

Caramelised Pineapple with Toasted Coconut Ice Cream (Serves 4)

Ingredients:

Toasted Coconut Ice Cream

- 70g unsweetened desiccated coconut
- 250ml whole milk
- 500ml double cream
- 150g caster sugar
- Pinch of salt
- 1 vanilla pod, split lengthways
- 5 large egg yolks
- ½ tsp vanilla extract OR 1 tsp dark rum (depending on the flavour you want)

Syrup

- 500ml water
- 500g brown sugar
- 100ml dark rum
- Juice of 1 lime
- 1 cardamom pod, crushed
- 1 whole star anise

Caramelised Pineapple

- 1 ripe pineapple
- 100g brown sugar
- Fresh coconut shavings, to serve



Method:

Toasted Coconut Ice Cream

- Preheat the oven to 175°C (160°C fan).
- Spread the desiccated coconut onto a baking tray and toast for 5–8 minutes, moving around regularly, until lightly golden.
- In a saucepan, combine the milk, 250ml of the double cream, caster sugar and salt.
- Scrape the seeds from the vanilla pod into the pan, then add the pod. Stir in the toasted coconut and gently heat until steaming, but do not boil.
- Remove from the heat, cover and leave to infuse for 1 hour.
- Return the mixture to a gentle heat and strain through a fine sieve, pressing firmly on the coconut to extract as much flavour as possible. Discard the coconut and vanilla pod.
- Pour the remaining 250ml of double cream into a large bowl.
- Whisk the egg yolks in a separate bowl, then gradually pour in the warm coconut mixture, whisking continuously.

- Return the mixture to the saucepan and cook gently over a low heat, stirring constantly, until the custard coats the back of a spoon.
- Strain into the bowl of cream, stir in the vanilla extract (or rum), then cool.
- Refrigerate until completely chilled, churn in an ice cream maker according to your machine's instructions, then freeze until firm.

Syrup

- Combine the water, brown sugar, dark rum, lime juice, crushed cardamom and star anise in a saucepan.
- Bring to a gentle simmer, stirring until the sugar has dissolved.

Pineapple

- Peel, core and quarter the pineapple.
- Bring the syrup to a gentle simmer (around 80°C) and poach the pineapple for approximately 20 minutes, or until a knife slides through easily.
- Remove the pineapple and allow it to cool slightly.
- Continue simmering the poaching syrup until it has reduced to the consistency of golden syrup.
- Sprinkle the pineapple evenly with the brown sugar.
- Place the pineapple into a cold frying pan and gradually bring to a medium heat. Cook, turning occasionally, until evenly caramelised with a rich golden colour, taking care not to let the sugar burn.

To Serve

- Spoon a little of the reduced syrup onto each plate.
- Add a piece of caramelised pineapple and a generous scoop of toasted coconut ice cream.