

Tropic Islands

Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.

Servings: 4

1/4 cup uncooked rice
1 1/4 cups pineapple juice
dash salt
1 1/2 teaspoons unflavored gelatin
2 tablespoons cold water
8 tablespoons sugar
1/2 teaspoon grated lemon peel
2 1/2 cups crushed pineapple
1/2 cup whipping cream
mint jelly (for topping)
(optional)

In the top of a double-boiler, place the rice, pineapple juice and salt. Cover and steam over boiling water, stirring occasionally, for about one hour or until the rice is done but not mushy, adding more pineapple juice if needed.

Meanwhile, soften the gelatin in cold water.

Remove the rice from the heat. Stir in the softened gelatin, sugar, lemon peel and 1/4 cup of the crushed pineapple. Cool.

In a bowl, whip the cream. Add to the gelatin mixture. Pour into individual molds.

Chill.

Unmold. Serve, chilled, with the remaining pineapple.

Top with mint jelly, if desired.

Per Serving (excluding unknown items): 344 Calories; 11g Fat (28.1% calories from fat); 2g Protein; 63g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 19mg Sodium. Exchanges: 2 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 2 Other Carbohydrates.