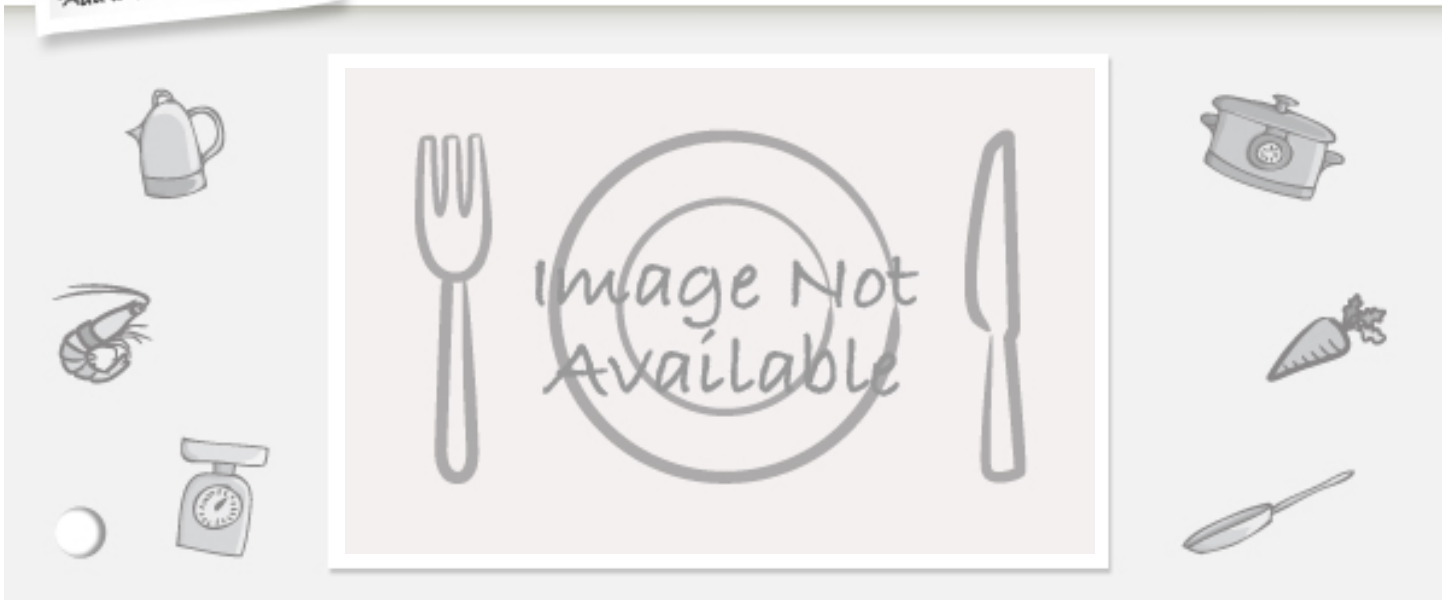




Caramelised Pineapple & Bananas

Serves 4 EASY



Ingredients

- 200 ml (7 fl oz) orange juice
- 3 tbs Jamaican rum
- 2 tsp honey
- 1 tsp Ginger Ground
- 1/4 tsp Allspice Ground
- 1 small pineapple, peeled, cut into 4 slices
- 2 bananas, each cut into 4
- 2 tbs lemon juice
- 1 tsp arrowroot
- 1 tbs soft brown sugar

Method

STEP 1

Heat the orange juice, rum, honey and Spices in a large frying pan. Halve the pineapple slices and add to the pan. Cover and simmer for 5 minutes.

STEP 2

Meanwhile, sprinkle the bananas with the lemon juice. Transfer the pineapple, reserving the juice, to a heatproof serving dish and add the bananas. Blend the arrowroot with the reserved lemon juice and add to the orange juice. Bring to the boil, stirring until thickened and pour over the fruit.

STEP 3

Sprinkle over the sugar and place under a pre-heated grill until beginning to caramelize.