

Pina Colada Dip

Carnival Cruise Lines

1 pineapple
star anise
cinnamon stick
4 ounces cilantro leaf, finely chopped
2 ounces rum

Cut the pineapple in half. Stud the halves with star anise and cinnamon stick.

Roast the pineapple in the oven, without browning, until soft.

Remove the pulp from the skin. Place the pulp into a blender. Puree'. Pass the puree' through a chinoise (fine mesh strainer). Set aside the pulp (brunoise). Place the puree' in a saucepan. Add the coconut milk. Mix well.

In a separate saucepan, puree' the scotch bonnet peppers. Stir the scotch bonnet puree' into the pineapple puree. Reduce and strain the mixture.

Add the cilantro, rum and brunoise into the pineapple puree'. Stir in well.

Serve cold.

Per Serving (excluding unknown items): 362 Calories; 2g Fat (7.0% calories from fat); 2g Protein; 58g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 4 Fruit.