



Eating Pawpaws

A word of warning

Do not consume the skin or seeds. They contain alkaloid compounds which can cause nausea and vomiting.

While many people enjoy the taste of pawpaw, some individuals become sick after eating the fruit. Skin rash, nausea, vomiting or diarrhea can develop.

Seeds and pulp contain acetogenins, including annonacin, which is toxic, however a 200 lb person would need to eat roughly 2,600 pawpaw fruits per day to reach annonacin's toxic threshold.



Cooking with Pawpaws

Cook with Care

Some people experience gastrointestinal distress from eating cooked pawpaws. Some reported "the hotter the temperatures, the higher the distress."

Do not dehydrate!

Fruit leather is not your friend! The Ohio Chapter of the North American Pawpaw Growers Association Volume 13, Issue 2 has a great article on this.



Pawpaw Punch

Recipe from Kentucky State University: Bob Lynch, Corbin, KY

- 1 pawpaw
- 1 ½ pints cold water
- 1 strip of lime peel
- pinch of salt
- sugar to taste

1. Wash and peel pawpaw, then mash in a bowl with lime peel.
2. Stir in 1 pint of water, mix well and strain.
3. Add ½ pint of water, mix well and strain again.
4. Add salt and sugar to taste.
5. Chill before serving.



Pawpaw Ice Cream

Recipe from Hunter Angler Gardener Cook: Hank Shaw

- 1 ½ cups pureed pawpaw
- 2 cups cream
- 2 cups milk
- 1 cup sugar
- 1 tsp vanilla extract
- 5 egg yolks

1. Heat cream, milk, and sugar in a pot over medium heat.
2. Beat egg yolks in a bowl. Add one ladle of hot cream into the eggs and stir constantly. Pour egg mixture into the hot cream mixture.
3. Heat and stir constantly until the mixture thickens.
4. Transfer to a bowl, add vanilla, and let cool.
5. Add pureed pawpaw, then churn in an ice cream machine.

Pawpaw Pudding

Recipe from Realtree.com

- 6 pawpaws, scooped, seeded and lightly smashed
- 1 (5 oz) package instant vanilla pudding mix
- 2 cups cold milk
- 14 oz can sweetened condensed milk
- 1 Tbsp vanilla extract
- 8 oz cream cheese, softened
- 16 ounce frozen whipped topping, thawed
- 16 oz vanilla wafers

1. Beat pudding mix and milk for two minutes.
2. Blend in condensed milk and cream cheese until smooth.
3. Stir in vanilla and fold in 2/3s of the whipped topping.
4. Layer the bottom of a 13x9 dish with vanilla wafers.
5. Cover the wafers with a thin layer of the pudding mix.
6. Spread spoonfuls of pawpaw evenly over the pudding.
7. Repeat wafer layer, pudding layer, pawpaw layer.
8. Top with remaining whipped topping & refrigerate for two hours.

Pawpaw Salsa

Recipe from Joyce Pinson, Friends Drift Inn

- 3 fresh ripe pawpaws
- 1/2 red onion chopped, about 1/2 cup
- 1 jalepeno pepper minced
- 5 tabasco peppers OR 1 large red hot pepper
- juice of one lime
- minced cilantro to taste

1. Peel, deseed and cube pawpaws.
2. Add onion, peppers and lime juice. Stir in minced cilantro to taste. I used about 2 tablespoons.
3. Refrigerate for at least 2 hours, allowing the flavors to meld.

Pawpaw Jam

Recipe from Farmhouse on Boone: Lisa Bass

- 2 cups pureed pawpaw
- 1 tsp. cinnamon
- 1/3 cup water
- 1 tsp. vanilla extract
- 1/2 cup sugar
- 1 Tbsp. lemon juice
- 1/4 cup brown sugar
- pinch of salt

1. Wash and seed pawpaw, then puree in a food processor.
2. Combine all ingredients in a large saucepan, let sit for 5 minutes.
3. Mash the mixture with a potato masher or immersion blender.
4. Simmer over medium-low heat for 12-15 minutes.
5. Transfer jam to mason jar, let cool at room temperature.
6. Keep in fridge for up to 14 days or freezer for 6 months.

Pawpaw Bread

Recipe from Detroit Free Press: Fran Gordenker

- 1 cup melted butter
- 2 cup sugar
- 4 eggs
- 2 cups pawpaw pulp
- 1 Tbsp. lemon juice
- 4 cups sifted AP flour
- 2 tsp. baking powder
- 3 cups pecan pieces

1. Preheat oven to 375F. Grease two loaf pans.
2. Beat butter, sugar, and eggs. Add pawpaw pulp and lemon juice.
3. Stir in sifted flour and baking powder.
4. Stir in pecans and fill loaf pans.
5. Top loaves with pecans and bake for 1 hour 15 minutes.

Pawpaw Fruit Cake

Recipe from West Indian Cookery: Phyllis Clark

- 3 ½ cup flour
- 4 tsp baking powder
- 1 tsp salt
- ½ tsp baking soda
- 2 tsp cinnamon
- 2 tsp ginger
- 1 ½ cups chopped nuts
- 1 tsp nutmeg
- 1 ½ cup shortening
- 1 ½ cups sugar
- 4 eggs
- 2 cups pureed pawpaw
- 1 cup raisins
- 3 cups candied fruits

1. Preheat oven to 300F. Grease and flour two 9x5 inch loaf pans.
2. Sift together flour, baking powder, salt, baking soda, and spices.
3. Cream shortening and sugar until fluffy. Beat in eggs one at a time.
4. Add flour mixture and pureed pawpaw to creamed mixture.
5. Stir in raisins, nuts, and fruit. Pour into greased loaf pans.
6. Place a shallow pan of water on the bottom oven rack.
7. Bake for 2 hours.

Pawpaw Cookies

Recipe from Detroit Free Press: Fran Gordenker

- ¾ cup pawpaw pulp
- 1 cup all purpose flour
- ½ tsp. baking powder
- ¼ cup butter
- ½ cup brown sugar
- 1 egg
- ½ cup black walnuts

1. Preheat oven to 350F. Grease one large cookie sheet.
2. Peel and seed pawpaw, blend in a food processor until fine.
3. Cream butter and sugar, then add egg.
4. Add sifted flour and baking powder, then add pawpaw pulp.
5. Chop half the nuts and fold into batter.
6. Drop teaspoons of batter onto cookie sheet. Press a walnut on top of each cookie.
7. Bake for 12 minutes.

Pawpaw Cream Pie

Recipe from West Indian Cookery: Phyllis Clark

- ¾ cup sugar
- ½ cup flour
- 3 egg yolks
- 1 cup milk
- 1 cup light cream
- 1 cup pureed pawpaw
- 3 egg whites
- 3 Tbsp. sugar
- 1 baked 9-in pastry shell

1. Combine sugar and flour, then add egg yolks, milk, and cream. Add pawpaw pulp.
2. Cook over low heat and stir constantly until thickened. Let cool.
3. Beat egg whites with 3 Tbsp sugar and a pinch of salt until stiff.
4. Pour cooled custard into baked pastry shell and cover with meringue.
5. Bake at 350F for 12 minutes, until meringue is browned.

Pawpaw Pudding

Recipe from Detroit Free Press: Fran Gordenker

- 2 cups sugar
- 1 ½ cups bread flour
- 1 tsp baking powder
- ½ tsp cinnamon
- 3 eggs
- 2 cups pawpaw pulp
- 1 ½ cups milk
- ½ cup melted butter

1. Preheat oven to 350F. Grease a 13x9 glass baking dish.
2. In a large bowl, whisk sugar, flour, baking powder, and cinnamon.
3. Add eggs and whisk until fully mixed.
4. Add pawpaw pulp, milk, and butter. Mix.
5. Add batter into baking dish. Bake for 50 minutes.
6. Let cool, then cut into squares. Serve with ice cream or whipped cream.

Pawpaw Cheesecake

Recipe from Missouri Department of Conservation

- 1 ½ cups graham cracker crumbs
- 1/3 cup confectioner's sugar
- 6 Tbsp. melted butter
- 10 oz. Ricotta cheese
- 16 oz. cream cheese, softened
- 4 eggs, lightly beaten
- ¾ cups pawpaw pulp
- 3 egg yolks
- 2 tsp. vanilla
- ¼ tsp. salt
- ½ cup sugar
- Fresh strawberries or kiwis for topping

1. Mix together crumbs, confectioner's sugar and butter; press over bottom and sides of a 9-inch springform pan.
2. Mix together cheeses then add eggs and sugar. Stir in pawpaws, vanilla and salt. Mix until smooth. Pour into springform pan.
3. Bake at 450F for 15 minutes, then reduce heat to 350F for 30 minutes. Loosen sides when done and let cool for 30 minutes in pan. Remove and top with fresh fruit.

Tropical Rice Pudding

Terry Powell, Ohio Chapter, North American Pawpaw Growers Association

- 1 cup uncooked long grain brown rice
- 1 medium ripe pawpaw, peeled, seeded and mashed (approx 1 cup pureed pulp)
- 1 cup sweetened almond milk*
- 1/2 teaspoon fresh lime zest
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract (optional)

1. Cook rice according to package directions.
2. When rice is cooked, stir in pawpaw pulp, almond milk, zest, and salt.
3. Cook, uncovered, 15-20 minutes or until liquid is almost absorbed.
4. Remove from heat and stir in vanilla if using.
5. Chill until ready to serve.

Variations: add slivered almonds and/or coconut*.

*Allergy warning: almond milk or added nuts.

Pawpaw Gummies

Recipe from German site Pawpawschule Regenerative Kultivierung

- 250 g Pawpaw fruit puree
- 125g sugar
- 22.5 ml lemon juice (or use 1.1 g citric acid mixed with water)
- 1 pinch of salt
- 7.3 g agar agar (vegetable gelling agent)

1. Bring the fruit puree, sugar, lemon juice and salt to the boil, stirring!
2. Keep simmering and stir constantly for 5 min.
3. Put the agar agar in a fine sieve and let it trickle slowly into the preserving pot (so that nothing clumps), stir constantly and cook for 1 minute.
4. Fill the gummy bear molds with a spoon. Then use a silicone spatula to spread into the mold.
5. Wrap the molds in baking paper and let them cool.
6. Press the fruit gums out of the mold.

They freeze and thaw well.

Pawpaw BBQ Sauce

Recipe from Joyce Pinson, Friends Drift Inn, PA

- 2 cups ketchup
- 1/2 cup sorghum
- 1/2 cup apple cider vinegar
- 1 cup water
- 4 fresh paw paws peeled and deseeded
- 1 cup of brown sugar, packed
- 1 sweet onion minced
- 1 teaspoon crushed cayenne pepper flakes

1. In a heavy saucepan combine all ingredients
2. Mix with an immersion blender (boat motor) until smooth
3. Bring to boil, stirring constantly
4. Reduce heat to simmer, and cook down for about 30 minutes until medium thick constancy