



# Fresh Friday

January 2012

## *Kumquats*

### ***Fresh Facts***

**Kumquats are usually classified as a citrus fruit, but unlike oranges, lemons and limes, you can eat the thin, sweet skin.**

**All kumquats have tiny edible seeds inside.** If you don't like them, the seeds can be removed when the fruit is sliced or discreetly spit out when eaten whole.

The bright orange color isn't the only thing bold about kumquats. **These tiny fruits pack big flavor** that's sweet, tart and tangy all at once.

**Most kumquats found in U.S. supermarkets are grown in California, Florida or Texas.** There are only about five or six varieties grown worldwide.

### ***Did you know?***

**Kumquats are native to China where they are considered a symbol of prosperity and are a traditional gift at the Lunar New Year, which begins on January 23, 2012.**

### ***Try this at home:***

***Decorate with fragrant kumquats to brighten your home in winter!***

#### **What you'll need:**

- kumquats
- whole cloves
- pretty bowls or containers
- fresh or dried herbs, flowers, leaves, vines or pinecones—whatever you can find in your garden!
- candles (optional)

#### **Instructions:**

Decorate each kumquat with the cloves by sticking the pointy end of the cloves into the skin of the kumquat. Make stripes, swirls, dots, smiley faces or whatever design suits your fancy.

Arrange your clove-studded kumquats in a bowl or container along with other beautiful items from nature such as herbs, flowers, leaves, vines or pinecones.

Add a votive or pillar candle to the center if desired (but don't light it without an adult).

Use your kumquat décor as a table centerpiece or place it anywhere in your home to add warm color and a light citrus-and-spice fragrance.

# Recipes

## **Spinach Salad with Almonds & Kumquats**

1/3 cup thinly sliced seeded kumquats  
2 1/2 tablespoons seasoned rice vinegar  
2 tablespoons finely chopped shallot  
1 tablespoon vegetable oil  
2 teaspoons minced peeled fresh ginger  
1/2 teaspoon Asian sesame oil  
1 5-ounce package baby spinach  
1/2 cup sliced almonds, **toasted**  
1/4 cup chopped fresh cilantro  
1 cup sliced mushrooms (optional)

Chop enough kumquats to measure 1 tablespoon. Mix kumquats, vinegar, shallot, vegetable oil, ginger, and sesame oil in large bowl. Season with salt and pepper. Add spinach, almonds, cilantro, sliced kumquats, and mushrooms, if desired.

Source: *Bon Appétit*

## **Quick Kumquat Marmalade**

2 cups kumquats, chopped  
1/2 cup sugar  
1/2 cup water  
spices such as vanilla bean, cinnamon, star anise, cloves, cardamom (optional)

Place the kumquats, sugar and spices in a non-reactive saucepan and let macerate for 15 minutes.

Add water and bring to a boil over high heat. Reduce heat to medium-low and simmer for 15-20 minutes or until the liquid has reduced and thickened (it will thicken more as it cools).

Place in an airtight container and store in a refrigerator. Use within two weeks. Put it on toast with cheese or yogurt, or serve with chicken or pork.

Source: *Epicurious*

## **Kumquat Salsa**

2 cups chopped kumquats  
1/2 cup chopped red onion  
1/4 cup chopped cilantro  
3 tablespoons olive oil  
1/4 teaspoon red pepper flakes  
dash of cayenne pepper  
pinch of kosher salt

Combine all ingredients. Add more or less red pepper and cayenne to desired heat. Let sit for 1 hour so the flavors more fully blend. Makes about 2 1/2 cups of salsa.

Serve it with steak or seafood, such as halibut, black sea bass or salmon.

Source: *Simply Recipes*

## **Kumquat Muffins**

1/2 cup whole wheat flour  
1 cup oats  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon ground nutmeg  
1/4 cup chopped almonds  
1 cup brown sugar  
4 teaspoons flax seeds  
4 teaspoons sesame seeds  
2 teaspoons poppy seeds  
2 tablespoons raisins  
1/2 cup sliced kumquat  
2 eggs  
1/2 cup canola oil

Preheat oven to 350 degrees. Wash and slice the kumquats. Mix all dry ingredients together. Mix in eggs and oil or margarine with an electric mixer. Add the rest of the ingredients slowly. Scoop batter into muffin tins (it will be runny). Bake 10-15 minutes or until a knife inserted comes out clean.

Source: *Food.com*