

# Exotic Fruits



Peter Spyros Goudas & Livia  
transcribed by Bernadette

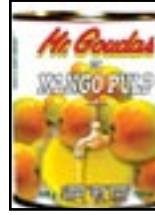
## Mr. Goudas Mango Slices



Mango is a somewhat large, colourful, fragrant and delicious fruit, adapted to lowland tropical and subtropical areas. It is considered to be the “king of tropical fruits” as well as the most commonly eaten fruit. Mangos are eaten fresh but can also be frozen, dried, canned or pickled. Canned mango is used in jams, jellies, preserves, pies, chutney and ice cream. Green mangoes are sometimes eaten raw in the tropics. A popular method of consuming the green mango is the “Trini-style Mango Chow”. The mature green mango is peeled, and the pulp, which is still rather firm, is cut into slices or chunks. Add a little salt and black pepper, with a generous serving of Mr. Goudas Trinidad Style Hot Sauce and a little vinegar. Cover the dish and shake vigorously to combine ingredients. Set aside for an hour or so. Enjoy. Green mangoes may also be curried, stewed, pickled or made into chutney and enjoyed over a bed of Mr. Goudas Rice (any one of his many varieties).

Mr. Goudas Mango Slices are rich in flavour, moist, and mouthwatering. They are hand picked from the finest quality crop available from Thailand. They can be eaten right out of the can and may also be chilled, served with your favourite salads, or added to any meat dish during the final stages of cooking, to add a tropical flavour to your meal.

## Mr. Goudas Mango Pulp



This product is made from selected varieties of mangoes, such as Haydn, East Indian or Alfonso. Once mature, they are harvested and transported to the food processing plant, where they are inspected, washed, blanched, de-seeded and eventually canned for your consumption. Although it sounds simple, the process is actually very complicated, due to the fact that the natural taste, flavour and colour must be retained. The selected species of mango are very important towards achieving this final outcome.

Mr. Goudas Mango Pulp has unlimited consumption methods. It can be used in baking for the creation of fruit breads, cakes, tarts, muffins, pie fillings, etc. As part of a fruity beverage, like smoothies and milkshakes. To accompany ice creams, yogurts, puddings, and deserts. Finally, it is also very good for baby food preparations, or may be consumed by children, chilled and served as is, since it contains very high amounts of Vitamin A and Vitamin C and has 0 fat content.

## Mr. Goudas Green Jackfruit



Jackfruit is indigenous to the rain forests of India, South-East Asia, West Indies and the Philippines. It is also cultivated in

Central and Eastern Africa in small quantities, and is popular in Brazil and Surinam. Jackfruit is the largest tree-borne fruit in the world, sometimes reaching a maximum weight of 75 – 80 lbs. The outside shell of this fruit is green and yellow when ripe, and is composed of numerous hard cone-like points, attached to a thick rubbery pale yellow or whitish wall. The interior consists of large edible bulbs of yellow, banana-flavoured flesh that encloses a smooth, oval, light-brown seed.

Immature jackfruit is also called “Green Jackfruit” and is used as a vegetable, please do not use as a fruit. Mr. Goudas canned Green Jackfruit can be consumed boiled, fried or roasted. Loyal consumers of this product come from India, Sri Lanka, Thailand, or the Philippines.

### Mr. Goudas Jackfruit



Mr. Goudas also produces ripened Jackfruit in syrup, which is consumed as a fruit. It may be eaten “as is” out of the can, or served with ice-cream.

This fruit is unique as far as taste is concerned...you either love it or hate it! Nothing in between! It is the national fruit of Sri Lanka.



### Mr. Goudas Papaya Chunks

The papaya has been growing in tropical regions of the world

for as long as history has been recorded. This pear shaped fruit has a golden yellow skin and its flesh is bright orange or pinkish when ripe. It has small and round black seeds clustered in the center and weighs approximately 2–3 pounds.

In Canadian supermarkets most papayas are of the small variety, however, the “real” papaya can be found in West Indian stores.

Mr. Goudas was the first to import the large papaya via air freight back in the early 1970’s, to avoid any possible damage caused by ground transportation. After many years of experimentation Mr. Goudas finally produced Papaya Chunks in Light Syrup. This product is delicious and extremely enjoyable and may be eaten right out of the can which savours the flavour, as if it were just-picked off the tree.

### Mr. Goudas Peaches



The peach, a symbol of long life and fertility, is a sweet, moist, melt-in-the-mouth fruit, that is native to China and is now cultivated throughout warm and subtropical regions of the world. Peaches can be red, pink, yellow or white, or a combination of these colours.

The skin is fuzzy and dull, and on the inside the yellowish flesh is juicy and delicious.

The peach season is very short and the fruit itself is very fragile and can be easily bruised.

Mr. Goudas Peach Halves and Sliced Peaches are of the finest quality. They are selected from one particular area in the Northern part of Greece, which specializes in peach cultivation only. Mr. Goudas Peaches are larger, more uniform in size, and the taste is richer because of the temperate climate.

They are delicious, mouth watering and addictive...no one is ever satisfied with only one slice!

Mr. Goudas Peaches may be served chilled right out of the can, or as a topping for your favourite desserts like ice-cream and cheese cake.

Mmm good!!

### Mr. Goudas Guava Slices

The guava is a very delicious fruit, grown typically in a tropical climate. The origin is unknown, but cultivation has spread rapidly throughout the Caribbean, Central America, Mexico, and the East Indies.

The guava is usually round, oval, or pear shaped. It softens when ripe and its skin is also edible. The colour of the flesh varies from white to pink, yellowish, or even red depending on the variety.

The ripened guava has a sweet, musky odour which is quite distinctive and contains numerous seeds.

Mr. Goudas Guava slices are of the finest variety, canned in light syrup and do not contain any seeds. They are simply delicious right out of the can. If you are won-



dering what the taste is like, we can tell you it tastes like a pear, but we will leave it up to you to decide for yourself!

### Mr. Goudas Longan



Longan is a fruit native to Southern China and south-western India and is commonly grown in Thailand, South East Asia and surrounding areas. Longan is a small, round, brown fruit. The flesh or pulp is whitish, translucent, sweet and juicy. This flesh surrounds a smooth jet-black, shiny seed, which contains a circular white spot at the base giving it the aspect of an eye. Hence, Longan is referred to as the “dragon’s eye”.

This fruit is much esteemed by Thai fruit lovers, who prefer to eat it fresh, at room temperature. Canned Longan is best served over ice as a dessert.

Mr. Goudas is proud to be one of the first importers of this delicious product and hopes both native Asians and Canadians alike enjoy this delicacy.

### Mr. Goudas Rambutan

Rambutan is native to Malaysia and commonly cultivated throughout the archipelago and south east Asia. There is limited cultivation in India, Surinam, Colombia,



Ecuador, Honduras, Costa Rica, Trinidad and Cuba.

The Rambutan is oval in shape and is contained in a soft hairy rind.

It derived its name from the Malaysian word “rambut” which means “hair”. The flesh tends to be white, juicy and sweet, and is most commonly eaten out-of-hand, after merely tearing the rind open.

The peeled fruit may also be stewed as a dessert or canned in syrup.

Therefore, you do not have to travel to Malaysia or the Far East to try this fruit, simply open up a can of Mr. Goudas Rambutan and enjoy!

### Mr. Goudas Rambutan with Pineapple



Who else but Mr. Goudas would have the patience and understanding to stuff pieces of pineapple in the Rambutan for you to enjoy the best the world has to offer!

You simply have to purchase one can, to experience this marvelous blend of these two exotic flavours.

To maximize the flavour, Mr Goudas advises that you place the contents of the can in a large bowl. Add one tray of ice cubes. Allow it to chill. Serve right off the bowl. You may add ice cream, if you so desire.

After all your guests have tried it, the only sound you will hear is “mmm...wwooww, delicious”! They may even appreciate the patience it takes to manually insert

each piece of Pineapple into the Rambutan!

No other company in the world has done this so far!  
Yes sir-eee!

### Mr. Goudas Lychees



Lychee is a popular fruit grown extensively in the sub tropical south east of China where it has been cultivated since the beginning of time.

It has subsequently been exported and is now cultivated in Thailand, and lately in Vietnam, Florida, California, Australia, and the Caribbean on a small scale, not enough for canning production.

The Lychee is a premier dessert fruit, eaten fresh and appeals to most tastes. It is covered in a leathery rind, pink to strawberry red in colour, rough in texture, and oval in shape. The edible portion is white, translucent, firm and juicy and possesses a flavour, which is sweet, fragrant and delicious.

It is to be noted that Goudas Foods is the first company to bring Lychee in the can into the Canadian market.

Mr. Goudas Lychees, upon serving, have a wonderful appearance, and the taste is delicious as if freshly picked off the tree. Lychees may be eaten as is, served on ice, or with ice cream. They may also be incorporated into your favourite dessert recipe.

## Mr. Goudas Mandarin Orange Segments



Mandarin orange segments are a class of orange with a thin, loose peel, and a delicate, sweet, succulent flesh that comes apart easily. Mr. Goudas

peeled Mandarins Segments come from either China or Spain, for exactly these qualities, and they are very similar in variety.

According to Mr. Goudas, the best mandarins, in the raw fruit state, are available from two countries, Greece and Jamaica. However, these two countries do not produce enough for canning production.

Mr. Goudas Mandarin Oranges may be eaten chilled and right out of the can since they taste as fresh as if they were just picked off the tree. They are excellent in fruit salads, gelatins, puddings and cakes.

A few slices of Mr. Goudas Mandarin Orange added to your favorite dish produce a rich exotic flavour. They may also be used as garnish to create an exotic look.

## Mr. Goudas Pineapple



The Pineapple or Anana is one of the first tropical fruits introduced to Europe by Christopher Columbus on his second voyage

to the Caribbean. It is referred to as “the excellent fruit” because, although it is a strange looking fruit that has the appearance of an “oversized pinecone”, the flesh/pulp on the inside is a continuous explosion of delicious sweetness.

Once the fruit of ferocious natives and kings, Mr. Goudas believes that the Pineapple is now truly one of the most popular of fruits. Therefore, it is no surprise that Mr. Goudas has captured this delicacy, and has managed to provide the best Pineapples that the world has to offer, by sealing their flavour in their natural juice.

Mr. Goudas Pineapple Slices are delicious and they literally melt in your mouth.

He has managed to retain the original flavour in both the Pineapple Slices and Pineapple Chunks.

It is important to state that if your local supermarket or retail outlet does not carry the above items, maybe you should consider changing supermarkets, because you can never capture the real flavour unless you have tried the Mr. Goudas brand.

We overheard sometime ago, that in one of his speeches at an agriculture seminar, Mr. Goudas stated that the “death penalty” should be enforced for anyone who cans Pineapples and adds sugar, thereby spoiling the beauty of the fruit. Anyone can increase the sweetness

of the fruit by adding sugar. You do not have to be an Einstein to figure this out! But, only Mother Nature can create sweet fruits, such as the pineapples selected by Mr. Goudas!

### Exotic Fruit Cocktail.



Patty, Summersette  
Willowdale / Ont  
Canada Oct 29, 2002  
To whom it may  
concern: I would like  
to comment about

your Exotic Fruit Cocktail. I have always bought regular fruit salads, but the different eye catching style label on your Exotic Fruit Cocktail, made me try and buy it. I was skeptical until I opened the can, and saw something I really liked.

The taste was absolutely stunning and unbelievable. The fruits were incredibly firm and tasty, and the cocunut portions within the Cocktail placed a taste that I have never experienced before in my entire life. If I have to comment and rate the product between 1 to 10, this is definitely an 11.

I congratulate you on a product so well thought of and made.

Mr. Goudas Tropical Fruit Mix

### Mr. Goudas Tropical Fruit Mix

Is made up of delectable morsels of pineapple, papaya, guava and banana. Each spoonful is a surprise and every bite is a delight.



Mr. Goudas went the extra mile to bring this assortment of exotica to you. And he sincerely hopes that you enjoy this mix.

The Mr. Goudas line of Fruits in the can have been thoughtfully and lovingly chosen for his consumers tastebuds.

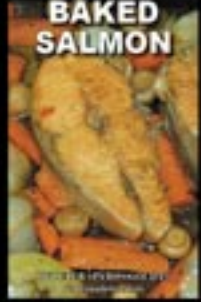
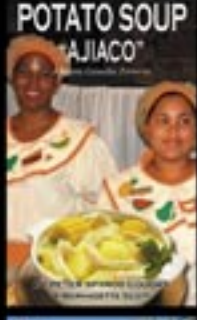
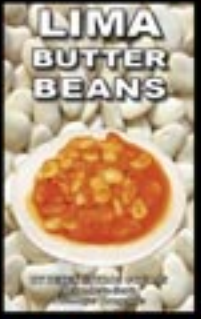
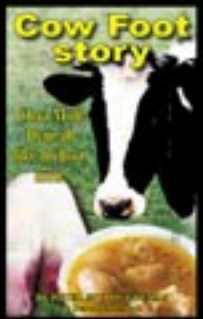
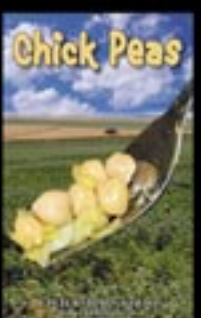
Try each and every one, and we are certain that they will become and integral part of your daily meal plan. After all, fruits are the perfect treat to complement your meal.



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