

Recipes... PINEAPPLE



NOTES & TIPS: Some chefs advise slicing off the green leafy top and standing the pineapple upside-down on the cut end for at least half an hour. This lets the sweeter juices on the bottom travel to permeate the rest of the fruit for a sweeter overall end product. If your pineapple has been refrigerated, you'll want to leave out for a day or two so it gets juicier. The tough core that is usually discarded or pressed for juice can also be sliced lengthwise and used as stirrers for fruit drinks.

To Cut a Fresh Pineapple:

1. Cut off the top and bottom of the pineapple with a sharp knife, making a stable flat base.
2. Stand the pineapple upright and remove the skin.
3. Use a paring knife to remove any remaining eyes.
4. Slice the fruit away from the core. Discard core.

PINEAPPLE CHEESE BARS

- 1 cup butter
- 1 (8 ounce) package cream cheese
- 2 cups sugar
- 4 eggs
- 1 tablespoon vanilla
- 2 tablespoons finely grated orange peel
- 2 1/2 cups all-purpose flour
- 2 teaspoons salt
- 1 1/4 teaspoons baking soda
- 1 1/2 cups crushed pineapple, drained
- 1 cup prepared mincemeat, or cooked chopped dates
- 2 to 3 cups chopped walnuts

Have butter and cream cheese at room temperature. Cream butter, cream cheese, and sugar; beat in eggs, vanilla, and orange peel. Sift together flour, salt, and baking soda; stir into egg mixture until blended; stir in pineapple, mincemeat, and walnuts. Spread evenly into greased and floured 13x9x2-inch and 8x8x2-inch baking pans.

Bake in at 375°. 30-35 minutes until firm, Cool in pan; cover, store overnight. Top squares with whipped topping or frost with fluffy white frosting.

PINEAPPLE CHIFFON CAKE

- 2 1/4 cups sifted cake flour
- 1 1/2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/2 cup vegetable oil
- 5 egg yolks, slightly beaten
- 3/4 cup pineapple juice, unsweetened
- 8 egg whites
- 1/2 teaspoon cream of tartar

Into a mixing bowl, sift together the dry ingredients. With a spoon make a well in the center of dry ingredients. Add the oil, egg yolks, and pineapple juice. Beat with an electric mixer until very smooth.

In a large mixing bowl, combine the egg whites and cream of tartar. Beat to very stiff peaks. Pour the first batter in a thin stream into the egg whites, gently folding in just until blended.

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Pour into an ungreased 10-inch tube pan; bake at 325 degrees for 55 minutes. Increase temperature to 350 degrees and bake for 10 minutes longer. Invert pan and cool completely.

JUDY'S PINEAPPLE CAKE

2 cups sugar
2 sticks butter, softened
3 cups plain flour
1 tablespoon baking powder
3/4 cup milk
1 tablespoon vanilla
6 egg whites, stiffly beaten
Filling (recipe follows)

Cream sugar and butter together until light and fluffy. Combine flour and baking powder. Add alternately with milk to sugar mixture, beginning and ending with flour mixture. Add vanilla. Gently fold in egg whites. Divide batter among three greased and floured 8-inch cake pans. Bake at 350° for 20 minutes, or until layers test done. Remove from pans and cool. Spread filling between layers and on top and sides of cake.

Filling

3 tablespoons plain flour
1 1/2 cups sugar
2 1/2 cup crushed pineapple
6 egg yolks
1 stick margarine

In a saucepan, stir flour and sugar together. Add pineapple and egg yolks, blending well. Add margarine. Cook over medium-high, stirring, until mixture boils and thickens, 5-10 minutes.

PINEAPPLE SALSA

1 cup diced fresh pineapple
2 tablespoons minced red onion
2 teaspoons chopped cilantro
2 tablespoons minced sweet red bell pepper
1 tablespoon lime juice
dash salt

Combine all ingredients. Cover and refrigerate until serving time. Makes about 1 cup.

PINEAPPLE FILLED CAKE ROLL

2 1/2 cup crushed pineapple
1 cup packed light brown sugar
1/3 cup flaked coconut
1/4 cup chopped nuts
1 1/2 teaspoons vanilla extract
3/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
4 large eggs
2/3 cup sugar
3/4 cup all-purpose flour

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1 teaspoon double-acting baking powder
1/2 teaspoon salt
Powdered sugar

Drain pineapple well; reserve 3/4 cup juice and 1/2 cup crushed pineapple for topping. Combine in a large mixing bowl the drained pineapple, brown sugar, coconut, nuts (your choice), 1 teaspoon vanilla extract, cinnamon and cloves. Mix well and spread over the bottom of an ungreased 15 x 10 x 1-inch jelly-roll pan. Set aside. Place egg whites in a bowl and beat until soft peaks form. Gradually add 1/3 cup sugar and beat until stiff but not dry. Set aside. In a separate bowl, beat egg yolks until thick and pale yellow; gradually beat in remaining 1/3 cup sugar and 1/2 teaspoon vanilla. Gently fold egg whites into egg yolk mixture. Sift flour with baking powder and salt. Gently fold flour mixture into egg mixture. Spread batter evenly over pineapple mixture in pan. Bake in preheated 375° oven for 20-25 minutes. Carefully loosen cake around edges. Invert cake onto kitchen towel which has been sprinkled with powdered sugar. Let stand 3-4 minutes then roll up, jelly-roll fashion. Cool cake then garnish with pineapple topping.

Topping: Combine 3/4 cup reserved pineapple juice, 2 tablespoons sugar and 1 tablespoon cornstarch in saucepan; blend well. Cook until thick and clear. Stir in reserved pineapple; cool. Spoon on cake roll and sprinkle with toasted coconut.

PINEAPPLE SKILLET CAKE

1 cup brown sugar
3 tablespoons butter
6 slices pineapple
6 maraschino cherries
3 eggs, separated
1 cup sugar
1/2 cup pineapple juice
1/4 teaspoon salt
1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1 teaspoon vanilla

In a 12-inch iron skillet over medium-low heat, combine brown sugar and butter; cook until sugar is melted. Remove from heat. Arrange pineapple slices over the sugar mixture; place a cherry in the center of each slice. In a mixing bowl, beat egg yolks until thick and lemon colored. Add sugar pineapple juice, and vanilla; continue beating for 1 to 2 minutes. Sift dry ingredients together and stir into batter. Fold in stiffly beaten egg whites. Pour batter over pineapple in skillet. Bake in a preheated 350 degree oven for about 25 to 30 minutes. Invert onto a large plate and serve warm with whipped cream or topping.

PINEAPPLE COFFEE CAKE

1 1/2 cups all-purpose flour
1/2 cup wheat germ
1/2 cup brown sugar
2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon baking soda
1 cup pineapple crushed
4 egg whites
1/4 cup applesauce

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Topping :

2 tablespoons granulated sugar
1/2 teaspoon cinnamon

Preheat oven to 350°. Lightly grease and flour an 8x8-inch pan, or use baking spray. Mix dry ingredients for cake together. Mix remaining cake ingredients together in a separate bowl; stir into dry ingredients until just moistened. Pour into pan and top with cinnamon-sugar topping mixture. Bake 40 to 45 minutes.

PINEAPPLE POUND CAKE

2 ½ cup crushed pineapple, divided
1/2 cup organic butter substitute or organic "shortening"
1 cup butter or margarine (2 sticks)
2 cups granulated sugar
6 large eggs
3 cups sifted all-purpose flour
1 teaspoon baking powder
1/4 cup milk
1 teaspoon vanilla extract
1/4 cup butter or margarine
1 1/2 cups powdered sugar

Put 3/4 cup of undrained pineapple with its juice in a small bowl; set aside. Drain remaining pineapple and measure 1 cup of drained crushed pineapple; set aside.

Cream shortening, butter, and sugar. Add eggs, one at a time, beating thoroughly after each addition. Sift flour and baking powder together; add to creamed mixture, 1 large spoonful at a time, alternately with milk. Add vanilla; stir in 3/4 cup undrained pineapple with juice and blend well. Pour batter into a well greased and floured 10-inch tube pan. Place in cold oven. Turn oven to 325° and bake for 1 1/2 hours, or until top springs back when touched lightly with finger. Let pineapple pound cake stand for few minutes in pan. Run knife around edges to loosen and remove pineapple cake carefully to a rack. Combine butter, powdered sugar, and about 1 cup drained pineapple. Pour pineapple sauce over cake while still hot.

PINEAPPLE UPSIDE DOWN CAKE

3 tablespoons butter
3/4 cup brown sugar, firmly packed
6 slices pineapple
maraschino cherries
pecan halves

Cake:

1/2 cup butter
1/2 cup sugar
1 egg
1 1/2 cups all-purpose flour
1 1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup milk

In a 9-inch square cake pan, melt butter; sprinkle with brown sugar. Arrange pineapple and cherries and nut halves on sugar, making a design.

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Make cake batter. Cream 1/2 cup butter; gradually add 1/2 cup sugar and beat until light and fluffy. Add egg and beat well. Add sifted dry ingredients alternately with the milk; beat until smooth, ending with dry ingredients. Pour over pineapple design. Bake at 375° for about 35 minutes. Let cake cool for about 5 minutes before turning out onto a serving plate. Serve warm with whipped cream, if desired.

PINEAPPLE MUFFINS

1 1/3 cup all-purpose flour
1/2 cup sugar
1/3 cup light brown sugar, firmly packed
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 cup chopped pecans
2/3 cup rolled oats
1 cup sour milk or buttermilk
1/2 cup melted butter
1 large egg
2 cups crushed pineapple, drained well
1/2 cup shredded sweetened coconut

Topping:

1/3 cup light brown sugar, packed
1/4 cup all-purpose flour
1/4 cup shredded sweetened coconut
2 tablespoons rolled oats
3 tablespoons cold butter, cut up

Grease 18 muffin cups or line with paper muffin liners. In a large bowl, mix together flour, sugar, brown sugar, baking powder, baking soda, pecans, and oats. Make a well in the center of the mixture.

In a separate bowl, whisk together sour milk or buttermilk, melted butter or margarine, and egg. Pour into well in flour mixture; stir to blend just until dry ingredients are moistened, but do not overmix. Gently fold in drained pineapple and coconut. Spoon batter into prepared muffin cups, filling about 2/3 full.

For topping, mix together brown sugar, flour, coconut, and oats. Cut in butter with a pastry blender until coarse crumbs have formed. Sprinkle coarse crumb topping over pineapple muffin batter.

Bake muffins at 400° for about 20 minutes, or until tops are lightly browned and firm. Transfer pans to rack to cool for about 5 minutes. Gently turn pineapple muffins out onto rack to cool completely.

PINEAPPLE NUT BREAD

3/4 cup light brown sugar
6 tablespoons butter
2 eggs
1 cup crushed pineapple, undrained
1 teaspoon vanilla extract
1 cup chopped walnuts or pecans
2 1/4 cups all-purpose flour, stir before measuring
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt

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Topping:

1 tablespoon sugar
1/4 teaspoon cinnamon
1/4 cups chopped pecans or walnuts

Preheat oven to 350°. Cream together the sugar and butter; add eggs and beat just until blended. Stir in the undrained pineapple, vanilla, and 1 cup chopped nuts. Sift together flour, baking powder, soda and salt. Stir sifted mixture into pineapple mixture just until blended. Spoon batter into a well-buttered loaf pan. Combine topping ingredients and sprinkle over batter. Bake for about 1 hour. To test for doneness, stick a toothpick into the center of the loaf. If it comes out clean, the bread is done.

Cool thoroughly before cutting. Chilling makes this bread easier to cut.

SCALLOPED PINEAPPLE

1 cup butter
2 cups sugar
4 eggs, beaten
1/4 cup milk
4 cups white bread cubes
2 1/2 crushed pineapple

Cream together butter, sugar, and eggs. Stir in remaining ingredients and blend well. Place in a buttered 11x7-inch baking dish; bake at 375° for 15 minutes, then at 350° for about 50 to 60 minutes.

PINEAPPLE SOUFFLE

3 eggs
2 1/2 cups crushed pineapple
2 tablespoons sugar
3 tablespoons flour
1 1/2 tablespoons butter -- melted
1 1/2 tablespoons lemon juice
pinch salt

Beat eggs until light; stir in remaining ingredients. Pour into a buttered baking dish and bake at 350° for 45 to 55 minutes, or until the consistency of rice pudding. Serve with ham or roast pork.

HAWAIIAN LAMB CHOPS

4 lamb chops, arm or blade about 1-inch thick
2 1/2 cups pineapple chunks
1/4 cup soy sauce
1/4 cup vinegar
1/2 teaspoon dry mustard
1 tablespoon vegetable oil
1/4 cup brown sugar, packed
1 teaspoon cornstarch

Place chops in shallow glass dish. Stir together pineapple juice, soy sauce, vinegar and mustard; pour over chops. Cover tightly, refrigerate at least 4 hours, turning chops occasionally. Drain chops, reserving marinade. Melt shortening in large skillet; brown chops over medium heat. Add 1/4 cup reserved marinade to chops in skillet. Cover tightly. Cook over low heat 30-35 minutes or until tender. Mix sugar and cornstarch in small saucepan; stir

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in remaining marinade. Heat to boiling, stirring constantly. Reduce heat and simmer 5 minutes. Add pineapple chunks and heat through. Serve pineapple sauce with chops.

BARBEQUED PINEAPPLE

1 fresh pineapple
1/4 cup rum
1/4 cup brown sugar
1 tablespoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/2 teaspoon ground cloves

Peel the pineapple and, leaving it whole, cut out the center core. Slice into 8 rings, and place them in a shallow glass dish or resealable plastic bag. In a small bowl, mix together the rum, brown sugar, cinnamon, ginger, nutmeg, and cloves. Pour marinade over the pineapple, cover, and refrigerate for 1 hour, or overnight. Preheat grill for high heat. Lightly oil grate. Grill pineapple rings 15 minutes, turning once, or until outside is dry and char marked. Serve with remaining marinade.

PINEAPPLE SURPRISE COOKIES

1/2 cup shortening
1/2 cup sugar
2 eggs
2 tablespoons milk
1 teaspoon vanilla extract
2 cups all-purpose flour
1 1/2 teaspoons baking powder
1 teaspoon ground cinnamon
1 tablespoon sugar
1 1/2 teaspoons cornstarch
3/4 cup sugar
1 cup crushed pineapple
1 tablespoon lemon juice

Cream shortening with sugar and well-beaten eggs. Stir in milk and vanilla. Sift flour with baking powder and mix into egg mixture. Chill dough until firm.

To Make Filling: Mix cornstarch and 3/4 cup sugar, add pineapple and lemon juice. Bring to a boiling point and boil gently until the consistency of jam, stirring frequently to prevent burning. Cool before using.

Roll dough out thin and cut with cookie cutter or small glass. Put spoonful of filling on half the rounds, cover with others and seal edges with a fork. Sprinkle with sugar or cinnamon. Bake at 375 degrees F (190 degrees C) for 10 minutes or so.

PINEAPPLE DELIGHT SMOOTHIE

2 cups milk
2 bananas, frozen and chunked
6 pineapple rings
1 tablespoon honey

In a blender combine milk, frozen bananas, pineapple and honey. Blend until smooth.

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SUNSHINE PINEAPPLE COOKIES

1 cup butter
1 1/2 cups sugar
1 egg
2 tablespoons vanilla extract
2 1/2 cup crushed pineapple, with juice
1/2 cup chopped pecans
3 1/2 cups all-purpose flour
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
1 teaspoon baking soda

Cream together butter or margarine, sugar, egg, and vanilla. Add crushed pineapple with juice and chopped pecans. Sift together flour with salt, nutmeg and baking soda.

Drop by tablespoonfuls onto greased cookie sheet 2 1/2 inches apart. Bake at 350 degrees F (175 degrees C) 10-15 minutes or until lightly golden brown. Cool.

PINEAPPLE BROWNIES

1/2 cup butter
2 (1 ounce) squares unsweetened chocolate
1 cup sugar
2 eggs
1/2 cup crushed pineapple, drained
1 cup all-purpose flour
1/2 teaspoon vanilla extract
1/4 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 cup chopped walnuts
1 1/2 cups confectioners' sugar
3 tablespoons butter

Combine 1/2 cup butter or margarine and chocolate in saucepan and melt over low heat. Beat sugar and eggs together, add chocolate mixture. Stir. Add 1/2 cup drained pineapple and blend. Measure in flour, vanilla, baking powder, baking soda, salt, nuts and give it a good stirring.

Scrape into greased 9 x 9 inch pan. Bake in 350 degrees F (175 degrees C) oven for 30 minutes until edges show signs of pulling away from the pan. Cool. Frost with Pineapple Icing.

To Make Pineapple Icing: Combine confectioners' sugar, 3 tablespoons butter or margarine and 3 tablespoons pineapple in bowl and beat well, adding pineapple juice as needed for spreading. Smooth over brownies. Cut when set.

FRESH PINEAPPLE COOLERS

1/2 fresh pineapple - peeled, cored and cut into chunks
2 cups pineapple juice
1/4 teaspoon coconut extract
10 cubes ice

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In a blender, combine pineapple chunks, pineapple juice and coconut extract. Puree until smooth. Then, with the blender running, drop ice cubes one at a time into the opening in the lid of the blender. Make sure each cube is crushed before adding the next. Blend to desired texture. Serve in tall glasses.

BROILED PINEAPPLE

1 large pineapple
2 teaspoons safflower oil, divided
2 tablespoons brown sugar
Lime wedges

Peel pineapple. With a sharp knife, cut it crosswise into 1-inch-thick slices. Brush the slices lightly with 1 teaspoon oil and place in a single layer on a baking sheet. Broil until lightly browned, about 7 minutes. Turn slices over, brush with remaining teaspoon oil and broil for 5 to 7 minutes longer. Immediately sprinkle pineapple with brown sugar. Cut into chunks and serve with lime wedges.

PINEAPPLE & JALAPENO SALSA

1 small ripe pineapple
1 scallion, minced (1/4 cup)
3 tablespoons chopped fresh cilantro
1 large jalapeño pepper, seeded and minced (2 tablespoons)
1 tablespoon safflower oil
Juice of 1 large lime (3 tablespoons)
Salt & freshly ground pepper to taste

Cut the top and skin off pineapple, remove the eyes and core. Finely dice the pineapple and place in a glass bowl. Add scallions, cilantro, jalapeno, oil and lime juice. Toss to mix completely. Season to taste with salt and pepper. Chill at least 1 hour before serving to allow flavors to meld.