

# Paletas de Piña Carameliza con Crema ~ Carmelized Pineapple and Cream Popsicles

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## Caramelized Pineapple – Makes 10 paletas

2 cups (16 oz.) fresh or frozen pineapple, cut into ½-inch pieces\*

2 TBSP unsalted butter\*

2 TBSP brown sugar\* or grated piloncillo

1/8 tsp cinnamon

1 tsp Mexican vanilla extract\*

¼ cup water

→Melt the butter in a medium-sized skillet. Add the pineapple and cook over medium-low heat for about 10-15 minutes until it starts to become golden on all sides. You will need to stir the pineapple every few minutes so it doesn't burn.

→Once the pineapple is golden-colored, add the brown sugar and cinnamon. Stir to combine.

→Then, add the vanilla extract. BE CAREFUL! The pan will hiss and steam when you add the extract because it contains alcohol. Make sure your face is not directly over the pan.

→Stir for an additional 30 seconds to a minute until the pineapple is covered with a beautiful caramel glaze. Remove from heat.

→Place a 1-2 pieces of caramelized pineapple into the bottom of each popsicle mold.\* Then, put the rest of the pineapple in a blender.

→Add ¼ cup water to blender. Blend the pineapple on high speed for 1-2 minutes until well-combined. (You may need to add an additional TBSP of water if the pineapple mixture is too thick.)

→Spoon about 1+ TBSP of the pineapple mixture into the bottom of each popsicle mold. Make sure you distribute the mixture evenly and use all of it.

### Cream

2 cups whole milk

½ cup sour cream

5 TBSP granulated sugar

1 tsp Mexican vanilla extract

Zest of one lime (about 1 tsp)

→In a clean blender, add all of the ingredients above.

→Blend on medium-high speed for 1-2 minutes until thoroughly combined.

→Pour the cream mixture on top of the pineapple mixture to fill each mold. Be sure not to overfill the molds because they will expand slightly in the freezer.

→Place a popsicle stick in each mold and place the molds in the freezer for 4-6 hours or overnight.

→To unmold, fill your sink or a bowl with warm water. Dip your popsicle molds in the water for 10-20 seconds to loosen the popsicles. Gently wiggle the popsicles to remove from molds.

→Serve immediately or keep in the freezer until ready to eat.

### NOTES:

- If you are using frozen pineapple make sure to thaw it before adding it to the pan. If I'm using frozen pineapple, I like [Trader Joe's Pineapple Tidbits](#). Do NOT use canned pineapple.
- Opt for organic ingredients when possible. Trader Joe's carries organic milk, sour cream, and butter.
- I used brown sugar in this recipe because I like its more subtle flavor. However, if you live in Mexico and you can't find brown sugar, piloncillo would be a nice substitute.
- If you are looking to buy Mexican vanilla beans to make your own vanilla extract, [check out our Etsy shop](#). We source beans from small farms in Papantla, Veracruz.
- This is the [popsicle mold that I use](#). This recipe makes 10 paletas.

