

# Braised spiced Pineapple

- 1 Pineapple, large or individual baby pineapples
- 1 Chilli, whole
- 1 Star anise
- 1 Cinnamon stick
- 2-3 Cloves
- 200g Brown sugar
- 750ml Water
- 1 Banana
- 1 Vanilla pod
- Butter & oil for frying
- Ice cream or sorbet



Prepare the pineapple by removing the skin and any missed eyes. Save the green tops for decoration. Cut the pineapple as required.

In a saucepan place the sugar and water and heat until dissolved. Add the whole chilli, banana, star anise, cinnamon stick, vanilla and cloves and keep warm.

In a frying pan add the oil and butter and quickly brown the pineapple. Remove the pineapple and oil / butter from the pan.

De-glaze the pan with the syrup. Add the pineapple back into the pan and cook gently while turning regularly. Continue on the stove or in the oven.

The pineapple is cooked when tender (test with a knife). Remove from the syrup ready to serve.

Adjust the syrup consistency and spoon over the pineapple.

Serve with ice cream or sorbet of your choice.