

What's in season? Cherimoya

WHAT IS IT?

A subtropical fruit, now grown in California. Its fragrant, creamy flesh tastes like many fruits combined: pineapple, pear, banana, mango, even strawberry.



WHEN TO EAT IT

Cherimoya is ripe when fragrant near the stem end, slightly soft, and its pale green skin turns dull brownish green. Act quickly: It'll last only for a day or two.



TACKLING IT

Halve the fruit and scoop out the flesh, or peel it. If cutting into chunks, leave the seeds in (so the chunks hold their shape), but pick the seeds out as you eat—they're inedible.



3 more ways

DRIZZLE a halved fruit with fresh lime juice.

PURÉE the flesh and use it in an exotic daiquiri.

FREEZE purée with sugar and lime juice for a refreshing sorbet.

make it tonight

Cherimoya with chile lime shrimp

SERVES 2 **TIME** 20 minutes

1/4 cup each fresh lime juice and orange juice

1 tbsp. packed light brown sugar

1/4 tsp. red chile flakes

2 tsp. canola oil

1/4 tsp. salt

1/2 lb. (30 to 35 per lb.) peeled, cooked medium shrimp

1/4 firm-ripe Hawaiian papaya, peeled and cut into 1/4-in. dice

1/2 ripe cherimoya*, peeled, seeds left in, and cut into 1-in. chunks

1 tsp. chopped cilantro leaves

1. Combine juices, sugar, chile, oil, and salt in a small saucepan and boil over high heat, stirring often, until golden brown and reduced to 1/3 cup, 5 minutes.

2. Divide shrimp and fruit between 2 plates. Drizzle with dressing and sprinkle with cilantro. As you eat the cherimoya, pick out the seeds.

*Buy at well-stocked grocery stores, Latino markets, and some farmers' markets.

PER SERVING 341 CAL., 20% (69 CAL.) FROM FAT, 31 G PROTEIN, 7.7 G FAT (0.4 G SAT.), 41 G CARBO (4.1 G FIBER), 624 MG SODIUM, 230 MG CHOL.

