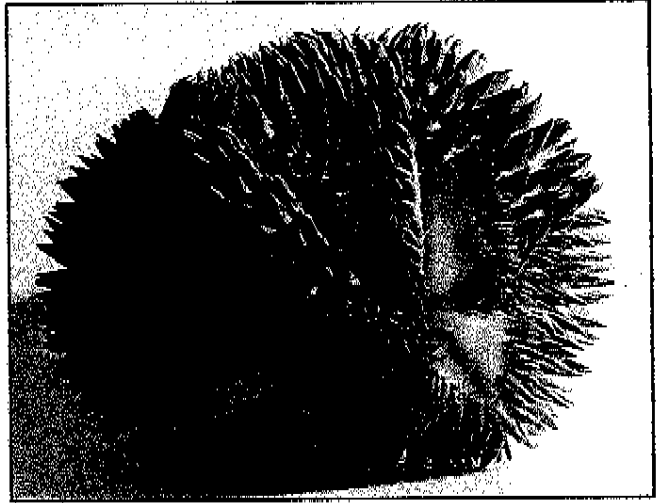




EATING FOR
Beauty

DAVID WOLFE
www.eatingforbeauty.com

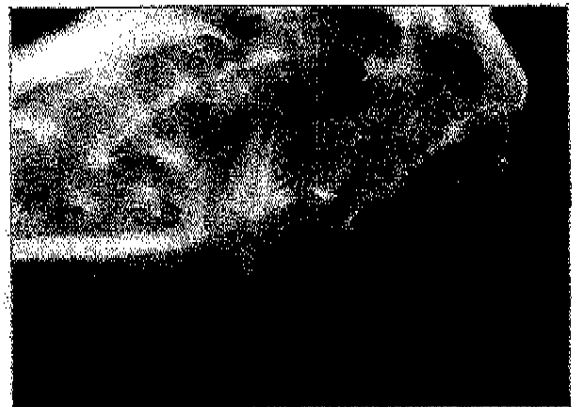
Durian



"Its consistence and flavour are indescribable. A rich butterlike custard highly flavoured with almonds gives the best general idea of it, but intermingled with it come wafts of flavours that call to mind cream cheese, onion sauce, brown sherry, and other incongruities. Then there is a rich glutinous smoothness in the pulp which nothing else possesses, but which adds to its delicacy. It is neither acid nor sweet or juicy, yet one feels the want of none of these qualities, for it is perfect as it is. It produces no nausea or other bad effect, and the more you eat of it the less you feel inclined to stop. In fact to eat durians is a new sensation, worth a voyage to the East to experience."

— Alfred Russell Wallace, famous naturalist, *The Malay Archipelago*

Durian is the most exotic and sensual of all South-east Asian fruits. It grows throughout Vietnam, Indochina, Thailand, the Philippines, Malaysia, and Indonesia. It is also been introduced to and is growing in Brazil, Honduras, and Puerto Rico. Durians grow only in tropical climates on a jungle tree that can exceed 30 meters (100 feet) in height!



Durian (Kirlian Image)

Durian is the favorite food of orangutans, elephants, tigers, and all other jungle creatures who know of its existence. When durian trees flower, fruit bats feed almost exclusively on their nectar.

The strong, pungent odor of durian is nearly nauseating to some, until they taste this fruit. Once someone is hooked on durian, the interesting smell all but disappears.

Ancient Burmese kings had runners carry durians over 150 kilometers (80 miles) to their courts.

The durian fruit is one of largest tree fruits in the world. The fruit grows to be the size of a large oblong honeydew melon, and can weigh over 4 kilograms (10 pounds). The fruit is a capsule that contains five to six sections containing edible "pillows." Around the inner edible "pillows" is a thick, bone-like, skin-shell structure with sharp spines surrounding the exterior of the fruit. The spines are so sharp that people are killed every year in Asia by falling durians.

Durian contains high levels of tryptophan. This is an amino acid and a tryptamine (similar to serotonin, melatonin, and DMT). Researchers have discovered that tryptophan helps both anxious, depressed, repressed people, as well as insomniacs. Tryptophan works by raising serotonin levels in the brain. When serotonin levels increase, a euphoric feeling is felt as a free passage is cleared for nerve impulses to travel.

Durian is such a strong blood cleanser that eating a few durians a day can change the odor of urine (urine is filtered out of blood).

What gives durian its strongest beautifying characteristics is its high concentration of raw oleic fats (and vitamin E), sulfur compounds, and soft proteins. Durian actually contains one of the highest concentrations of protein of any fruit, making it an excellent muscle builder.

Those who eat durian are known to be more attractive. According to Singapore lore, "when the durians come down from the trees, the sarongs come off." This is in reference to durian's legendary powers as an attractor and an aphrodisiac.

Durian is available in many North American and European Asian markets in frozen or fresh form. Fresh durians are more rare, yet tastier, have a more pleasant texture, and contain more of the nutrient value than those that have been frozen.

How To Select Durians

When choosing a frozen durian, look for three characteristics:

1. Choose browner and yellower durians instead of green.
2. Choose a durian that is just starting to split its skin longitudinally.
3. Choose durians that are heavier for their size.

When choosing fresh durians, purchase them just as they begin to split longitudinally. Look to see that the

stem has been cleanly cut. Ask the seller if they are willing to open it for you (to see if it is a good one). They will continue to ripen and split if left at room temperature on the kitchen counter. When they begin to smell strongly, they are ready to eat. To eat the fruit, split open the shell and eat the golden pillows.