



Sugar Apple

Posts From The Caribbean

Pineapple Chow

This chow couldn't be easier. Just prepare the pineapple and cut it into bite-sized chunks. Toss with a spoonful of Trinidad green seasoning, a minced hot pepper and a pinch of salt. If you don't have any green seasoning, you can season the chow with a little chopped cilantro, a clove of minced garlic, some chopped green onion and the dose of hot peppers that you feel you can handle. If you're not up to the scorch of the scotch bonnets, try starting with jalapeños and working your way up. Pineapple chow is, of course, a good accompaniment to a West Indian-style curry. But it also pairs particularly well with grilled chicken, fish or pork.

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

from the article *Taking the Cure: Pineapple Chow* posted on July 22, 2010