

Recipes from the 1990 Jensen Beach Pineapple Festival Cookbook



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Appetizers

Pineapple Freshies

Buy a pineapple from the store. Cut off its crown - green leafy top*. Place bottom of pineapple on a counter. With a sharp knife cut downward on inside of rind. Cut all around the fruit to remove rind and "eyes". Slice fruit into halves. In middle is a firm core which can be cut out, or you may like to chew on it. Cut wedges long ways, to make pineapple fingers, or cut cross-ways to make slices. Eat and enjoy!

Plant the crown leafy top in your yard or a pot filled with sandy soil, water once a week, and in about 18 months, a new pineapple will grow!

Ham Roll-Ups

1 box stove top dressing
1 can crushed pineapple
10-12 thin slices baked ham
1-2 or 4 oz can sliced mushrooms

Cook dressing according to directions on package. Add the drained crushed pineapple and the mushrooms. Spoon mixture onto ham slices and roll up, using toothpicks if needed to hold rolls together. Bake in 350-degree oven for 15 minutes. Serve with Hollandaise sauce, melted cheese, or your favorite dip.

Pineapple Spread

12 oz. jar of apple jelly
12 oz. jar of pineapple preserves
2 tsp. dry mustard
3 tbsp. horseradish
½ tsp. ground black pepper

Mix all ingredients and spread over cream cheese to serve with crackers. Will keep in refrigerator.

Pineapple Appetizer

5 oz. water chestnuts
12 lean bacon slices halved
¼ cup soy sauce
¾ cup pineapple chunks, drained
Lemon juice
Wooden toothpicks

Quarter each water chestnut. Place each piece on a chunk of pineapple and then roll in half a bacon slice. Dip in lemon juice. Fasten with a toothpick and place on a baking sheet. Sprinkle the bundles with soy sauce. Broil 7 to 8 inches from heat until brown and crisp.

D. C. Fruit Platter and Dip

1 (6 oz.) can of frozen orange juice (not defrosted)
1 cup milk
1 (3 oz.) pkg. instant vanilla pudding
1 fresh pineapple
¼ cup sour cream
Apples, strawberries, melon, etc.

Combine and beat first three ingredients. Stir in sour cream. Chill until firm and ready to serve. Cut fresh pineapple lengthwise and hollow out the pineapple to add to fruit. Put hollowed-out half of pineapple on a tray, fill with dip, and encircle with fruit pieces. Add toothpick dish. Sprinkle dip with nutmeg. Dip apple slices in lemon juice to prevent browning and soak them in salt water prior to placing on tray.

Pineapple Salsa

1½ cup fresh pineapple, finely chopped

1 tbsp. sugar

1 tbsp. lime juice

1 tsp. grated fresh ginger

1 tbsp. chopped cilantro

Fresh ground pepper to taste

Mix all ingredients and chill. Will hold for two days, maximum.

Pineapple Cheese Ball

1 8 pkg. cream cheese

1 tsp. seasoned salt

2 cups chopped pecans or almonds

1 13 oz. can crushed pineapple, drained

1/8 cup diced green pepper

1/8 cup diced red pepper

1 tbsp. chopped onion

Soften cream cheese or use spreadable variety. Mix 1 cup nuts with all other ingredients. Form into a ball and roll in remaining nuts to provide outer covering. Place in freezer for 6 hours then refrigerate until ready to serve.

Rumaki

1 ¼ lb. chicken livers

1 ½ tsp garlic powder

15 strips bacon

1 cup water

1 tsp. vinegar

16 oz. can pineapple chunks (reserve the juice)

½ cup butter

1½ tsp. ginger

2 tbsp. cornstarch

2 tbsp. brown sugar

Sauté the whole chicken livers in butter, 1 tsp. garlic powder, and ½ tsp. ginger till lightly browned. If necessary, cut livers into bite sized pieces. Cut bacon strips in half and roll the sautéed chicken livers in the strips. Secure with a toothpick each piece to a pineapple chunk. Broil the Rumaki till bacon is crisp on both sides.

You can serve as is or:

While the Rumaki is broiling, prepare pineapple-ginger sauce by pouring reserved pineapple juice into a sauce pan and dissolving the cornstarch in it.

Add the water, brown sugar, vinegar, remaining garlic and ginger powders.

Heat mixture until thick and clear. Pour into chafing dish. Insert Rumaki into sauce with the toothpicks angled up for easy service. Cover and serve hot.

Ham – Pineapple Spread

1 – 8 1/4 oz. can crushed pineapple, drained

¼ cup mayonnaise

1 tbsp. brown sugar

½ lb. ground cooked ham

2 hardboiled eggs chopped

2 tsp. prepared mustard

In bowl, mix pineapple, mayo, eggs, sugar, mustard, and ham. Make into sandwiches or have on crackers as an appetizer.

Breads

Pineapple Bread

1 cup pure pineapple juice
2 tbsp. corn oil
2 cups whole wheat flour
½ tsp. salt
1 cup honey
1 egg
3 tsp. baking powder
½ cup chopped nuts

Mix honey and oil together with one egg. Add pineapple juice. Gradually mix together. Blend wheat flour, baking powder, salt, and chopped nuts. Pour into greased 9 x 5 loaf pan. Bake in a 325-degree oven for about 75 minutes until center tests done. Cool in pan for 15 minutes, then finish cooling on wire rack.

Pineapple Sticky Buns

¾ cup drained crushed pineapple
½ cup firmly packed brown sugar
½ cup salted, roasted sunflower seeds
1 can (9 ½ oz.) refrigerated buttermilk biscuits
½ cup butter
1 tsp. cinnamon

Combine pineapple, butter, sugar, cinnamon, and nuts. Spoon into 10 greased muffin cups. Place biscuits over mixture. Bake at 350 degrees for 20 minutes. Let cool in pan 5 minutes before inverting to remove. Serve warm. (Makes ten)

Pineapple – Mango Nut Bread

1 cups flour
2 tsp. cinnamon
½ cup coconut, grated
1 cup of mango chopped
¾ cup oil or butter
1 cup of pineapple crushed and drained
2 tsp. baking soda
1 ½ cup sugar
½ cup cashews, chopped
2 tsp. vanilla
3 eggs, beaten

Sift flour into a bowl with baking soda and cinnamon. Stir in sugar, coconut, and nuts. Add remaining ingredients and mix well. Pour into greased 9 x 5 x 3 loaf pan. Bake at 350 degrees for 1 hour.

Fruited French Toast

1 -15 ½ oz. can pineapple slices
¼ tsp salt
8 slices white bread
Shredded or flaked coconut
3 slightly beaten eggs
¼ tsp coconut extract
Maple syrup

Drain pineapple, reserving 1/3 cup syrup. In bowl, combine reserved pineapple syrup, eggs, salt, and coconut extract. Dip bread slices into egg mixture. Cook on lightly greased griddle till golden on both sides. Heat pineapple slices on griddle and put a piece on top of each slice of toast. Pour syrup and coconut over. (Serves four)

Hawaiian Banana Nut Bread

3 cups flour
2 cups sugar
1 tsp. cinnamon
½ tsp. salt
½ tsp. baking soda
3 eggs (slightly beaten)
1/3 cup oil
2 cups crushed bananas
1 – 8 oz. can crushed pineapple
1 cup chopped nuts

Mix bananas, pineapple, oil, and eggs. Fold in soda, salt, cinnamon, sugar, and flour. Pour into well-greased pans. Makes 3 loaves using 9 x 5 x 3 pans. Bake at 350 degrees for 1 hour, or until done.

Side Dishes

Pineapple Chutney

2 cups of chopped pineapple
½ cups of light raisins
¼ cups of minced crystalized ginger
2 tbsp. minced onions
1 clove garlic
1/8 tsp. of cayenne pepper
1 ¼ cups of sugar
½ cups of white vinegar
2 tbsp. of minced bell peppers
2 tbsp. of lime juice & zest of 1 lime
¼ tsp. of cinnamon
Cook slowly 30 min., cool and refrigerate.

Pennsylvania Dutch Baked Pineapple

1 20 oz. can crushed pineapple
1/3 cup sugar
1/3 stick butter or margarine
2 eggs beaten
4 slices of bread without crust
Add sugar, butter and eggs to pineapple. Cut bread into small cubes. Stir into mixture. Bake at 350 degrees for 1 hour. (Serves 4-6)

Baked Pineapple

Preheat oven to 350 degrees.
1 stick margarine or butter
1 #2 can of crushed pineapple
5 slices of bread
Cream 1 stick margarine or butter. Add 4 well beaten eggs, 1 #2 can crushed pineapple drained, stir in 5 slices cubed bread. Pour into 1 ½ quart greased casserole dish. Bake 1 hour. Check at 1/2 hour & ¾ hour. (Serves 6-8)

Sweet 'n Sour Pork (microwave)

1/4 cup soy sauce

1/4 cup cider vinegar

1 tbsp. cornstarch

2 tbsp oil

1 lb. boneless pork cut into 3/4" cubes

1 bunch green onions thinly sliced (about 3 tbsp.)

1 green pepper cut into small chunks

1 can (8 1/2 oz.) chunk pineapple in heavy syrup, drained (reserve 1/3 cup syrup)

In small glass bowl, combine reserved syrup, vinegar and cornstarch. Heat at Medium-high 3/4 to 1 minute, or until thickened; stir once. In square baking dish, heat oil at medium high for 2 minutes; stir in pork, soy sauce and onion. Heat at medium-high 7 to 8 minutes: stir twice. Add green pepper and pineapple; heat, covered with plastic wrap, at medium high 2 to 3 minutes, or until pork is tender. To complete: Stir in sauce and let stand, covered, 5 minutes before serving. (Serves 4)

Pineapple and Sweet Potatoes

Set oven at 350 degrees

6-8 sweet potatoes

1 cup maple syrup

1/2 cup water pinch salt

1 cup chopped pecans

1 cup brown sugar

1/2 cup sugar

1 tsp. butter

1 large can crushed pineapple

marshmallows

Boil sweet potatoes until tender, drain and cool, peel and slice into thick pieces. Make syrup of brown sugar, maple syrup, sugar, butter, water and salt. Boil slowly about 10 minutes. Cover bottom of large shallow baking dish with half of the sweet potato slices, spread half of pineapple over potatoes and sprinkle half of the pecans over top. Cover with half of syrup. Repeat layers of potatoes, pineapple, syrup and pecans. Bake for 1 hour at 350 basting occasionally. A topping of marshmallows may be added before removing from oven.

Scalloped Pineapple

1 1/4 cup sugar

1 cup butter

2 eggs

1/2 cup milk

1 quart cubed bread

1 large can crushed pineapple

Cream together butter, and sugar. Add eggs, milk and beat well. Add bread, pineapple and toss together. Bake 1 hour in a loaf pan at 350 degrees. Serves 8- 10.

Sweet Potatoes

48 oz. can sweet potatoes cooked

3/4 tsp. salt

1/4 tsp. cinnamon

3/4 cup light brown sugar

1/4 cup light rum

5 tbsp. butter

2 cups mini marshmallows

20 oz. sliced pineapple, drained (reserve juice)

Mix butter, sugar and salt in a large skillet. Add 5 tbsp. of pineapple juice (if needed add water to get the 5 tbsp.) and cook over a medium heat until smooth and bubbly, stirring constantly. Add pineapple slices, stir gently until heated. Add rum and cinnamon. Stir gently. Pour mixture over potatoes that have

been placed in a baking pan. Arrange pineapple slices on top. (for best result, cover and refrigerate overnight.) To serve, heat in 250 degree oven or in microwave. When hot, cover with marshmallows and brown under broiler.

Glazed Carrots and Pineapple

3 medium carrots julienned

1/2 cup water

1/4 tbsp. salt

1 tbsp. chopped parsley

1 tsp. corn starch

1 small can crushed pineapple, drained, save juice

Parboil carrots in water and salt till crisp tender. Add drained pineapple. Simmer 5 min. Mix juice, cornstarch and parsley. Add to pan and turn gently till thickened.

Beets with Pineapple

1 tbsp. Brown sugar

2 tsp. cornstarch

1 8 1/4 oz. can crush pineapple

1 tbsp. butter or margarine

1 tbsp. lemon juice

2 cups sliced beets, or one 16 oz. can sliced beets

Prepare and cook fresh beets, drain. Or drain canned beets in saucepan combine brown sugar, cornstarch, and dash of salt. Stir in undrained pineapple. Cook and stir until mixture is thickened and bubbly. Cook and stir 1 to 2 minutes more. Add butter, lemon juice and cooked or canned beets. Cook and stir over medium heat about 5 minutes or till heated through. Serves 4.

Salads

Rise'n Shine Fresh Fruit Cup

1 cup fresh mango slices

1 cup orange juice

1 cup fresh pineapple chunks

1 sliced banana

1/4 cup each grapes, strawberries, sliced kiwis, sliced carambola

1/4 cup fresh grated coconut

Mix the fruit in juice the night before serving so flavors blend and mellow. (Serves 4)

Orange Sherbet Salad

2 cups boiling water

2 pkg orange Jell-O (small)

2 bananas sliced

1 pt. orange sherbet

1 11 oz. can drained mandarin oranges cut in half

1 16 oz. can crushed pineapple, drained

Dissolve gelatin in boiling water. Add sherbet & stir until melted. Add fruit, mix & chill. Serve with crackers.

Bing Cherry Coke Salad

1 large pkg, black cherry Jell-O
1 can sweet bing or Queen Anne cherries
1 8 oz. pkg, cream cheese
1 cup chopped nuts
1 can crushed pineapple
2 sm. or 1 king size Coke

Drain juice from cherries and pineapple. Add enough water to juice to make 2 cups. Bring to a boil, pour over Jell-O and stir until dissolved. Add coke. Chill until syrupy. Cut cream cheese into small cubes. Add to the partially set Jell-O along with cherries, pineapples and nuts. Chill until firm.

Eggnog Christmas Salad

1 envelope unflavored gelatin
3 tbsp. lime juice
1 8 oz. can crushed pineapple
1/2 cup finely chopped celery
1 1/2 cups eggnog
1- 3 oz. pkg, raspberry gelatin
1 1/2 cups cranberry juice cocktail or apple juice
1 14 oz. jar cranberry-orange relish

Soften unflavored gelatin in the undrained pineapple and lime juice for 5 minutes. Cook and stir over medium heat till gelatin dissolves. Cool to room temperature. Stir in eggnog. Chill till partially set. Fold in celery: turn into a 12 X 7 1/2 pan. Chill till almost firm. Heat cranberry juice to boiling, stir in raspberry Jell-O till dissolved. Chill till partially set. Fold in relish. Spoon on top of eggnog mixture. Chill, cut into squares. Makes 12.

Mandarin Fruit Salad

1 lb. small curd cottage cheese
1 pkg. orange gelatin
1 small carton cool whip
1/2 c. chopped nuts (macadamia)
2 small cans mandarin oranges (thoroughly drained)
1 small can pineapple tidbits (thoroughly drained)

Mix dry gelatin through cheese and cool whip, fold in fruit and nuts. Chill to jell thoroughly before serving on lettuce or in fancy cups at parties.

Pineapple Coleslaw (easy recipe)

4 cups shredded cabbage
1 cup diced un-peeled red apples
1 cup pineapple chunks
1 cup miniature marshmallows
1/2 cup chopped celery salad
dressing lettuce

Combine cabbage, apples, pineapple, marshmallows, celery and enough salad dressing to moisten. Toss lightly. Serve in lettuce lined salad bowl.

Pineapple Chunk Salad 1 can
any size chunk pineapple lettuce
mayonnaise

Drain pineapple chunks thoroughly. Place in bowl and mix with desired amount of mayonnaise to coat all pineapple chunks. Chill. When it is time to serve the salads, arrange cup-shaped lettuce leaves on salad plates and fill with the pineapple mixture. Place a garnish of maraschino cherry on top of each salad. Vary the garnish to suit the season. Fresh citrus, fruit segments, seasonal berries, or other fruit slices may be used.

Summer Salad

1 3 oz. box lemon Jell-O
1 tbsp. lemon juice
1 3 oz. box orange Jell-O
2 cups cold water 1 1/2 cups boiling water miniature
marshmallows
1 can crushed pineapple
3 bananas, sliced
Topping:
2 tbsp. flour
5 tbsp. butter
1 egg
9 oz. cool whip
1/2 cup sugar
2 oz. grated cheddar cheese juice saved
from can of crushed pineapple

Mix both Jell-O's with boiling water. Add cold water, lemon juice, pineapple and bananas. Pour in 9 X 13 pan. Top with marshmallows. Place in refrigerator

Topping:

Cook flour, egg, sugar, and pineapple juice till thick. Add butter and let cool. Add cool whip. Spread over jelled mixture and sprinkle cheese on top.

Grandma's 7-up Salad

2 small boxes of lemon Jell-O
2 cup boiling water
2 cup 7- up (one can)
1 cup miniature marshmallows
1 cup crushed pineapple drained
1 pkg. of cream cheese, frozen
chopped walnuts
Topping:
1 cup whipped cream
2 tbsp. butter (oleo)
2 tbsp. flour
1 egg (beaten)
1/4 cup sugar
1 cup pineapple juice

Combine Jell-O and boiling water until Jell-O dissolves. Add 7-up, marshmallows, and crushed pineapple. Set aside and chill until firm. Melt butter in medium sized saucepan over medium heat. Add flour, egg, sugar and pineapple juice. Cook over medium heat until mixture is thick. Set aside and cool. When mixture is completely cooled add whipped cream and spread on top of the firmed Jell-O mixture. Grate the cream cheese and sprinkle on top. Garnish with chopped walnuts.

Aunt Myrt's Salad

1 pkg, lime gelatin (small size)
1 cup boiling water
1 cup cottage cheese (small curd)
1 cup mayonnaise
1 cup thoroughly drained crushed pineapple

Mix gelatin with boiling water to dissolve and partially jell in refrigerator. When gelatin is partially jelled, mix with pineapple, cottage cheese and mayonnaise. Return to refrigerator to completely jell. This is particularly attractive when jelled in a mold and served on lettuce with mayonnaise to pass for those who wish to add it.

Pineapple Carrot Salad

1 lb. shredded carrots
1 lemon (use juice only)
1/4 cup currants
1 8 oz. can crushed pineapple
1 tart apple-chopped
1 heaping tbsp. mayonnaise

Mix the above together and serve chilled. Should serve 12 or more people.

Candlestick Salad

2 long, straight bananas
1 small can sliced pineapple
4 maraschino cherries
mayonnaise
lettuce

Drain pineapple slices thoroughly, reserving juice. Arrange lettuce leaves on 4 salad plates and place a pineapple slice atop each. Cut bananas in half horizontally and place each banana upright in the middle of each pineapple slice, with cut end of each banana down. Trim top of each banana to allow a cherry to perch on top. Mix a half cup of mayonnaise with a small amount of pineapple and cherry juices, just enough to allow the mayonnaise to be dripped over top of the banana and pineapple to look like dripped wax. Served chilled.

Blueberry Congealed Salad

8 oz. sour cream
8 oz. cream cheese
3/4 cup sugar
1 pkg. dream whip (prepared)
1 can blueberry pie filling
2 small Jell-O package (concord grape or black cherry)
1 small can crushed pineapple topping

Dissolve Jell-O in 1 cup hot water. Add blueberry pie filling and crushed pineapple. Congeal. Mix ingredients for the topping and spread over the top of the congealed salad. Refrigerate until time to serve.

Frozen Pineapple Salad

1/2 pint sour cream
1 pkg. dream whip
3/4 cup sugar
1 tsp. lemon juice
1/2 tsp. salt
1 tbsp. pineapple juice
1-9 or 13 oz. can crushed pineapple
2 bananas, cut fine
1/3 cup cherries (red or green)
1/4 cup nuts

Mix well. Place in ice trays and freeze until firm.

Pineapple Salad Garnish lettuce

real mayonnaise
ring pineapple
mild longhorn or cheddar cheese

On a bed of lettuce, place a ring of pineapple (fresh or from the can). Add dollop of real mayonnaise sprinkle with mild longhorn or cheddar cheese-add a cherry

Pineapple Dream Salad

2 pkg. (3 oz.) lemon gelatin
2 cup boiling water
2. lemon-lime carbonated soft drink
1 16 oz. can fruit cocktail drained
1 small can mandarin oranges drained
1 pkg. colored miniature marshmallows
1 16 oz. can crushed pineapple drained save juice for topping

Topping:

1/2 cup sugar
2 tbsp. flour
1 cup pineapple juice
1 egg lightly beaten
1 small bowl cool whip

Dissolve gelatin in boiling water. Stir in lemon-lime soft drink. Add drained pineapple, fruit cocktail, mandarin oranges and marshmallows. Pour into 9 X 13 dish. Chill until firm.

Topping: Cook first four ingredients until thickened stirring continually, then cool. Fold in cool whip. Refrigerate until served.

Cheese Pineapple Boats

1 pineapple 1/4 tbsp. ground ginger
2 tbsp. lime juice pineapple yogurt
2 tbsp. coarsely chopped dry roasted almonds
8 oz. cheddar, muenster or Monterey jack cheese, cut into 1/2 cubes
1 cup strawberries, cut into halves (reserve 4 whole berries)
2 cups cantaloupe or honeydew melon balls

Select a pineapple with fresh green leaves. Cut pineapple lengthwise into quarters through green top. Cut along curved edges of quarters with grapefruit knife to remove fruit. Cut off pineapple core: cut fruit into chunks. Drain fruit and invert shells to drain. Place pineapple chunks, halved strawberries and melon balls in large bowl. Sprinkle with 1/4 tsp ginger and the lime juice toss. Cover and refrigerate 1 hour. Stir in cheese, spoon mixture into shells. Sprinkle with almonds and ginger. Spoon yogurt onto each serving and garish with whole strawberries. (Serves 4)

Pineapple Boats with Poppy Seed Dressing

1 fresh pineapple
1 med. size red apple, unpeeled
2 med. oranges, peeled & sectioned
1 to 1 1/2 c. strawberries, halved 1/2 cup flaked coconut, divided
poppy seed dressing

Dressing:

1/3 cup vegetable oil
1/4 cup plus 1 tbsp sugar
2 tbsp. vinegar
1 1/2 tsp. poppy seeds
1/2 tsp. salt
1/2 tsp. prepared mustard

Cut the pineapple in half lengthwise. Scoop out pulp, set aside. Cut pineapple pulp and apple into bite size pieces, discarding cores. Combine fruit and 1/4 cup coconut: toss gently. Spoon mixture into pineapple shells, and sprinkle with remaining coconut. Pour poppy seed dressing over fruit. Topping: Combine all ingredients in container of electric blender. Process on high speed 30 seconds. 4 to 8 servings

Sunshine Salad

1 cup boiling water
1 pkg. (3 oz.) lemon gelatin
1/2 cup cold water
1/8 tsp. salt
1 can (8 1/4 oz.) crushed pineapple
1/2 cup shredded carrots

Pour boiling water over gelatin in bowl, stirring until gelatin is dissolved. Stir in cold water, salt and pineapple (with syrup). Chill until slightly thickened but not set. Stir in carrots and pour into 4 cup ring mold. Chill until firm.

Southern Fruit Salad

1 can fruit cocktail
1 can mandarin oranges
chopped pecans shredded
coconut
1 can pineapple tidbits
8-6 sour cream marshmallows

Drain juice from fruits. Blend all ingredients thoroughly. Refrigerate 8 hours. Decorate with maraschino Cherries if desired.

Florida Seafood 'n Fruit Salad

2 lbs. lean fish fillets, fresh or frozen
1 med. size cantaloupe chilled
2 cups boiling water
1/4 cup lemon juice
1 small onion, sliced
1 tsp. salt
1 cup diagonally sliced celery
1 can (9 oz.) mandarin orange segments drained and chilled
1 can (5 1/2 oz.) pineapple tidbit, drained and chilled
crisp salad greens,
sweet cherries or strawberries for garnish (optional)

Topping

1/2 cup honey
1 tsp. celery seed
1/3 cup lemon juice
2 tbsp. mayonnaise
1 1/2 tsp. cinnamon

Thaw fish if frozen. Cut into 1 1/2 to 2-inch chunks. Combine water, lemon juice, salt and onion in 10-inch skillet. Add fish chunks; cover pan and simmer 8 to 10 minutes or until fish flakes easily when tested with fork. Drain fish very well. Place in bowl; pour 1/2 of the honey-celery seed dressing over fish. Cover and refrigerate until well chilled. Peel

Cantaloupe: cut in half and remove seeds. Slice 1/2 of the melon into thin lengthwise wedges and cut remaining half into chunks. Chill melon wedges until serving time. Combine fish, cantaloupe chunks, pineapple tidbits, mandarin orange segments and celery: mix very carefully. Arrange cantaloupe wedges on salad greens. Top with salad mixture.

Garnish Plate with sweet cherries or strawberries, If desired. Served with remaining dressing. (Serves 6 to 8)

Chicken Pineapple Salad

1 cup diced fresh pineapple
2 cups diced chicken
12 ripe olives diced
3/4 cup mayonnaise
Toss together and serve.

Pineapple Lime Jell-O Salad

1 8 oz. pkg. cream cheese

1 large pkg, lime Jell-O

1 can crushed pineapple (8 3/4 oz.) drained

Prepare lime Jell-O as directed (may use pineapple juice to substitute for 1 cup water). Chill until lightly firm. Beat cream cheese and Jell-O until smooth, add crushed pineapple, place in mold and chill

Beet and Pineapple Salad

1 cup hot water

1 pkg. lemon Jell-O

1/2 cup pineapple juice

1/2 cup pickled beet juice

1 cup drained crushed pineapple

1 can pickled beets, cubed

1/2 cup chopped nuts.

Dissolve lemon Jell-O in hot water. Add beet juice and pineapple juice. When cooled add crushed pineapple, cubed beets and nuts. Chill. Serve unseasoned sour cream for dressing

Fruity Chicken Salad

4 cups cubed cooked chicken

1 tbsp. soy sauce

1 12 1/2 oz.) pkg, sliced almonds

1 1/2 cups mayonnaise

1 1 oz. can mandarin oranges drained

1 c. seedless green grapes halved

1 (15 1/2 oz.) can pineapple tidbits, drained

Combine all ingredients, chill. Serve on lettuce leaves. (Serves 8)

Main Dishes

Fruited Glazed Ham (Micro)

3/4 cup light corn syrup

1 cup brown sugar

10 lb. cooked ham (bone in)

1/3 cup prepared mustard

20 oz. can sliced pineapple, drained

8-10 maraschino cherries

In small glass bowl, combine sugar, syrup and mustard. Heat at medium 3 to 4 minutes, or until sugar is dissolved and mixture boils; stir once. In oblong dish, set ham fat-side up on microwave roasting rack. Shield ham by wrapping 3 inch wide strip of foil around the large end of the ham. Secure to the body of ham with wooden toothpicks. Fold 1 1/2 inches over cut surface. For shank ham halves, shield shank bone by cupping it with foil.

Heat, covered with wax paper, at medium 30 minutes. Remove skin from ham and score fat. Place ham fat-side up. Reshield ham. Heat at medium 30 minutes. Brush with glaze; reshield. Heat at medium 20 minutes. Remove foil: drain liquid. Arrange pineapples and cherries on ham, securing pineapple with wooden toothpicks. Brush with glaze. Heat at medium 15 to 20 minutes or until ham registers 140°F when tested with a conventional meat thermometer. (Remove ham from oven before reading temperature.) To Complete: Brush fruit with remaining glaze. Let stand, covered, 15 minutes before serving. Serves 12-14.

Pineapple Chicken

1 can (20 oz.) chunk pineapple
4 chicken breasts
1 10 3/4 oz. cream of chicken soup dash teriyaki sauce salt pepper
2 cups rice (cooked)
1 cup shredded sharp cheddar cheese

Place pineapple in 11 3/4 X 7 1/2 dish. Top with chicken breasts. Season with salt and pepper.

Combine soup and teriyaki sauce. Spoon over chicken. Bake at 375 degrees for 40 minutes. Add rice and top with cheese. Bake until cheese is melted.

Crispy Pineapple Chicken

1 2 1/2 to 3 lb. chicken
1 egg
1/2 cup fine cornflake crumbs
2 tbsp. soy sauce
1/4 tsp. salt
1 tsp. paprika
3 tbsp. margarine
1/3 cup frozen pineapple juice concentrate (thawed)

Cut chicken in pieces wash and dry. in medium bowl combine egg, pineapple juice and soy sauce, mix well. Melt margarine-coat bottom of 9 x 13 pan with margarine dip chicken pieces into pineapple mixture. Coat with cornflakes. Place chicken in pan sprinkle with remaining cornflakes. Bake uncovered 375 degrees for 50 minutes or until tender do not turn chicken.

Spaghetti Sauce Surprise

Add a can of drained crushed pineapple to your favorite spaghetti sauce and you'll be surprised at the results!

Pineapple Meatloaf

2 eggs
1/4 stack of crackers
2 tbsp. chopped onion
1/2 green pepper, chopped
1 1/2 lbs. ground beef
1 tbsp. cornstarch
2 tbsp. soy sauce
1/4 cup catsup 2 tsp. prepared mustard
salt, pepper and tabasco sauce to taste
1 15 oz. can crushed pineapple, drained (reserve juice)

In bowl combine eggs, crackers, onion, green pepper, salt, pepper and pineapple. Add beef, mix well. Shape into a loaf and wrap tightly in foil. Place on a sheet and bake at 350 degrees approximately 45 minutes. Depending on your oven, check the meat at 35 minutes and adjust your time from there.

Meanwhile in a small saucepan blend together reserved pineapple juice, catsup, soy sauce and tabasco sauce. Cook over medium heat, stirring constantly, till thick and bubbly. Set in a bowl on the table next to the cooked meat and let your family and friends serve themselves.

Hawaiian Pizza

After rolling out desired size pizza dough, top with sauce, cheese, honey-cured polish ham, and cook until pizza lightly browns. Top with layer of crushed pineapple drained. Cook for 45 minutes. Garish with oregano.

Ham Loaves

1 1/2 lbs. lean ground pork
1/2 stack crackers
1 1/2 lbs. ground smoked ham
1 1/2 or 2 cups milk
3 eggs
salt and pepper to taste

Basting Sauce:

small can of sliced pineapple, reserve juice
1 cup light brown sugar
1 1/2 cup water
1 tsp. dry mustard

Mix pork, ham, crackers, milk, eggs, salt and pepper. Form into two loaves and wrap each tightly in foil. Bake about 1 hour at 325 degrees. During last 15 minutes, open foil to expose the loaves. Place pineapple rings on loaves and baste several times. Place under broiler to glaze.

Oriental Chicken with Pineapple

1/4 cup butter or margarine
2 tbsp. soy sauce
4 tsp. cornstarch
1 small green pepper cut into narrow strips
1 (20 oz) can pineapple chunks (save juice)
2 whole chicken breasts, skinned and boned

Cut chicken into bite-size pieces. Heat butter in heavy skillet and quickly sauté the chicken pieces until tender. Add one cup of the pineapple chunks and the green pepper. Combine 3/4 cup of the pineapple juice, soy sauce and cornstarch; mix until smooth. Add to chicken mixture and cook, stirring constantly, until thickened. Cook over low heat until green pepper is just tender. (if mixture thickened too much, stir in a little pineapple juice.) Start the rice at the same time you start the chicken. Also, if you use a lite soy sauce, you may wish to add a little salt to the recipe. (Serves 4)

Hurry-up Ham & Pineapple Broil

canned sweet potato halves 1" to 1 1/2" thick large ham slices
butter or margarine pineapple rings
canned spiced apple

Place ham slice, sweet potato and pineapple rings on broiler rack. Brush the potatoes and pineapple rings with melted butter or margarine. Place broiler pan under broiler (approx. 3" 5' away from element, depending on heat of broiler). Broil 5 minutes. Turn Ham Slice. Place a spiced apple in center of each pineapple ring. Brush potatoes and pineapple rings again with melted butter or margarine. Broil 5 minutes more. Quick, easy dish with only one pan to clean up. Good tasting and nutritional

Tropical Stir-Fry

1 egg slightly beaten
8 oz. haddock fillet
1/4 tsp. salt
1 tsp. soy sauce
1/2 cup flaked coconut
1 medium onion cut into 1/8ths
3 tbsp. cornstarch
2 med. carrots (sliced diagonally)
1 small clove crushed garlic
1/2 large green pepper cut into 1" chunks
1 4 oz. can pineapple chunks drain and reserve syrup
Sauce:

1/4 cup reserved pineapple syrup
1/4 cup light brown sugar
1 tbsp. ketchup
2 tsp. soy sauce
1/4 cup cider vinegar
1/2 tsp. cornstarch ginger- a pinch of powdered or a few strips of the grated fresh

Cut fish into 1" cubes. In a small bowl combine egg, soy sauce and salt. Coat fish in cornstarch, then with egg mixture. Sprinkle with coconut (reserve 1 tbsp. of coconut for garnish), set aside. In a large skillet heat 2tbsp. salad oil. Add onions, carrots, green peppers and garlic. Cook stirring quickly and rapidly over medium-high heat for 3 minutes. Add pineapple and stir-fry 1 minute. Remove vegetables and pineapple.

Sauce: Add enough water to reserved pineapple syrup to equal 1/4 cup. In medium bowl combine syrup and remaining ingredients for sauce, set aside. In same skillet heat remaining oil. Add fish cubes, stir-fry 4.5 minutes until crisp and lightly golden. Add vegetables, pineapple and soy sauce mixture. Cook 1 2 minutes to thicken

Lamb Chops with Pineapple

1/4 cup soy sauce 1/4 cup vinegar
1/2 tsp. dry mustard 1/4 cup packed brown sugar
1 tsp. cornstarch

4 lamb shoulder chops, about 1/2 inch thick
1 can (13 1/4 Oz.) pineapple chunks, drained (reserve syrup)

Mix reserved pineapple syrup, the soy sauce, vinegar and mustard: pour on lamb chops in shallow glass dish. Cover and refrigerate, turning occasionally, at least 4 hours. Drain lamb, reserving marinade. Cook lamb over medium-low heat until brown. Add 1/4 cup reserved marinade. Cover and cook over low heat until lamb is tender, 30 to 45 minutes. Mix brown sugar and cornstarch in saucepan: stir in remaining reserved marinade. Heat to boiling, reduce heat. Simmer uncovered 5 minutes. Add pineapple; heat through. Top lamb with pineapple glaze. (Serves 4)

Tropical Chicken

1/4 cup butter or margarine, melted
1/3 cup maple flavored syrup
2tablespoons honey
1 tbsp. cornstarch
1 (8 oz.) can crushed pineapple, with juice
6 chicken breast halves, skinned and boned

Place chicken in shallow 2 quart baking dish. Pour melted butter or margarine over chicken. Bake at 350 degrees for 30 minutes. Meanwhile, in small saucepan, combine remaining ingredients and mix well. Bring to a boil, reduce heat and simmer 8 to 10 minutes or until thickened. Spoon over chicken, increase temperature to 375 degrees and bake 10 minutes longer or until nicely glazed. Makes 4 to 6 servings.

Pineapple Kabobs

1 small pineapple
1/4 cup lemon juice 1 tsp.
dried leaf rosemary cherry
tomatoes halved cheese
cubes
1/2 cup salad oil
1/2 tsp. dry mustard
1/2 tsp. salt
ham cubes

*Cut off crown and stem end of pineapple. Stand pineapple up right and cut off rind in lengthwise strips. Remove eyes with pointed knife. Cut into lengthwise quarters and cut away the core. Cut pineapple into large chunks and place in bowl. Mix together oil, lemon juice, dry mustard, rosemary and salt. Pour over pineapple and refrigerate several hours or overnight. When ready to serve drain and place on skewers, alternating with tomatoes, ham and cheese.
Makes 10 to 12*

Jack's Macadamia Shrimp

Flour

4 oz. white wine

20 U-15 shrimp (or larger) 8

oz. chopped pineapple egg

wash (3 eggs)

3 oz. pc. whole butter

10 oz. crushed macadamia nuts

6 oz. flaked coconut

2-3 oz. brandy

4 1/2" thick slices of fresh pineapple

Peel and devein shrimp. Dredge first in flour, then in egg wash; then roll in the macadamia coconut mixture until well coated. Place on a cookie sheet and bake for approximately 4 min. While shrimp are cooking, heat and flame brandy in a 12" sauté pan, add white wine and chopped pineapple and bring to a simmer. When shrimp are done, add them to the sauce and toss to coat evenly. When sauce is at a simmer, drop whole butter into the flour, coating the butter on both sides with flour, then add to shrimp mixture. Service: when butter has completely melted, arrange 5 shrimp on a pineapple ring and dress with sauce. Garnish with chopped parsley

Pineapple Turkey Meatloaf

2 slices stale bread crumbled

1 lb. Ground turkey

1 sm. onion, chopped

1 tsp. horseradish

2 eggs beaten

1 tsp. soy sauce

1 8 oz. can crushed pineapple 3

tbsp. catsup

Drain pineapple and mix 2 tbsp. of juice with 1 tbsp. catsup, reserve. Combine remaining ingredients. Mix well. Shape into 5 X 8 loaf. Bake at 350 degrees for 45 minutes. Brush with reserved catsup and juice. Return to oven for 15 minutes.

Teriyaki Tuna with Pineapple Salsa

3 or 4 10 oz. fillets of yellowfin tuna

1/4 cup pineapple juice

2 tsp. fresh ground ginger

1 green pepper

1 red pepper

1 can pineapple

1 purple onion

1 jalapeno pepper

1 lemon

Start with 3 or 4 ten-ounce fillets of yellow in tuna. In mixing bowl combine 1/4 cup pineapple juice, 1 tsp. fresh ground ginger. Marinate the Tuna fillets in a shallow pan for 1 hour. Grill. Top with salsa. Pineapple Salsa: Combine in mixing bowl, 1 green pepper fine diced, 1 purple onion fine diced, 1 red

pepper fine diced, 1 can diced pineapple, 1 jalapeno pepper fine diced, juice of 1 lemon, 1 tsp. fresh ground ginger salt and white pepper to taste. Let stand for 2 hours to blend the flavors.

Paul Roche Herbed Pineapple Chicken Breasts

2 1/2 cups pineapple juice
4 chicken breasts
2 tbsp. water
2 tsp. cornstarch
2 packages salad dressing (dry mix)

Whisk juice and dressing mix together. Marinate breast in 1/2 juice mixture for 2-24 hrs. Combine cornstarch, water and remaining juice mixture in saucepan. Heat to thicken. Brush chicken with sauce, serve with pineapple ring. (Serves 4)

Polynesian Shrimp

1 med, green pepper, cut 1" Square
2 tbsp. margarine
1 can beef broth
1/2 cup pineapple juice
2 tbsp. soy sauce
2 tbsp. lemon juice
1 lb. shrimp cook, shell, devein
1/2 cup pineapple tidbits
3 tbsp. cornstarch mixed with 1/4 cup water to make a paste

In skillet over medium heat, sauté green pepper until tender crisp. Remove from heat. Add rest of ingredients. Cook until thickened, stirring constantly until sauce is no longer cloudy. Serve over rice with Polynesian vegetables.

Desserts

Grand Prize Pineapple Praline Cake

3/4 cup brown sugar, packed
1/2 cup butter
8 slices canned pineapple, drained
4 eggs
1/4 cup shredded coconut
1 cup granulated sugar
1 tsp. lemon juice
2 tbsp water
1 cup sifted flour
1 tsp. baking powder
1/4 cup coarsely chopped pecans or walnuts

In small saucepan, heat brown sugar and butter, stirring until butter is melted and sugar is dissolved. Pour into greased 8" square or 9" round pan. Arrange pineapple slices on top: sprinkle with nuts and coconut. Beat eggs 5 minutes until lemon-colored. Add granulated sugar, beat until dissolved. Beat in juice and water. Beat in flour and baking powder. Spread over pineapple. Bake at 350 degrees for 35 to 40 minutes. Remove from oven to wire rack; let stand 5 minutes. Invert on platter.

Pineapple Lollipops

2 cups sugar
2 drops yellow food coloring
2/3 cups light corn syrup
1/2 cup water
1 1/2 tbsp. fresh frozen pineapple juice concentrate

Cook sugar, syrup and water over high heat to 300 degrees or until mixture cracks when tried in cold water. Remove from heat, stir in pineapple concentrate and food coloring. Pour by spoonful's onto greased sheet or wax paper. Press a lollipop stick or toothpick into each one. Remove the lollipops when they are cool.

Dump Cake

1 20 oz. can crushed pineapple
1 20 oz. can cherry pie filling
1 pkg. yellow cake mix (2 layer)
1 stick margarine

Preheat oven 350 degrees. Dump into a greased 13 X 9 pan, pineapple and cherry pie filling. Bake 50 minute or until golden. Sprinkle dry cake mix over all. Place thin slices of margarine over mix. Serve warm.

Pineapple Recipe

1 can fruit cocktail 1 lb. 1 oz
1/2 can crushed pineapple #10
1 box lemon Jell-O (reg) (mixed with water)
1 pkg, cream cheese (3 oz.)
1 cup whipping cheese (cool whip, etc.)

Cook cocktail 3 min. add drained pineapple and Jell-O. Stir in cheese till smooth. Let partly jell them fold in whip cream and chill.

Pineapple Bars

1 stick butter or margarine
2 cups sugar
1 2/3 cups flour
4 eggs, beaten
1/2 tsp. salt
1/2 tsp. baking soda
1 (20 oz.) can crushed drained pineapple
1 cup chopped walnuts or pecans

Melt butter. Add sugar and mix in rest of ingredients pour into a greased 13 X 9 X 2 pan and bake 350 degrees for 1/2 hour.

Frozen Fruit Cupcakes

1/8 tsp. salt
1 pt. sour cream
3/4 cup sugar
1/4 cup pecan pieces
2 tbsp. lemon juice
2 bananas (cut into small cubes)
1 sm. can crushed pineapple (drained)
1/4 cup maraschino cherries (chopped)

Mix sour cream with lemon juice, salt and sugar until well blended. Sur in fruit and nuts. Line any size muffin tins with paper liners, till 1/2 to 3/4 full then freeze until firm. May be removed from pans and stored in plastic bag in freezer after they are completely frozen. Makes approx. 2 do in medium size pan.

Pineapple-Almond Dessert

1-20 oz. can pineapple tidbits
16 marshmallows, cut in eighths
1/4 cup maraschino cherries, cut in fourths
1 cup heavy cream, whipped
1/2 cup slivered, toasted, blanched almonds

Drain pineapple, reserving syrup. Combine pineapple, marshmallows, cherries, and 1/4 cup of the pineapple syrup. Let stand 1 hour. Fold in whipped cream. Spoon into dishes and sprinkle with nuts. Chill and serve immediately.

Hot Curried Fruit

3/4 cup light brown sugar
1/3 cup margarine
4 tsp. curry powder
1 large can peach halves, drained
1 large can pear halves, drained
1 small jar cherries, halved
1 lg can pineapple chunks, drained
1/4 cup pineapple juice
1 small can crushed pineapple, drained

Heat oven to 325 degrees. Melt margarine. Add sugar, curry powder and pineapple juice. Stir over low heat until sugar is melted. Place fruit, hollow side up, in large shallow casserole. Pour curry mixture over fruit and bake for one hour.

Pink Freeze

2 3 oz. cream cheese
2 tbsp. sugar
1 can cranberry sauce
1 cup miniature marshmallows
1 9 oz. can crushed pineapple, drained
1 cup cream, whipped

Soften cheese, blend in sugar, add fruit and marshmallows. Fold in whipped cream, freeze in pan, cut into squares, makes about 12 desert salad servings.

Pasta Dari

First Layer Dough:

1 cup butter
1/2 cup sugar
1 egg
1 oz. Cognac
1 heaping tsp. baking powder
3 tbsp. cracker meal
1 large jar pineapple preserves

Work butter with sugar, egg, cognac, baking powder, enough flour to get dough soft enough to spread in 9 X 13 pan. Then spread preserves over dough.

2nd layer dough:

12 eggs
1 oz. cognac
1 tsp. lemon juice.
1 box confectioners' sugar
1 heaping tsp. baking powder
1 1/2 lb. crushed almonds or walnuts

Work yolks with sugar (2 minutes) add well beaten egg whites, nuts, baking powder & cognac and peel of 1 lemon grated. Pour this over marmalade and bake at 350 degrees 1 hour. Do not open oven before 45 minutes. If it gets to dark, reduce temperature to 325 degrees.

Pineapple Rice

1 cup cooked rice, cooled

1/2 cup sugar

1/2 tsp. vanilla

1/3 cup miniature marshmallows

1 tbsp. drained chopped maraschino cherries

1 cup chilled whipping cream, whipped

1 13 1/2 oz. can crushed pineapple, drained

Mix rice, sugar, pineapple and vanilla. Stir in marshmallows and cherries. Fold in whipping cream.
(Serves 6-8)

Aunt Nee's Banana Pudding Cake:

Make and bake a yellow cake mix following cake mix instructions but bake in oblong pan. When cake is done-cool and cut in half, and then slice the halves down the middle. Set aside.

pudding:

8 tbsp. cornstarch

2 cup sugar

8 egg yolks

4 cup evaporated milk

4 cup water

1/4 tsp. cream tartar

8 egg whites

2 tsp. sugar for each egg white grated

coconut

Bananas Sliced to cover cakes

1 large can pineapple chunks drained

To make pudding add cornstarch and sugar in bowl. Mix in egg yolks with a little of the evaporated milk and water added to smooth and make stirring easier. Continue to add all the evaporated milk and water mixing well. Place in top of double boiler. Cook and stir slowly until pudding is thick. Remove from stove, cover with clear plastic to prevent crust on top and refrigerate until cool. Cover prepared cakes with sliced bananas and pineapple chunks. Cover bananas and pineapple chunks with pudding

Meringue: Beat egg whites real fast, adding cream of tartar slowly, mixing well. Add sugar slowly-beating mixture until stiff. Cover the pudding with the meringue. Top with grated coconut. Broil until browned evenly watch carefully not to burn. Refrigerate until "Eating Time!"

Sprinkle Fresh Fruit or lemon juice over sliced bananas to keep from darkening. Use as many bananas as desired.

Fit the cakes into the size baking bowls of your choice. The cakes make the base of the pudding mixture. Beware this recipe could make a lot depending on the size bowls you use. This recipe may also be cut in half. Do not freeze.

Pineapple Cheese Dessert (low Calorie)

15 oz. part-skimmed ricotta cheese

Juice of 1/2 lemon

1 can crushed pineapple

3 pkg, sweet n low

1 tsp. vanilla

1 egg

1 pkg. Knox unflavored gelatin cinnamon

Mix together egg, vanilla, sweet n low, lemon juice until smooth. Add cheese, mix until smooth. Drain pineapple juice into glass and add crushed pineapple to mixture and mix until smooth. Mix gelatin to pineapple juice and add to mixture and mix until smooth Put into pie plate and sprinkle with cinnamon and bake in 350 degree oven for 45 to 50 minutes. Cool for 4 hours and then refrigerate. Makes 10 servings-85 calories per serving

Pineapple Dessert

1/4 lb. butter
1 1/2 cups sugar
2 eggs
1 cup vanilla wafer crumbs
1 cup drained crushed pineapple
1/2 pint whipping cream

Cream butter and sugar with mixer until very light. Add eggs, one at time, beating at high speed until light and fluffy, Butter a 10 X 6 pan. Line buttered pan with 1/3 cup vanilla wafer crumbs. On this, spread the butter, sugar and egg mixture. Then sprinkle 1/3 of vanilla wafer crumbs then spread the whipped cream (unsweetened). Top with crushed pineapple and sprinkle remaining 1/3 cup vanilla wafers on top. Place in refrigerator overnight. (Serves 10)

Pineapple Sour Cream Pie

3/4 cup sugar
1/4 cup all-purpose flour
1/2 tsp. salt
1 cup sour cream
1/4 cup sugar
1 tbsp. lemon juice
2 egg yolks (beaten)
1 baked pastry shell (9)
2 egg whites
1/4 tsp. cream of tartar
1/2 tsp vanilla
1 #2 can crushed pineapple 2 1/2 cups, undrained.

In saucepan, combine sugar, flour and salt. Sur in pineapple, sour cream and lemon juice. Cook and stir until mixture thickens and comes to a boil; cook 2 minutes. Stir a small amount of the hot mixture into the egg yolks, return to hot mixture, stirring constantly. Cook and stir 2 minutes. Cool to room temperature. Spoon into pie shell Beat egg whites with vanilla and cream of tartar to soft peaks. Gradually add 1/4 cup sugar, beating until stiff and glossy. Spread on top of pie, sealing to edge. Bake at 350 degrees for 12 to 15 minutes. (Serves 8)

Pineapple Pudding Cake

1 pkg-yellow cake mix
3 cups milk
1 cup coconut
8 oz. cool whip
2 pkg. instant vanilla pudding
2 20 oz. cans crushed pineapple (undrained)

Bake cake in 13 X 9 pan according to package directions. As soon as it is baked, pour both cans crushed pineapple juice included) on top of cake and distribute as evenly as possible. Let cool Mix packages of pudding with milk. Let thicken and spread on top of pineapple. Frost with cool whip and sprinkle with coconut. Refrigerate.

Fruit Cocktail Torte

1 cup sugar
1 cup flour
1 tsp. soda
1 tsp. salt
chopped nuts
1 beaten egg
1 cup drained fruit cocktail
1/2 c. drained crushed pineapple
small amount of brown sugar

Mix dry ingredients, add beaten egg and fruit. Spread in small pan and sprinkle with 1 scant cup brown sugar and nuts. Bake 30-35 minutes at 350 degrees. Serve with whipped cream.

Pineapple Cream Cheese Pie

1/3 cup sugar
1/2 cup sugar
2 eggs
1 tbsp. cornstarch
1/2 tsp. salt 1/2 cup
milk
1 cup crushed pineapple (undrained)
1/2 tsp. vanilla
19 unbaked pastry shell
1/4 cup chopped pecans
1 8 oz. pkg cream cheese

Blend sugar and cornstarch; add pineapple. Cook, stirring constantly until clear and thickened. Cool; spread on bottom of pastry shell. Combine softened cream cheese, sugar and salt, mixing until well blended. Add eggs, one at a time, mixing well after each addition. Blend in milk and vanilla. Pour over pineapple mixture; sprinkle with nuts. Bake 15 minutes at 400 degrees, reduce heat to 325 degrees and continue baking 40 minutes. Cool before serving. Garish with pineapple slices, halved, and pecan halves, if desired. Serves 8.

Pineapple Upside-Down Cake 3

tbsp. butter or margarine
maraschino cherries
California walnut halves
2/3 cup brown sugar
1/3 cup shortening
1/2 cup granulated sugar
1 egg
1 tsp. salt
1 #12 can (2 1/2 cups) pineapple tidbits, crushed, or rings

Topping: Melt butter in 9 X 1/2 round pan, drain pineapple, reserving 1/2 cup syrup, arrange maraschino cherries and walnuts in bottom of pan, cover with brown sugar, then the pineapple. If pineapple rings are used, place cherries in center or hole of each ring.

Cake: Cream together shortening and granulated sugar, add egg and vanilla; beat till fluffy, sift together dry ingredients, add alternately with reserved pineapple syrup, beating after each addition, spread over pineapple, bake in moderate oven (350 degrees) for 45-50 minutes, let stand for 5 minutes, invert on plate, serve warm, top each piece with a dollop of whipped cream.

Pineapple Whip Delight

Crust: Beat 4 egg whites till foamy, 1 tsp. baking powder, 1 cup sugar beat till stiff, fold into egg white mixture: 32 Ritz Crackers, crushed, 1 cup sliced almonds. Bake in greased pan 9 X 12, 350 degrees for 20-25 min. Cool. Topping: 1 16 oz. can pineapple, crushed and drained, 1 4 OZ. box dream whip, 4 oz. of cream cheese. Beat topping and spread on crust. Refrigerate.

Tropical Delight Cake

2 eggs beaten
1/2 cup honey
2 cups whole wheat pastry flour
1/2 tsp. salt
2 tsp baking soda
3/4 cup chopped walnuts
1 cup diced dates
1/4 cup dry powder milk
1/4 cup wheat germ
1/2 cup unsweetened coconut shredded
2 1/2 cups unsweetened, crushed pineapple with juice

Mix all ingredients together. Pour batter into an oiled and floured tube pan. Bake at 350 degrees for 35 to 40 minutes. Cool. Frost with banana nut cream cheese frosting if desired.

Banana Nut Cream Cheese Frosting

8 oz. cream cheese softened
8 tbsp. butter softened
2 tbsp. honey
1 tsp. vanilla
1/2 cup chopped nuts
1 small banana

Beat cream cheese and butter until fluffy. Beat in honey to taste. Add vanilla Beat in banana. Add nuts. Keep refrigerated.

Pineapple Glaze

1/4 cup melted butter
1 1/2 cup powdered sugar
1 cup drained crushed pineapple

Combine butter with powdered sugar. Mix till smooth, stir in pineapple, pour over cake.

Pineapple Delights

1 fresh pineapple
2 oz. baker's unsweetened chocolate

Prepare pineapple in 1/4-inch slices and 1/4-inch wedges. Chill. Dip in melted hot chocolate and place on wax paper. Chill again. Serve as an after-dinner treat.

Oatmeal Pineapple Cookie Combination

1 cup flour
1 1/2 cup oatmeal
3 tbsp. canola oil
1 egg, beaten
1/4 tsp. soda
1 sm can crushed pineapple
1/8 tsp. nutmeg
1/2 cup brown sugar

Stir sugar and oil. Add beaten egg. Mix soda in pineapple and combine with flour and oatmeal mixture. Drop by teaspoon on greased cookie tray. Bake at 350 for 15 minutes.

Oma's Pineapple Pound Cake

1/2 cup shortening
1 cup margarine (2 sticks)
2 3/4 cups sugar
6 eggs
1/4 cup milk
3 cups all-purpose flour
1 tsp. baking powder
1 tsp. vanilla
3/4 cups undrained crushed pineapple

Combine shortening, margarine and sugar and cream till light and fluffy. Add eggs one at a time beating thoroughly. Combine flour and baking powder, add to creamed mixture alternating with milk and vanilla, beating well after each addition. Stir in crushed pineapple. Pour into well-greased and floured Bundt pan. Place in cold oven, set temperature to 325 and bake 1 hour 15 minutes, cool in pan 10-15 minutes. Turn out and glaze.

Pineapple Squares

2 tsp. baking powder
1 cup margarine
Dough:
3 cups sifted flour
3 tbsp. sugar
3 egg yolks 1/2 cup milk
Stuffing:
4 1/2 cups crushed pineapple
1/2 cup sugar
Topping:
1 egg white
6 tbsp. cornstarch 1 cup
chopped walnuts

Dough: Mix flour with baking powder and sugar. Cut the margarine into the flour with a knife and rub in with fingertips. Mix the egg yolks with the milk, add to the flour, knead the dough.

Stuffing: Mix the pineapple with cornstarch and sugar. Cook on low heat until it thickens, cool. Roll cut from the dough 2 rectangles 10 X 15. Place in buttered pan. Spread with the pineapple mixture, cover with the second rectangle.

Topping: Beat the egg white until stiff, spread over the cake, sprinkle with the walnuts. Bake in moderate 350-degree oven for 40 minutes. Remove, cool, cut into 35 squares.

Pineapple Icebox Cake

1 cup butter softened
3 cups confectioners' sugar
4 eggs
1 lb. vanilla wafers
1 pint heavy cream
2 tbsp sugar
2 8 oz. cans crushed pineapple drained or 8 oz fresh pineapple sliced horizontally and cooked until tender in 1 cup of sugar and 1 cup water, drained, cooled and crushed.

Line an 8 inch square pan with wax paper. In a medium size mixing bowl, cream together butter and confectioners' sugar. Add one egg at a time. Beat well after each addition. Roll vanilla wafers fine between two pieces of wax paper. Place crumbs in bottom. reserve some for top-of prepared pan. Pour on butter, sugar and egg mixture. Whip heavy cream until stiff adding sugar gradually. Fold in pineapple, spread over batter, and sprinkle with remaining water crumbs. Refrigerate 24 hours before serving. About 8 large servings or 16 small servings.

Annie's Pineapple Cheesecake

Crust:

1 stick butter

3 tbsp. sugar

1 egg

1 cup cake flour

Mix above and press on bottom and sides of spring pan with a spatula (do not grease pan)

Pineapple Filling:

1 cup fresh pineapple

2 tsp. flour

4 tsp. sugar

Mix above ingredients and cook over low heat until thick. Pour over crust in pan.

Cheese Filling:

1/2 lb. cream cheese

1/2 tbsp. vanilla

2 eggs

6 heaping tbsp. sugar

1 tbsp. flour juice of 1

lemon

2 cup milk

Cream cheese in blender. Add all other ingredients and blend well. Pour mixture over pineapple in pan.

Use spoon or spatula when pouring so as not to put a hole in filling. Bake 1 hour at 325 degrees. Cool at least 1 hour before removing from pan. Chill before serving.

Pineapple Dump Cake

3/4 cup sugar

3/4 cup self-rising flour

3/4 cup milk

1/4 lb. oleo or butter

1 can pineapple pie mix

Mix and pour into 9 X 9 pan that you melt 1/4 lb. oleo or butter in. Into the center "dump" one can of pineapple pie mix. Bake at 350 degrees for 3/4 hour. Easy to make, be sure to use self-rising flour.

Serve with whipped cream or ice cream.

Pineapple Nut Cake

2 cups flour

2 cups sugar

1 cup pecans (walnuts) chopped

2 eggs

1/2 tsp. salt

2 tsp. baking soda

1 20 oz. can crushed pineapple (not drained)

Icing:

1 8 oz. pkg. cream cheese

1 stick butter

1 box 10 X sugar

1 tsp. vanilla

Mix together in large bowl all cake ingredients. Bake in greased and floured 13 X 10 pan at 350 degrees for 30 to 40 minutes. Check time. Very moist. Mix together all icing ingredients. Make sure cake is cool before frosting.

Pineapple Pastries

1/2 of a medium pineapple
1/2 cup sugar
1/3 cup water
1/2 cup butter or margarine
2 cups all-purpose flour
2 beaten egg yolks
1/2 tsp. vanilla
5-6 tbsp. cold water
2 slightly beaten egg whites

Peel pineapple and remove eyes and core. Chop pineapple to make 1 ½ cups. In saucepan combine pineapple, sugar and 1/3 cup cold water. Bring to boiling; reduce heat to medium and boil gently about 25 minutes or till thickened, stirring occasionally. (Be careful, this will stick in the last five minutes. Stir often.) Cool. Meanwhile, in bowl cut butter into flour till mixture is crumbly. Add egg yolks and vanilla; stir till well combined. Sprinkle one tbsp. of the cold water over part of mixture; gently loss with fork. Push to side of bowl. Repeat till all is moistened. Form dough into ball. Cover, chill 1 hour. Divide dough in half. On lightly floured surface roll each half to 10 X 10-inch square. Cut into 16 2 ½-inch squares. Spoon about 1 tsp. pineapple filling diagonally in center of each square. Bring up two side comers; overlap slightly. Placed on ungreased baking sheet. Brush with egg white to seal. Bake in 400-degree oven for 10 to 12 minutes till golden brown. Cool on wire rack. Makes 32.

Jewell's Quick Cake

2 cups self-rising flour
1 tsp. vanilla
2 cups sugar
1 lg can crushed pineapple
2 eggs
Topping
1 stick oleo
1 cup nuts
2/3 cup canned milk

One cup coconut, 1-cup sugar, can of cherries, cut in half In bowl, mix all ingredients. Bake in a 13 X 9 pan at 350 degrees for 40 minutes. Topping: Mix oleo, sugar and milk in saucepan. Boil for 5 minutes. Add nuts and coconut and spread on cake as soon as you take it out of the oven. Place cherries on top.

Pineapple Fritters

1 16 oz. can of pineapple rings
1 1/2 tsp. sugar
1 tbsp. oil
2 egg whites
3 tbsp. confectioners' sugar
1 cup of flour
1 whole egg
1/2 cup of milk or water oil for frying

Drain the pineapple rings and dry on paper towels. Sift flour and sugar into bowl. Beat in egg, oil and liquid till smooth. Beat egg whites till stiff and fold into batter. Heat oil in a deep fryer to 340 degrees. Spear the pineapple rings on a fork, dip into the batter and carefully lower into the oil. Fry three at a time for 2-3 minutes till crisp and golden. Remove from pan. Drain on paper towels and keep hot while remaining fritters are cooked. Arrange on a warmed serving plate, sift the confectioners' sugar over and serve immediately with whipped cream. (Serves 6)

Pineapple Pound Cake

2 3/4 cups sugar
3 sticks butter
6 eggs
3 cups flour
1 tsp baking powder
1/4 cup milk
1 c. undrained crushed pineapple

Combine sugar and butter, mixing well. Add one egg at a time, mixing well after each egg. Add flour and baking powder to mixture, mixing with milk. Fold in pineapple with juice. Place in cold oven. Bake at 350 degree for 1 hour or until done. Use Bundt or 9 X 13-inch pan.

Pineapple Brownies

1 lb. unsalted butter
2 pkg. semisweet chocolate chips
6 oz. unsweetened chocolate
6 large eggs
2 tbsp. plus 1 1/2 tsp. instant coffee
1 tbsp. vanilla extract
2 1/4 cup sugar
1 cup sifted all-purpose flour
1 tbsp. baking powder
1 tsp. salt
2 c. chopped macadamia or walnuts
1 c. well drained pineapple tid-bits

Melt butter, 1 1/2 packages of semisweet chocolate chips and unsweetened chocolate squares in double boiler until smooth. Cool to room temperature. In large bowl combine but do whisk eggs, instant coffee, vanilla and sugar. Stir in cooled chocolate mixture. In small bowl combine sifted flour, baking powder and salt. Add to chocolate mixture. Finally fold in remaining chocolate chips, nuts and pineapple tidbits. Pour into 3/4 1 inch deep cookie or jelly roll pan that has been prepared with criscoed and floured wax paper. Bake in preheated 325 degree oven for 35-40 minutes. Check doneness with toothpick. Cool and cut into small squares.

Beverages

Fresh Pineapple with Rum Cream

3 egg yolks
3 tbsp. superfine sugar
2 tbsp. dark rum
1/2 cup whipping cream
8 very thin slices ripe cantaloupe
1 ripe pineapple
1/2 cup (1 stick) unsalted butter, chilled and cut into pieces

Rum Cream: In top of double boiler, blend egg yolks and sugar. Place over boiling water and whisk until warm to the touch. Add butter, 1 or 2 pieces at a time. When all butter has been incorporated, whisk until lightly thickened, 1 or 2 minutes longer. Remove from heat and cool, whisking occasionally. When cool, gradually whisk in rum, fold in whipping cream. Cut off base and stem of pineapple. Quarter lengthwise, then remove skin and core with sharp knife. Slice each quarter lengthwise into 1/4 inch thick slices. Arrange pineapple slices on plates, overlapping slightly. Gently curl cantaloupe slices around edge of plates. Spoon some Rum Cream over pineapple.

Pineapple Express

1 1/4 oz. Captain Morgan's Spiced Rum
1/2 oz. orange curacao equal amounts of fresh pineapple and ice
Blend until mixed. pour in tall glass, "Float" Myers rum on top.

Blue Roof

1 oz. blue curacao
1 oz. calpico
1 oz. sour mix
1 oz. vodka
3 oz. pineapple juice
Put all ingredients and ice in shaker or mixer and mix well then serve.

Quick and Easy Pineapple Punch

1 46 oz. can unsweetened pineapple juice
1 46 oz. can apple juice
2 28 oz. bottles of 7 up chilled
Freeze pineapple and apple juice in their own cans. 1 hour before serving set out the frozen cans mix fruit juices with chilled 7 up. No ice is needed for punch. Makes about 30 cups

Tom's Pina Colada

2 oz. coco Lopez cream of coconut
4 oz. pineapple juice
1 heaping tbsp. crushed pineapple
3 OZ. rum
2 cups crushed ice
Cherries
pineapple chunks
*Blend all together (except for cherries and pineapple chunks) in blender and serve immediately.
Garnish with pineapple chunk and cherry. You can make several at a time this way.*

Golden Punch

1/4 cup sugar
1 28 oz. bottle club soda chilled
1 tray ice cubes
2 20 oz. cans crushed pineapple in juice
2 6 oz. cans frozen lemonade concentrate
In covered blender container at high speed, blend crushed pineapple with its liquid, one can at a time, 15 to 20 seconds until thick. In chilled punch bowl, stir blended pineapple, undiluted lemonade concentrates and sugar, stir in soda. Add ice and serve at once. (1 4/5 quart bottle of champagne may be added to the club soda for a festive champagne punch. yields 13 cups) yield 10 cups

Pineapple Wall banger

1 6 oz. can pineapple juice
1 oz. vodka ice cubes
1/2 oz. Galliano
*Place ice cubes in tall glass. Pour pineapple Juice over the ice. Stir in the vodka and Galliano.
Serves 1.*

Yellow Bird

1/2 oz. rum
1/2 oz. Galliano
1 oz. pineapple juice
2 oz. orange juice
Mix well. Serve in tall glass over ice with squeeze of lime.

Wassail

2 qt. apple juice
1/2 cup sugar
2 1/4 cups pineapple juice
1 (3") stick cinnamon
2 cups orange juice
1 tsp. whole cloves
1 cup lemon juice

Combine all ingredients in a Dutch oven. Bring to a boil. Cover, reduce heat, and simmer 30 minutes. Uncover and simmer 30 minutes. Strain and discard the spices. Serve hot. Yield 11 cups.

Goombay Smash

46 oz. can of pineapple juice
750 ml. coconut rum liqueur
1 qt orange juice
705 ml. light rum

Mix over ice serve with a smile.

Tropical Fruit Punch

Juice of 3 lemons juice of
5 oranges
2 large bananas, sliced
1/2 cup honey
2 tbsp. grenadine syrup
1/2 cup rum
1/4 c. crushed pineapple drained
1/4 cup banana flavor liquor

Combine all ingredients in large bowl and stir well. Mix 1/2 cup of mix in blender till smooth. Then mix remainder in blender and combine with first mix. Serve over ice.

Skylab Fallout

1 oz. 190 proof alcohol
1 oz. blue curacao
1 oz. 151 proof rum
1 oz. apricot brandy
1 oz. orange juice
1 oz. pineapple juice
1 oz. Collins mix

Stir well, serve in tall glass over ice with sprig of mint. (CAUTION: Driving is absolutely prohibited after this drink walking will be difficult enough.)

Authentic Curacao Bandera

1 oz. white rum
1 shot curacao blue
1 oz. rum cream
1 oz. banana liqueur
1 oz. pineapple juice
1 oz. coconut cream

Pour curacao blue in a snifter. Then blend remaining ingredients with crushed ice. Pour the frothy mixture over the curacao and say "BonBini" or welcome to your guests.

White House Pink Fruit Punch

2 cups pineapple juice
1 qt. ginger ale

1 qt orange juice 1 1/2 qt. cranberry juice block of ice

In a large punch bowl, mix together fruit juices; chill. Just before serving add ginger ale and stir. Add ice. Garnish punch cups with orange slices if desired. Serves 12-16.

Pineapple Punch for a Brunch

2 cups sugar
1 qt orange juice
5 qt ginger ale
1 qt. pineapple juice
2 sm. cans frozen lemonade

Combine sugar and just enough water to make thin syrup heat to dissolve sugar. Cool then add juices. When ready to serve add ginger ale. Serves 100 small punch glasses

Bahamian Pineapple Dishes

Pineapple Rings

1 pineapple
4 oz. flour
1 egg
2 oz. sugar
1/2 tsp. salt
1/4 pint milk

Mix flour and salt together. Add beaten egg and one third milk, mix thoroughly and smooth. Add the rest of the milk and leave for 1 hour. Peel the pineapple and cut into half inch rings, sprinkle with sugar. Dip each piece in batter and fry in hot fat until golden brown on the outside and soft inside. Dust with sugar and serve.

Goombay Fried Chicken with Corn and Pineapple Compote

1 whole chicken, cut in pieces for frying season flour for dredging oil (for frying)

(For Compote)

1 tin kernel corn with water (or fresh com kernels with 1/2 cup water)

1 1/2 medium pineapple, cut in dice 2

tbsp. butter

Fry chicken in oil (keep warm). In a medium skillet, place com, pineapple, butter and water and bring to boil. Season with salt and pepper. Serve with chicken

Eleuthera Kabob

1 1/2 lbs. any grilling meat cut into 1 1/2 inch cubes

2 firm ripe bananas

12 cubes peeled pineapple

4 onions, chunked

8 tomatoes, chunked

Marinate the meat cubes in your favorite sauce and refrigerator overnight. Drain the meat next day. Thread the cubes on to the skewers with alternate pieces of banana, onion, tomato and pineapple, Brown the meat, turning on each of the four sides, under a hot grill.

Pineapple Chicken

1 med. chicken, cut into joints

4 tbsp. lime juice

2 tbsp. raisins 4 tbsp

oil dash tabasco sauce

2 tbsp. pineapple rum

1/4 tsp. pepper

1 oz. butter

1/2 pineapple, peeled, cubed soft

bread crumbs

1 orange, thinly sliced

1 lb. cooked rice

2 cooked tomatoes, skinned and pulped

Rub the chicken pieces with salt and marinate in lime juice for 1 hour. Heat the oil and fry the chicken quickly until browned. Reduce heat and cook for further 10 minutes. Add the raisins, rum, tabasco and pulped tomatoes, season with salt and pepper and stir. Cover and cook for further 15-20 minutes over a low heat. While the chicken is cooking, melt the butter, roll the pineapple cubes in breadcrumbs and try to a delicate brown. Put hot cooked rice on a dish and flatten to form a bed. Pile the chicken on the rice and pour over the sauce. Top with pineapple cubes and garnish with orange slices.

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