

How Pineapple Can Level Up Your Dishes

Pineapple is a valued produce all over the world. Not only is it delicious to eat, it is also one of the most used ingredients across several kinds of recipes and cuisines. But why is the [pineapple](#) considered one of the more versatile fruits in the field of cooking? That's because it can level up an otherwise ordinary dish. Here are some ways how:



[Tanigue Steak with Pineapple Sauce and Tropical Salsa](#)

As a sweetener

Pineapple has always been known as a natural sweetener. For people who have opted to stay away from processed foods and prefer a healthier alternative to sugar, pineapple is one option they can try. Using pineapple to sweeten or caramelize a dish or dessert will surely add a richer dimension to the food.



Grilled Sesame Pork Ribs

As a tenderizer

One of the best reasons why pineapples are used in most meat dishes is that it has a component (an enzyme called bromelain) that acts like a meat tenderizer. Aside from adding the flavors of the fruit and adding a sweet taste, pineapples are great for tenderizing meat in all kinds of dishes from skewers, to steaks, and grilled barbeques.



Fish Guisado with Pineapple

By adding a splash of color

It may seem shallow, but one of the reasons why pineapples are added to certain dishes is because of its distinct color. The yellow hue of the pineapple adds vibrancy to an otherwise plain or dull dish. Adding pineapples is also one of the best ways to make a dish look juicier and more appetizing.



By adding texture

Pineapple is also one of the most unique fruits in terms of its texture and feel. When cooked correctly it can be crunchy and a little chewy. But at the same time, because of its consistency, it is also juicy and fresh. This is mostly due to the fibrous nature of the fruit.



Pine Mexican Macaroni Salad

It retains its natural juices

The pineapple is also one of the most preferred fruits added to recipes because it retains its natural juicy interior and fruity flavor profile even after it has been cooked, baked, or grilled. The natural juices of the pineapple blend well with most sauces and flavors, and it can be used to break up the overwhelming flavors of the other ingredients on certain dishes.

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Sources:

Pairing with pineapple (fresh) <http://blog.foodpairing.com/2015/02/pineapple-fresh/>

All About Pineapple <http://www.recipetips.com/kitchen-tips/t-835/all-about-pineapple.asp>

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