

Miele

Sous-vide caramelised pineapple with coconut whip and salted pistachio

By Miele

30 minutes

Preparation time

2 hours

Cooking time

4-6 servings

Serves



INGREDIENTS

Sous-vide pineapple

1 whole pineapple, peeled
300 g (1 ½ cup) caster sugar
250 ml (1 cup) water
50 g glucose
2 star anise
Cracked black pepper
Salt flakes

Coconut whip

1 x 400 ml tin full fat coconut cream,
refrigerated overnight
1 tbsp (20 ml) dark rum

Salt roasted pistachio

120 g (1 cup) pistachios, crushed
1 tsp sea salt flakes

METHOD

Sous-vide pineapple

1. Peel the pineapple, cut in half lengthways, and remove the core. Slice the pineapple into 1 cm thick slices.
2. Place the caster sugar, glucose, and half of the water into a small saucepan and simmer over high heat, Induction setting 8 until a brown caramel is formed.
3. Remove from the heat and very slowly add the rest of the water to the caramel, stirring well. This will result in a caramel syrup.
4. Place the pineapple into a large vacuum sealing bag and pour the cooled caramel syrup into the bag.
5. Add the star anise and some cracked black pepper and a pinch of salt to the bag.
6. Place bag into the fridge to cool down completely before vacuum sealing. Place into the vacuum sealing drawer and Vacuum on setting 3 and Seal on setting 3.
7. Sous-vide at 65°C for one hour.
8. Remove the pineapple from the bag, reserving the liquid.
9. Place the liquid into a small saucepan and simmer on high heat, Induction setting 7, until the liquid is the consistency of honey.

Coconut Whip

1. Place a metal mixing bowl and whisk into the refrigerator to cool before making the whipped cream.
2. Open the can of coconut cream, taking care not to shake it. Scoop the coconut cream solids into the cold mixing bowl and add the rum.
3. Beat the coconut cream using a freestanding mixer on medium-high speed until stiff peaks form. Refrigerate for up to 3 days.

Salt roasted pistachio

1. Pre-heat oven on Fan Plus at 180°C.
2. Place pistachios on a baking tray and sprinkle with salt flakes.
3. Place into the oven on shelf position 2 for 7-9 minutes. Pistachios should be fragrant and a little golden.
4. Place nuts into a blender and pulse to grind nuts, leaving quite chunky.

To serve

serve

1. Place 3 pieces of pineapple in the middle of a serving bowl and spoon over the warm syrup.
2. Spoon a dollop of coconut whip onto the pineapple and sprinkle with the salt roasted

Hints and tips

- Coconut yogurt is also a nice alternative to serve with this dish.