



**RECIPE CARD**



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 19 – SUNDAY 25 SEPTEMBER 2022  
**YOUR VISION MATTERS**

# Ainsley Harriott's Lime-Glazed Pineapple with Passion Fruit Vanilla Cream

The pineapples in the Caribbean are sublime. If you've been lucky enough to try an Antigua Black pineapple you will know what I am talking about – they are said to be the world's sweetest pineapple and they are just delicious. This is a simple, tasty recipe that lets the pineapple take centre stage; the size of the fruit will dictate the size or number of the servings.

## SERVES 6

1 medium ripe pineapple  
100g apricot jam  
Zest and juice of 1 lime  
1 tsp whole black peppercorns

### For the Passion Fruit Vanilla Cream

2 large passion fruit  
150ml double cream  
25g caster sugar  
½ tsp vanilla extract

Without removing the skin or top of the pineapple, slice lengthways all the way through the pineapple (including through the leaves of the top) to create 6 wedges and remove the core.

In a small pan, heat the apricot jam, lime zest and juice and peppercorns over a medium heat for about 3–4 minutes until the jam has melted. Set aside.

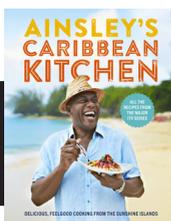
To make the passion fruit cream, cut each passion fruit in half, scoop out the pulp and pass through a fine sieve into a bowl, pushing the pulp down firmly to release all the juices.

Reserve 1 tablespoon of the seeds. In a separate bowl, whisk together the cream, sugar and vanilla extract, then slowly add the passion fruit juice to the cream until well combined. Gently stir in the reserved passion fruit seeds. Place in the fridge to chill.

Meanwhile, preheat a barbecue or a chargrill pan until hot.

Cook the pineapple wedges on the grill or chargrill pan until char marks appear, 2–3 minutes on each side. Brush with the apricot and lime glaze and rotate a couple of times, so that the glaze caramelises all over the surface of the pineapple.

Remove the pineapple wedges from the heat and serve



Recipe extracted from Ainsley's Caribbean Kitchen by Ainsley Harriott (Ebury Press, £22)  
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