



Sugar Apple

Posts From The Caribbean

Tepache - Mexican Pineapple Drink

Tepache is traditionally made with Mexican piloncillo, an unrefined cane sugar that is pressed into hard cones of varying sizes, and with the soft Mexican cinnamon known as canela. I didn't have either of these on hand so I used brown demerara sugar and regular supermarket stick cinnamon. When preparing your pineapple, rinse the rind before cutting it but don't wash it with soap or disinfect it in any way. This might hinder the fermentation process.

1 pineapple rind and core, roughly chopped (don't use the leaves)
6 whole black peppercorns
5 whole cloves
1 cinnamon stick
1/4 cup of brown sugar or a 2-ounce cone of piloncillo
4 cups of room temperature water

Put the pineapple rind and core, peppercorns, cloves, cinnamon and brown sugar in a glass or ceramic container. Add the water and stir to dissolve the sugar. Cover tightly and let sit in a warm place for 72 hours. The pineapple drink will ferment and the top will be slightly bubbly.

Strain the drink into a pitcher and refrigerate. Serve cold over ice. The addition of a shot of rum or Mexican beer is optional. Makes about 4 cups.

<http://www.abigailblake.com/sugarapple>

from the article *Tepache: Tropical Pineapple Fizz* posted on June 18, 2009