



pineapple magic...

Delicious, easy recipes for a family on the go

Golden Circle pineapple has been a pantry staple in Australian kitchens for as long as I can remember, and is possibly one of the most versatile canned products Australia's ever produced.

After all, who could imagine an Aussie burger or Hawaiian pizza without that sensational tropical tang and sweetness you get from beautiful Australian pineapple. The convenience of always having a dessert on hand such as simply sprinkling slices of canned pineapple with brown sugar and then caramelising them on a hot barbeque or in a buttered pan and finishing it off with a big scoop of vanilla ice-cream.

This booklet is a celebration of Golden Circle recipes from the past and great new ideas for the present. And, if you don't get the opportunity to try another recipe in this booklet, don't miss our little Summer Truffles; they're quick and simple to prepare and above all, utterly delicious. I challenge you to stop at one!

Leanne Bennett-Jones
Food Communications Manager



golden circle, pineapple magic...



Golden Circle pineapple has been a part of the Australian family for more than 50 years, capturing premium quality pineapple at its peak, and then storing it in a can to enjoy all year round. Our canned pineapple is a convenient, versatile and nutritious way to enjoy fruit the whole family will love, and comes in a variety of styles such as:

Pineapple Slices

Golden Circle Pineapple Slices are thick juicy slices of Queensland pineapple, ideal for barbequing, or with ice cream for desserts.

Pineapple Thins

Golden Circle Pineapple Thins are the perfect addition to sandwiches, hamburgers or focaccias, the thin slices of pineapple will add just enough delicious taste of Queensland sunshine.

Pineapple Pieces

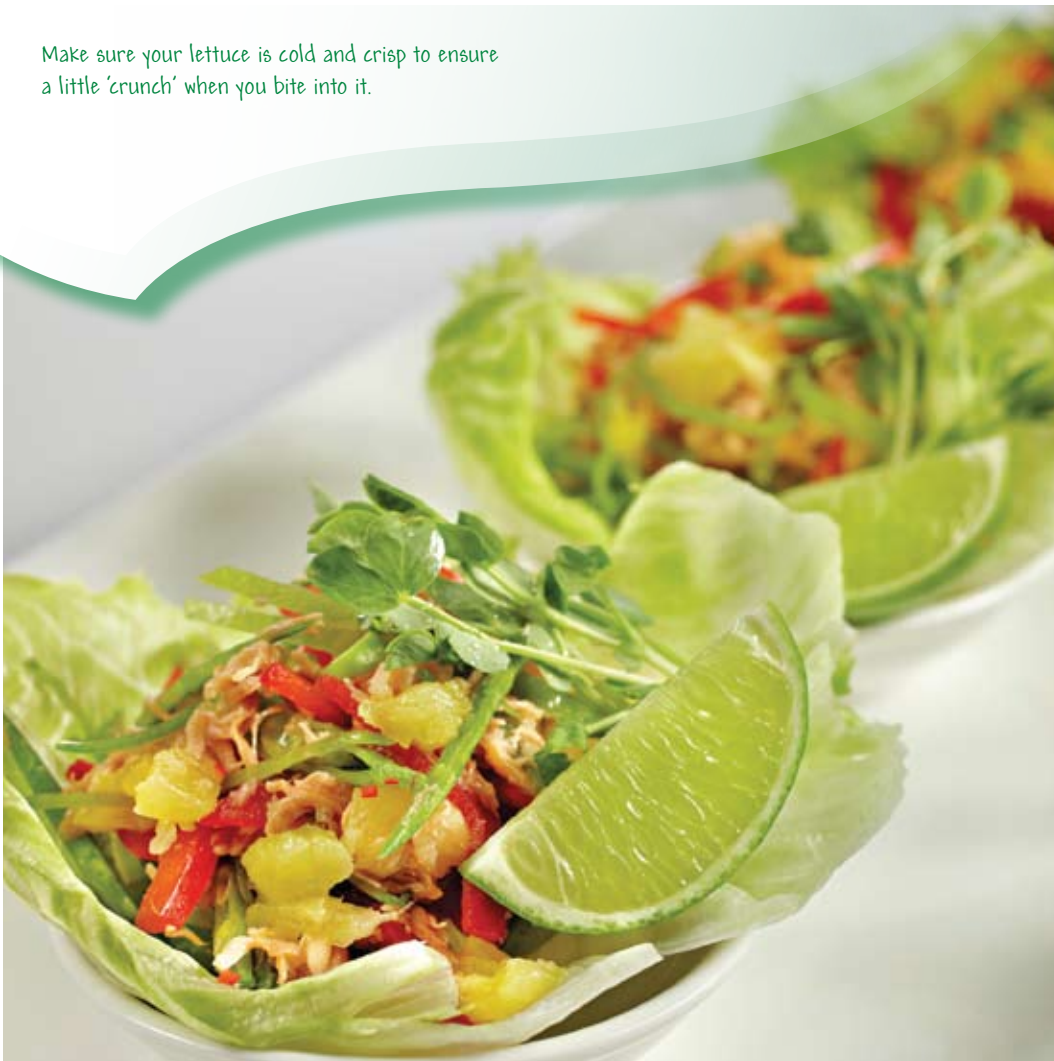
Golden Circle Pineapple Pieces are the ideal size to add to pizza, stir fries or baking. Try adding to your next fruit punch for a burst of summer flavour.

Pineapple Crushed

Golden Circle Crushed Pineapple is ideal for baking, adding to cocktails or adding to meat marinades.



Make sure your lettuce is cold and crisp to ensure a little 'crunch' when you bite into it.



Soy Ginger Chicken Salad

Serves 4

These delicious little lettuce filled cups are terrific served as a light lunch idea or as part of a larger menu. They are always popular with the young or old and will prove to be a popular addition to your next gathering.

220g can **Golden Circle Crushed Pineapple in Juice**, drained

160g can Heinz Shredded Chicken in Soy & Ginger

125g snow peas, trimmed & finely sliced

½ red capsicum, julienned

½ birdseye chilli, finely chopped

1 tbsp mint leaves, finely shredded

4 iceberg lettuce leaves, trimmed

1 tbsp chopped peanuts

Snow pea sprouts, to garnish

1. Combine pineapple, shredded chicken, snow peas, capsicum, chilli, and mint together.
2. To serve: arrange each lettuce leaf in an Asian-style bowl or saucer. Divide the chicken mixture between the lettuce cups and sprinkle with chopped peanuts and snow pea sprouts. Serve immediately.



Barbequed Lime & Chilli Chicken Skewers

Serves 4



The balance between the sweetness of pineapple and the tang of lime juice is simply wonderful!

Marinade

¼ cup sweet chilli sauce

2 tbsp lime juice

1 tbsp peanut oil

1 clove garlic, crushed

1 tsp grated ginger

600g chicken thigh fillets, cut into 3cm cubes

440g can **Golden Circle Pineapple Slices in Juice**, drained

3 finely sliced spring onions and fresh coriander to garnish, optional

1. Soak 8 wooden skewers in cold water. Combine the marinade ingredients in a bowl with the chicken, cover and refrigerate for 30 minutes.
2. Meanwhile, cut the pineapple slices into quarters.
3. Alternate the marinated chicken and pineapple pieces onto the skewers and cook on a preheated barbeque grill plate for 3-4 minutes each side, or until the chicken is cooked through. Serve immediately sprinkled with sliced spring onion and fresh coriander leaves if desired.

Thai Prawn & Pineapple Curry Serves 4

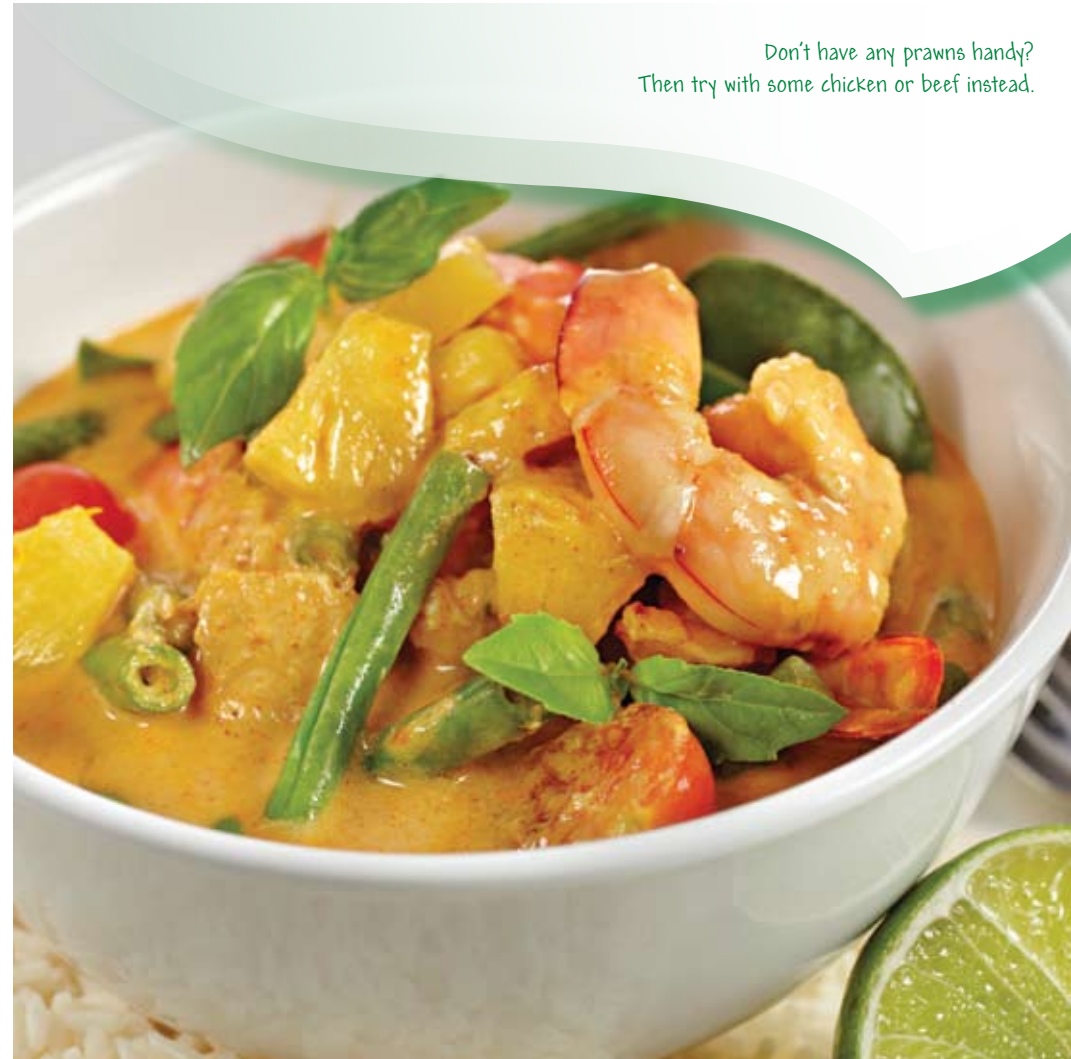


This delicious family- style curry is a great way to introduce children to international spices and flavouring. It's quite fresh and sweet in flavour, with no spicy hot components to frighten off your young, delicate palates.

2 tbsp Thai red curry paste
400ml can coconut milk
3 kaffir lime leaves, torn
1 tbsp grated palm sugar
1 tbsp fish sauce
150g green beans,
trimmed and cut into thirds
16 green prawns,
peeled with tails intact
440g can Golden Circle
Pineapple Pieces in Juice,
drained
8 cherry tomatoes, halved
Steamed Jasmine rice,
to serve
Basil leaves to garnish,
optional

1. Add curry paste to a hot frying pan and cook 1 minute or until fragrant. Add the coconut milk, lime leaves, palm sugar and fish sauce and bring to a gentle simmer.
2. Add green beans and cook for 2 minutes. Stir in the prawns, pineapple and cherry tomatoes and simmer for a further 2 - 3 minutes, or until the prawns are cooked through.
3. Remove lime leaves and transfer curry to serving bowls. Serve with rice and garnish with basil leaves if desired.

Don't have any prawns handy?
Then try with some chicken or beef instead.



Ham Cheese & Pineapple Muffins

Makes 6 large muffins



These muffins are a lovely change from having the same old sandwiches each day in the lunch box, and will possibly take less time to prepare than making a stack of sandwiches.

2 cups SR flour, sifted
225g can **Golden Circle Pineapple Pieces in Juice**, drained with 1/3 cup juice reserved
¾ cup grated tasty cheese
200g sliced ham, chopped
100g butter, melted
3 eggs, lightly beaten
Extra grated cheese

1. Place flour, pineapple, cheese and ham in a bowl and mix lightly. Add butter, eggs and 1/3 cup reserved pineapple juice and mix until well combined.
2. Spoon mixture into a well greased 6 x 1 cup muffin pan and sprinkle tops with a little extra cheese. Bake in a preheated oven of 180 °C for 20 – 30 minutes or until golden and cooked. Serve warm or cold.

Holiday Fruit Punch

Makes approximately 4.5 litres

Fruit punch always evokes such happy memories of my childhood. At our family Christmas party, mum would make up a similar version to this punch and together with my brothers and sister and cousins we would drink it until we almost burst. Back then mum never put the mint leaves in, but today I think it's a must!

450g can **Golden Circle Pineapple Pieces in Juice**
450g can **Golden Circle Crushed Pineapple in Syrup**

1 orange, cut in half then sliced thinly
1 punnet strawberries, hulled then cut in half
2 lemons, juiced
2 x 750ml bottles lemonade
2 x 750ml bottles soda water
1 - 2 cups crushed ice
Mint leaves to garnish, optional

1. Place fruit into a large 5 litre capacity punch bowl or large salad bowl with the lemon juice, then cover with plastic wrap and refrigerate until ready to serve.
2. Just before serving add lemonade and soda water and finish with crushed ice and mint leaves (if using). Serve icy cold in glasses using a soup ladle.



Also amazing with fresh raspberries, blueberries or mango pieces in place of the strawberries, or even in addition to the strawberries!



If you don't have raspberry jam, try with some apricot jam instead – just as delicious!



Pineapple & Cinnamon Scrolls

Makes 10 scrolls



These scrolls are delicious served for morning tea or as a treat in school lunches. They're quick and simple to make and no more difficult than whipping up a batch of scones.

3½ cups SR flour
60g unsalted butter
1½ cups milk

Filling

½ cup Cottee's Raspberry Jam
825g can **Golden Circle Pineapple Pieces in Juice**, well drained on paper towel
2 tsp ground cinnamon

To finish

extra milk for brushing
2 tbsp sugar

1. Preheat oven to 200°C. Combine flour and butter in a food processor and process until well combined. Add the milk and pulse until just combined. Turn out onto a floured surface and knead until smooth.
2. Roll dough into a 30cm x 40cm rectangle. Spread jam evenly over dough, leaving a 2cm border around edges then sprinkle with pineapple pieces and cinnamon. Starting from the long side, roll up dough tightly. Cut into 10 even scrolls.
3. Arrange scrolls on a baking paper lined oven tray. Brush with extra milk and sprinkle with sugar. Bake for 25 minutes, or until golden brown. Stand for 5 minutes before serving.



Make this one in advance and that way it's ready for the afternoon sweet 'fix', or for when you need to fill a lunchbox.



Summer Pine Slice

Makes 20 slices

This slice is similar to cheesecake in flavour but small and light enough to serve as an afternoon tea or a light dessert. It's also nice served with a small dollop of whipped cream and a spoonful of fruit salad if serving as a dessert.

Base

4 cups cornflakes,
crushed
150g butter, melted

Filling

250g cream cheese,
at room temperature
375g can sweetened
condensed milk
¼ cup lemon juice
450g can **Golden Circle
Crushed Pineapple in
Syrup**, drained
10 strawberries, cut in
half for garnish

1. Combine cornflakes with butter and mix until crumbs are well coated and moist. Press mixture into the base of a 18 x 28cm slice tin then refrigerate whilst preparing the filling.
2. Using an electric mixer beat the cream cheese until soft. On low speed, gradually add the condensed milk and the lemon juice mixing until smooth. Fold in the pineapple then pour the filling over the chilled based.
3. Refrigerate for several hours until filling is firm. Slice into 20 squares and garnish with a strawberry half.



Pineapple Crumbletops

Serves 4



No need to wait for winter to enjoy a crumble, this one can be enjoyed all year round due to the light and refreshing flavour of the pineapple. Plus, this one also has an amazingly crunchy topping which just adds to the texture...mmmm more please?

825g can **Golden Circle
Crushed Pineapple in
Juice**, drained

60g butter
½ cup sugar
1 egg, lightly beaten
¼ tsp vanilla essence
½ tsp nutmeg
2 cups cornflakes

1. Divide crushed pineapple between 4 individual 1 cup capacity oven proof dishes.
2. Using an electric beater, cream the butter and sugar together until light and fluffy. Add the vanilla and egg and continue to beat until well combined. Fold in the cornflakes and spoon mixture over the pineapple.
3. Bake in a preheated oven of 180°C for 30 minutes until top is golden and puffed. Serve hot with cream or ice-cream.



Coconut, Passionfruit & Pineapple Ice-cream

Makes 1 litre



There's something quite special about homemade ice-cream; its luxurious in texture and just bursting with true flavour. So, impress your family and friends with the delicious tropical flavour of this homemade ice-cream. They'll never believe you made it without an ice-cream machine!

- 2 eggs
- 1 egg yolk
- ½ cup caster sugar
- 1 cup thickened cream
- 440g can **Golden Circle Crushed Pineapple in Juice**
- Pulp of 2 passionfruit
- 1/3 cup coconut cream
- Extra passionfruit, for serving

1. Line a 1 litre capacity metal tin with plastic wrap. Combine the eggs, egg yolk and sugar in a heatproof bowl over a saucepan of simmering water. Beat for 6-8 minutes with electric beaters until thick and pale. Remove from heat and allow mixture to cool slightly.
2. Whisk the cream using electric beaters until stiff peaks form. Fold the pineapple with juice and passionfruit pulp into the cooled egg mixture with the coconut cream then fold in the cream.
3. Pour the ice-cream mixture into the prepared tin and freeze for 3 hours, or overnight. Serve in slices topped with extra passionfruit if desired.

If fresh passionfruit isn't in season, simply substitute with some canned passionfruit pulp.



Pineapple, Raspberry & Passionfruit Cheesecake

Serves 8



What could be a more decadent indulgence than a cheesecake, other than a pineapple cheesecake of course? This is one reason to invite friends over for any excuse to laugh and chat whilst devouring this delightful dessert.

125g plain sweet biscuits
60g unsalted butter, melted
825g can **Golden Circle Pineapple Thins in Juice**
3 tsp powdered gelatine
500g block cream cheese, at room temperature
1 cup thickened cream
½ cup caster sugar
2 tbsp lemon juice
½ cup raspberries, extra to serve
3 passionfruit

1. Grease and line the base of a 20cm spring-form tin. Blend biscuits in a food processor until mixture resembles fine breadcrumbs. Add the melted butter and process until well combined. Press into prepared cake tin and refrigerate while preparing filling.
2. Process half the pineapple in a food processor to form a puree. Set aside. Dissolve the gelatine in ¼ cup boiling water and leave to cool slightly.
3. Beat the cream cheese, cream and sugar with electric beaters until smooth. Add the lemon juice and gelatine mixture and beat until combined. Fold through the pineapple puree, raspberries and pulp of 2 passionfruit. Pour into the prepared tin and refrigerate for 4 hours or until set.
4. Serve chilled topped with the remaining pineapple thins, extra raspberries and passionfruit pulp.

Clean your knife in warm water between cutting each slice.
That way you will have lovely even pieces.



These delightful balls are easier to roll if you have clean and slightly wet hands.



Summer Truffles

Makes 24 balls

These little truffle balls are as fresh and inviting as summer itself, and yet so simple to make, even the children can do them for you.

250g packet Marie biscuits, crushed to a fine crumb
395ml can sweetened condensed milk
450g can Golden Circle Crushed Pineapple in Syrup, drained & squeezed
1½ cup shredded coconut

1. In a large bowl combine the biscuit crumbs, condensed milk, pineapple and ½ cup of shredded coconut together.
2. Roll a tablespoon of mixture in the remaining cup of shredded coconut to form neat balls and place in an airtight container. Repeat until all the mixture is used. Refrigerate for 1 hour before serving.



Pineapple Upside-down Cake

Serves 8



This teacake is enjoyed at its best when warm from the oven. Just don't forget the dollop of cream and cup of freshly brewed tea to accompany it!

450g can Golden Circle Pineapple Thins in Syrup, drained with 1 tbsp reserved
200g butter
1 cup caster sugar
1 tsp vanilla essence
3 eggs
1 cup SR Flour

1. Grease and line the base of a 20cm round springform tin. Using an electric mixer cream the butter and sugar for approximately 4 minutes until light and fluffy. Beat in the vanilla then add eggs one at a time beating well between each addition.
2. Fold in the flour and 1 tablespoon of reserved pineapple syrup. Arrange the pineapple slices in the base of the cake tin and carefully spoon the batter on top.
3. Bake in a preheated oven of 170°C for 50 minutes or until golden and a skewer tests clean. Allow to cool for 10 minutes then invert onto a wire cooling rack.





*Cover recipe: Caramelised pineapple
with ice cream and vanilla syrup.
For this, and other delicious recipes visit
www.goldencircle.com.au*

We have taken great care in formulating these recipes. If you have any concerns about the suitability of a recipe or particular food for any person, please consult your health care professional. Please carefully consider the person's health condition (including any allergies) when choosing which meals to prepare.

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