



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Spicy Pineapple Kulfi

Ingredients

- 3 c whole milk
- 1 c condensed milk or granulated sugar
- ½ - 1 jalapeno, charred
- ½ pineapple, charred or 1 20 oz can of crushed pineapple
- 1-2 tbsp cornstarch
- ¼ tbsp ground cayenne
- 1/8 tbsp ground all spice
- ½ lemon, zested
- For garnish:
 - Nuts of choice, roughly chopped
 - Spice of choice, just a sprinkle
 - Herbs of choice
 - Fresh Fruit, small diced
 - Syrups or honey

Directions

In a medium sized pot, bring your whole milk to a simmer (called scalding) on a medium-low to medium heat. While your whole milk is reducing, char your jalapeno and slice your pineapple into rounds and char them until they reach about 160°F internally or until cooked thoroughly. If you don't want to char these, you can also bake the pineapple at 400°F for 15-30 minutes until it hits the 160°F internal temperature. This is to denature the bromelain, otherwise your Kulfi will come out bitter. If you're using the can of crushed pineapple, you can skip the step of charring the pineapple. Blend your pineapple and jalapeno, and then strain to get any excess juice out – do the same for the canned pineapple.

Once your whole milk has reduced by a 1/3, which can take anywhere between 30 min-1 hr, take about half a cups work of your simmering milk out and mix it with your cornstarch. Add the cornstarch slurry, condensed milk, cayenne, all spice, and lemon zest to the pot and let it simmer for another 10-20 minutes. While it's infusing the flavor, get a large bowl or container and fill it with ice and water about halfway (for your ice bath). After the milks been infused, remove the lemon zest and put the infused milk into a medium sized metal bowl that'll fit in the ice bath. Let it rest until fully cool, about 1-3 hours, and then add your pineapple jalapeno pulp. Mix thoroughly and place in either popsicle molds or kulfi molds and let freeze for 3-5 hours.