Types of fruit preserves

Fruit Pacifique handcrafts three types of products:

* Traditional: jams, jellies and marmalades,
* Preserves,
* Savoury: purees and chutneys.

Jams, jellies and marmalades

Jams, jellies and marmalades follow the guidelines of the WHO (World Health Organization) and FAO (Food and Agriculture Organization).

All Ma’oi jams and marmalades are “high fruit”. “High fruit” is a regulated term which means that there is 55% and over of fruits. In other words, those products have 45% raw cane sugar (from Fiji mainly to stick to the Pacific idiosyncrasy).

As per WHO and FAO guidelines, all the jams, jellies and marmalades have a brix of 70. For further biosafety, Ma’oi’s recipes are designed to be “high acid” which means they are below a pH of 4, and in any case below 4,5 (this prevents any risk of botulism, which is the only lethal risk in canning).

Those products can be termed traditional, since they are the ancient way of preserving fruits.

Jellies specificity is that the pulp is removed before cooking.

Marmalades are distinguished from jams by their higher content in lime and hence a higher acidity feeling.

Jams, jellies and marmalades have the same sugar content. The marmalades are perceived less sweet than the jams.

Ma’oi jams, jellies and marmalades are labelled with a best before date of 3 years from the production date.

Preserves

Preserves have been designed to address the request of “not so sweet jams”. “Preserve” isn’t a regulated word hence its use for this particular type of products. The preserves have roughly half the sugar of jams and marmalades. The sugar content of the recipe is between 20% and 24% depending on recipes.

After opening, preserves must be refrigerated. They last for more than a week.

The brix is 45. The pH is about 3,5 and, in any case, lower than 4,5.

Ma’oi preserves are labelled with a best before date of 2 years from the production date.

Purees and chutneys

Purees have been elaborated to answer a request of a specific population for no added sugar products. The only sugar in those products are coming from the fruit themselves. There is no cane sugar in those products.

They must absolutely be refrigerated after opening. They hold for a few days, normally one week after opening.

Ma’oi’s purees have been designed to be similar in texture to a traditional jam. They are thick. Sometimes over time a thin layer of watery liquid appears (mostly with the banana products. This is not a problem, besides the aesthetics).

The brix is around 20. The pH is about 3,5 and, in any case, lower than 4,5.

Because of the low sugar concentration, purees do count as 1,5 fruit and vegetable in the “5-a-day” nutritional program promoted by the Australian government.

Ma’oi preserves are labelled with a best before date of 1 year from the production date.

Marketing description of some products

111 – Banana jam with coconut and lime

The banana jam with coconut and lime is handcrafted from the small sweet bananas called misiluki in Samoa (also known under the name lady fingers).

This banana high fruit jam with coconut and lime is a sweet jam with a strong banana taste. This jam is first dark yellow; as the jam ages, the color becomes red.

We use only the best and fully ripe bananas which are mixed with Fiji raw brown sugar, freshly grated mature coconut and the cold-pressed juice of tiny limes.

All the fruits are organic and bought from villagers of southern rural Samoa.

There are no artificial additives nor coloring.

Ingredients: misiluki banana (46%), Fiji raw cane sugar (45%), freshly ground coconut (6%), cold-pressed lime juice (3%).

Organic fruits, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free, no artificial additives or coloring.

182 – Banana and turmeric marmalade with lime and coconut

The banana and turmeric marmalade with lime and coconut is a comfort food, a gourmet marmalade recipe: a great balance from the sweetness of the banana and the acidity of turmeric and lime.

As for all the Ma’oi recipes with banana, as Ma’oi uses only the best fruits from Samoa, in this case, we only use the small tasty bananas locally known as misiluki.

The marmalade zesty taste comes from the bitterness of turmeric, the acidity of the whole tiny limes (known in the village under the name of moli iapani) and the freshly pressed limes.

The turmeric is harvested right before being cleaned, peeled and crushed. It is the turmeric which makes this recipe even more special.

Ingredients: Fiji raw cane sugar (45%), misiluki banana (36%), crushed lime (10%), freshly ground coconut (6%), fresh turmeric (3%), cold-pressed lime juice (2%).

Organic fruits, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free, no artificial additives or coloring.

183 – Banana and turmeric preserve with lime and coconut

A yellow delight in a jar: unctuosity of banana, crunchiness of coconut, spiciness of turmeric and lime.

All you need is help yourself from this preserve, full heartedly: this is the light version of the marmalade 😊

Ingredients: misiluki banana (57%), Fiji raw cane sugar (24%), cold-pressed lime juice (6%), crushed lime (6%), freshly ground coconut (5%), fresh turmeric (2%).

Organic fruits, over 76% from fresh fruits, no artificial additives or coloring, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free.

221 – Coconut jam with lime

A staple of Samoa is called siamu popo, a caramel cooked from sugar, coconut cream, lime juice and which is loosely translated into coconut jam. It is delicious, very sweet and very runny.

From this traditional inspiration, Ma’oi invented a modern version with the texture of a jam, a tad less sweet and with the crunchy bite from freshly grated coconut.

Ingredients: Fiji raw cane sugar (45%), manually pressed coconut cream (31%), freshly ground coconut (19%), crushed lime (3%), cold-pressed lime juice (2%).

Organic fruits, no artificial additives or coloring, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free.

223 – Coconut preserve with lime

The coconut and lime preserve from Ma’oi has won the hearts of all tasters.

If you like coconut you’ll love it!

… and you can eat with good conscience because it is part of the low sugar range of Ma’oi preserves: less than half the sugar content of traditional jams.

Imagine that one jar of this coconut preserve requires one and half coconuts for its making! This preserve is a concentrate of coconut. It contains ground coconut for the crunch, coconut cream for smoothness, tiny lime for a fresh bite.

Ingredients: manually pressed coconut cream (35%), freshly ground coconut (23%), Fiji raw cane sugar (20%), cold-pressed lime juice (16%), crushed lime (6%).

Organic fruits, vegan, fair trade, low sugar, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free, no artificial additives or coloring.

281 – Coconut and turmeric jam with lime

Handcrafted from coconuts harvested in the village, grated and pressed right before cooking, seasoned with turmeric and energized with lime juice.

Zesty, coconutty, taste it out!

Ingredients: Fiji raw cane sugar (45%), manually pressed coconut cream (21%), freshly ground coconut (19%), cold-pressed lime juice (10%), fresh turmeric (3%), crushed lime (2%).

Organic fruits, no artificial additives or coloring, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free.

1. – Coconut and turmeric preserve with lime

The perfect recipe is in the coconut turmeric preserve:

* the cream of the freshly pressed coconut,
* the texture of the grated coconut,
* the zestiness of tiny limes juice,
* the bitterness of finely mixed turmeric.

All the fruits are bought fresh in Samoa, cleaned, peeled, grated, pressed, cut, blended right before being cooked.

Proudly handcrafted in Samoa, Falealili, Poutasi.

The coconut and turmeric preserve stands out from the other Ma'oi fruit preserves thanks to the characteristic yellow of the turmeric root.

Enjoy the coconut and turmeric preserve on bread, for cocktails, with yogurt or simply pure by the spoon.

Ingredients: manually pressed coconut cream (35%), freshly ground coconut (21%), Fiji raw cane sugar (20%), cold-pressed lime juice (16%), crushed lime (5%), fresh turmeric (3%).

Organic fruits, over 80% from fresh fruits, no artificial additives or coloring, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free.

331 – Papaya jam with coconut and lime

The papaya jam with coconut and lime is the first recipe made for Ma’oi. Its amazing appeal and the strong demand led to the creation of the Ma’oi fruit preserves business. For some early aficionados of Ma’oi, this is the only jam to consider, regardless of how the range has been extended and diversified.

Because the papayas are cut off the tree only when they are ripe, at the last minute before the birds start feasting on them, this sweet jam exhibits a strong papaya taste. The most common tasting comment is: “this is really papaya!”

Plain and simple, with the best fruits, its color ranges from bright orange to deep red depending on the fruits used for each specific batch.

All the fruits are organic and bought from villagers of southern rural Samoa.

There are no artificial additives nor coloring.

Ingredients: Fiji raw cane sugar (45%), Falealili's papaya (43%), freshly ground coconut (6%), cold-pressed lime juice (6%).

Organic fruits, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free, no artificial additives or coloring.

367 – Papaya syrup with lime

Try it out by the spoon and you'll love it!

Surprisingly reminiscent of honey, the papaya syrup with lime is both beautiful and good thanks to its balance between papaya sweetness and lime acidity.

Keep a jar in your pantry to add a few spoons onto pancakes, in your smoothies, on a scoop of vanilla ice-cream, or even for your exotic cocktails.

Ingredients: pressed papaya (47%), Fiji raw cane sugar (46%), crushed lime (7%).

Organic fruits, from fresh fruits, no artificial additives or coloring, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free.

373 – Papaya and ginger preserve with lime and coconut

The papaya and ginger preserve with lime and coconut contains over 3/4 of fruits.

Rich in fully ripe papaya harvested by the lagoon in southern rural Samoa, this preserve has a little ginger kick and a texture between puree and traditional marmalade.

Ingredients: Falealili's papaya (57%), Fiji raw cane sugar (24%), cold-pressed lime juice (6%), crushed lime (6%), freshly ground coconut (5%), small ginger (2%).

Organic fruits, vegan, fair trade, low sugar, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free, no artificial additives or coloring.

382 – Papaya and turmeric marmalade with lime and coconut

Turmeric is making the headlines for its health benefits. It is abundant in Samoa and naturally Ma’oi incorporated this ubiquitous root into its jams. Carrot-colored with a spicy tickling taste, turmeric brings to the marmalade a light stinging sparkle, reminiscent of the fine white Sarawak peppercorn.

Marmalade is a traditional comfort food, yet this marmalade is also fashionable and exotic.

Ingredients: Fiji raw cane sugar (45%), Falealili's papaya (38%), crushed lime (9%), freshly ground coconut (6%), fresh turmeric (2%).

Organic fruits, from fresh fruits, no artificial additives or coloring, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free.

383 – Papaya and turmeric preserve with lime and coconut

Ma’oi created this recipe for the epicurean, gourmet, health-conscious and fashionista!

How does Ma’oi do that:

* Ma’oi uses the best fresh papayas on the island (never sprayed, cold-stored nor damaged by who knows what crazy industrial technique);
* Ma’oi adds turmeric (the renowned root with miracle health benefits) fresh and whole from the field;
* Ma’oi mixes whole tiny limes and adds extra lime juice pressed on the spot;
* Ma’oi sprinkles freshly grated coconut (not dried, desiccated, defatted or who knows what other extravaganza: just pure coconut flesh in small pieces);
* Ma’oi adds no preservative but a little bit of sugar for preserving (half of traditional recipes);
* Ma’oi cooks all that…

… et voilà!

Ingredients: Falealili's papaya (57%), Fiji raw cane sugar (24%), cold-pressed lime juice (6%), crushed lime (6%), freshly ground coconut (5%), fresh turmeric (2%).

Organic fruits, over 76% from fresh fruits, no artificial additives or coloring, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free.

446 – Polynesian apple jelly

For this jelly, Ma’oi uses a fruit native from Polynesia harvested in February called vi in Samoan. Vi is known in English as Polynesian apple or ambarella and is the fruit of a beautiful tree with white bark: Spondias dulcis.

Taste this unique jelly!

Ma’oi preserves only organic fruits and bought from villagers of southern rural Samoa. There are no artificial additives nor coloring.

Ingredients: ambarella, Fiji raw cane sugar, Pacific water.

551 – Breadfruit jam with coconut and lime

Breadfruit is a seasonal large fruit growing on big trees with beautiful bright green leaves with deep lobes. It is a staple and ubiquitous food of Samoa where it is cooked before it ripens in the traditional wood-fired stone-ovens.

Ma’oi makes an unusual use of breadfruit. We wait for the breadfruit to ripen, soften, sweeten and turn a light yellow. We then wash, cut and mix the breadfruit with grated mature coconut, tiny green limes and the pure seawater from the lagoon to make a rare jam.

The breadfruit jam with coconut and lime has a mild unusual taste. The breadfruit jam is appreciated for its ultimate exoticism. It is a beautiful yellow jam with a toffee or salted caramel taste and unique texture.

Ma’oi preserves only organic fruits and bought from villagers of southern rural Samoa. There are no artificial additives nor coloring.

Ingredients: Fiji raw cane sugar (45%), mature breadfruit (23%), Pacific water (21%), cold-pressed lime juice (6%), freshly ground coconut (5%), crushed lime (1%).

Organic fruits, vegan, fair trade, GMO-free, lactose-free, egg-free, soy-free, gluten-free, nut-free, no artificial additives or coloring.