

Pineapple Sorbet

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
Unrefined coconut oil	1 TBLSP	
pineapple	1 (2 to 2.5 cups of chunks)	
sugar	5 TBLSP	
lemon juice	1 tsp	
cinnamon	1/8 tsp	
water	1/8 cup	
heavy cream	1/4 cup	

- Peel the pineapple, and slice it crosswise into one inch slices.
- In a panini pan or a cast iron skillet with a heavy top that is smaller than the pan so that the top rests directly upon the pineapple, heat the coconut oil over medium high heat.
- Place pineapple slices into the heated oil (my panini pan holds four pineapple slices), and place the top directly on top of the pineapple slices.
- Sear for 4 minutes, then flip upside-down. Reduce heat to medium, and sear another 4 minutes. You want the pineapple slices to be caramelized, not blackened.
- Let the slices cool, then cut out the middle core, then cut the pineapple into chunks. Measure out 2 and a bit cups.
- Place the pineapple chunks and the ingredients from sugar to water into a blender, and blend on high speed until puréed.
- At the end, add the heavy cream, and blend over low speed, just to combine.
- Refrigerate the blender mixture for at least an hour before pouring into a chilled ice cream machine and churning according to the manufacturer's instructions. 35 minutes in my DeLonghi.