



HOSHIGAKI: JAPANESE DRIED PERSIMMONS

Preserving the fall fruit harvest!

Follow the adapted instructions below for drying persimmons in the traditional Japanese fashion.

1

HARVEST

2

PEEL

3

TIE

Harvest the fruits for drying when they are still firm like apples, generally late September to mid-October. Riper fruit must be handled more delicately. Peel the outer skin of the persimmon and tie a string to the stem, or an inserted screw (where the stem would be on the cap of the fruit). Some sources recommend dipping strung fruit in boiling water for 10 seconds before hanging, or spraying with vodka to control mold blooms from excess moisture.

4

HANG

5

MASSAGE

6

AGE

Tie several persimmons to a sturdy string to hang over a pole. Bamboo was traditionally used, but use what you have! After hanging the fruit for 3 to 7 days, the persimmon will form a skin that needs to be massaged to break up the hard inner pulp. The massage process continues every 3 to 5 days for up to 3 to 5 weeks.

7

BLOOM

8

ROLL

9

ENJOY!

By the end of this lengthy process, the sugars will come to the surface of the fruits, leaving a white bloom. The hoshigaki are fully done when the pulp sets and you can no longer roll it.

Hoshigaki are persimmons that are peeled and dried whole over a period of several weeks through a combination of hanging and delicate hand-massaging, until the sugars contained in the fruit form a delicate surface with a dusting that looks like frost. Unlike sliced dried fruit, which tend to be brittle and leathery, hoshigaki are succulently tender and moist, with concentrated persimmon flavor. The hoshigaki method came to America with Japanese American farmers. The process depicted was adapted from Slow Food USA.