

The Edible Pawpaw



A Collection of Delicious and Nutritious Recipes



by
*The Ohio Pawpaw
Growers Association*

Pawpaw Pasta Salad

Submitted by Terry Powell for the OPGA Cookbook

½ cup pawpaw pulp
¼ cup salad oil
¼ cup chopped sweet onion
½ tsp salt
½ tsp paprika
1 ½ tsp celery seed
1 Tbsp white vinegar
1 tsp sugar
3 Tbsp lemon juice

1 medium green pepper
1 medium tomato, chopped
3 stalks celery, chopped
Chill until needed

Blend all ingredients, except vegetables,
until thoroughly smooth

Cook 8 ounces of tri-color pasta, following
directions on package
Rinse with cold water
Drain thoroughly
Mix 1/3 dressing with pasta
Chill several hours or overnight

Add pepper, tomato & celery to pasta
Mix another 1/3 of dressing with pasta & vegetables

Add last 1/3 dressing just before serving

Serves 8

Pawpaw Ice Cream Two

This is the ice cream served at the dinner honoring Leslie Mansfield at the Pines Tavern, Pittsburgh, PA.

Leslie Mansfield is the author of
The Lewis & Clark Cookbook: Historic Recipes from the Corps of Discovery & Jefferson's America

Mansfield writes that "pawpaws have a flavor that can best be described as a creamy tropical custard."

By Suzanne Martinson "In the Kitchen,"
Post-Gazette.com, September 18, 2003 and
CRFG San Diego Chapter Newsletter, 2005

2 cups pawpaw puree, thawed if frozen
2 cups heavy cream
½ cup milk
1 cup sugar

Place the pawpaw puree in a bowl and set aside

In a heavy saucepan, stir together the cream, milk and sugar

Bring the mixture to a simmer over medium heat

Slowly pour the cream mixture into the pawpaw puree, whisking to blend

Cover with plastic wrap and completely chill in the refrigerator

Pour the cold mixture into an ice cream maker and process according to manufacturer's instructions

Makes about 1 ½ quarts.

Pawpaw Cookies with Black Walnuts

From "Cooking with Pawpaws,"
Kentucky State University, Frankfort, KY

¾ cup pureed pawpaw pulp
1 cup all-purpose flour
½ tsp baking powder
¼ butter
½ cup brown sugar
1 egg
½ cup black walnuts

Preheat the oven to 350° F
Grease one large cookie sheet
Peel and seed fresh pawpaws
Process in a food processor until fine
Sift together the flour and baking powder, and set aside
Cream the butter and sugar
Add the egg
Add the flour mixture and then the pawpaw pulp
Chop half the nuts (reserve 16 pieces)
Blend in the nuts
Drop by teaspoonfuls onto the prepared cookie sheet
Press a black walnut half onto the top of each cookie
Bake 12 minutes or until brown across the top
Makes about 16 cookies

Chicken Paw-B-Que Sandwich

Submitted by John and Barb Duncan of the Ella Fun Food Ministries of Athens, OH for the OPGA Cookbook.

8 pounds chicken breast

6 cups barbecue sauce

2-1/2 Tbsp pawpaw pulp

1/2 Tbsp Canadian poultry seasoning

1 Tbsp vinegar

1/4 tsp granulated garlic powder

1/4 tsp onion powder

1/4 tsp black pepper

Dash of chili powder

Dash of cinnamon

Boil chicken breasts until cooked thoroughly

Put in refrigerator to cool overnight

After cooling overnight, skin the chicken and cut into one-inch pieces

In a large saucepan, mix remaining ingredients and let simmer until sauce is heated

Add chicken to sauce and simmer for 1/2 hour or until chicken is hot

Serve on your favorite bun or roll

Makes 32 – 4 ounce servings