

Florida Food Fare

by Mary King
Family & Consumer Sciences
University of Florida / IFAS
Sarasota County Extension



Kumquats

Description: The name kumquat comes from the Cantonese word for “golden orange”. Introduced to the United States in about 1850, the kumquat is now a popular citrus fruit grown in South Florida. Varieties include, the Marumi, which has a small round fruit, a sour pulp and a sweet peel; the Nagami, which has a rather large oval fruit about an inch long and the Meiwa, which is a large fruited, round kumquat that has a rather sweet pulp. The Marumi is commonly used along drives where it makes a round headed tree which is covered in the winter with brilliant yellow fruit. The Nagami is used extensively as a ornamental and to dress up gift boxes. Although frequently used as an ornament, this small orange colored fruit is excellent for edible garnishes and makes a wonderful marmalade or jelly.

Availability: Kumquats are available in the market from October to April, but are most abundant in the winter months.

Nutritional Value: Kumquats are rich in potassium and low in calories. One kumquat is approximately 12 calories and yields 8.3mg calcium, 37mg potassium, 7.1mg vitamin C, and 57 IU vitamin A. They contain only a trace of fat, 3.1g carbohydrate and 15.5g water per fruit.

Selection and Care: Select brightly colored fruit. Avoid fruit that is wrinkled, dull in appearance or moldy. Fruit should be pressed to determine that they are firm, like baby mandarins, not soft and wet. Because of their thin skin, they spoil more rapidly than oranges. If they are to be used within a few days, kumquats may be stored at room temperature. They may be stored for about two weeks in the refrigerator in a sealed plastic bag. For longer storage, they may also be frozen.

Use & Preparation: Serve kumquats as you would grapes, as part of a formal fruit bowl or offer them alone on a dish as a palate refresher. The entire kumquat can be consumed. The peel may be added to season carrots, winter squash,

pumpkin or tossed in a fresh spinach salad. The spicy fruit flavor adds zest to meat and poultry dishes too. They can also be preserved or made into marmalade. They are a decorative addition to any table as a tangy food or as a colorful addition to a flower or fruit arrangement.

Recipes:

Kumquat Marmalade

4 cups cooked kumquat juice and pulp

3 cups sugar

To prepare juice and pulp, select solid fruit. Wash, sprinkle with 1 teaspoon soda for each 2 cups fruit. Cover with boiling water. Let stand 10 minutes. Pour off soda water. Rinse in cold water. Cut fruit in very thin slices or grind in food chopper, using coarse blade. Measure fruit. Use 3 cups water for each cup prepared fruit and juice. Cook in pressure pan at 10 pounds pressure for three minutes or simmer on top of stove about 20 minutes. Measure cooked pulp and juice into saucepan. Bring to a boil. Add sugar, stirring to dissolve. Cook to jelly stage. Pour into sterilized jars and seal.

Sunshine Carrots

1 pound carrots peeled and quartered,
then cut into 2-3" sticks

1/3 cup golden raisins

1 1/4 cups water

1/3 cup honey

1/2 cup kumquats, sliced and peeled

2 tablespoons butter

Combine carrots and water in a medium saucepan, cover and simmer for 8-10 minutes. Add remaining ingredients; cook uncovered over medium heat until carrots are glazed, stirring occasionally. Yield: 4 servings.

Oriental Kumquat Salad Toss

1/4 head lettuce, torn in bite size pieces

1 small white onion cut into rings

1/4 head romaine lettuce torn in
bite size pieces

1 cup broccoli rosettes

1/2 cup celery, cut diagonally

1/2 cup kumquats, sliced and seeded

2-3 green onions, cut diagonally

1/2 cup sliced toasted almonds

Toasted Sesame Seed Dressing

Toss ingredients in large salad bowl with Toasted sesame seed dressing. Yield 4 servings.

Toasted Sesame Seed Dressing:

1/3 cup freshly squeezed lime juice
2 cloves garlic, crushed
1/4 cup white vinegar
1/2 cup toasted sesame seeds
2/3 cup water

1/4 cup green onion tops
1/2 cup vegetable oil
1/2 teaspoon dried mustard
1/2 teaspoon salt

Place all ingredients in shaker jar, cover and shake well. Serve chilled over Oriental Salad.

Hawaiian Chicken with Kumquats

4 skinless and boneless chicken breasts, cut into strips
1/4 cup brown sugar
1/2 cup ketchup
1/4 cup vinegar
2 tablespoons cornstarch
1 small green pepper, chopped
1 (8 oz.) can pineapple chunks with juice
8 or 9 kumquats, rinsed and sliced

Place chicken in casserole dish. Mix all remaining ingredients together and pour over chicken. Cover with foil. Bake at 375°F for 1 ½ hours. Serve over rice or noodles.