

Caramelized Jamaican Rum & Pineapple Dessert

Perfect for those celebrating Kwanzaa.

Prep time: 10min Cook time: 4 min Total time: 14min

Servings: 9 pieces

Ingredients

- 1 pineapple
- 2 tsp butter
- 1tbsp honey
- 150ml pineapple juice
- 1 tsp cinnamon powder
- 2 tbsp Jamaican rum

Instructions

1. Peel the pineapple, then cut them into 1 to 2-inch thick round slices. Set aside. Melt the honey, then add the pineapple juice, rum and cinnamon powder. Stir to mix. Pour half of the sauce over the pineapple slices and leave to marinate for at least 10 minutes.
2. Place a saucepan on medium heat on the hob. Then pour the remaining sauce into the saucepan. Reduce the heat to low and simmer to reduce the marinade to a thick consistency.
3. Heat a pan on medium heat. Add one teaspoon of butter and when melted, fry the marinated pineapple pieces for 1 -2 minute per side. Then turn over and repeat for 1 - 2 minutes on the other side. Remove from pan. Brush some of the sauce onto the pineapple slice and serve.



Recipe from: <https://foodsfromafrica.com/jamaican-rum-pineapple-dessert/>