

Pineapple Fried Rice

Pineapple Bowl

Cut the pineapple in half right through the green top, then use a sharp paring knife to score the pineapple all around the edges to create the bowl shape. Don't get too close to the edge or your bowl will be flimsy.

Cut along the two sides of the core, angling your knife 45 degrees, going deep enough to make sure the two cuts meet.

Remove the core; this is what will allow the pieces to be ready to use without further chopping. Score the pineapple into a grid, making each piece around 1-cm wide, then use a flat-ish spoon to scoop out the pieces. The bottom part is trickier to remove, but just hack it however you need to, as you will already have enough nice pieces for the fried rice by the time you get there.

Ingredients

3 tablespoon cooking oil (neutral oil)
2 glove Garlic
1 tablespoon onions (Cube)
3 Shrimp (Optional)
1 tablespoon Carrot In cube
1 tablespoon baby corn in cube
1 tablespoon green pea in cube
1 tablespoon Curry powder
1 cup Steamed rice
3 tablespoon Fresh Phuket pineapple (in bigger cube)
½ teaspoon ground pepper
1 ½ teaspoon sugar
¼ teaspoon table salt
1 tablespoon soy sauce
2 teaspoon fish sauce (Optional)
3-5 medium to large shrimp, or as many as you want, peeled and deveined, see note 3
1 cup steamed rice
2 tablespoon raisins, optional
1 tablespoon cashew nut, unsalted (Optional)
½ cup roasted cashews, unsalted
2 green onions, chopped
Pineapple bowl for serving, optional
Cucumber slices for serving, optional

For the Pineapple Fried Rice-Preparation

Heat up the wok. Add soy oil. Stir chopped garlic into the medium hot oil and add shrimp(optional) shrimp in a hot wok until they are done. Remove from the wok.

In the same wok, add onion, carrot, baby corn, green pea and stir, then add curry powder, then add pineapple, steamed rice, soy sauce and toss to mix.

Add all dry nuts such as cashew or raisin and seasonings and toss until well distributed. Off heat add spring onion and pepper.

Serve on a plate or in the pineapple bowl and put the shrimp on top!