

# ChefNorway's

## Pacifical Dream

| Servings    | Preparation Time | Waiting Time | Cooking Time | Oven Temperature        |
|-------------|------------------|--------------|--------------|-------------------------|
| 4<br>People | 7-8<br>minutes   | -<br>minutes | -<br>minutes | -<br>Celsius/Fahrenheit |

Pacifical Dream is a great dessert with natural flavors. Sweet, sour and bitter combined perfectly with a great quality vanilla ice cream. Lots of vitamin C and great to eat when you're having a cold, or just want it! Accommodate a delicious fruit dessert like this with my beef stew and I believe you have made the daily suggested requirements of fruits and vegetables.



### Ingredients

| European Measurements                 | US Measurements                       |
|---------------------------------------|---------------------------------------|
| 1 pineapple                           | 1 pineapple                           |
| 4 kiwis                               | 4 kiwis                               |
| 2 bananas                             | 2 bananas                             |
| 1 orange                              | 1 orange                              |
| 100g blue/black grapes                | 3.5 oz. blue/black grapes             |
| 4 scoops of premium vanilla ice cream | 4 scoops of premium vanilla ice cream |
| 50 ml. strawberry and orange juice    | ¼ cup strawberry and orange juice     |

### Directions

1. Dice a pineapple into small triangles. (I use an apple cutter tool to separate the middle of the pineapple, this part is quite rough to eat and is better given as a snack.)
2. Wash and clean the grapes.
3. Dice kiwis, bananas and oranges.
4. Start by adding pineapples at the bottom of 4 dessert bowls.
5. Add 1 scoop (large) of ice cream.
6. Add in juice
7. Add grapes, bananas, kiwis and oranges.
8. I decorate with a rolled waffle cookie and a little chocolate.

I usually serve my beef stew before serving this dessert. The recipe could be found at <http://www.chefnorway.com>.

There's lots of delicious recipes at the website with a video showing you how to make every recipe in English. (Click to view)

