

# Warm Pineapple Coconut Topping



**How to check for ripeness and ripen a fresh pineapples:** Pineapples are usually ripe when their skin has begun to turn yellow and you can push firmly on their skin with both hands and feel just a little “give” as shown in the pictures below. As mentioned above, though, most pineapples come to market under-ripe, green and very firm to the touch.



If your pineapple is green and firm, like the pineapple bought freshly from the store shown in the picture below on the left, the easiest way to ripen it at home is just to leave it out in the open at room temperature away from direct sunlight until the skin starts to yellow and pineapple starts to soften slightly when squeezed as shown in the picture on the right above. I usually let my pineapples ripen on top of the refrigerator so that they're always "in sight and in mind" and don't accidentally get forgotten and allowed to over-ripen. Pineapples are most flavorful just when they become fully ripe.



**Preparation Time:** 20-25 minutes

## **Ingredients**

**1 Ripe Pineapple**

**Citrus Juice** (I'm using the freshly squeezed lime and orange juice that you see in the glass jar below, but any fruit juice, even store bought orange, apple, cranberry - or any flavor - juice will work fine)

**Coconut Water** (or any other fruit juice)

**1 Tablespoon Butter**

**Dash of Salt**

**Shake of Ground Cinnamon**

**Coconut Flakes**

**1 Tablespoon Jam** (I'm using fig jam but any jam will work)

**1 Tablespoon Vanilla Extract**

**1/2 - 1 Handful Raisins** (or any other dried fruit)





## Equipment

Cutting Board  
Small Sharp (Paring) Knife  
Frying Pan  
Tablespoon  
Spatula or Large Spoon



1. Cut both the **top** and **bottom** off the **pineapple**.



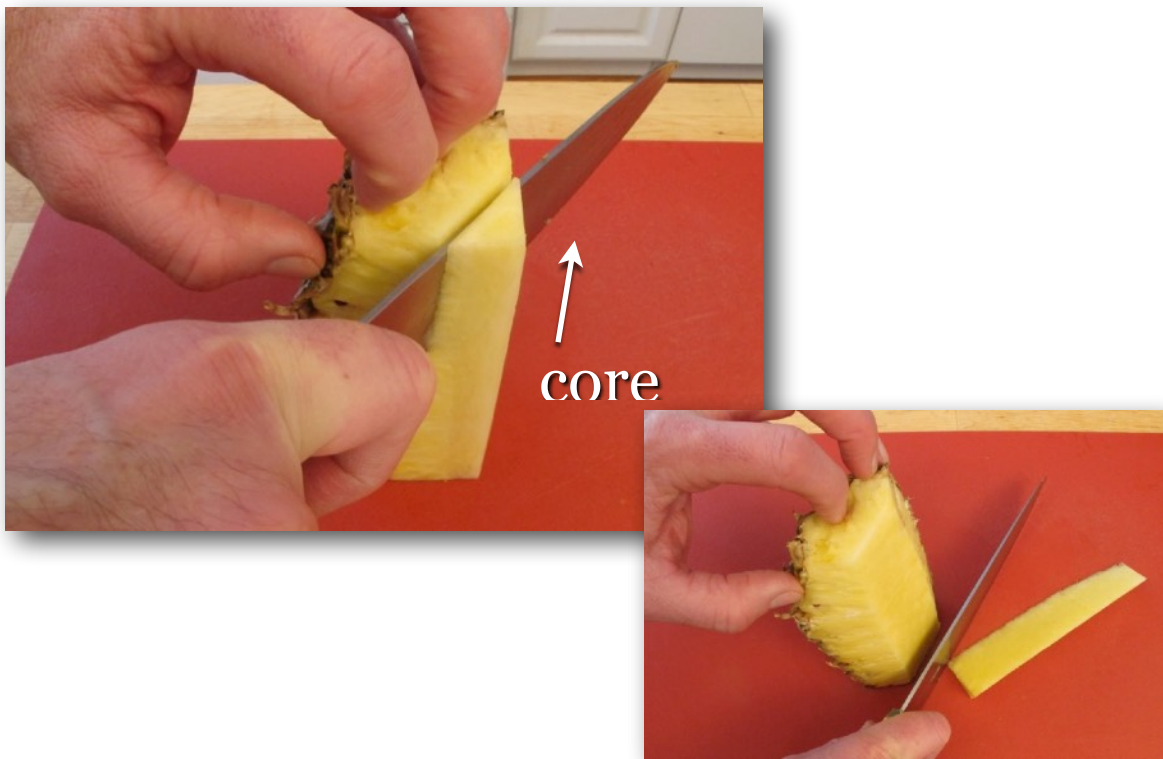
2. Stand the **pineapple** on one of its cut ends, cut it in half lengthwise, and cut each half in half again.



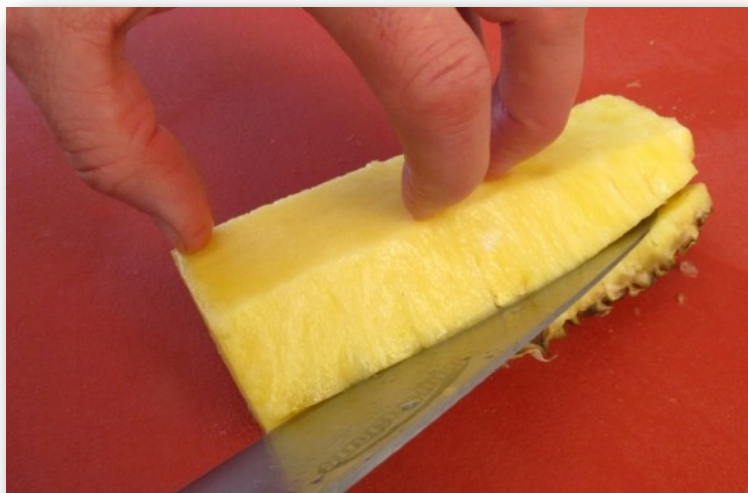
3. To remove the **pineapple core**, keep each **pineapple quarter** standing on one of its narrow cut ends, and make a cut straight down the length of the **pineapple** where the core



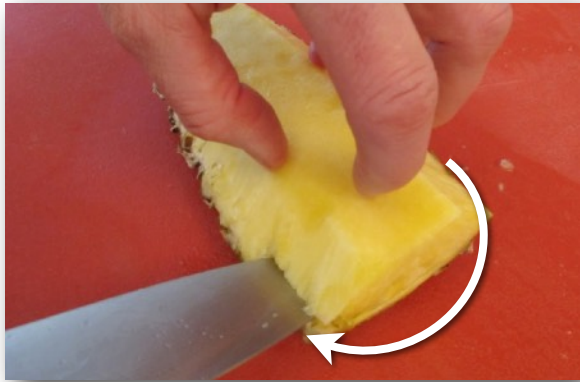
fibers meet the softer flesh fruit.



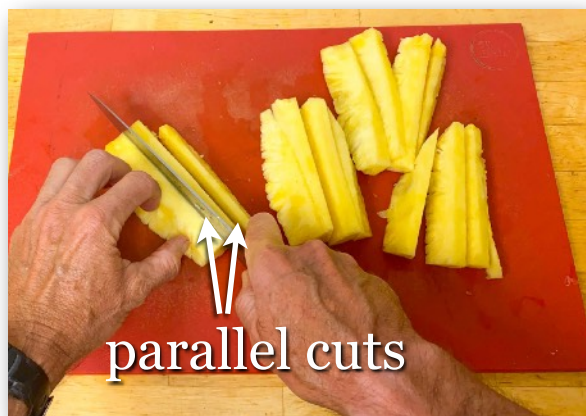
4. Remove the **pineapple skin** by holding each **pineapple quarter** flat to the cutting board flesh-side up, and start cutting with the knife blade about 1/4 inch (6 mm) up from the outside of the **skin** until the knife blade is about halfway under the **pineapple flesh piece**. Then...



...turn the **pineapple quarter** 180°, and keep cutting until the **pineapple fruit flesh** is completely free from the **skin**.



5. Cut each **pineapple quarter** into 3 lengthwise slices. Then cut the **lengthwise strips** in cross section into bite sized pieces about 1/2 inch (12 mm) wide.



6. Pour out about as many **coconut flakes** as shown below and chop them into smaller pieces.



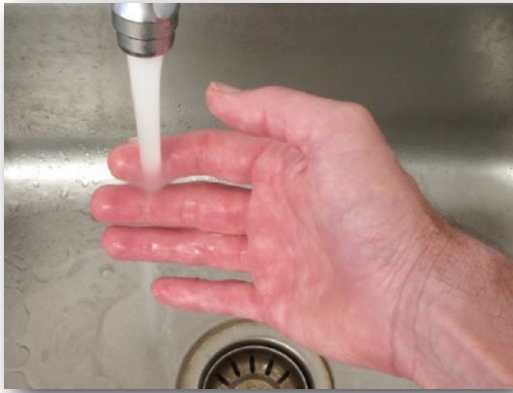
7. Put the frying pan on the stove, and turn on the burner to MEDIUM heat.



8. Check the frying pan for the proper cooking temperature by running cold tap water on your fingers and flicking the water onto the pan surface. The pan is warm enough to cook when the water evaporates with a sizzle. **NOTE:** If the water sizzles and evaporates into steam as soon as it hits the pan surface, remove the pan from the heat for a few minutes to let it cool. Turn down the burner heat a few notches. Then heat and



test the pan again. If the water doesn't sizzle at all, keep warming the pan.



9. When the pan is warm enough to cook, add **1 inch (24 mm) slab of butter** to the pan as shown. Then...



...lift the pan off the stove and roll your wrist to spread the **butter** over the pan until...



...the pan surface is evenly coated as shown here.



10. Add the **chopped coconut flakes** to the hot pan as shown below, and...





...stir the **coconut flakes** with a spatula or spoon every 10 seconds or so until they start to brown as shown in the photo below right.



II. Add the **chopped pineapple pieces**, stir them with the **toasted coconut** and add...



...as much **salt** in the palm of your hand as shown below, a good shot (about 1/4 cup) of **citrus (or other) juice**...



...a good shot (about 1/4 cup) of **coconut water (or other) juice**, 1-2 handfuls of **raisins** (or other dried fruit),



...2 teaspoons of **jam** and a good shake of **ground cinnamon** as shown below right.





12. Stir everything in the pan together, and...



...cook until the **juices** in the pan start to bubble as shown below. Then,...



...turn off the stove and add and stir in a good shot (about 1 tablespoon) of **vanilla extract**.



13. Use the **topping** as you like (I'm using it with yogurt, kefir, whipped cream and raisins).



14. Store **pineapple coconut topping** in a container and refrigerate for at least a week.



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