

Posted on 8 June 2016

by Liz Robb

Griddled pineapple with vanilla and chocolate

Ingredients

Vanilla ice cream For the chocolate sauce:
75g good quality dark chocolate
25g butter
125ml double cream
2 teaspoons of caster sugar
For the pineapple:
A large pineapple
15g butter
2 tablespoons of runny honey
1 lime
Half a teaspoon of ground cinnamon
A drizzle of olive oil

Preparation

1. 1. First make the chocolate sauce. Chop the chocolate into small pieces and place them in a Pyrex bowl. Put the bowl on top of a pan of simmering water to melt the chocolate, not allowing the bowl to touch the water, stirring constantly until it has all melted. Add the butter, cut into small pieces, the sugar and slowly pour in the cream, stirring until the butter has melted and everything is well combined. Whisk to make sure that the sauce is really smooth. Turn off the heat but give it an occasional stir as you cook the pineapple so that it doesn't set. 2. Cut off the skin of the pineapple and the top and bottom. Slice it into 8 equal slices. I also like to cut out the core in the centre of the slices to make rings.
2. 3. Melt the butter in a small saucepan over a low heat then add the honey, a tablespoon of juice from the lime and the ground cinnamon. Stir for a minute or two to warm it and mix it all together. Turn off the heat.
3. 4. Brush a griddle pan with a drizzle of olive oil then heat the pan. Dip the pineapple rings in the marinade then cook in a medium hot pan for 3 minutes. Brush the tops liberally with more marinade then turn and cook for 3 minutes on the other side.
4. 5. Place 2 pineapple rings on each plate with small scoops of vanilla ice cream. Quickly reheat the chocolate sauce, drizzle over the top of the fruit and ice cream and serve immediately!

Cooks Note

This sweet and fruity dessert is very simple but delicious; ripe pineapple slices basted in melted butter, honey, lime and cinnamon then cooked in a griddle pan until golden brown, served with scoops of cold vanilla ice cream topped with hot chocolate sauce, yummy!