

Caramelised Pineapple

Caramelised pineapple is a sweet and juicy treat that makes for a delightful dessert or a flavourful topping for various dishes. This simple recipe is quick to prepare and adds a touch of sophistication to your culinary creations this holiday season!

900g frozen pineapple
125g brown sugar
2 tbsp unsalted butter
pinch of salt
1 tsp vanilla extract
(optional)
fresh mint (garnish)

METHOD. In a frying pan, heat the sugar over medium heat. Allow it to melt and swirl the pan occasionally to ensure even melting. Once the sugar has melted, add the unsalted butter to the pan. Stir the butter into the caramel until well combined. Carefully add the pineapple chunks to the caramel. Arrange them in a single layer to ensure even caramelisation. Cook the pineapple for 2-3 minutes on each side, or until the edges turn golden brown. For an extra layer of flavour, add the vanilla extract. Sprinkle a pinch of salt over the caramelized pineapple to enhance its sweetness. Enjoy warm, served with a scoop of vanilla ice cream and garnished with fresh mint leaves.

Notes
