



Executive Chef Bonnie Shuman Pennsylvania Paw Paw Salsa

Pawpaw is a native North American tree. It is the largest edible fruit indigenous to the United States. They are often simply eaten raw, picked fresh from the tree and eaten out of hand. But there are many other uses for paw paws.

The fruit helps metabolize other foods, is rich in riboflavin, thiamine, B-6, niacin and folate. Rich in Vitamin C and other antioxidants, it also boasts a number of needed minerals including potassium, magnesium, phosphorus and iron. When deciding what to do with paw paws, consider all the nutritional benefits and pack in as many of these snack-sized fruits as you can during the extremely short season.

[Serves four]

Ingredients:

3 fresh ripe paw paws
½ red onion chopped, about 1/2 cup
1 jalapeño pepper minced fine
5 tabasco peppers OR 1 large red-hot pepper
1 clove garlic minced
1 cup seeded and diced tomato
¼ tsp salt
juice of one lime
minced cilantro to taste

Method:

- Peel, deseed and cube paw paws
- Add remaining ingredients in a mixing bowl and cover with saran wrap
- Refrigerate for at least 2 hours, allowing flavors to meld
- Divide evenly among four plates and serve atop grilled chicken breasts or swordfish steaks
- Enjoy!

