

THE INDONESIAN TABLE



PHAIDON

Grilled Pineapple with Palm
Sugar and Coconut Milk

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During the Islamic fasting month, a light kolak is a gentle finish to the daily fast. Traditionally, the dish is made with sweet potatoes or bananas and simmered in sweetened pandan-infused coconut milk and palm sugar with comforting notes of vanilla. This popular dish is always a hit at parties – guests just love the distinctive combination of palm sugar and coconut, and it is a taste of home.

Grilled Pineapple with Palm Sugar and Coconut Milk

Origin: Throughout Indonesia

Preparation time: 20 minutes,
plus 1 hour standing time

Cooking time: 45 minutes

Makes 9

* 1 (1.2-kg/2 lb 12-oz) ripe pineapple,
peeled and cored

* 1 teaspoon salt

* 1 tablespoon cinnamon

* 1 pandan leaf, coarsely chopped

* 150 g/5½ oz chopped palm sugar or
coconut sugar

* 400 ml/14 fl oz (12/3 cups) coconut milk

* 4 tablespoons coarsely ground roasted
cashews

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Preheat the grill (broiler). Rub the salt and spice mix over the pineapple. Place the pineapple on a baking sheet and grill for 20 minutes, turning every 3–4 minutes, until the outside is charred and the pineapple is softened. Set aside to cool.

In a medium saucepan, combine the pandan leaf, palm sugar, a pinch of salt and the coconut milk. Add 3½ tablespoons of water and bring to a boil. Reduce the heat to medium-low and simmer until the sauce is thick and syrupy. Leave to cool, then pour into a jug (pitcher).

Carve the pineapple into 8 discs and slice each in half. Serve 1–2 slices with the sauce and roasted cashews.

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Variation:

- Grilled Banana with Palm Sugar and Coconut Sauce
(Kolak Nanas Panggang)

Replace the pineapple with 8 ripe bananas. Peel, then place the bananas on a baking sheet. Brush the bananas with 2 tablespoons of coconut oil. Sprinkle with the cinnamon (omit the salt) and grill for 10 minutes, turning halfway through, until the banana is charred and caramelized.