



JFOODO

# Enjoy Japanese Fruits with Your Beloved

～大切な人と日本のおいしい果物を～



# The Fruits of Japan Quality



● Japan is a long archipelago, from North to South. It has four distinct seasons, is rich in nature, and is blessed with clean water resources. Here, various fruits are cultivated and harvested seasonally according to the climate of each region. Japanese fruits are produced with strict quality control and tireless efforts by producers. At the same time, Japan has developed a variety of new cultivars for new innovations.

All the fruits are colorful and attractive, with intense sweetness and juiciness, rich in nutritional value, and safe to eat. Since ancient times, the Japanese have enjoyed in-season fruits together with the ever changing seasons. Please enjoy acclaimed seasonal Japanese fruits with your beloved.

●Let's know about Japanese fruits!



りんご

Japanese apples are highly regarded in the world for their color, shape, and taste. Stunning in appearance, large in size, the sweetness and mellow aroma of Japanese apples is alluring. They make popular gifts for anyone.



ぶどう

Grapes are popular fruits worldwide. Japanese grapes deliver an excellent balance of sweetness and acidity, and can be enjoyed as they are. New cultivars are also continuously being developed. The globally recognized high quality of Japanese grapes is the result of the tireless efforts of producers and researchers involved in selective breeding.



いちご

Grown with plenty of sunlight, Japanese strawberries are bright in color and sparkle like jewels. Unique strawberries are grown in various parts of Japan with carefully prepared fertile soil, cutting-edge cultivation methods, and continuous improvement of cultivars. Please try Japanese strawberries, and experience their size, color, aroma, sweetness, and rich taste.



かんきつ

In Japan, various kinds of citrus fruits are grown in different regions – intensely sweet, refined taste, yet balanced with the right acidity. They are juicy and rich in nutrition. Please try these gems of nature that encompass the beliefs and efforts of the producers to grow the more delicious and beautiful citrus.



もも

Juicy and smooth, huge and luxurious in looks. Japanese peaches are world renowned for their quality, taste and appearance. Characterized by their delicate, soft texture and elegant sweet scent, they make popular gifts because of their excellent quality.





## Let's eat Japanese Apples 🍏

### ■ Main nutritional functions

Japanese apples usually contain nutrients such as dietary fiber, polyphenols, and potassium. It is said that dietary fiber helps tidy the intestine; polyphenol has a strong anti-aging effect; and potassium can prevent bloating and high blood pressure.

### ■ How to enjoy Japanese apple

The recommended way to enjoy an apple is to either bite into it or slice it. Applying diluted salt-water or lemon-water on the cut surface helps prevent oxidization.

### ■ How to choose a delicious apple

- Color ••• Colored all over
- Shape ••• Symmetrical
- Size •••• Not only Large size, Medium size is also recommended
- Skin ••••• Tight; produces a clear sound when tapped
- Stem •••• Wrinkle-free and bendy
- Weight •• Feels heavy in hand
- Aroma •• Refreshing aroma

## 01 Whole Baked Japanese Apple

In this recipe, a Japanese apple is baked whole to take advantage of its large size and delicious baked aroma. The baked apple has a tender flesh and a sweet, tart taste with the irresistible aroma of butter. It goes great with vanilla ice cream!

🍴 Serves: 1

🕒 Required Time: Approx. 5 min. (excluding baking time)

### ●Ingredients:

Apple ..... 1 whole      Cinnamon powder ..... A pinch  
Granulated sugar ..... 1tbsp      Vanilla ice cream ..... To taste  
Butter ..... 10g

### ●How to make

Do not peel the apple. Horizontally cut off the top third.

Core the bottom part and add the granulated sugar and butter. Bake in the oven. Bake the top part together as well. (Preheat the oven to 180°C and bake for approx. 25 mins.)

Once the apple is done baking, sprinkle it with the cinnamon powder and add the top part. Serve with vanilla ice cream as desired.



### ★Tips for Preparation

- ▶Coring the apple and baking it with granulated sugar and butter allows the flavors to penetrate thoroughly.
- ▶Jonagold apple is recommended for its refreshing acidity.

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## 02 Yogurt with Japanese Apple

Simple yogurt is transformed into a stylish dish with decorative Japanese apple slices! If you add honey as desired and leave it for a while, the apple slices will become soft and tender, making them even more delicious. This healthy dessert can be enjoyed for breakfast or dessert.

🍴 Serves: 2

🕒 Required Time: Approx. 5 min. (excluding soaking time)

### ●Ingredients

Apple ..... 1/2pc      Honey ..... To taste  
Yogurt ..... As needed

### 🍴Preparation

- ▶Do not peel the apple. Slice one half 3mm thin and dice the other half into 5mm cubes. Soak them in saltwater (5min.).

### ●How to make

Serve the yogurt in bowls.

Garnish it with the apple slices.

Add the honey.

### ★Tips for Preparation

- ▶Soaking the apple slices in saltwater will preserve their bright color.





# Let's eat Japanese Grapes



## ■ Main nutritional functions

Japanese grapes usually contain nutrients such as polyphenols, vitamin C, and minerals (potassium). It is said that polyphenols soothe tired eyes and prevent arteriosclerosis; vitamin C helps generate collagen and boost the immune system; and minerals (potassium) help maintain the mineral balance in the body.

## ■ How to enjoy Japanese grapes

The upper part of a bunch of grapes delivers a stronger flavor, therefore begin eating from the lower part; this ensures a good experience from the first to the last grape. It is recommended to enjoy grapes together with their skin, which possesses high nutritional value.

## ■ How to choose delicious grapes

- Color** ••• Yellow-green grapes should be slightly yellow; Black and red grapes should be deeply colored
- Stem** ••• Thick and wrinkle-free; should not have turned brown
- Bunch** ••• Well-arranged shape with no grapes missing
- Berries** •• Firm, covered with bloom (white powder); not crushed or split

## 03 Japanese Grape Mille-Feuille

This sumptuous mille-feuille combines flaky puff pastry with cream cheese and refreshing grapes. Using lots of Japanese grapes for an extra-juicy taste, this beautiful cake is perfect for festive occasions.

🍴 Serves: 1 whole cake

🕒 Required Time: Approx. 30min. (excluding chilling time)

### ●Ingredients:

Shine Muscat grapes	•••15-20pcs	Cream cheese	••••••••••••••••••••	100g
Kyoho grapes(seedless)	••••••••••••••••••••	Frozen puff-pastry sheets	••••••••••••••••••••	
	••••••••••••••••••••		••••••••••••••••••••	3pcs(75g each)
Fresh cream	••••••••••••••••••••	Granulated sugar	••••••••••••••••••••	3tsp
Sugar	••••••••••••••••••••	Icing sugar	••••••••••••••••••••	As needed

### 🍳Preparation

- ▶Cut the Shine Muscat grapes in half crosswise. ▶Peel the Kyoho grapes.
- ▶Let the frozen puff-pastry sheets thaw for 10 minutes at room temperature and poke holes in them with a fork.

### ●How to make

- 1 In a frying pan, grill a frozen puff-pastry sheet for about 5 minutes over low heat. Once it is grilled, flip it over and cover the pan. Grill for about 5 more minutes on the other side.
- 2 Sprinkle it with the granulated sugar (1/2 tsp.) and grill for about 1 minute while pressing it against the pan. Then, flip it over and sprinkle with more granulated sugar (1 tsp.). Grill again for about 1 minute while pressing it against the pan. Repeat to make three layers of mille-feuille pastry. Let the pastry cool.
- 3 In a bowl, whip the cream cheese and sugar in a bowl with a hand mixer. Add the fresh cream by dividing into 2 times and mix well each time.
- 4 Pipe the cheese cream onto it. Arrange the grapes and pipe more cheese cream on top. Layer the pastry and repeat.
- 5 Last, sprinkle the cake with icing sugar and decorate it with more grapes, using piped cheese cream as a glue.

### ★Tips for Preparation

- ▶While grilling the frozen puff-pastry sheets, press them against the pan to make them like a mille-feuille pastry.
- ▶You can get a cleaner cut by chilling the mille-feuille thoroughly in the refrigerator before cutting it.
- ▶It is also okay to use the Shine Muscat grapes if you can't get the Kyoho grapes.



## 04 Japanese Grape Pancake

Two different kinds of Japanese grapes are used to give the pancakes a gorgeous and festive appearance. This dish is great for breakfast or as a snack.

🍴 Serves: 2

🕒 Required Time: Approx. 20 min.

### ●Ingredients:

Shine Muscat grapes	••••••••••••••••••••	10pcs	Cake flour	••••••••••••••••••••	100g
Kyoho grapes	••••••••••••••••••••	10pcs	Baking powder	••••••••••••••••••••	1tsp
Egg	••••••••••••••••••••	1pc	Mint	••••••••••••••••••••	As needed
Milk	••••••••••~••••••••••	80g	Fresh cream	••••••~••••••••••	100g
Sugar	••••••~••••••••••	30g	Sugar	••••••~••••••••••	1tbsp
Vegetable oil	••••••~••••••••••	1tbsp	Maple syrup	••••••~••••••••••	As needed

### 🍳Preparation

- ▶Cut five of the Shine Muscat grapes in half. Leave the remaining five grapes whole.
- ▶Peel the Kyoho grapes.

### ●How to make

- 1 Combine the egg, milk, sugar, and vegetable oil in a bowl.
- 2 Sift the cake flour and baking powder into the bowl from Step 1 and stir them in.
- 3 In a frying pan, grill the batter from Step 2 one ladleful at a time, starting from low to medium heat. (Grill six pancakes in total.)
- 4 Serve layered in the order of pancakes, cream, and then grapes.
- 5 Top with maple syrup to taste and garnish with the mint.

### ★Tips for Preparation

- ▶Give the cream a soft finish so that it blends more easily with the pancakes.
- ▶It is also okay to use the Shine Muscat grapes if you can't get the Kyoho grapes.





# Let's eat Japanese Strawberries 🍓



## ■ Main nutritional functions

Japanese strawberries usually contain nutrients such as vitamin C, vitamin E, and xylitol. It is said that vitamin C helps prevent blemishes and wrinkles, and protects the skin; vitamin E, an anti-oxidant, has anti-aging effects; and Xylitol suppresses the reproduction of bacteria that causes tooth decay.

## ■ How to enjoy Japanese strawberry

It is recommended to enjoy the strawberries raw, without extra seasoning.

## ■ How to choose a delicious strawberry

- Color.....(for red varieties) Red all over
- Shape.....Symmetrical
- Surface...Seeds are evenly distributed on the whole berry, firm, without damage
- Size ..... The bigger, the better
- Stem.....Firm, dark green in color

## 05 Japanese Strawberry Donut Cake

The lovely shapes of the strawberry stand out in these simple and cute miniature cakes. Add a birthday decoration to make them into birthday cakes! The sweet tartness of the Japanese strawberry pairs perfectly with the simple sweetness of the donuts and cream.

🍴 Serves: 4 cakes

🕒 Required Time: Approx. 20 min.

### ●Ingredients:

Strawberries..... 12pcs    Fresh cream .....100g  
Donuts ..... 4pcs    Sugar.....1tbsp

### 👉Preparation

- ▶Remove the stems from the strawberries and cut the strawberries in half lengthwise. Wipe the cut surfaces of the strawberries dry with a paper towel.
- ▶Cut the donuts in half crosswise.

### ●How to make

- 1 In a bowl, beat the cream and sugar with a hand mixer.
- 2 Pipe the whipped cream from Step 1 onto the bottom halves of the donuts. Stick four strawberries around the sides of the cream.
- 3 Add the top halves of the donuts and decorate the cakes with more strawberries.

### ★Tips for Preparation

- ▶Wiping the strawberries dry will keep the whipped cream from flattening, for a more beautiful finish.



## 06 Japanese Strawberry Toast with Yogurt Cheese Sauce

This toast features the genuine taste of fresh Japanese strawberry. It's perfect for breakfast or a snack! The refreshing, rich taste of the yogurt cheese sauce pairs well with the sweetness and tartness of the strawberry.

🍴 Serves: 1

🕒 Required Time: Approx. 10 min.

### ●Ingredients:

Strawberries..... 4-5pcs    Honey..... As needed  
Bread (six-slice loaf).....1 slice    Rosemary.....As needed  
Yogurt cream:  
[ Yogurt..... 20g  
  Cream cheese..... 15g  
  Sugar .....1tsp

### 👉Preparation

- ▶Remove the stems from the strawberries and slice the strawberries lengthwise into quarters.

### ●How to make

- 1 Bring the cream cheese to room temperature. Blend together the yogurt, cream cheese, and sugar (yogurt cheese sauce).
- 2 Toast the bread and spread it with the yogurt cheese sauce.
- 3 Top with the strawberries and add honey to taste. Garnish with the rosemary as you wish.

### ★Tips for Preparation

- ▶Return the cream cheese to room temperature or heat it slightly in the microwave before blending (to prevent it from separating).





## Let's eat Japanese Citrus 🍊



### ■ Main nutritional functions

Japanese citrus fruits usually contain nutrients such as B vitamins, vitamin A, and organic acids. It is said that B vitamins stimulate metabolism; vitamin A keeps our skin and mucosal tissue healthy; and organic acids improve fatigue recovery.

### ■ How to enjoy Japanese citrus

It is recommended to eat the pith together with the flesh. The pith and bundles of mikan citrus contain dietary fiber, which reduce the absorption of cholesterol and sugar, as well as prevent constipation. For cultivars with hard skin, cut with a knife to make them easier to peel.

### ■ How to choose delicious citrus

- Color..... Deep color
- Shape..... (Mandarins) slightly flat
- Skin..... Smooth and firm
- Stem..... Not withered

## 07 Panna Cotta with Japanese Mandarin Orange

The creamy and mellow Panna Cotta is a phenomenal match with the sourness of the Japanese citrus! Just dive into this fresh and smooth dessert!

🍴 Serves: 4 cups

🕒 Required Time: Approx. 15 min. (excluding chilling and setting time)

### ●Ingredients:

Citrus	2pcs	Gelatin powder	6g
Milk	300ml	Vanilla essence	6drops
Fresh cream	200g	Chervil	As needed
Sugar	60g		

👉 Preparation | ▶ Peel the citrus and remove the membrane, leaving just the flesh.

### ●How to make

- 1 Warm the milk without letting it boil. Add the sugar and gelatin powder and stir until they are thoroughly dissolved in the milk.
- 2 Stir in the cream and vanilla essence.
- 3 Pour the mixture into the bowls and chill it in the refrigerator until it sets (for about 2 hours).
- 4 Garnish with the citrus and chervil.

### ★Tips for Preparation

- ▶ Warm the milk just short of boiling and be careful not to let it froth when stirring.



## 08 Cake Roll with Japanese Whole Mandarin Orange

This rolled cake makes a big impression with whole mandarin orange! The juiciness and acidity of the Japanese mandarin orange give it a refreshing taste. It's perfect as a gift for festive occasions.

🍴 Serves: 1 roll

🕒 Required Time: Approx. 30 min. (excluding baking and chilling time)

### ●Ingredients:

Citrus (mandarin orange)	5pcs	Sugar syrup:	
Fresh cream	100g	Water	2tbsp
Sugar	1tbsp	Sugar	1tbsp
Sponge cake:			
Eggs	2pcs		
Sugar	60g		
Cake flour	60g		
Milk	1tbsp		

👉 Preparation | ▶ Peel the citrus. ▶ In a bowl, beat the cream and sugar with a hand mixer.

▶ Place the sugar and water in a microwave-safe container and heat them for at least 50 seconds at 600W to make the syrup.

### ●How to make

- 1 Break the eggs into a bowl and beat them. Add the sugar and blend with a hand mixer until the mixture turns pale.
- 2 Sift in the cake flour and then fold it in with a rubber spatula.
- 3 Add the milk while there are still some dry pockets and fold it in. Pour the batter into the mold.
- 4 Preheat the oven and bake for 12-14 minutes at 180°C. Then, let the cake cool.
- 5 Brush the surface of the cake with the syrup and spread it with the whipped cream.
- 6 Top the cake with the oranges and roll it. Chill it in the refrigerator for at least 30 minutes.

### ★Tips for Preparation

- ▶ Go easy on the cream so that the appearance and flavor of the oranges will stand out.





## Let's eat Japanese Peaches●



### ■ Main nutritional functions

Japanese peaches usually contain nutrients such as vitamin E, potassium, and dietary fiber. It is said that vitamin E improves blood circulation; potassium helps discharge excess salt in the body; and dietary fiber tidy up the intestines and control the blood glucose level.

### ■ How to enjoy Japanese peach

The flavor of peach degrades with excessive refrigeration. Therefore, it is recommended to refrigerate them one hour before consuming. To cut a peach, insert a knife at the seam and let it run end-to-end around the pit. Hold the peach and twist until the two halves separate, before removing the seed in the flesh.

### ■ How to choose a delicious peach

- Color●●● Colored all over, not bluish
- Shape●●● Round with no discoloration
- Skin●●●● Hairy on the entire surface and not damaged
- Aroma●●● Sweet fragrance

*※Because Japanese peaches are not in season at the time of the publication of the booklet, we are introducing recipes using multiple fruits.*

## 09 Japanese Fruit Croissants

These adorable croissant sandwiches contain fresh Japanese fruits, giving them a gorgeous and festive appearance! The mascarpone cheese brings out the sweetness of the fruits. Serve them with honey for even more decadent sweetness.

🍷 Serves: 5

🕒 Required Time: Approx. 10 min.

### ●Ingredients:

Strawberries.....	2pcs	Peach.....	1/2pc
Grapes.....	2-3pcs	Mascarpone cheese.....	60g
Apple.....	1/8pc	Icing sugar.....	As needed
Citrus.....	1pc	Honey.....	As needed

### 🍷Preparation

- ▶Remove the stem from the strawberry and thinly slice the strawberry lengthwise.
- ▶Thinly slice the grapes crosswise. ▶Thinly slice the apple without peeling.
- ▶Peel the citrus and remove the membrane, leaving just the flesh.
- ▶Peel the peach and remove the pit. Cut the flesh into wedges.
- ▶Make crosswise cuts into the croissants.

### ●How to make

- 1 Spread mascarpone cheese on the croissant.
- 2 Sandwich the fruits inside.
- 3 Sprinkle with the icing sugar. Serve the honey to the side as desired.

### ★Tips for Preparation

- ▶Spread a generous amount of mascarpone cheese and let some of the fruit stick out to make the sandwiches look more sumptuous!



## 10 Fruit Dorayaki

Dorayaki is a Japanese confection consisting of two pancake-like patties wrapped around a filling. This one contains the fruits of your choice and sweet red bean paste. It makes a lovely gift as well, allowing you to enjoy the authentic taste of the Japanese fruits.

🍷 Serves: 5

🕒 Required Time: Approx. 30 min. (excluding resting time)

### ●Ingredients: 5 Dorayaki

Strawberry.....	1pc
Citrus.....	1/4pc
Grapes.....	2pcs
Apple.....	1/8pc
Peach.....	1/4pc
Coarse red bean paste.....	150g

### Dorayaki Batter:

Cake flour.....	80g
Baking powder.....	3g
Sugar.....	50g
Egg.....	80g
Water.....	1tbsp
Honey.....	1/2tbsp
Mirin.....	1/2tbsp

### 🍷Preparation

- ▶Remove the stem from the strawberry and thinly slice the strawberry lengthwise.
- ▶Peel the citrus and remove the membrane, leaving just the flesh.
- ▶Cut the grapes in half lengthwise. ▶Core the apple and thinly slice it without peeling.
- ▶Peel the peach and remove the pit. Cut the flesh into wedges.

### ●How to make

- 1 In a bowl, blend the egg, sugar, and honey with a whisk until they turn heavy.
- 2 Sift in the cake flour and baking powder at the same time and stir them in. Also add the water and mirin and stir well. (Let the batter rest for about 15 minutes.)
- 3 In a frying pan over low heat, grill the batter into patties about 8 cm in diameter (about ten in total).
- 4 Once the patties have cooled, sandwich them with your desired fillings.

### ★Tips for Preparation

- ▶Once the batter is grilled, lay it out and cover it with a damp cloth, etc. while cooling to keep it moist.





# JFOODO

The Japan Food Product Overseas Promotion Center (JFOODO) was established on April 1, 2017 within JETRO. JFOODO will devote its resources to the branding of Japanese agricultural, forestry, fishery and food products.

To further boost the export of Japanese agricultural, forestry, fishery and food products, JFOODO will work to create a stronger platform for overseas B to C promotions and branding projects that stimulate international demand.

<https://www.jetro.go.jp/en/jfoodo/>



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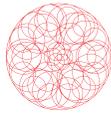
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