

Pineapple Flavours

Posted on



Balancing sweet and tangy flavours, pineapple is known for its vibrant tropical tang. Although the pineapple season is from March to June it is available all year around. The inclusion of pineapple in Sri Lankan food can vary from just a few slices of pineapple alongside rice and curry or a far more elaborate dish. With its distinct flavour and exceptional juiciness it makes a versatile candidate for a variety of dishes or a refreshing fruit juice.

Pineapple Rice(One Portion)

Ingredients

Cooked Thai Jasmine rice

Sugar

Pineapple diced

Onion diced

Fish sauce (1 tsp)

Thai soy sauce (1 tsp)

Thai saffron (1/2 tsp)

Salt and pepper

Turmeric

Chicken powder

Egg

Fried prawns

Cashew nuts

Dried Plums

Oil

Heat oil in a pan, mix in the egg, the diced pineapple and diced onion and sauté. To the rice add turmeric, chicken powder, sugar, Thai saffron, fish sauce and soy sauce and prepare in a wok. The sautéed mix is added to the rice. Take the pineapple shell and roast in low heat. Serve the prepared rice into the pineapple shell and garnish with fried prawns, cashews and dried plums.

Pineapple Salad

Ingredients

Pineapple julienne (long thin strips)

Onion julienne

Tomato julienne

Three colour bell peppers

Black pepper

Salt

Coriander leaves

Lime juice

Cucumber

Mix the chopped pineapple, onion, tomato and bell peppers together. Add lime juice, salt and pepper to taste. Add coriander leaves and garnish with cucumber and tomato.

Pineapple Juice

Ingredients

80ml grilled pineapple juice

15ml sugar syrup

3 drops of angostura bitters

Grill the pineapple and put in the juicer without water to obtain pure juice. Shake ingredients with ice and strain into cocktail glass. Add a pineapple wedge and cherry as garnish.

Recipe and photographs at Cinnamon Lakeside Colombo

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