



RUM GLAZED GRILLED PINEAPPLE

YIELD: 1 Whole Pineapple

INGREDIENTS:

- 1ea Whole Pineapple
- 300g Rum
- 50g Turbinado Sugar

- 3ea Cinnamon Sticks
- 100g Butter
- 1ea Vanilla Bean (Split)

METHOD:

- 1. Peel, core and cut the pineapple into rings about 1 inch thick
- 2. In a small pot, melt down the butter and add in the cinnamon sticks
- 3. Next add in the vanilla beans and sugar continuing to stir
- **4.** Take the pot away from the flame and pour in the rum
- 5. Put the pot back on the flame and allow the rum to flambé
- **6.** Reduce this by half or to a syrupy consistency
- 7. Pour it over the pineapple and let it marinate for 10 minutes
- 8. Remove the pineapple form the syrup and grill it for about 4 minutes per side
- **9.** Place the pineapple onto your serving vessel and pour the remaining syrup over the top to give it a shiny glaze





