

The Nashi Growers Assoc of NZ. www.nashi.org.nz



The NZ Nashi season runs from Late January to late July with early gold Hosui and later bronze Dan Bae varieties available from most stores. Have a taste, try a recipe or two and maybe become part of a vegetarian or salad menu item in your café or restaurant.

Ideas and Recipe Suggestions from our website

- **Cheese board** Sliced Nashi with creamy blue cheese & sliced salami
or drizzled with lemon or lime
- **Drinks** Nashi Juice freshly squeezed.
- **Hors d'oeuvres** Spiced Nashi (flavoured with curry, cinnamon, ginger) served with cold or red meat
Nashi and camembert pieces wrapped in filo and fried
- **Mains** Steak Tenderised in Nashi Juice, barbecued with Nashi slices.
Salmon with Nashi, kumara and lime, honey, ginger dressing.
Replace pineapple with Nashi for Sweet and sour.
Add for sweetness to Curries.
Takes the flavours of meat and spices - goes well with Venison.
- **Desserts** Grated with liqueur and passionfruit or preserved ginger, and
ice-cream
 - Nashi crumble
 - Nashi Caramel cake
- **With coffee** Spiced Nashi cake (fat free recipe)
 - Nashi and Feijoa Shortcake
 - Nashi muffins

Nashi FACTS

- Ready to eat. Ripe when picked (won't get any better) stored in the fridge will last for weeks.
- Flesh doesn't go brown when peeled – stays firm when cooked
- Very sweet, no added sugar with a brix of around 12%.