



JERNEJ KITCHEN

GRILLED PINEAPPLE SLICES WITH MINT BROWN SUGAR AND COCONUT

Grilled Pineapple Slices with Mint Brown Sugar and Coconut are the perfect, easy summer dessert recipe. Low-calorie treat, made in 15 minutes.

SERVES	8	PEOPLE
PREPARATION:	10	MINUTES
GRILL:	5	MINUTES
TOTAL TIME:	15	MINUTES

GRILLED PINEAPPLE SLICES

- 1 large pineapple
- 50 g brown sugar (1/4 cup or 1.8 oz)
- 50 ml water (1/4 cup or 1.8 oz)
- 1 lime
- 1/2 vanilla pod
- 2 tbsp good-quality rum (optional)
- 1 tbsp brown sugar (for sprinkling)
- 1 tbsp unsweetened coconut chips (to serve)
- 1 tbsp freshly grated lime zest (to serve)

MINT SUGAR

- 100 g white sugar (1/2 cup or 3.5 oz)
- 1 handful fresh mint leaves

TOOLS AND EQUIPEMENT

- kitchen knife
- 8x skewers
- saucepan
- blender
- baking paper
- large baking sheet

PREPARE THE PINEAPPLE

Cut the top and bottom of the pineapple. Peel the pineapple and cut it in half. Cut into 8 spears of pineapple. You can get creative and create different patterns of spears. For example, create spirals. Thread the pineapple spears onto 8 skewers. Place them on a large baking sheet. Preheat your oven to 220 °C / 430 °F.

SUGAR SYRUP

Add brown sugar, water, zest of one lime, juice of one lime, seeds from 1/2 vanilla pod, the empty vanilla pod and white rum to a saucepan. Place over medium-high heat and bring to a boil. Once the mixture starts boiling, remove from the heat immediately.

GRILL

Brush the pineapple skewers with sugar syrup and lightly dust with brown sugar (1 tbsp total). Place in the oven and broil (grill) for about 5 minutes at 220 °C / 430 °F. Remove from the oven and let it cool to room temperature.

MINT BROWN SUGAR

Prepare mint sugar mixture. Add sugar and fresh mint leaves to a blender. Pulse until the mixture is finely combined, without any visible mint remaining. Use the mint sugar immediately, or at least as soon as possible, because it will start getting brownish. The consistency should be powder-like.

TIP

If you want to prevent the oxidation and keep the mint sugar

for a longer period of time, this is what you can do. Spread the mint sugar over a sheet of baking paper. Transfer to a large plate. Place in your microwave and heat (750 W) in the intervals of 3 - 4 times for about 5 - 10 seconds per interval. Remove from the microwave and let it cool. Once cool, rub the mint sugar between your fingers to get the right texture. Store in an airtight container for 3 - 4 days.

SERVE

Serve grilled pineapple slices with mint sugar and freshly grated lime zest. Sprinkle with coconut chips and serve. You can also freeze pineapple slices and serve them cold for hot summer days.