

# Tropical Fruit Soup

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A great way to impress your culinarily adventurous friends, this fruit soup is served hot and steaming like the tropics! The recipe features nutritious and delicious fruits such as papaya, jackfruit, and pineapple, and is best served as an appetizer or soup course before an entrée. The combination of papaya, pineapple and citrus forms a veritable cocktail of digestive enzymes and sits easy on sensitive stomachs.

## Soup Base

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It only takes a little over an hour, but if you know you're gonna be tight on time the day of the meal, you can easily prep the broth a day or two before and reheat on the stove over medium-low heat.

You're gonna need:

- **A Large, Ripe Papaya** (peeled and cut into 1-inch chunks)
- **4 oz. Chopped Prunes**
- **1 Lime**
- **2 Oranges**
- **½ Cup Dried Apricots** (chopped coarsely)

Put your chopped **papaya** and **prunes** into a pot with **6 cups of water**. Bring to a boil. While you're waiting for it to boil, go ahead and juice your **lime** and your **oranges**. Keep the juices separate, they're used for different things. You're looking to get about 2 Tbsp lime juice, and about 2/3 Cup of orange juice. When your broth is at a rolling boil, place the leftover citrus rinds in the broth and set a timer for **5 minutes**. When the timer goes off, remove the citrus rinds, and discard. Let your broth simmer for at least another **55 minutes**. While that's simmering, you have an opportunity to go ahead and prep the other components (see below)! When it's done, turn off the heat. Transfer to a blender, or use an immersion blender (a GREAT investment!) to break down the fruit until the broth is a smooth consistency. Place back on the stove on low heat. Just enough to keep it hot. Add your **dried apricot** so it can start to rehydrate. If you want to add any other dried fruit, do it now!

## Plantains

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These could also be made in advance and stored after frying.

- **3 Semi-Ripe Plantains** (Peeled and cut into 1-inch chunks)
- **¼ Cup Coconut Oil, or as needed**

Heat the **oil** in a large frying pan or wok. We're going for a shallow fry here, so there should be enough oil to coat the bottom of the pan. Toss in the **plantains**. Toss and stir constantly until they start to get a little brown and crispy. . If there's a lot of oil left in the pan, remove the chunks and place them on a cooling rack placed over a baking sheet. (This was my fiance's ingenious idea, and is a great alternative to using paper towels to absorb grease!) Add them to your soup after you've blended the soup base.

## Jackfruit

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- 20 oz. Can Young Jackfruit (should come in brine)
- Pineapple (Fresh cut in chunks, or canned chunks, 20 oz. in juice)
- 1 Tbsp Coconut Oil
- Dash of salt

Drain your **jackfruit** in a colander, and rinse thoroughly. Structurally, it'll remind you a bit of artichoke hearts, with a stringy part and a solid part. You can eat all of it except the seeds. In the stringy parts you can feel with your fingers to find the firm pods and remove the seeds from inside them. Break apart the solid pieces with your hands.

Put that in a frying pan with the **oil** and the **pineapple** over medium-high heat, sprinkle with **salt** and just let it go for a while. The salt should bring some liquid out of the pineapple, and when it does, stir everything around so the jackfruit can eat up that flavor. We then want to cook that liquid off, so our fruit can caramelize. Once you've achieved some consistent browning (each piece seems to have browned a little) you can throw it straight in the soup after you've blended the soup base

## Finish it up

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- 14 oz. Canned Pear Slices (cut into chunks)
- 2/3 Cup Fresh Orange Juice (from the soup base phase)
- 1/2 tsp Cinnamon
- 1/4 tsp ground cloves
- Salt to Taste
- 1 Crisp Apple (Gala, pink lady, honeycrisp etc. grated or diced)
- 2 Tbsp Fresh Lime Juice (from the soup base phase)

If you used canned pineapple, add the juice to the soup. Add the **pears, orange juice, cinnamon, cloves** and **salt**. Give it a real good stir.

As soon as you cut up your apple, toss it in the lime juice.

Ladel out your soup into bowls and top with your diced apple. I like mine with some cracked black pepper on top. Enjoy!