

Pineapple with Coconut Recipe

Ingredients: Serves 4

1 small pineapple
½ teaspoon ground turmeric
1 teaspoon salt
25-50g granulated sugar
25g desiccated coconut
1-3 long slim dried red chilies, torn into pieces
2 ripe, firm bananas, cut into 1cm thick slices
2 tablespoons sunflower oil
½ teaspoon black mustard seeds
1 green chili, seeded and finely chopped
12-15 fresh or dried curry leaves

Method:

Peel the pineapple and remove the 'eyes' with a small sharp knife. Cut it into 8 boat-shaped pieces and remove the central core from each piece. Cut into 1cm wedges and put into a saucepan with the turmeric, salt and sugar. Add 450ml water, cover and cook over a medium heat until the pineapple is tender (15-20 minutes). Meanwhile, grind the coconut and the red chilies in a coffee grinder and add to the cooked pineapple. Stir in the bananas and remove from the heat. In a small saucepan or a steel ladle, heat the oil over medium heat. When hot, switch off the heat and add the mustard seeds followed by the green chili and curry leaves. Stir the flavored oil with the mustard seeds, chili and curry leaves into the cooked pineapple and serve.

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