

Grilled Pineapple

Learn how to make perfect grilled pineapple with brown sugar and spices. Sweet, caramelized, and ready in 15 minutes. Perfect summer side dish!

10 min

PREP

6 min

COOK

16 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 pineapple
- 2 tbsp brown sugar
- 1 tbsp maple syrup
- 4 tbsp canola oil
- 1 tbsp fresh lemon juice
- 1 tsp sea salt
- 1 tsp cinnamon

Instructions

1 Prepare the Grill

Preheat your grill or grill pan to medium heat (175-200°C/350-400°F). Clean the grates with a grill brush and lightly oil them with a paper towel dipped in oil to prevent sticking.

2 Prepare the Pineapple

Remove the top and bottom of 1 whole pineapple with a sharp knife. Stand the pineapple upright and cut away the skin in downward strokes, following the curve of the fruit.

- ### 3
- Cut the pineapple crosswise into 1/2-inch thick rings. Use a small knife or apple corer to remove the tough center core from each ring, creating clean pineapple rings.

4 Make the Glaze

Combine 2 tablespoons canola oil, 1 tablespoon brown sugar, 4 tablespoons maple syrup, 1 tablespoon lime juice, 1 teaspoon salt, and 1 teaspoon cinnamon in a small bowl. Whisk until the sugar dissolves and the mixture is smooth.

- 5 Brush both sides of each pineapple ring generously with the glaze mixture, making sure to coat evenly. Reserve any remaining glaze for basting.
- 6 **Grill the Pineapple**

Place the glazed pineapple rings on the preheated grill. Cook for 3-4 minutes without moving them, until deep golden grill marks appear on the bottom.
- 7 Flip the rings and grill for another 3-4 minutes until the second side has golden grill marks and the pineapple is tender and caramelized. Brush with any remaining glaze during the last minute of cooking.
- 8 **Serve**

Transfer the grilled pineapple to a serving platter and serve immediately while warm. The pineapple should be golden brown with visible grill marks and tender throughout.

Tips

Choose a ripe but firm pineapple - it should give slightly to pressure but not be soft. Fresh pineapple works much better than canned for grilling.

Cut pineapple rings $\frac{1}{2}$ to $\frac{3}{4}$ inch thick to prevent them from falling through grill grates while ensuring even cooking throughout.

Always remove the tough core from pineapple rings, as it remains hard even after grilling and can be unpleasant to eat.

Preheat and oil your grill grates well to prevent the sugary pineapple from sticking. Use tongs to turn the fruit gently.

Don't move the pineapple too frequently - let it sit for 3-4 minutes per side to develop proper caramelization and grill marks.

Brush any remaining sugar mixture over the pineapple after grilling for extra flavor and a glossy appearance.

Try different flavor combinations like honey and lime, coconut oil and vanilla, or even a pinch of cayenne pepper for heat.

Serve immediately while warm for the best texture and flavor, though it's also delicious at room temperature.