

Grilled Fruit with Ginger Syrup

Juicy grilled fruit with aromatic ginger syrup - a healthy dessert perfect for BBQs. Easy recipe with pineapple, peaches, and more!

15 min

PREP

5 min

COOK

20 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 cup granulated sugar
- 1 cup water
- 1 cup fresh root ginger
- 2 banana
- 2 apple
- 2 pear
- 1 pineapple
- 1 papaya

Instructions

- 1 Make the ginger syrup**

Combine 1 cup water, 1 cup sugar, and 2 inches fresh ginger (peeled and thinly sliced) in a small saucepan. Bring to a boil over medium-high heat, stirring until sugar dissolves.
- 2** Reduce heat to medium-low and simmer for 15 minutes, stirring occasionally, until syrup has thickened slightly and coats the back of a spoon. Remove from heat and strain out ginger pieces through a fine-mesh strainer.
- 3** Keep syrup warm by covering the saucepan and setting aside. Set aside 2 tablespoons of syrup for brushing fruit.
- 4 Prepare the fruit**

Cut 2 peaches in half and remove pits. Cut 2 plums in half and remove pits. Core 2 apples and cut into thick wedges. Peel and core 1 pineapple, then cut into 1-inch thick rings.

- 5 Brush all fruit pieces lightly with the reserved 2 tablespoons ginger syrup to prevent sticking and enhance caramelization.
- 6 **Prepare the grill**
Preheat grill to medium-high heat (190-230°C/375-450°F). Clean grates thoroughly with a grill brush and oil them lightly to prevent sticking.
- 7 **Grill the fruit**
Place fruit pieces cut-side down on grill grates. Grill for 2-3 minutes until you see distinct grill marks and the fruit begins to caramelize.
- 8 Flip fruit pieces carefully and grill for another 2-3 minutes until second side is caramelized and fruit feels slightly softened when gently pressed.
- 9 **Serve**
Transfer grilled fruit to a serving platter and drizzle generously with the remaining warm ginger syrup. Serve immediately while fruit is still warm.

Tips

Choose fruit that's ripe but still firm to the touch - it should give slightly to pressure but not be soft or overripe, as this will cause it to fall apart on the grill.

Cut fruit into substantial pieces at least 1/2 inch thick to prevent them from falling through the grill grates and to ensure even cooking throughout.

Brush fruit lightly with neutral oil like grapeseed or vegetable oil before grilling to prevent sticking and promote beautiful caramelization.

Preheat your grill for at least 10-15 minutes before adding the fruit to ensure even cooking and proper searing.

Don't move the fruit too frequently - let it develop good grill marks on one side before flipping to achieve the best flavor and appearance.

Make the ginger syrup ahead of time and keep it warm to drizzle over the hot grilled fruit for the best flavor combination.

Use wooden skewers soaked in water for 30 minutes if threading smaller pieces of fruit to prevent the skewers from burning.

Keep different types of fruit on separate skewers as they have varying cooking times and may finish at different rates.