

## Sweet Sour Star Fruit

Level: Easy

Serves: 12

Prep Time: Overnight

Cooking Time: 5 minutes



1 pound fully ripened yellow star fruit (see Notes below)

1 Tbsp. Hawaiian sea salt

### *Marinade:*

$\frac{1}{2}$  cup white granulated sugar (or less if you like it less sweet)

1 Tbsp. white vinegar

$\frac{1}{8}$  tsp. Chinese five spice powder/blend

$\frac{3}{4}$  tsp. li hing powder

$\frac{1}{4}$  tsp. Hawaiian sea salt

Wash and dry the star fruit. Cut off top and bottom. Trim off edges of the five points (the "star"). Slice into  $\frac{3}{8}$  inch stars. Place stars in a large glass bowl. Sprinkle with 1 Tbsp. Hawaiian salt and mix. Cover with plastic wrap and let it sit on the counter overnight. Drain liquid from bowl once or twice. The next day, rinse and drain the star fruit well. Place the stars in a clean 1 quart canning jar.

In a medium saucepan on medium heat, dissolve the marinade ingredients: the sugar, vinegar, Chinese five spice, li hing powder, and  $\frac{1}{4}$  tsp. salt. Stir continuously as the mixture will be thick and syrupy. Do not boil, just cook until sugar is dissolved. Remove from heat and cool for 5 minutes. Pour syrup into the canning jar over the star fruit. Seal the jar tightly with a lid. Gently shake until the syrup has covered most of the star fruit. Place in refrigerator for a few days before eating. Gently shake jar at least once every day to distribute the marinade. Eat within a couple weeks.

### Notes:

- Do not eat star fruit if you have kidney problems as it contains oxalic acid.
- Do not use unripened green star fruit. The taste is too acidic and tart.