

Recipes



Pineapple Mint, *Mentha suaveolens* 'Variegata'

Tips

- Best to use pineapple mint leaves fresh, since flavor is lost with cooking or drying.
- A sprig of pineapple mint is an attractive and flavorful garnish.
- Infuse the flavor in liquids such as simple syrups, oils, jellies
- Add to beverages like cocktails, sparkling water, tropical fruit smoothies, ice tea, and lemonade.
- Add to fruit salads, chutneys and salsas, especially fruit salsa.
- Use as a substitute for other mints in recipes

Pineapple Mint Mojito

10 fresh pineapple mint leaves
1/2 lime, cut into 4 wedges
2 tablespoons white sugar, or to taste

1 cup ice cubes
1 ½ fluid ounces white rum
½ cup club soda
Pineapple slices for garnish, (optional)

Place mint leaves and 1 lime wedge into a sturdy 12 ounce glass. Use a muddler to crush the mint and lime and to release the essential oils and lime juice. Add 2 more lime wedges and sugar and muddle again. Do not strain the mixture. Fill the glass almost to the top with ice. Add rum and fill with club soda. Stir, taste and add more sugar if desired. Garnish with remaining lime wedge and a sprig of pineapple mint. Makes one cocktail.

Dave M. Kennedy

Fresh Fruit with Pineapple Mint

1 whole fresh pineapple
1/2 cup sugar
3/4 cup fresh mint leaves, coarsely chopped (pineapple mint)
1 pint fresh strawberries
Fresh sprigs of mint for garnish

Cut off the top and bottom of the pineapple. Peel and slice into rings. Sprinkle sugar and mint over the pineapple. Store in a plastic bag in the refrigerator for at least 6 hours. Wash and hull the strawberries. Add to the pineapple and serve garnished with sprigs of fresh mint.

Adapted from Jennifer F. Jordan, HSA Tidewater Unit
The Essential Guide to Growing and Cooking with Herbs

Ginger-Mint Julep with Fresh Pineapple

8 to 10 pineapple mint leaves
2 heaping tablespoons chopped pineapple
2 tablespoons ginger syrup (recipe below)
2 ounces (1/4 cup) Kentucky bourbon, such as Maker's Mark
3 tablespoons pineapple juice, or more to taste
Pineapple mint sprigs and pineapple wedges, for garnish

Place pineapple mint, pineapple, and ginger syrup into the bottom of a cocktail glass or julep cup. Using a muddler or a wooden spoon, mash the ingredients to release the flavors. Pack finely crushed ice over the fruit mixture, filling the glass all the way to the top. Pour whiskey over the ice, followed by the pineapple juice and stir gently to combine. Top with more crushed ice to fill the glass if needed. Garnish with a sprig of pineapple mint and wedge of pineapple. The drink will be stiff at first but mellows as the ice melts. Add more pineapple juice to sweeten, if desired.

Note: to make a batch of four juleps, quadruple the amounts of syrup, mint and pineapple and muddle in a glass bowl. Split between 4 cocktail glasses and continue with the recipe.

Ginger Syrup

4 cups water
2 cups sugar
1 cup peeled, sliced ginger
2 teaspoons black peppercorns

Bring all ingredients to a boil in a large sauce pot over high heat. Turn down to medium and cook, maintaining a rapid simmer, until liquid is reduced to 2 cups, about 1 hour.

Transfer the mixture (do not strain) to a heatproof container to cool completely. Syrup will keep in the refrigerator for two months. Recipe may be halved, if desired.

Adapted from Nealey Dozier
thekitchen.com

Pineapple Salsa

2 cups fresh pineapple, diced
1 cup fresh strawberries, diced
1 cup fresh kiwi, peeled and diced (about 3 kiwi)
2 tablespoons pineapple mint, sliced into thin ribbons
1 to 2 jalapeno peppers, seeded and minced, to taste
1 lime, juiced
Kosher salt

In a medium bowl, toss the pineapple, strawberries and kiwi with the lime juice and jalapenos. Gently fold in the mint. Add salt to taste. Serve with cinnamon-sugar pita chips.

Adapted from FoodNetwork.com

Do you have any recipes featuring pineapple mint to share?

Contact educator@herbsociety.org