

Mar Hor @ 7pm Wednesday 05/08/2020

Caramelised peanut, shallot and garlic served on individual pieces of fresh pineapple topped with coriander leaves and red chilli

Ingredients:

- 1 bulb of garlic – peel and finely chop
- 150g shallots – peel and slice thinly
- 4 tbs ground roasted unsalted peanuts
- ½ handful of coriander leaves
- 1 big red chilli – de-seed and slice into thin 3cm long pieces
- 4 tbs palm sugar
- 2 tbs soy sauce
- ½ tsp salt
- 2 tbs water
- 1 cup sunflower oil
- ½ pineapple - remove the skin and cut into cubes (approx 2cm x 2cm)

Method:

1. Heat the oil in a wok on medium heat and once the oil is hot, deep fry the shallot until it turns light brown and crispy. Remove and put aside.
2. Using the same oil, deep fry the garlic until it turns golden and crispy. Remove and put aside. Turn off the heat.
3. In a saucepan on medium heat add palm sugar, soy sauce, salt and water. Stir occasionally until the palm sugar is melted.
4. Add the deep fried shallots and garlic and ground roasted peanuts and stir to mix well until the mixture starts to become a sticky paste. Turn the heat off and leave to cool.
5. Arrange the pineapple cubes on a serving plate and put a heaped tea spoon of the mixture on top of each piece of pineapple.
6. Garnish each cube with coriander leaves and a few sliced of chilli.

Tips: Mandarin also works very well with this dish - separate each mandarin segment and remove any seeds before topping with the mixture. Cubes of apple and pear are also nice or you can use a mixture of fruits!