

### Working method

For flambéing all firm and compact fruits like pineapple, peach and apple are suitable. They have to simmer longer in the sauce to make them soft and hot. Soft fruits like berries, bananas or figs should only be cooked shortly. Otherwise they will lose their original shape. The strong caramel taste is not always wished for. If the butter is melted first this strong taste is milder. Lemon juice can be used instead of half a lemon to loosen the caramelised sugar from the bottom of the pan. The taste stays the same. A lot of fruits have a lot of acids themselves. In that case the use of lemon juice is not necessary. Don't use matches or a lighter. After the spirit is added, pull the pan back over the flame in a slight angle. The flame will jump in the pan. Don't touch the grid doing this.



- Prepare all ingredients before starting. The customers must be involved from the start and the whole process must be visible for them..
- If possible avoid using original containers and only use measured ingredients in bowls.
- Essentially there is never alcohol added directly from the bottle into the pan. The alcohol with a high alcohol percentage could inflame.
- Reduce the sauce until a syrup-like consistence is reached.
- Nap the pineapple and turn to enclose.
- Working accurately with cooking time and temperatures will lead to a perfect result.

## Flambéing of pineapple

### Good to know

Flambéed fruits are something special among the desserts. Even more special is the flambéed pineapple. It is perfectly suitable for flambéing because of its firm consistence. Just take care that the pineapples are ripe and of high quality. Never use canned fruits. The juices of fruits are principally suitable for flambéed fruits. The juice rounds off the taste and colour of the sauce.



### Mise en place

- Plate with cutlery folded bag napkin.
- Suitable spoons for measuring the ingredients.
- Spoon and fork servers (preparing and arranging).
- Plate for used cutlery.
- Flambé lamp/Flambé trolley.
- Flambé pan with service cloth.



### Ingredients for two persons

- 2 portions of pineapple cut in 1/8 or slices
- ½ lemon pricked on a fork
- 2 table spoons of sugar
- 2 tea spoons of butter
- 6 table spoons of pineapple juice
- 2 table spoons of exotic fruit liqueur (coconut/passionfruit)
- 2 table spoons of brown rum



# 10 Flambéing and preparing of dishes

## Working process



Add the sugar to the pan. Let it caramelize.



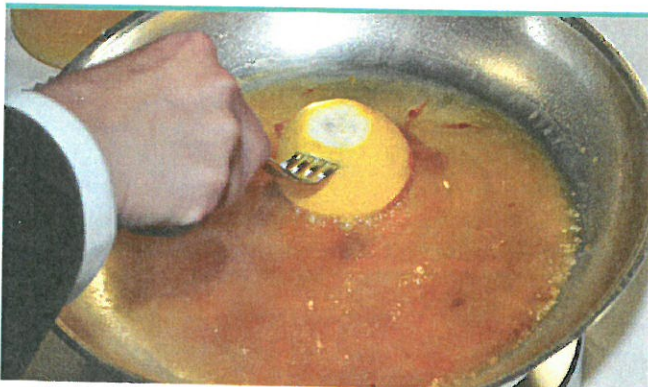
When the sugar reaches its perfect brown colour, add the butter.



Mix the sugar and the butter with the lemon.



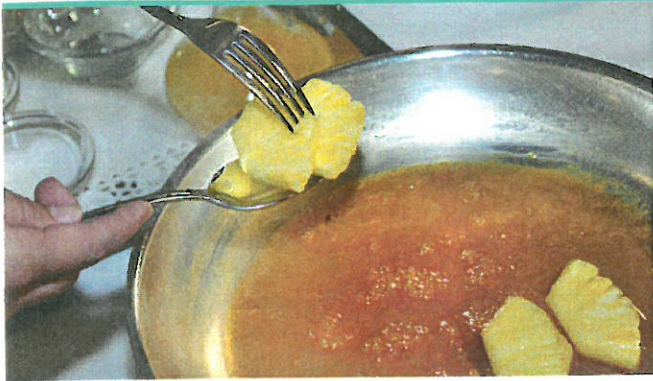
Add the pineapple juice.



Stir the sauce with the lemon until all pieces of caramel are dissolved.



Add the exotic fruit liqueur to aromatise the sauce. Reduce the sauce until a syrup-like consistency is reached.



Add the pineapple slices and warm them in the sauce.



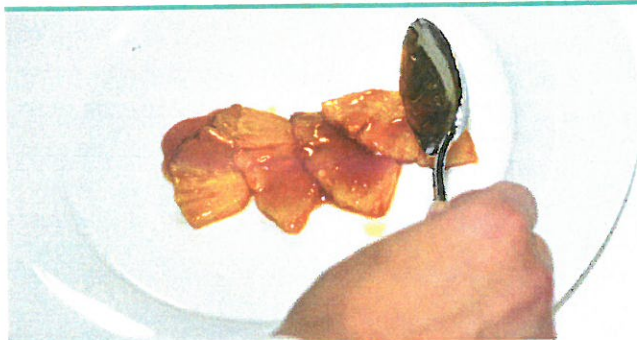
Enclose the pieces by napping and turning of the pineapple. Let the sauce reduce until it is like syrup.



Heat the front of the pan. Add the brown rum. Let it heat up for a few seconds.



Pull back the pan over the burner in a slight angle until the flame jumps into the pan. Keep the pan swinging without touching the grid. This way the flame keeps burning and all the alcohol is vaporised.



Arrange the pineapple slices and nap them with the sauce.



Serve with coconut ice cream corresponding to the menu or if the customer wishes ice cream.

## More recipes

### ■ Strawberries Acapulco style

#### Recipe for two persons:

- 2 portions of halved strawberries
- 2 table spoons of sugar
- 2 tea spoons of butter
- 1-2 table spoons of Pernod
- 1-2 table spoons of Cherry Herring
- black or rose pepper from the grinder
- 2 scoops of vanilla ice cream

#### Preparation:

- Melt the butter and sugar in the pan. Let the sugar caramelise only a little. Add the strawberries and turn them all the time. Add Pernod and enclose the strawberries. Flambé with Cherry Herring. Grind the pepper in the flames. They will "light up".

#### Arrange:

- Arrange the strawberries in a soup plate or a glass bowl and place a scoop of vanilla ice cream in the middle.

### ■ Peaches with Whisky liqueur

#### Recipe for two persons:

- 4 poached and halved peaches
- ½ lemon pricked on a fork
- 2 table spoons of sugar
- 2 tea spoons of butter
- 6 table spoons of peach juice
- 1-2 table spoon of peach liqueur (White Peach)
- 4 table spoons of Whisky
- 2 scoops of vanilla ice cream

#### Preparation:

- Caramelise sugar in the pan. Add butter and stir until the sauce is foamy. Deglaze with peach juice and aromatise with peach liqueur. Add the halved peaches, turn and nap them with the sauce. Flambé them with Whisky.

#### Arrange:

- Arrange two peaches on a sweet plate and nap them with the sauce. Serve them with a scoop of vanilla ice cream.

### ■ Flambéed bananas

#### Recipe for two persons:

- 2 lengthwise halved bananas
- ½ lemon pricked on a fork
- 2 table spoons of sugar
- 2 tea spoons of butter
- 6 table spoons of orange juice
- 1-2 table spoons of orange liqueur (Cointreau)
- 4 table spoons of Cognac

#### Preparation:

- Caramelize sugar in the pan. Add butter and stir until the sauce is foamy. Deglaze with orange juice and aromatise with orange liqueur. Add the halved peaches, and turn and nap them with the sauce. Flambé them with Cognac.

#### Arrange:

- Arrange the banana on a sweet plate and nap them with the sauce. Possible garniture vanilla- or chocolate ice cream.

### ■ Flambéed sour cherries

#### Recipe for two persons:

- 2 portions of cored sour cherries
- ½ lemon pricked on a fork
- 2 table spoons of sugar
- 2 tea spoons of butter
- 6 table spoons of cherry juice
- 1-2 table spoons of Cherry liqueur (Cherry Brandy)
- 4 table spoons of Kirsch
- 2 scoops of vanilla ice cream

#### Preparation:

- Melt the butter and sugar in the pan. Let the sugar caramelize only a little and stir until the sauce is foamy. Deglaze with cherry juice and aromatise with cherry liqueur. Let the sauce reduce to the right consistence. Add the sour cherries, and nap them with the sauce. Flambé them with Kirsch.

#### Arrange:

- Arrange the sour cherries in a soup plate or a glass bowl and place a scoop of vanilla ice cream in the middle