

Li Hing Pineapple Boat



Level: Easy

Prep Time: 15 minutes

Serves: 4

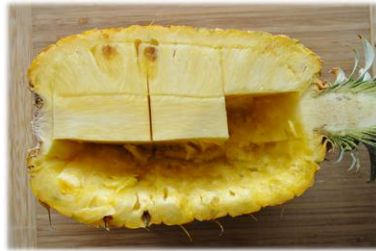
Cooking Time: -

1 large, ripe Dole Tropical Gold Pineapple
Li hing powder

Colorful toothpicks, for serving



Wash and dry the pineapple. With a serrated knife, cut the pineapple in half, lengthwise, starting from the bottom of the pineapple to the top, leaving the crown attached to the pineapple. With a sharp kitchen or paring knife, cut around the edge of the pineapple at a 45 degree inward angle (do not cut through the "shell"). Next cut the pineapple into nine sections (this makes it easier to remove the insides).



Gently remove the insides. Throw away the hard center core pieces. With a spoon, scoop out any loose pieces of pineapple from the "shell". Slice the inside pieces of pineapple into bite-size pieces and place back into the "shell". Sprinkle with li hing powder to your taste. Repeat with other half of pineapple. Serve with colorful toothpicks.

Notes:

- If li hing powder is not available, another option is to toss the sliced pineapple with other cut fruits such as strawberries, grapes, banana, mango, melon, or kiwi; then put in pineapple boat.