Marysville Historical Society

The Persimmon

Cookbook

Volume 2

1989

This Book
Belongs To

The Persimmon Cookbook

Expression of Appreciation 1989

Our organization wishes to express our sincere appreciation and thanks to all those who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.

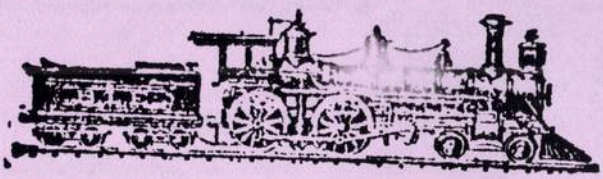
Volume 2

The Persimmon

Bright orange persimmons are making their annual appearance in Western produce markets and family gardens in November and December. Their season is relatively short, but some of the fruit is usually available through the holiday season.

Hundreds of Oriental persimmon varieties are known, but only a few account for the commercial crop or are common as garden trees in the West. They are of two distinctly different types. The fruit of the more common types must ripen until very soft before it is ready to eat. But gaining in popularity are varieties of persimmons that become sweet while still firm, with an apple like texture.

Compiled and typed by Cathy Callan
May 29, 1989



About 90 per cent of the persimmons sold in food markets are of the familiar soft type; the best known is a variety called 'Hachya.'

A number of other soft varieties are so similar to 'Hachiya' that it is difficult to distinguish them. All are notoriously astringent when firm, and must be ripened to a soft, jellylike consistency before they can be eaten. When fully ripe, they have melting, sweet flavor and slippery texture. These soft persimmons are usually found in markets through December.

Another soft persimmon not available in markets but grown in Southern California gardens, is 'Tamopan.' This one looks quite different from the familiar 'Hachiya.' It is large, has a flattened round shape with a constriction just above the middle, and it ripens to a golden yellow-orange. In flavor and texture, 'Tamopan' is like the other soft persimmons.

You may discover the firm persimmons at a market in November, especially in one that caters to Oriental food tastes. Or you may be growing some of them in your garden. The best known varieties are ' Maru' (muh-roo), 'Fuyu' (foo-yew), and 'Hyakume' (yah-koo-may).

All three varieties are ripe when the skin is fully colored; at that point they are still firm. When you cut them, the flesh of 'Fuyu' persimmons is uniformly tan colored; most 'Maru' and 'Hyakume' persimmons (all the ones with seeds) are are flecked with brown around the seeds (this explains why they are sometimes referred to as "cinnamon" types). By the end of November the firm varieties will be about gone from the markets.

Of the three firm persimmons, 'Fuyu' is most popular for home gardens; all the fruit from its

Put your good thoughts ahead of bad ones.

trees is sweet when ripe. On the other hand, the fruit of 'Maru' and 'Hyakume' trees needs to be specially treated to remove the astringency from the non-seeded yellow portions. Fruit grown commercially is always treated and can be guaranteed sweet, but we know of no suitable way that this can be done at home. so if you have 'Maru' or 'Hyakume' trees in your garden, eat just the brown-flecked sweet portions of the fruit.

Here are recipes and directions for freezing, preserving and serving both soft and firm varieties of persimmons.

IT DOESN'T MATTER HOW MUCH MONEY YOU HAVE, EVERYONE HAS TO BUY WISDOM ON THE THE INSTALLMENT PLAN.

Encourage one another and build up one another.

Freezing Whole Soft Persimmons

Let persimmons ripen until very soft and jellylike. Wash fruit, place on a flat tray in your freezer, and freeze until firm. Then wrap persimmons individually and over wrap tightly for storage in freezer. (You avoid bruising the fruit if you wrap it after it is frozen).

To serve, remove persimmons from freezer about 20 minutes before you plan to eat them. You might peel them with a vegetable peeler while still frozen and slice into a serving dish, or serve whole.

The pulp of soft persimmons can be used in baking products such as you would use apple sauce. Also you can freeze this persimmon puree to use later for baking.

SMILE IS A LIGHT PLACED IN THE WINDOW OF YOUR FACE TO SHOW YOUR HEART IS AT HOME!

Freezing Soft Persimmon Puree

Scoop flesh from whole ripe persimmons using a spoon; discard skin, seeds and stem. Whirl a little at a time in blender. or force through a food mill. For every 2 cups of puree, add 1 tablespoon lemon juice. Pack in freezer containers to within 1 inch of the top. Freeze.

Fresh Persimmon Salads

Arrange slices of cucumber or avocado on crisp lettuce in individual salad plates. Top each with a spoonful of ripe persim mon pulp. Garnish with wedges of lime or lemon; serve a mild creamy dressing, if you wish.

For fresh fruit salads, top indi vidual servings with a scoop of partially frozen persimmon pulp (add 1 or 2 teaspoons lemon, lime or orange juice to the pulp of each persimmon before freezing it).

The following recipes call for persimmon puree. Use a spoon to scoop the flesh from the skin of fresh persimmon; whirl in blender until smooth or press through a food mill. Make the puree just before you plan to use it; it turns brown with long standing. or use frozen puree, defrosted.

4 cups persimmon puree
3 cups sugar
2 Tablespoons lemon juice
1/4 teaspoon grated lemon peel

In a large pan combine persimmon puree and sugar. Cook over low heat, stirring constantly until thickened, about 20 minutes. Do not boil. Remove jam from heat and stir in lemon juice and peel. Pour into hot sterilized jars to within 1/4 inch of top. Adjust caps and seal. Store in refrigerator or freezer. Makes about 3 pints.

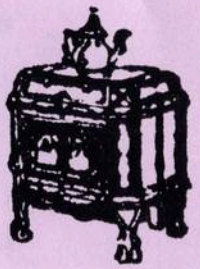
A WIFE WITH HORSE SENSE NEVER BECOMES A NAG.

Persimmon Ice Cream

In a large bowl, mix together 2 cups persimmon puree, 2 teaspoons lemon juice, and 1/4 teaspoon grated lemon peel. Add 1 quart softened vanilla ice cream and mix until well blended. Pour into 1 1/2 quart container, cover, and freeze. If frozen solid, allow to mellow at room temperature about 15 minutes before serving. Makes about 5 cups.

Spicy Persimmon Cake

1 1/4 cups persimmon puree
1 teaspoon soda
1/2 cup (1/4 pound) butter, margarine, or shortening
1 cup sugar
2 cups regular all-purpose flour
2 teaspoon baking powder



1 teaspoon cinnamon
1/4 teaspoon salt
1/2 teaspoon each nutmeg and cloves
1/2 cup finely chopped pecans
1 teaspoon grated orange peel
1/2 teaspoon grated lemon peel
Sifted powdered sugar or slightly sweetened whipped cream

Continued

Spicy Persimmon Cake Continued

Stir together the persimmon puree and soda until well blended; let stand while you cream together the butter and sugar until light and fluffy. Add persimmon puree and soda mixture to the creamed mixture; blend well. Sift flour, measure, and sift again with baking powder, cinnamon, sift again with baking powder, cinnamon, salt, nutmeg and cloves. Gradually blend into batter. Add nuts and fruit peels; beat just until well blended. Spoon the stiff batter into a greased and floured 8 or 9-inch square baking pan or 5-cup mold. Bake in a 350 degree oven for 40 to 45 minutes, or until inserted pick comes out clean. Let cool in pan 10 minutes, then invert cake onto cooling rack. Let cool about 15 minutes more and serve warm, dusted with powdered sugar or topped with whipped cream.

We are the memories we keep in our heart.

cream. (Sugar and citrus juice aren't needed when you serve the fresh persimmon with a citrus sherbet. However, when you serve persimmon with vanilla ice cream, blend a little lemon juice into the pulp.)

The delicate flavor of the persimmon is accented in this refreshing, low calorie sherbet. It is delicious served alone or with fresh fall fruit.

Steamed Persimmon Pudding

About 3 medium-sized ripe persimmons)
2 teaspoons soda
1/2 cup butter or margarine
1 1/2 cups sugar
2 eggs
1 teaspoon lemon juice
2 teaspoons vanilla
2 Tablespoons brandy or milk
1 cup flour (unsifted)
1 teaspoon cinnamon
1/4 teaspoon salt
1 cup raisins
1/2 cup chopped pecans

Scoop flesh from persimmons; discard skin, seeds and stems. Whirl in blender or force through

a food mill. You should have 1 cup puree. Stir in soda; set aside. In a large bowl, cream together the butter and sugar until fluffy. Beat in eggs, lemon juice, vanilla, brandy, and persimmon puree. Sift flour with cinnamon and salt into creamed mixture; stir well. Add raisins and nuts.

Thoroughly grease a 2-quart pudding mold and its lid. Spoon mixture into mold and secure lid. Place mold on a rack above boiling water in steamer; cover. Steam for 2 1/2 hours, adding more boiling water if needed. Cool 10 minutes and unfold; serve or cool, wrap, and store. Makes about 8 servings.

Brandied hard Sauce. In a small bowl, beat 1/2 cup (1/4 lb.) butter until smooth. Slowly add 1 cup sifted powdered sugar and 3 Tablespoons brandy; beat until thoroughly blended.

Persimmon Fruit Salad

Slice 3 ripe firm persimmons (peeled or unpeeled). Slice 1 or 2 each of the following fruits: unpeeled Delicious apple, fresh Bose or Comice pare, and peeled orange. Have and seed about 1 cup fresh grapes. Arrange fruit on bed of lettuce on a large platter. Serve with lime fruit dressing (recipe follows). Makes about 6 to 8 servings.

Lime Fruit Dressing. In the top part of a double boiler, beat 2 eggs with a rotary beater until they are light and fluffy. Gradually beat in 2/3 cup sugar, 2 tablespoons lime juice, and 1/4 cup orange juice. Place over steaming (not boiling) water and cook, beating, until thickened and foamy. Remove from the heat and chill well. Just before serving, whip 1 cup heavy cream until stiff and fold into chilled dressing. Spoon into serving dish and sprinkle top with teaspoon grated orange peel.

Doing beats stewing.

Green Salad with Persimmons

2 quarts torn mixed greens
4 ripe firm persimmons, peeled, sliced
2 Tablespoons fresh lime juice
1 Tablespoons honey
1/3 cup salad oil
dash each salt and cinnamon

In a bowl, mix together the torn greens and persimmon slices. Beat together lime juice, honey, salad oil, salt and cinnamon until well blended; pour over greens, mix gently and serve. Makes about 6 servings.

Persimmon Cream Sauce

Combine 3/4 cups commercial sour cream, 1 1/4 cups purred persimmon pulp, 5 teaspoons powdered sugar, and 1 Table spoons lemon juice. chill several hours. Makes about 2 cups sauce.

Bake, covered, in moderate oven (350°) for 1 3/4 to 2 hours, or until sides shrink away from pan. Remove cover last half hour. Set pan on wire rack until cool. Invert pan on heavy foil wrap; store wrapped cake in a cool dry place or freeze. If desired, the cake can be baked in a 10-inch tube pan, covered with aluminum foil. (I sometimes take one-third the recipe and steam 2 hours in a double boiler or until done, and serve as a pudding with lemon sauce. I sometime use a combination of walnuts, slivered almonds and Brazil nuts in cake or pudding.)

NOTE: This fruit cake is not only moist, but exceptionally rich and dark. Serve as an afternoon or evening refreshment during the holidays, with California Champagne or Muscatel.

Christmas Persimmon Cake

Makes 2 large loaf cakes or 4 small cakes.

3 Tablespoons butter
2 cups sugar
2 cups persimmon pulp
2 cups walnuts, chopped
1 cup seedless raisins
1 cup dates. chopped

1 Tablespoon orange peel, grated
4 cups sifted cake flour
4 teaspoons baking soda
3 teaspoons baking powder
3 teaspoon ground cinnamon
1/2 teaspoon ground clove
1/2 teaspoon ground allspice
1/2 teaspoon ground nutmeg
1 cup milk
2 teaspoon pure vanilla extract

Cream butter with sugar in large mixing bowl. Add persimmon pulp, nuts, raisins, dates and orange peel; mix well. Sift flour with baking soda, baking powder

and spices. Add flour mixture to persimmon mixture alternately with milk, beginning and ending with flour. Stir in vanilla extract. Turn batter into two well-greased 8X5X3-inch loaf pans. Bake in preheated 300-degree F. oven 1 1/2 hours or until a cake tester inserted into center comes out clean. Turn out onto wire rack and cool. Garnish cake, if desired, with glazed fruits and nuts arranged in a row down the center.

Note Be sure you select only ripe persimmons. This is like a fruitcake, but not the moist variety. It stores well if wrapped tightly in aluminum foil. Flavor improves with time. Lovely to serve with hot tea on a blustery winter day.

HAPPINESS IS CONTAGIOUS,

, BE A CARRIER.

Persimmon Date Nut Bread

6 Tablespoons butter or marg.
1 cup sugar
2 eggs
1 teaspoon soda
1 cup persimmon pulp
2 cups sifted all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
2 teaspoons grated orange rind
1 cup chopped dates
1 cup chopped nuts

Cream butter; add sugar, beating well. Add eggs, one at a time, beating after each addition. Dissolve soda in persimmon pulp. Mix into creamed ingredients. Combine flour, baking powder, salt, cinnamon, nutmeg and cloves. Stir into creamed mixture. Add orange rind, dated and nuts. Turn into greased 9X5X3-inch loaf pan. Bake in 350 degrees preheated oven for about 75 minutes, or until food pick stuck in center comes out clean. Turn out on rack to cool.

Persimmon Sherbet

1 package (3 oz.) lemon-flavored gelatin
1 1/2 cups sugar
2 1/2 cups pureed persimmon pulp
3 cups cultured buttermilk
2 Tablespoons lemon juice
1/4 teaspoon cinnamon
3 egg whites, stiffly beaten

In a pan, stir the gelatin and sugar into the persimmon pulp; heat just until the gelatin and sugar are dissolved. Stir in the buttermilk, lemon juice, and cinnamon, and pour into 2 loaf pans (each 9 by 5 inches); set in freezer until mixture is partially frozen. Beat mixture until smooth, and fold in beaten egg whites. Freeze until firm. Makes about 2 quarts.

Serve this light, spicy steamed pudding warm or cold with its special sauce, hard sauce, or a warm butter sauce. It will keep several weeks in the refrigerator, if well wrapped; or it can be frozen.

Low-Calorie Persimmon Sherbet

1 egg, separated
1/4 cup sugar
1/8 teaspoon salt
1 cup fresh persimmon pulp

2 Tablespoons lemon juice
1/3 cup ice cold water
1/3 cup non-fat dry milk

Combine egg yolk, sugar, salt persimmon pulp and lemon juice, mixing well; set aside. Place egg white and water in small mixer bowl (have bowl and beaters chilled); sprinkle on non-fat dry milk. Beat on low speed until milk is dissolved, then beat on high speed until stiff. Fold in persimmon mixture. Turn into 8-inch square pan; place in freezer until firm (several hours). Makes 6 servings, approximately 102 calories per serving.

KEEP YOUR WORDS SOFT AND SWEET IN CASE YOU HAVE TO EAT THEM.

The bright orange color of the large Oriental persimmons tempts many shoppers in Western markets in November and December.

This sweet and slightly astringent fruit is good in green salads with cucumber and lettuce, and in fresh fruit salads. Fully ripened persimmons, serve chilled or even partially frozen, make excellent dessert fare-by themselves or combined with other ingredients. Lemon, lime, or orange juice may be used to point up the persimmon flavor in either salads or desserts.

You can also blend persimmon pulp in a light and flavorful buttermilk sherbet, or bake it in a steamed pudding for a holiday dessert or gift. Serve the pudding with a special persimmon-cream sauce.

PRAISE DOES WONDERS FOR THE SENSE OF HEARING.

Persimmon Fruit Cake

A moist type of fruit cake for the holidays. Folks who won't eat fruit cake ask for more of this.

3 cups persimmon pulp
1/2 cup California Muscatel
3 cups sugar
2 cups seedless dark raisins
1 cup muscat raisins
3 cups walnuts (large pieces)
1 cup candied mixed fruit
1 cup milk
3 cups sifted all-purpose flour
3/4 teaspoon cinnamon
3/4 teaspoon cloves
1 1/2 teaspoons salt
2 Tablespoons baking soda

In large mixing bowl, combine persimmon pulp, wine, sugar, raisins, nuts mixed fruit and milk. Resift flour with spices, salt and soda. Add to persimmon mixture and mix well. Pour into well-greased 3-quart heavy aluminum pan with glass cover; set in pan of hot water.

Persimmon Date Bars

1/2 cup butter
1 cup sugar
2 eggs
1 teaspoon baking soda
1 cup persimmon pulp

2 cups all-purpose flour
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1/4 teaspoon salt
1 teaspoon grated lemon rind
1 cup chopped dates or raisins
1 cup coarsely chopped nuts

Cream butter; beat in sugar. Add eggs, one at a time, beating well after each addition. Stir soda into persimmon pulp; add to creamed mixture. combine flour, spices and salt; stir into creamed mixture. Blend in lemon greased 9-inch square baking pan. Bake in 350 degree oven until done. Turn out on rack to cool.
If desired, frost with browned butter frosting: In saucepan brown 1/4 cup butter until light amber color. Turn into small

mixer bowl; beat in 2 cups sifted powdered sugar, 1/2 teaspoon vanilla, 1/8 teaspoon salt and 2 to 3 Tablespoons light cream; blend thoroughly. Spread frosting over cooled cookies. Decorate with candied red and green cherries. Cut into 20 or 25 bars when frosting is set. Freeze if desired.

Fresh Persimmon Desserts

Cutting a thin slice off the top of a whole ripe persimmon exposes the pulp and makes the fruit eas ier to eat. Garnish each serving with a wedge of orange, lemon, or lime and pass powdered sugar or brown sugar to sprinkle over the fruit. Add yogurt, or sour cream mixed with a little lemon juice, to enhance the delicate persimmon flavor.

As a variation, sprinkle desert servings of persimmon with a littel grated coconut or chopped, pitted dates. For another colorful dessert, serve lemon or lime sherbet or vanilla ice cream with ripe persimmon--either as a sundae or a whole fruit topped with ice

Persimmon Cookies

1 cup persimmon puree
1 teaspoon soda

1 cup (1/2 pound) butter or marg.
1 cup sugar
1 egg
1 teaspoon vanilla
1 teaspoon lemon juice
2 Tablespoons brandy or orange juice
3 cups regular all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
3/4 cup each currants and chopped nuts

Mix together thoroughly the persimmon puree and soda; let stand while you cream together the butter and sugar until light and fluffy. Beat in egg, vanilla, lemon juice and brandy. Then add persimmon puree and mix until blended. Sift flour, measure and sift again with baking powder, salt, cinnamon, and nutmeg. Gradually blend into creamed mixture, then add currants and nuts and mix just until well blended.

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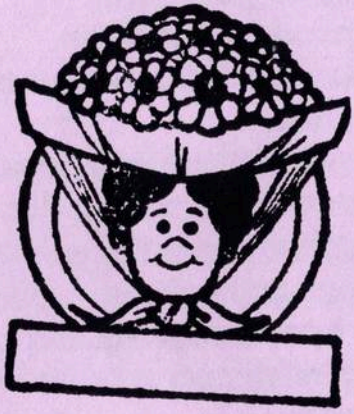
Drop level tablespoonfuls of dough 2 inches apart onto a lightly greased baking sheet. Bake in a 375 degree oven for 12 to 14 minutes, or until browned. Makes about 5 dozen.



Freezing Slices of Firm Persimmons

First prepare a sugar syrup by combining 2 cups sugar with 4 cups water and 1 tablespoon lemon juice; stir over medium heat until sugar is dissolved. Peel the persimmons with a vegetable peeler; slice and pack into freezer containers. Cover fruit with the syrup to within 1 inch of the top. Freeze . Syrup is enough for about 5 pints fruit.

Steamed Persimmon Pudding

1 cup puree persimmon pulp
1/2 cup milk
2 Tablespoons butter or marg. melted
2 teaspoons vanilla
2 cups regular all-purpose flour
1 cup sugar
1 1/2 teaspoons soda
1 teaspoon salt
1/2 teaspoon cinnamon
1 cup golden raisins
1/2 cup chopped walnuts

Blend together the persimmon pulp, milk, melted butter and vanilla. Sift the flour, measure, and sift again with sugar, soda, salt, and cinnamon. Combine the liquid ingredients with the dry ingredients and stir in the raisins and walnuts. Pour the mixture into a well-buttered 6-cup mold. Cover tightly with a buttered lid or a piece of foil (butter the part of the foil that will be over the batter). Place the mold in a deep pan, using a rack or inverted, perforated foil pan to keep the mold out of the water. Pour boiling water into the deep pan just up to, but not touching, the

mold. Cover tightly and keep the water simmering; refill with boiling water if necessary. Steam the pudding for 1 hour, 45 minutes. Cool about 10 minutes before removing the pudding from the mold. Serve warm or cool and store. Makes 6 to 8 servings.

Notes

HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.

COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
- 9-inch pie plate
- 8x1¼-inch layer cake pan - **C**
- 7⅜x3⅝x2¼-inch loaf pan - **A**

6-cup baking dish:
- 8 or 9x1½-inch layer cake pan - **C**
- 10-inch pie plate
- 8½x3⅝x2⅝-inch loaf pan - **A**

8-cup baking dish:
- 8x8x2-inch square pan - **D**
- 11x7x1½-inch baking pan
- 9x5x3-inch loaf pan - **A**

10-cup baking dish:
- 9x9x2-inch square pan - **D**
- 11¾x7½x1¾-inch baking pan
- 15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½x3-inch "Bundt" tube pan - **K**	6 cups
9x3½-inch fancy tube or "Bundt" pan - **J** or **K**	9 cups
9x3½-inch angel cake pan - **I**	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan - **K**	12 cups
9x3½-inch fancy tube mold - **J**	12 cups
10x4-inch fancy tube mold (Kugelhupf) - **J**	16 cups
10x4-inch angel cake pan - **I**	18 cups

Melon Mold:

7x5½x4-inch mold - **H**	6 cups

Spring-Form Pans:

8x3-inch pan - **B**	12 cups
9x3-inch pan - **B**	16 cups

Ring Molds:

8½x2¼-inch mold - **E**	4½ cups
9¼x2¾-inch mold - **E**	8 cups

Charlotte Mold:

6x4¼-inch mold - **G**	7½ cups

Brioche Pan:

9½x3¼-inch pan - **F**	8 cups