



MAN LAW Australasia Pty Limited
PO Box 545
Riverstone. NSW 2765
Ph: 1800 026 086
Web: manlaw-bbq.com.au
Email: Fiona@manlaw-bbq.com.au

MAN TUCKER RECIPES

PINEAPPLE WITH MACADAMIAS AND ICE CREAM



This can be cooked VERY quickly after the meal, or you can prepare and cook the pineapple before-hand and heat up very quickly in the microwave and the toasted macadamias can be served at room temperature. If the pineapple is cooked the day before & heated in the microwave it can become VERY hot VERY quickly – be careful not to make it too hot so that you don't burn your guests & warn them that it may be hot in the middle.

Prepare everything beforehand (even the day before) so that you don't have to spend time tucked away in the kitchen again preparing.

You will need:

- 1 x lovely, sweet ripe pineapple (make sure it smells like sweet pineapple when buying),
- 1 x cup unsalted Macadamias,
- ½ cup brown sugar,
- 3 tablespoons of water,
- ANY ICE CREAM YOU LIKE AS ALL ICE CREAM IS GOOD ICE CREAM!

What to do ...

- Peel the pineapple (cut off the top & bottom, hold upright on a board at the top & carefully cut down along the length to remove the skin in strips),
- Cut the pineapple into 1.5cm rings,
- Roughly chop the Macadamias into pieces,
- Cut the pineapple rings into 8 segments each,
- Place the segments into a bowl with the brown sugar and the water,
- Toss the pieces of pineapple until they are coated with the brown sugar mix,

Ask the BBQ Chef to heat up the BBQ to a medium to low heat with the **MAN LAW Grill Topper** over the grill.

- Take the bowl with the pineapple pieces, the bowl of chopped Macadamias and 1 x clean bowl (for the cooked pineapple) out to the BBQ Chef.
- Lightly oil the **MAN LAW Grill Topper** plate & place the pineapple segments onto it, push around to a single layer,
- Place the Macadamias onto a separate part of the **MAN LAW Grill Topper** plate, again in a single layer.
- Toss both separately and quickly with your MAN LAW spatula (don't let either burn).
- When the Macadamias are lightly toasted – place them back into their bowl.
- When the Pineapple segments are lightly browned & caramelised with the sugar/water – quickly remove them from the **MAN LAW Grill Topper** plate and place into the clean bowl.

To serve....

- Place some pineapple pieces into a (personal) serving bowl, put a big YUMMY scoop of ice cream beside the pineapple and sprinkle the pineapple and ice cream with some of the toasted macadamias, serve immediately Get ready for there to be a big break in the conversation and only sounds to be heard will be ... “mmmmmm” !!! (a friend of mine calls this humming when eating – then she knows that everyone is enjoying their meal!)

What to serve with:

- for the kids ... a soft drink
- for you ... a nice 'sticky' wine or port Yummo!

AS AN ASIDE NOTE: I am not a big pineapple eater, I find it to be a “cheek-sucker” (where your cheeks suck in when something tastes really tart), but this recipe is just beautiful!

Also – if you can't get a nice pineapple – you can cheat using a can of AUSTRALIAN Pineapple Pieces – I have done that too & it's STILL Yummmo!

Good heavens – don't tell anyone how easy this was ... let them think it took you ages!! Well done!!