

Pineapple and fresh berry salad

Apprentice chef sprouting experiments recipe

- 1 pineapple
- 500 to 750 ml / 2 to 3 cups a mix of washed fresh berries (strawberries, blueberries, loganberries, raspberries)
- 15 ml / 1 tablespoon lime juice
- 5 ml / 1 teaspoon Honey

Equipment

- chopping board
- paring knife
- large sharp knife
- small bowl
- large bowl
- measuring spoons
- mixing spoon



Preparation

1. Rinse the pineapple under running tap water while scrubbing with a clean brush. Dry with a clean cloth or paper towel.
2. Lay the pineapple down on the chopping board. Using the large sharp knife, cut off the base of the pineapple.
Be careful when cutting the pineapple. If necessary, ask an adult to help you.
3. Cut or twist the crown off the pineapple. Now your pineapple has neither a crown nor a base.
4. Stand the pineapple up so that the bottom of it is stable on the chopping board. Hold the pineapple firmly with one hand. Using your other hand, slide the knife between the flesh and the bark of the pineapple. Don't worry if a few bits of the bark (the "eyes") remain.
5. Because the eyes aren't good to eat, you need to take them out. Use the paring knife to remove them. Cut a circle around each eye, and then use the point of the knife to remove them.
6. Cut the pineapple in half lengthwise.
7. Cut each half in half lengthwise again.
8. From each quarter, cut away the core (the hard, fibrous part in the centre). You should have four long pieces of pineapple without any bark or core.
9. Cut each quarter into slices approximately 2 to 3 cm thick. If the slices are larger than bite size, cut them into smaller pieces.
10. Place all the pineapple pieces in the large bowl.
11. Wash the berries, hull any strawberries, and add all the berries to the bowl.
12. Combine the lime juice and the honey in the small bowl. Pour this mixture over the fruit and stir.
13. Enjoy your fruit salad right away, or cover it and keep it in the refrigerator for a maximum of two days.

This lesson plan was produced by the Canada Agriculture and Food Museum.

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