

PINEAPPLE IN SALT & CREAM OF FLORA



0 made it | 0 reviews



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Pineapple baked in a salt crust is accompanied by jasmine smoke-infused curd cheese, wild thyme, jasmine and rosemary flowers and rose petals.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

PINEAPPLE IN SALT & CREAM OF FLORA

Salt Crust Pineapple

- 2kg Table Salt
- 300g Egg Whites
- 1 Pineapple

Smoked Fromage Blanc

- 200g Fromage Blanc (Curd Cheese)
- 20 Rosemary Flowers
- 5g Unsprayed Rose Petals
- 20 Jasmine Flowers
- 3 Lavender Flowers



- 80g Castor Sugar
- 1 Thai Jasmine Smoking Candle
- Hint of Salt

Methods and Directions

PINEAPPLE IN SALT & CREAM OF FLORA

Salt Crust Pineapple

- Preheat the oven to 180°C. In a bowl combine salt and egg white and mix well.
- Cut off the spiky top of the pineapple, leaving the pineapple intact. Cover the pineapple in a thin layer of the salt mixture.
- Line a tray with 2 layers of baking paper. Place a large spoon of the salt mixture in the centre of the tray.
- Place the pineapple on the top, and cover completely with the remaining salt mixture, ensuring there are no holes. Bake for 3 hours and 20 minutes.
- Remove from the oven and rest in a warm place before removing the crust.
- Peel the pineapple and slice into thin rectangles.

Smoked Fromage Blanc

- Whisk Fromage Blanc until smooth. Fold in all the flowers and refrigerate for 24 hours.
- Pass the cream through a fine sieve, add sugar and a hint of salt.
- Place the candle in a clean small bowl and place the bowl on the top of the cream. Light the candle at both ends, then invert a large bowl to completely enclose the cream and candle.
- The candle will extinguish and the smoke will be trapped. Keep it for 10 minutes to allow the smoke to infuse the cream. Repeat the process 5 - 10 times, stirring the cream after each time, until a light smoked flavour is achieved – it should be very delicate.