

Guava:

Explore the Versatility
of This Trending,
Tropical Ingredient



Guava has a distinct, sweet and slightly tart aroma that can be described as a mix of apple, strawberry, and pine. The aroma is most pronounced when the guava has reached peak ripeness.

Its taste is quite tropical, a blend of pear, quince, and fig flavors with a well-balanced sweetness and acidity. Guava complements other fruits such as mango, peach, and passion fruit perfectly. Not only does it have a unique flavor, but the fruit is also low in calories and rich in Vitamins A and C.

Chefs worldwide consider guava a highly desirable ingredient that adds a sense of culinary adventure to various foods and drinks. In fact, guava might soon join the ranks of açai and passion fruit as a sought-after ingredient in packaged goods throughout supermarkets. Guava is not just a delicious fruit, but also a rising star in the food industry.



Guava: The Fruity Star of Your Next Drink

Enhance Your Beverage Line with Guava Fruit!

When it comes to functional beverages, coffees, teas, mocktails, smoothies, and juice blends, flavor is the most critical factor to consider. The addition of guava, with its exotic and tangy taste, can help differentiate your ready-to-drink beverage line. Guava blends perfectly with other fruit juices, making for a deliciously flavorful combination.

For example, strawberry is a common fruit that pairs well with guava, both in terms of taste and color. By incorporating guava, a unique and enticing flavor, alongside a familiar taste like strawberry, you can attract more consumers to try something new.





Sauces, Marinades, and Dressings Galore

Explore the Versatility of Guava in Savory Applications!

Guava is a versatile ingredient that can be incorporated into savory applications. Its hearty, rich flavor complements meat, poultry and seafood, while its pleasant, aromatic notes add another dimension to condiments. Guava's flavor profile provides an ideal canvas for a layering of flavors, including various levels of heat.

Guava works well in marinades, dressings and vinaigrettes by contributing tart acidity with a tangy sweet note. Consider combining guava puree, aged balsamic vinegar, extra virgin olive oil, salt and pepper to create a guava-filled salad dressing and meat marinade.

Tropical and exotic fruits compliment many different sauces and marinades and guava is no exception. Add some guava puree and chili peppers to a salsa roja and serve with lime tortilla chips. Guava puree blends well with brown sugar and chipotle peppers for a poultry or pork tenderloin marinade and glaze. It can also be spiced up with shaved ginger root or minced garlic.

Indulgent Desserts, Decadent Sweets:

Tropical-”ize” Desserts With Guava!

Guava’s luxuriously tropical flavor and vibrant color has the power to turn any dessert into a gourmet delight – whether it’s baked, refrigerated or frozen. There are numerous ways to utilize this versatile fruit. For example, puree can be used to replace eggs in cakes, muffins and quick breads, making it possible to create a plant-based baked good. After baking, a guava icing or frosting can be added for an extra touch of flavor. Furthermore, puree can be blended into pastry and pie fillings, cheesecake layers, or baked in a soufflé or custard.

Guava puree is an excellent addition to sweet desserts, including puddings, parfaits, and indulgent yogurts. It’s easy to add a layer or two of guava puree and incorporate other ingredients, such as shaved coconut or dark chocolate. For aerated dairy products like mousse and whipped yogurt, blend in some guava puree for a tropical twist. But why stop there? Create a delicious guava ice cream bar, coated with Peruvian dark chocolate, and sprinkled with chopped macadamia nuts. Or, enjoy guava ice cream or sorbet as a delightful stand alone dessert.



Request a sample of iTi Tropicals’ guava puree today and bring consumers a flavorful, delightfully delicious, clean label product they’re sure to love.