



Baked Pineapple with Chilli Syrup

A deliciously sweet desert with a kick. A great way to use a pineapple that turned out to be less tasty than you thought it would be when you bought it!! The amount of chilli can be altered depending on your individual tastes. Fresh chillies can be used instead of dried.

Serves : 4 - 6

Preparation Time : 25 mins

Cooking Time : 45 - 60 mins

Ingredients

1 large pineapple, top and tail removed and skinned.
8oz / 225g soft brown sugar
5 fl oz / 150 ml water

Herbs & Spices

1 tsp Chilli Crushed
1 Vanilla Pods

Cooking Instructions

Preheat oven to 225C / 425F / gas mark 7.

Place sugar and water in a pan and bring to a boil. DO NOT STIR. Split the vanilla pod length ways with a sharp knife and gentle scrape out the seeds. Add the vanilla seeds and about 1 tsp crushed chilli (exact amount will depend on the heat strength of your chilli and your own preference) to the syrup and simmer the mixture for 10-12 mins. At this point you can strain the syrup to remove the chilli if required.

Slice the pineapple in half lengthways and place outside down in a baking dish. Pour over the syrup and place in the center of the oven. Bake for about 45 mins, basting regularly. Serve in slices.