiwi puree

Great on coleslaw.

### COOL KIWI FOOL - serves 6

- 5 kiwi fruit peeled
- 2 egg whites
- ½ cup sugar, divided
- 1 cup whipping cream

In a food processor or blender, puree the kiwi fruit. Beat egg whites until foamy, gradually add ¼ cup sugar and continue beating until stiff peaks form. Beat the whipping cream, gradually adding the remaining ¼ cup sugar. Fold in the egg whites. Fold in kiwi puree leaving the swirl effect. Spoon into dessert glasses and chill. Garnish with kiwi slice.

