

Fresh pineapple Ice Cream

Swick

Serves 1 | Active Time: 1 hour | Total Time: 4 hours

Step 1: Prepare all Ingredients

- 1 medium pineapple (cubed)
- 2 cups water
- 1 cup sugar
- 1 lime (juice)
- 2 tbsp. rum
- 1/2 tsp. salt

Prepare all Ingredients.

Step 2: Select Pineapple.

Choose a good quality pineapple

Step 3: Cut the crown

Cut the crown (aka the leaves) and the base off the fruit

Step 4: Make barrel shape

What remains should be barrel shaped.

Step 5: Cut on the board

Quarter the barrel shaped fruit and then use your knife to cut the core (the woody center) away. Place flat on a board and then run your knife between the fruit and the skin.

Step 6: Slice the pineapple

Slice up the remaining fruit into small pieces.

Step 7: Cook the pineapple

In a large pot over medium heat, add the sliced pineapple, the sugar and the water. Cook for about 15 min. or until the liquid begins to be viscous or the pineapple begins to fall apart.

Step 8: Mix in the blender

Transfer the mix to a blender.

Step 9: Adding others Ingredients

Add the salt, lime juice and rum, and blend (or “blitz,” if that’s your vernacular) for 30 seconds, or until the pineapple is completely broken up. Transfer to the refrigerator and let cool for at least 2 hours, preferably overnight.

Step 10: Transfer to Maker

Churn your mixture in an ice cream maker according to instructions. Once firm, transfer to the freezer and let finish setting for approximately two hours. Enjoy.