
Chinese Five Spice Grilled Pineapple with Coconut Ice Cream

Description

Chef's Note: To pick a ripe pineapple, it should have a light, sweet pineapple fragrance, especially at its base.

Total time: 25 min Yield: 6 to 8 servings

Ingredients

1 ripe fresh pineapple (cut into rounds)
3 Tbsp white sugar
1 tsp Chinese five spice
non-stick cooking spray
coconut ice cream (store bought)

Prep Time: 20 min Cooking Time: 5 min Total Time: 25 min

Instructions

Cut off the top and bottom of the pineapple using a sharp chef's knife. Stand the fruit upright and cut off the skin, following the curve of the fruit. Remove any remaining hard brown spots, or "eyes," with a paring knife. Slice the peeled pineapple crosswise into 6 to 8 rounds depending on the size of pineapple. Use a small round cookie cutter to punch out the core of each slice or cut out with a paring knife.

In a small bowl, add sugar and five spice and mix well. Place pineapple rings on a large baking sheet and sprinkle the sugar mixture on each side of the pineapple rings; let marinade for 10 minutes.

Spray both sides of the pineapple rings with non-stick cooking spray and grill on high heat for 2 minutes per side until lightly charred. To serve, place a grilled pineapple in a bowl and top with coconut ice cream.

Recipe brought to you by:

Chef Ryan Covert