

## Pineapple Fizz (Tepache)



### Ingredients

Rinds and cores from two ripe pineapple

2 cups packed light brown sugar

3 cloves

2-3 cinnamon sticks

½ cup packed light brown sugar

up to 24 cups water, or to cover (use filtered or distilled water if possible)

If available- reserved fresh pineapple chunks

### Procedure

1. Wash and scrub with a vegetable brush the pineapples
2. Cut the top off the pineapple, and then peel using a sharp chef's knife, leaving as little meat on the rind. Remove the "eyes" from the meat of the pineapple.
3. Cut the meat off the core of the pineapple. If desired save a little fresh pineapple meat to infuse the liquid. If not, use as desired.
4. In a large (2 gallon) container, put the 2 cups of light brown sugar. Add enough water to cover and then stir to dissolve.
5. Add the spices, the rinds, and the cores from the pineapple. Add the water to cover, as much as is needed. If possible, place a plate or saucer on top of the pineapple rinds to weight it down and keep the pineapple submerged.
6. Place a lid on top of the container, or wrap tightly with several layers of plastic wrap. Leave on the counter, and allow to rest for about 4 days. You will notice some natural bubbles occurring, and possibly a white film on top of the liquid. This is natural. After four days, the flavor should be strong.
7. With a slotted spoon or a pair of tongs, remove the pineapple rinds. Discard the rinds. The spices can be saved and put in the bottle for more flavor.
8. Carefully pour the drink through a piece of cheesecloth or a fine meshed strainer into clean bottles(s). Add the remainder of the sugar, leftover spices and any pieces of pineapple you wish to add. Shake or stir well.
9. Chill for at least 1-2 more days. Serve ice cold!

Yields will vary, but approximately 1 gallon of finished drink, depending on evaporation

©2017 Chef Jennifer M. Denlinger [www.FloridaChef.net](http://www.FloridaChef.net)