

## SPICED PINEAPPLE MOSTARDA

Does five days seem crazy? Maybe. Is it worth it? Absolutely. Serve this with cheese, or use as a glaze for pork or chicken.

 2 hours 12 portions

### INGREDIENTS

- 1 large pineapple, cleaned and sliced into planks
- 1 cup granulated sugar
- 3/4 cup freshly squeezed orange juice + zest (about 2 oranges)
- 4 whole cloves
- 1 cinnamon stick
- 4 cardamom pods
- 1 tablespoon dry mustard powder
- 1/2 cup dry white wine (not cooking wine)

### COOKING METHOD

- 1° Day 1; Combine the chopped pineapple, sugar, orange juice, and orange zest in a glass bowl. Cover and chill for at least 12 hours, or up to one day.
- 2° Day 2; Drain as much of the juice and sugar from the pineapple (along with the spices) into a saucepan and bring to a boil. Reduce to about half, which will take about 15 minutes. Pour over the reserved pineapple and place back in the refrigerator for another day.
- 3° Day 3; Repeat day 2. Place back in the refrigerator for another day.
- 4° Day 4; Transfer the pineapple, spices, and all reserved juice into a medium saucepan, and bring to a boil. Cook for about 15 minutes, until the juices have become syrupy and thickened, and the pineapple is softened. Remove the whole spices, and transfer to a blender or a food processor. Add the mustard powder and white wine. Blend until smooth. Transfer back to the bowl, and let sit in the refrigerator for one more day.
- 5° Day 5. Mostarda is ready. Serve with cheese, with meat, or eat with a spoon. No judgement.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (119 g)	% DRI
ENERGY	101 kcal	120 kcal	6 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	13 mg	15 mg	1 %
CARBOHYDRATE	24 g	29 g	10 %
SUGARS	22 g	26 g	—
FIBER	1 g	1 g	5 %
PROTEIN	1 g	1 g	—