

Kaithachakka Pachadi - Pineapple With Coconut

Kerala's vegetable stalls are stacked high with pineapples from the end of August through early September, right around the harvest festival (*Onam*). While stewed and frozen pineapples are enjoyed throughout the year, fresh pineapples are combined with coconut paste, mustard seeds, red chilies, and whisked yogurt to make a special dish (*pachadi*).

The following recipe is a variation of the traditional one, and it highlights the visual contrasts (yellow pineapple against the red chilies and golden brown coconut flakes) and flavors (hot and sweet). PINEAPPLE WITH COCONUT also works well as a side salad with grilled dishes.

Ingredients (To serve 4)

- Diced fresh pineapple - 1½ cup
- Turmeric powder - ¼ tsp
- Olive oil - 1 tbsp
- Black mustard seeds - 1 tsp
- Grated coconut - 5 tbsp
- Whole dried red chilies - 3
- Curry leaves - 5
- Salt - ½ tsp

Utensils

- Medium pan
- Medium wok

Preparation/Pre-Cooking (7 minutes)

1. Cook the pineapple pieces in the pan (with very little water, as pineapples contain a lot of water), salt, and turmeric for about 5-7 minutes, until the pieces are crisp-tender. Pineapple pieces should be moist, but pour out excess liquid.

Cooking (10 minutes)

1. Heat the oil in the wok over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the grated coconut, whole red chilies, and curry leaves.
4. Sauté the mixture for a minute.
5. Add the cooked pineapple to the mixture and stir until everything is mixed well. Heat the mixture through, about 5 minutes.
6. Season with salt.

Serve: At room temperature.

Nutrition Information

	(per serving)	%DV
Calories	99	5 %
Carbohydrates	12 gm	4 %
Protein	1 gm	2 %
Fat	6 gm	9 %
Cholesterol	0 mg	0 %
Sodium	299 mg	12 %
Fiber	2 gm	8 %
Calcium	16 mg	2 %
Iron	1 mg	6 %