

SLOW COOKED PINEAPPLE, COCONUT AND PISTACHIO

EQUIPMENT

ZIP LOCK BAG, MEDIUM SIZE FRYPAN, SOLID AND PERFORATED BAKING TRAYS, CHEFS KNIFE, MORTAR AND PESTLE.

INGREDIENTS

½ PINEAPPLE, 20GM DESICCATED COCONUT, 20 PISTACHIO NUTS, ¼ VANILLA BEAN, 50GM BROWN SUGAR, 1 STAR ANISE, 3-4 SPRIGS CORIANDER, SALT FLAKES, VANILLA ICE CREAM (TO SERVE)

METHOD

PLACE THE COCONUT ONTO A SMALL SOLID BAKING TRAY AND INTO A PRE-HEATED OVEN COMBI SETTING 180°C FOR 4-6 MINUTES TO TOAST UNTIL GOLDEN.

PLACE THE STAR ANISE INTO THE BOWL OF A MORTAR AND PESTLE AND GRIND TO A FINE POWDER WITH A PINCH OF SALT.

ADD THE GROUND STAR ANISE TO A MIXING BOWL WITH THE BROWN SUGAR AND SCRAPE THE SEEDS FROM THE VANILLA BEAN AND RUB THROUGH THE SUGAR ALSO.

REMOVE THE OUTER SKIN FROM THE PINEAPPLE ENSURING THERE ARE NO "EYES" ON THE SURFACE OF THE FLESH AND CUT THREE 8CM X 3CM RECTANGLES OF PINEAPPLE.

PLACE THE CUT PINEAPPLE INTO A ZIP LOCK BAG AND POUR THE SUGAR INTO THE BAG REMOVING AS MUCH AIR AS POSSIBLE.

ONCE THE COCONUT HAS TOASTED REMOVE IT FROM THE OVEN AND CHANGE THE OVEN SETTING TO STEAM SETTING 80°C. PLACE THE PINEAPPLE ON A PERFORATED TRAY AND INTO THE OVEN TO COOK FOR 70 MINUTES.

ADD THE PISTACHIO NUTS TO THE MORTAR AND PESTLE AND CRUSH THEM. MIX HALF OF THE TOASTED COCONUT WITH THE PISTACHIO NUTS AND SET ASIDE.

FINELY CHOP THE CORIANDER AND MIX IT WITH THE REMAINING COCONUT AND SET ASIDE.

ONE MINUTE BEFORE THE PINEAPPLE IS FINISHED PLACE THE FRYPAN OVER MEDIUM HEAT. REMOVE THE PINEAPPLE PIECES FROM THE BAG AND PAN FRY THE PINEAPPLE ON ONE SIDE ONLY FOR 3-4 MINUTES UNTIL CARAMELISED.

ADD THE COOKING LIQUID FROM THE BAG TO THE PAN WITH THE PINEAPPLE AND COOK FOR A FURTHER MINUTE.

PLACE A SMALL MOUND OF PISTACHIO MIX INTO A SERVING BOWL AND REMOVE THE PINEAPPLE FROM THE PAN. SPRINKLE THE SURFACE OF THE PINEAPPLE WITH THE COCONUT AND CORIANDER MIX AND PLACE IT ALONG SIDE THE PISTACHIO MIX.

PLACE A LARGE SCOOP OF VANILLA ICE CREAM ON TOP OF THE PISTACHIO MIX AND SERVE.

HINTS & TIPS

- SLOW COOKED PINEAPPLE TAKES ON A VERY DIFFERENT TEXTURE BUT STILL MAINTAINS IT'S SHAPE. THIS DISH IS A GREAT OPTION FOR A DINNER PARTY DESSERT AND THE PINEAPPLE CAN BE STEAMED IN ADVANCE AND FINISHED IN THE PAN JUST PRIOR TO SERVING.

SERVE THIS AS A LIGHTER STYLE DESSERT IN SUMMER AND CHANGE THE ICE CREAM FOR SOMETHING LIKE A COCONUT SORBET, YOUR GUESTS WILL LEAVE FEELING REFRESHED.

IF YOU WANT TO KNOW IF A PINEAPPLE IS RIPE REMOVE ONE OF THE SPEAR SHAPED TIPS FROM NEAR THE CENTRE OF THE TOP. IT SHOULD COME OUT EASILY IF THERE IS ANY RESISTANCE THE PINEAPPLE IS NOT YET RIPE AND MAY BE A LITTLE SHARP IN TASTE.