

ChefNorway's

Pacifical Dream

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

Pacifical Dream is an excellent dessert with natural flavors. Sweet, sour and bitter combined perfectly with a high-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 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 are lots of delicious recipes on the website with a video showing you how to make every recipe in English. (Click to view)

