

Fruit - full

*The magazine
(for all you need to know)
about Fruitology®*

Special feature

*Passion fruit,
a timeless
delight*



n° 2

LES VERGERS
boiron

EXCESSIVE ALCOHOL CONSUMPTION IS DANGEROUS FOR YOUR HEALTH, DRINK IN MODERATION

A passion for fruit

What better ambassador for indulgence and wanderlust than passion fruit?

This evocatively named fruit encapsulates exoticism and mystery.

Across time and continents, it has earned a place among the essential flavors of gastronomy and mixology and still continues to surprise us. It is a timeless fruit, a tropical jewel that never loses its appeal, thanks to its fascinating history, aromatic power, rare varieties and surprising uses.

Enjoy the tour!

Édito



Summary

Learning

- 6 Once upon a time, there was passion
- 7 The grower's voice

Creating

- 12 The Pornstar Martini
- 14 Passion fruit, a timeless delight
- 16 Interview with Michael Laiskonis
- 18 One passion, some passions
- 19 Passion fruit & Black sesame petits gâteaux

Living

- 22 Interviews with mixologists
- 24 Exquizzzz



Learnings

6 Once upon a time, there was passion

7 The grower's voice

Once upon a time *there was passion*



Passion flower

It is a climbing plant that produces passion fruit along its vines, that can reach 4 meters (13 feet) in length.



Harvest time

During harvest, growers wait for the fruit to fall to the ground. In this way, they ensure the correct degree of ripeness, which facilitates the picking process.



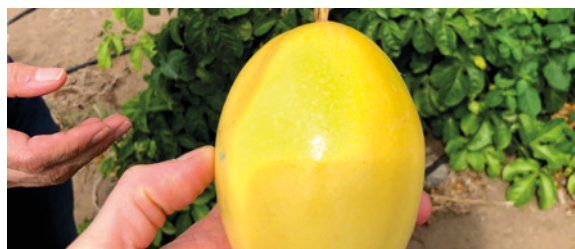
Origins

Originally from South America, the passion fruit takes its name from its flower. The flower is said to represent the symbols of the Passion of Christ (crown of thorns, nails and hammer).



Growing methods

Passion fruit vines are grown on trellises, and the fruit is harvested throughout the year. Passion flowers thrive in warm climates.



Use

Passion fruit can be enjoyed fresh or in juice. The seeds should not be crushed during processing, as they impart a marked bitterness. The leaves are often used in infusions for their relaxing properties.

Welcome to Peru, the natural paradise of passion fruit

In the Casma Valley, at the foothills of the Andes, we meet Ruben. He and his father settled in these arid lands in the nineties to start an organic farm. Today, Ruben shares his experience and know-how, from manually pollinating flowers to harvesting the yellow passion fruit.

Can you tell us the story of your “Alimentos Naturales” plantation?

It all started with my father. He had a farm in the southern part of the valley.

Back then, we were growing grapes, which quickly became profitable enough for us to invest in a second farm – this time, outside the valley. In fact, fertile land along rivers is rare and expensive, and is often passed down from generation to generation.

This meant that we had to venture into more arid areas to grow pomegranates. Unfortunately, a devastating fungus attacked our plants and we lost everything.

We decided to diversify our organic crops to limit the risks, so we planted yellow passion fruit, dragon fruit, oranges and figs.

And this turned out to be a big success!

For example, the yellow passion fruit alone covers more than 25 hectares of our plantations today.

How is passion fruit grown? What are the main challenges you face in Peru?

Once the flowers bloom, we pollinate them by hand. This replaces the work of insects, which are almost absent, and achieves better yields. Once the fruit is ripe, which takes about 40 days, it falls naturally to the ground and we can start harvesting.

Here in Peru, we are forced to resort to extreme farming methods.

Water, for example, is essential for growing passion fruit, however, the annual rainfall is only a few millimeters. All the water requirements for the crops are sourced either from the rivers flowing down from the Andes or from wells drawing water from great depths. The limited availability of this resource raises difficulties in balancing agricultural and domestic needs.

Furthermore, the soil is extremely poor and requires constant enrichment. As is typical in desert areas, it often lacks organic matter and consists solely of sand and a little clay, effectively meaning those areas are essentially “beaches”.

Climate conditions also have a major impact on crops. Passion fruit needs a lot of sun and hot weather to develop. Flowers will not bloom if there is not enough sun and the weather is too foggy. If conditions are too



The grower's voice

cold, the fruit develops very slowly and its sugar content is altered.

All these challenges mean we are forced to constantly adapt and renew ourselves.



What are some innovative strategies that organic farmers are implementing to deal with these extreme conditions?

We work to recreate a natural balance in agriculture. For instance, we optimize our water use through drip irrigation. We improve soil composition by adding organic matter. This is done by incorporating shredded plant material into the soil and opting for natural or sown cover crops. We only use natural fertilizers and pesticides, such as compost, guano (a fertilizer derived from animal waste), plant fermentation, and biological pest control to deal with harmful insects. In organic farming, careful soil management and long-term soil structuring help ensure greater financial stability. Conventional



farmers need to maximize their crop yields to offset the high costs of inputs such as fertilizers and pesticides. Also, the price of conventional passion fruit fluctuates significantly, causing instability for producers. Finally, growing crops in such an imbalanced system (like the aforementioned “beach”)

demands great precision, constant monitoring, and most importantly, significant investment to gradually improve soil structure and make these farms profitable and sustainable.



Did you know ?

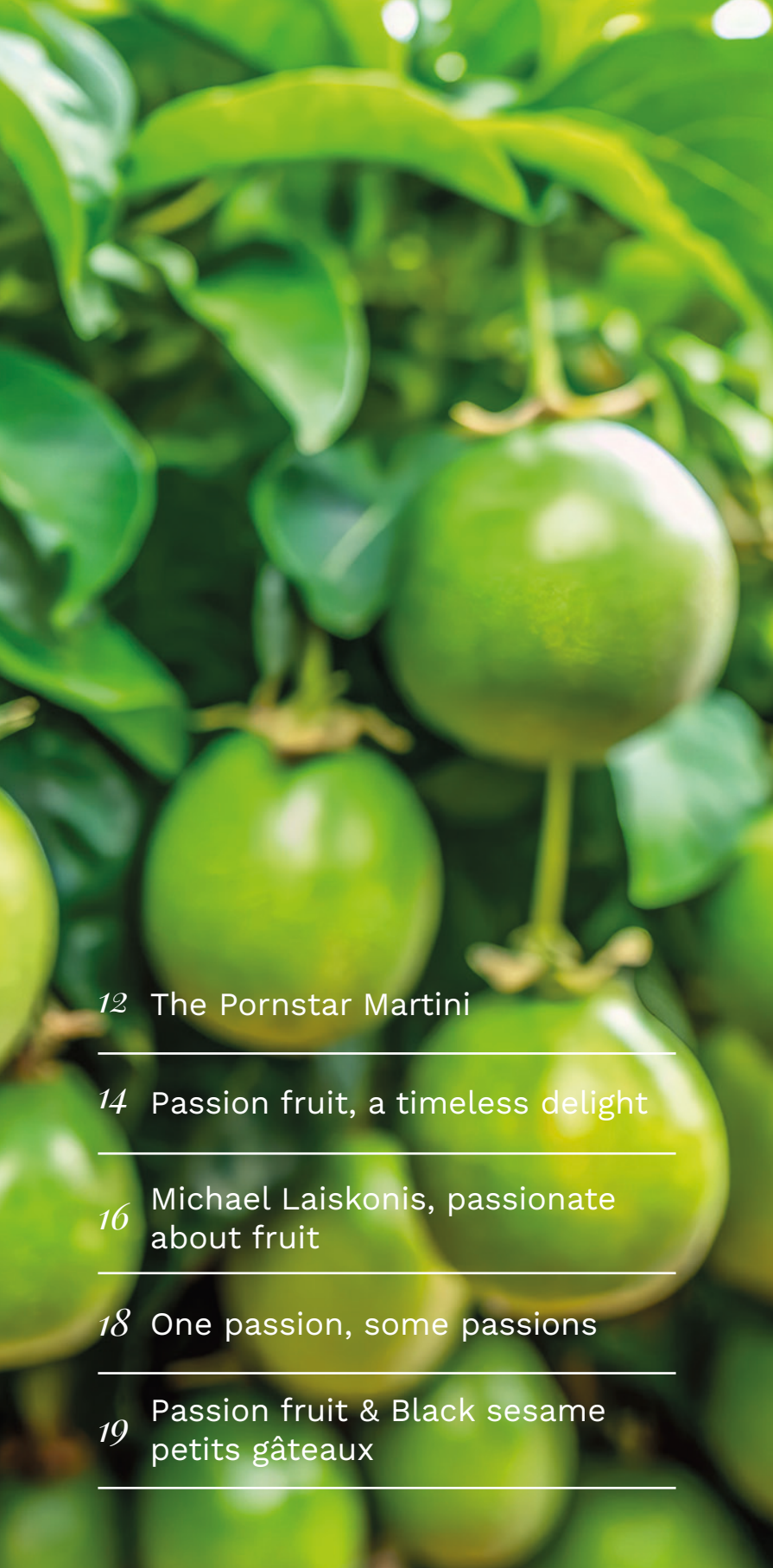
Les vergers Boiron collaborates with producers such as Ruben to develop sustainable farming practices.

Several ongoing initiatives are in place, and more are planned for the long term, with a focus on:

- Stabilizing markets: identifying and supporting farming partners to secure a more predictable supply and pricing. In this way, we can help them achieve better yields and provide greater clarity around their long-term investment capacity.
- Providing technical support to farmers: without resources, farmers quickly lose ground to the desert. We want to promote agroecological systems that are suited to this extreme environment and help producers identify the keys to success.
- Monitoring environmental impact: analyzing the effect of this crop on water resources.







Creations

12 The Pornstar Martini

14 Passion fruit, a timeless delight

16 Michael Laiskonis, passionate
about fruit

18 One passion, some passions

19 Passion fruit & Black sesame
petits gâteaux



Pornstar Martini

Glass : Coupette
Decoration :
1/2 passion fruit

Recipe

- 2 cl de Vodka
- 2 cl green lime juice
- 2 cl vanilla syrup
- 2 cl passion fruit puree
- 2 cl champagne

Method

Pour all ingredients (except champagne) into a shaker filled with ice cubes. Shake, then pour into the glass, filtering through a bar strainer and a fine mesh strainer. Top up with champagne.

Did you know?

The Pornstar Martini was created in the early 2000s by British bartender Douglas Ankrah. According to some legend, his inspiration came from the idea of combining a classic cocktail with a touch of sensuality and glamour. With its delicious recipe, attractive appearance, and a touch of provocation, the Pornstar Martini is a trendy cocktail enjoyed by many cocktail lovers.

How can Fruitology help you create your Pornstar Martini?

Taste

We could almost describe it as an “exotic citrus fruit”...

According to its sensory profile, it has a slightly lower acidity than lemon and lime. Another common trait it shares with these fruits is their citrus notes! This explains its exceptionally high aromatic intensity, lending a refreshing quality to this cocktail.

Texture

Fruit puree adds a texture and creaminess that cannot be matched by ordinary juice. It imparts a richer consistency and pleasant mouthfeel to cocktails, enhancing the overall harmony of the drink.

This texture is essential in cocktails such as the Pornstar Martini, giving it a smooth, velvety texture for a thoroughly enjoyable experience with every sip.

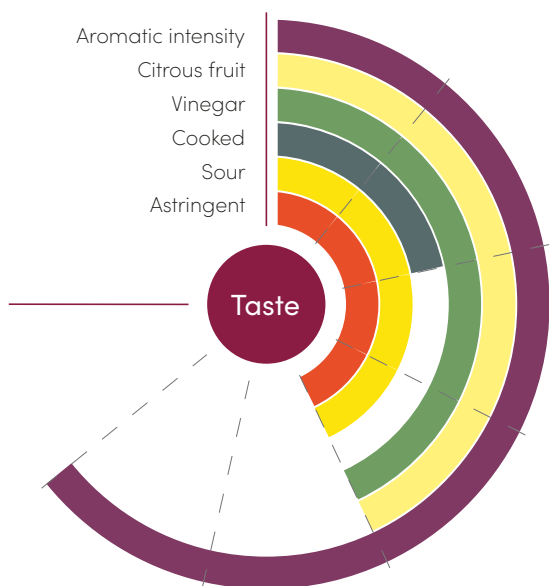
Balance

For a nice balance of flavors, fruit puree is a great choice. It adds natural sweetness and a touch of acidity, depending on the fruit you choose, blending harmoniously with the other ingredients in the cocktail, such as vanilla and vodka.

Color

Finally, fruit puree imparts a rich, vibrant color to the drink, enhancing the cocktail’s visual appeal. In a Pornstar Martini, the result is a bright golden or orange hue that catches the eye and makes the drink even more irresistible.

Along with the flavor, these intense colors showcase the fruit’s top-notch origin and authenticity, adding a visual and sensory dimension to the overall experience.



A tip from the mixologist

Enhance your experience with Pornstar Martini Clarification

Clarification is a culinary technique used to remove impurities or suspended particles from liquids, giving them a clear, translucent appearance. Clarification can also make flavors more concentrated and pure, enhancing the overall taste experience.

VISUAL ASPECT

Orange color



Sirupy





Special feature

Passion fruit,
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Special feature
Passion fruit, a timeless delight

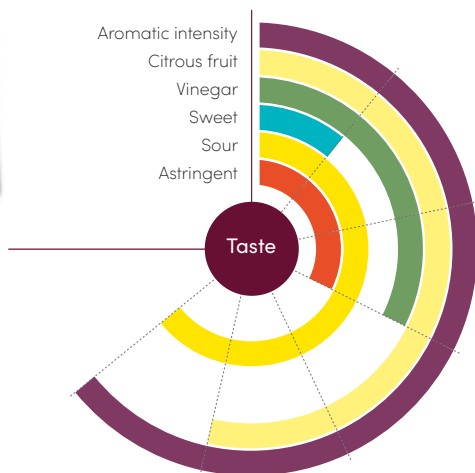
Passion fruit & Fruitology®

Equally at home in the world's greatest cocktail bars as in pastry kitchens, passion fruit adds a perfect balance to sweet recipes thanks to its acidity.

Unlike the purple passion fruit known commonly found in retail markets, the puree from Les vergers Boiron is made from yellow passion fruit of the Flavicarpa variety, native to South America. This fruit grows in tropical climates such as Peru (in the green valleys at the foothills of the Andes) and Ecuador.

The light orange color is achieved by blending the darker fruits from Peru with the brighter yellow fruits from Ecuador.

We use a variety known for its acidity and high sugar content, thanks to a careful selection of batches. The pulp is extracted without breaking the seeds, to avoid bitterness.



VISUAL ASPECT

Orange color 🍊🍊🍊🍊🍊
 Pulp 🍌🍌🍌🍌🍌
 Sirupy 🍯🍯🍯🍯🍯



Michael Laiskonis, passionate about fruit

Discovering a passion for fruit: a unique experience in Peru with Michael Laiskonis

Fruitology expert and pastry chef Michael Laiskonis shares his impressions of his trip to Peru, where he closely explored the production of passion fruit puree. The trip not only immersed him in the fascinating world of Peruvian agriculture, but also helped him understand the complexity behind an ingredient he uses every day.

A deep dive into the production process

During my trip, I was struck by the wealth and diversity of agricultural techniques. Something that always catches my attention is realizing that the story doesn't start in the pastry lab, when you open a tray of puree, but much earlier, right from the first stages of growing. It was amazing to see how quickly passion fruit vines grow and how beautiful the flowers are. I took hundreds of photos of passion fruit flowers. Every flower is precious, as each flower produces only one fruit. I also learned that hand pollination is one of the most effective ways to ensure a successful crop.

Environment and biodiversity as core production values

Natural surroundings are critical for successful fruit production. Peru is a country rich in contrasts, roughly divided into three main types of landscape: the Amazon



Originally from the Michigan, Michael Laiskonis furthered his career in Michelin-starred restaurants in New York, where he perfected his skills and developed his own distinctive approach to pastry making. He began his collaboration with Les vergers Boiron in 2011, before officially joining the company in 2023.

rainforest, the Andes mountains, and the coastal desert. It is in the latter region that most of the country's fruit is grown, including passion fruit, mangoes, and dragon

fruit. Agriculture in the region faces many challenges, primarily due to arid climate conditions. These conditions are mitigated by using water from the mountains to efficiently irrigate crops.

I also noticed the positive impact that these farms have on local biodiversity. Without them, biodiversity would be totally absent in the region. The land would be reclaimed by the desert if it wasn't cultivated. This made me realize just how important farms are for preserving - and sometimes creating - local ecosystems.

Human relations and producers' pride

Beyond the technical aspects of production, I was also moved by the passion and pride exhibited by the producers.

The farm workers responsible for pruning the vines and pollinating the flowers are extremely proud of the product they help to create. This pride is reflected in the exceptional quality of their products. I was impressed by the respectful working conditions, from cultivation to harvest.

A multifaceted fruit

After this experience, I feel that I have gained a deeper appreciation for passion fruit. I had no idea that passion fruit offered such a wide range of flavor nuances. I even had the opportunity to taste several hybrid varieties and notice the difference in flavor between them. This combination of flavors, along with the blend created in the factory, is what gives our passion fruit puree its distinctive character.

Insect control and responsible agriculture

All organic matter is reused and returned to the soil. This is in fact a very sophisticated system. Insects are present, including small flies, but they do not seem to pose a major problem to crops. The farms have adopted responsible and environmentally friendly practices, ensuring the integrity of the fruit (by incorporating shredded plant matter to enrich the soil and drip irrigation to minimize water use).



New flavor combinations to explore

This trip was a fresh source of inspiration, which got me thinking about new flavor combinations. I like the popular mango and passion fruit pairing, but I also wanted to try something original with passion fruit and kumquat. Kumquats are less acidic than other citrus fruits, and when mixed with passion fruit, they create a very interesting combination. I was also pleasantly surprised by a combination I would never have imagined before my trip: passion fruit and sweet potato. During a dinner in Lima, we had the opportunity to taste a dish of breaded shrimp accompanied by a sweet potato and passion fruit puree. I would never have thought of combining these two flavors, but it's incredible!

Now I can't wait to try this combination in my own creations.

Conclusion : An unforgettable experience

That trip to Peru marked a turning point in my perception of passion fruit. It is now more than just an ingredient; it represents a story of passion, hard work, and respect for nature. Thanks to this experience, I have come to understand that, beyond the flavor associations, I can associate this fruit with the Peruvian land and the men and women who grow it with such care.

One passion, some passions

Discovering passion for fruit: a unique experience in Peru with Michael Laiskonis

This small round fruit, measuring 4 to 5 centimeters (less than 2 inches), with a sweet and slightly tart taste, is best enjoyed fresh. But this botanical family isn't limited to just this one variety! It also includes other lesser-known varieties. The yellow passion fruit, or maracuja, is widely consumed. Its more pronounced acidity and larger size (5 to 8 cm or 2 to 3 inches) make it ideal for juice production, offering a higher yield than its purple cousin. The grenadilla is another

surprising member of this family, recognizable for its orange skin and delicately sweet flesh. While maracuja and grenadilla can be distinguished by their color, curuba is intriguing for its elongated shape, reminiscent of a banana, hence its name, "banana passion fruit." As for barbadine, this is a giant among fruits: it can reach 30 centimeters (11 inches) in length and weigh several pounds! In the West Indies, its seeds are prized for flavoring cocktails.

Purple passion fruit

Deliciously tart, purple passion fruit is enjoyed as a table fruit by fans of exotic flavors.



Yellow passion fruit or maracuja

Under its golden shell, the yellow passion fruit reveals a tangy pulp, perfect for refreshing desserts and drinks.



Banana passion fruit or curuba

Unique for its large size and elongated shape, the banana passion fruit offers delicately sweet flesh.



Sweet grenadilla

Behind its bright orange skin, the sweet grenadilla hides a tender, sweet pulp that is ideal for refreshing recipes.



Giant grenadilla or barbadine

Much larger than other varieties, the giant passion fruit stands out for its impressive size and tender, fragrant flesh.



Recipe
by Thibault Marchand

Passion fruit & Black sesame petits gâteaux

*Find the full recipe on
page 26*

Fruitology® notes

**Black sesame seeds: the
secret ingredient to enhance
a passion fruit cake**

If you enjoy white sesame seeds, black sesame seeds are likely to surprise you with their more pronounced flavor. Lightly toasted with hints of hazelnut, they bring out the depth of the cake and create a perfect balance with the tartness and sweetness of the passion fruit.



Living

22 Mixologist interviews

24 Exquizzzz

26 Full recipe



Interview

Aidan Beaumont

Aidan Beaumont, from bar brand operator Arc Inspirations, has been named Bartender of the Year in the United Kingdom following a flawless performance at the Classic Cocktail 2024 competition.

Why do you use passion fruit puree instead of liqueur or freshly squeezed fruit juice ?

Fruit puree adds more texture and body to the cocktail. If you use syrup, you'll end up with too much sugar. With fresh fruit, you get the taste of fresh fruit, but it's harder to estimate the quantities. This can sometimes lead to waste, which has a negative impact on the environment.

Have you ever revisited the Pornstar Martini? If so, with what ingredient and why ?

I replace vanilla with orgeat, which adds pastry notes, subtlety, and depth to the cocktail. To round off the creation and add a touch of exoticism, I like to add banana syrup.

What is the perfect match for passion fruit? Do you use passion fruit in any other cocktails ?

Passion fruit is a good substitute for citrus fruits because the puree has a nice natural acidity. This allows me to play around with other flavors that add sweetness and balance to the cocktail. A perfect match: pineapple or mango (and other tropical fruits).



Interview

Giovanni *Depergola*

With over 25 years of experience in the hospitality industry, Giovanni Depergola now trains mixologists from around the world at his company, alembic. A qualified facilitator at the renowned École Hôtelière de Lausanne, he has devoted his career to education and innovation in the beverage industry.

Why do you use passion fruit puree instead of liqueur or freshly squeezed fruit juice?

I appreciate the freshness of the puree. I find the liqueur too sweet, like syrup. The Boiron puree adds a rich and unique flavor profile. Not only that, but you can play around with the puree, get creative, and pair it with lots of other flavors, spirits, and so on. It's also great for mocktails, because the passion fruit puree adds interesting qualities like acidity and a lingering flavor, without being too sweet.

What is the perfect match for passion fruit ? Do you use passion fruit in any other cocktails ?

A perfect match: it goes well with spices such as cloves or nutmeg, or you could try adding a dash of bergamot liqueur (*Italicus*) to give it a floral touch. Another interesting combination is Grand Marnier, or a good single malt Scotch whisky (*Speyside*). A cocktail made with vermouth: a twist on the Milano Torino (50% passion fruit and 50% vermouth).

Have you ever revisited the Pornstar Martini? If so, with what ingredient and why?

Yes! With the clarification technique. The Boiron puree has a light texture, and we use this technique to add roundness and buttery notes that go very well with the bubbles in champagne. This technique gives this classic cocktail a modern twist!



Exquizzzz

What pairs well with passion fruit?

1



2



3



4



5



6



1/ Coriander

Passion fruit and coriander leaves pair well together as they create an interesting contrast of flavors. The sweetness and acidity of passion fruit combine with the freshness and herbaceous aroma of coriander.

This pairing is well-suited for both savory and sweet dishes, enhancing their complexity, freshness, and overall exotic appeal.



2/ Kumquat

Passion fruit adds an exotic sweetness and a distinct tartness, while kumquat has a slightly bitter and sweet flavor. Together, they create a refreshing and lively combination that is ideal for desserts or smoothies.

3/ Matcha tea

With its umami and slightly bitter taste, it adds a vegetal and herbaceous depth. It can also be sweet, but in a very subtle way. Its natural bitterness offsets the tangy sweetness of passion fruit. The passion fruit has exotic notes that evoke the tropics. Its acidity enhances the sweeter, earthier side of matcha, creating a harmonious blend of flavors.



4/ Guava

Guava is generally sweeter and less acidic than passion fruit. This sweetness helps balance the passion fruit's acidity, making the overall mix more harmonious and pleasing. The acidity of passion fruit adds vibrancy to the sweetness of guava, creating a subtle but delicious contrast.



5/ Ginger

Ginger is known for its warmth and spiciness. When combined with passion fruit, it adds a hint of spice that enhances the fruit's sweetness and intensifies its flavor without overpowering it.

6/ Pepper

It can add depth and complexity. Depending on what kind of pepper you use (black, white, pink, or even Szechuan pepper), it can bring out subtle woody, floral, or even lemony notes. Passion fruit balances out the heat of the pepper, adding a refreshing note that helps temper the spiciness.



GRANOLA

Unsalted butter	70 g
Brown sugar	65 g
Oats	85 g
Peanuts	30 g
Sliced almonds	35 g
Seeds (sunflower, flax, sesame)	30 g
Candied orange cubes	100 g
Fleur de sel	2 g
4-spice mix	4 g
Milk chocolate	60 g

Melt the butter with the brown sugar.
Mix with the oats, peanuts, almonds, and seeds.
Caramelize in the oven.
Let cool, then add the candied oranges and spices.
Melt the milk chocolate and add it to the mix.
Spread between two sheets of parchment paper.
Refrigerate to firm up, then cut into pieces.

BLACK SESAME BISCUIT

Almond flour	92.5 g
Sugar	92.5 g
Whole eggs	180 g
Flour	35 g
Baking powder	4 g
Melted butter	55 g
Black sesame paste	25 g

In a mixer bowl, using the whisk attachment,
Whisk together the almond flour, caster sugar, and whole eggs until
pale and smooth.
Add the sifted dry ingredients.
Add the melted butter.
Bake in a 175°C/350 °F oven for 10-12 minutes.

PASSION FRUIT CONFIT

Passion fruit puree	250 g
Sugar	20 g
NH pectin	5 g

Heat the puree.
Mix the dry ingredients together.
Add the dry ingredients gradually to the puree.
Bring to a boil, then pour into molds for the insert to halfway height.
Freeze.

BLACK SESAME CREAM

Whipping cream (35%)	150 g
Sugar	18 g
Egg yolks	16 g
Gelatin mass	10 g
Black sesame paste	20 g

Heat the cream.
Whisk the egg yolks with sugar until light.
Make a custard.
Off the heat, add the gelatin mass and black sesame paste.
Blend with a hand blender and pour over the confit.
Freeze.

PASSION FRUIT CRÉMEUX

Passion fruit puree	250 g
Lemon puree	7.5 g
Water	75 g
Sugar	80 g
NH pectin	6 g
Cornflour	16 g
Unsalted butter	42.5 g

In a saucepan, heat the fruit purees with the water.
In a bowl, mix the sugar with the cornflour and pectin.
Once heated, add the dry ingredients.
Boil.
Cool to 50°C/122 °F and add the butter.
Blend with an immersion blender.
Refrigerate for assembly.

PASSION FRUIT MOUSSE

Passion fruit crèmeux	400 g
Gelatin mass	24 g
Whipped cream	200 g

Heat a portion of the crèmeux with the gelatin mass.
Loosen the rest.
Add the part with the gelatin mass.
Then fold in the whipped cream.
Refrigerate for assembly.

Assembly & Finishing

Living For the inserts: pour the passion fruit confit into molds to halfway height and freeze. Fill the cavities with the black sesame cream.
Make the mousse, and pipe it halfway up into the molds. Tap the molds to remove any air bubbles and ensure the mousse fits well into the mold shape. Place the inserts inside. Pipe more mousse on top. Place the black sesame biscuit disk on top. Smooth the surface and freeze.
Cut the granola disks. Unmold and spray each little cake. Spray them with a mix of chocolate and yellow-colored cocoa butter. Place each little cake on a granola disk.



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