

**Dessert**

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# Pineapple Mint Julep

Dash Magazine - May 2012

**Servings: 4**

*Pineapple Slicing Technique (dashrecipes.com from the pages of Bon Appetit)*

1. *Slicing up a whole pineapple can be tricky. Start with a large, sharp chef's knife and a ripe fruit.*
2. *Cut off the top 1/2 inch below the leafy part. Then take 1/2 inch off the bottom.*
3. *Set the pineapple upright. Slice downward to remove the rind and "eyes".*
4. *Cut into four wedges. Discard the tough core. Then slice the wedges into smaller pieces.*

**2 tablespoons bourbon or blended whiskey**

**1/4 cup fresh mint, finely chopped**

**1 tablespoon sugar**

**1 (2-pound) "extra-sweet" pineapple**

**2 tablespoons whole small fresh mint leaves**

In a small bowl, stir the bourbon, chopped mint and sugar. Let stand for 20 minutes (to allow the flavors to develop).

Meanwhile, trim, peel, quarter and core the pineapple. Then cut crosswise into 1/8-inch-thick slices and transfer to a bowl. (For a foolproof slicing technique, go to [dashrecipes.com/pineapple](http://dashrecipes.com/pineapple)).

Pour the bourbon mixture through a sieve onto the pineapple. Add the whole mint leaves and gently toss to combine.

Divide the pineapple among dessert dishes and spoon a little bourbon liquid over each serving.

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Per Serving (excluding unknown items): 15 Calories; trace Fat (2.3% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Other Carbohydrates.