Pineapple

Selecting

Pineapples weigh 3 to 5 pounds (1.25 to 2 kg). The most common type of pineapple is the cone-shaped Smooth Cayenne. There is also a new variety you may find in supermarkets, the Golden Pineapple, developed by Del Monte in Hawaii. This variety is sweeter and contains three times the amount of Vitamin C.

When selecting a ripe pineapple look for crisp, green leaves and use your nose. The ideal odour is sweet and fragrant. A pineapple should be firm, without any soft areas. Colour doesn't matter since that feature depends on the variety.

Storing

Store a pineapple for a day or two at room temperature, out of direct sunlight. Pineapple tastes best and is juicier at room temperature.

If you plan to keep the pineapple for longer than 2 days, either store it in a plastic bag in the refrigerator or cut up the pineapple and store it in its juice in an airtight container. It will keep like this for up to a week.

Preparing

When buying fresh pineapples you will find they usually have instructions attached on how to cut them. A simple way to prepare the pineapple is to first cut off the base and leaves and slice the whole pineapple lengthwise into quarters. Use a small knife to slice the fruit away from the shell. Trim the core from each quarter and then slice the quarter into pieces.

You can also take the easy way out and purchase a fresh pared pineapple.

Eating

Pineapple is good in many dishes from drinks to fruit salad to pizza toppings. It works well in a salsa, chutney or even a curry.

Seasonality

Pineapples peak growing season is March to July, though it is available year-round.

Nutrition

A ½ cup (125 mL) of pineapple chunks has 42 calories. It is a good source of Vitamin C and a source of fibre and potassium. Pineapple also contains an enzyme that helps with digestion.
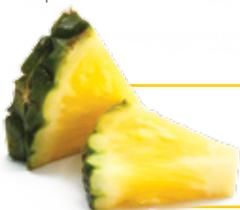
Here is an easy recipe for Pineapple Ginger Chicken.
www.halfyourplate.ca/recipe/pineapple-ginger-chicken/

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