

PINEAPPLE



PREPARATION

- Cut the bottom from the pineapple to make a firm base. Then stand the pineapple up with a sharp knife remove the skin from top to bottom.
- Cut around the hard core of the pineapple and slice the remaining quarters into small chunks. The original pineapple chunks.

COOKING

- Pineapple can be fried in a non-stick pan to add a delicious treat to ham steaks or pork chops. Diced pineapple can be added to stir-fries or homemade pizzas to make them particularly delicious.

STORAGE

- Store pineapple in a cool dark cupboard or in the vegetable compartment of the fridge.
- Chopped peeled pineapple can be stored in airtight containers in the freezer until needed.

VEGE UP

- Pineapple is a delicious addition to any fruit salad and many vegetable salads. Pineapple added to cheese and crackers platter makes for a special starter or dessert.

ADD FLAVOUR

- Chunks of pineapple frozen on ice-blocks sticks make a delicious snack.
- Quartered pineapple rings drizzled with melted chocolate make a delicious and special dessert.