
Pineapple "Heaven on Earth" Dessert

Description

Sometimes you can take one simple ingredient, like pineapple, serve it two ways and suddenly you're overwhelmed with the complexity of flavors, textures and diversity that one simple fruit can bring to the table. Edible pineapple "flowers" with fluffy whipped cream and juicy pineapple "carpaccio" topped with tangy mango yogurt sauce will delight your tastebuds!

Total time: 15 min Yield: 4 Servings

Ingredients

2 pineapples
1 ripe mango (or 1 cup frozen mango chunks)
fresh lime juice
1/2 cup fat-free Greek yogurt
prepared whip cream

Prep Time: 15 min Total Time: 15 min

Instructions

Preheat oven to 250° F. Remove the top and bottom from the pineapple, then cut off the outer skin, reserving as much of the fruit as possible. Cut out the "eyes" of the skin by cutting long diagonal notches down its side, following the natural line created by the "eyes". Lastly, slice the pineapple into rounds as thin as possible.

Line two baking sheets with parchment paper and spray lightly with cooking spray. Arrange pineapple slices in a single layer, making sure they're not touching and place in the oven. Dehydrating the pineapple will create a realistic, edible "flower" – allow 3 to 4 hours for the dehydration process. Cool to room temperature. The flowers can be made ahead of time and stored in a sealed container for a day or two, stored in a cool area.

To prepare the "carpaccio" sauce, use a processor or blender to puree the mango. Squeeze in lime juice to taste then place the mango puree in a small bowl. Dollop yogurt into the mango puree and swirl gently with a spoon to create a marbled effect.

To serve, place three flowers on a plate, along with a healthy serving of whipped cream for dipping. Then layer fresh pineapple slices on the side for the carpaccio and drizzle mango yogurt sauce over the top.

Recipe brought to you by:

Chef Michi Holland

Source:

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