

Sweet Teriyaki Beef Skewers: Grilled with Pineapple Glaze

Sweet Teriyaki Beef Skewers: Your Ticket to a Flavorful Summer Grill-Out!



TIME
1-2 min

TEMP
145°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

1½ lbs flank steak or sirloin, cut into 1-inch cubes
¾ cup soy sauce (low sodium preferred)
1/3 cup brown sugar, packed
2 tablespoons honey
2 tablespoons rice vinegar (unseasoned)
2 tablespoons sesame oil (toasted sesame oil for richer flavor)
3 cloves garlic, minced
1 tablespoon fresh ginger, grated
1 tablespoon cornstarch + 1 tablespoon water (optional, for thickening the sauce)
1 red bell pepper, cut into 1-inch chunks
1 yellow bell pepper, cut into 1-inch chunks
1 red onion, cut into 1-inch chunks
1 cup fresh pineapple chunks
Bamboo or metal skewers
Sesame seeds and chopped scallions (green onions), for garnish

Swaps and Notes:

Beef: Flank steak and sirloin are excellent choices for their flavor and tender results when marinated and grilled. You can also use top sirloin. Cut the beef into uniform 1-inch cubes for even cooking.

Teriyaki Base: The combination of soy sauce, brown sugar, honey, rice vinegar, sesame oil, garlic, and ginger forms a classic, balanced teriyaki flavor.

Sesame Oil: Toasted sesame oil adds a crucial nutty aroma and flavor.

Cornstarch Slurry (Optional): This is for thickening the reserved sauce for basting and serving. If you prefer a thinner glaze, you can omit it.

Vegetables: Red and yellow bell peppers and red onion add color, sweetness, and texture. Other quick-grilling vegetables like zucchini chunks or cherry tomatoes could also be used.

Pineapple: Fresh pineapple is best for its sweet-tart flavor and texture. Canned pineapple chunks (well-drained) can be used in a pinch.

Skewers: If using bamboo skewers, remember to soak them in water beforehand to prevent burning on the grill.

Directions:

Prepare & Simmer Teriyaki Sauce: In a medium saucepan, combine $\frac{1}{2}$ cup soy sauce, $\frac{1}{3}$ cup brown sugar, 2 tablespoons honey, 2 tablespoons rice vinegar, 2 tablespoons sesame oil, 3 cloves minced garlic, and 1 tablespoon grated fresh ginger. Bring the mixture to a gentle simmer over medium heat, stirring occasionally to dissolve the sugar.

Thicken Sauce (Optional): If a thicker sauce for basting and serving is desired, in a small bowl, whisk together the 1 tablespoon cornstarch with 1 tablespoon cold water to create a slurry. Stir this cornstarch-water mixture into the simmering teriyaki sauce and continue to simmer for 1-2 minutes until the sauce thickens slightly. Remove from heat and let it cool slightly.

Marinate Beef: Place the $1\frac{1}{2}$ lbs beef cubes in a large bowl or a zip-top bag. Pour half of the prepared teriyaki sauce over the beef, reserving the rest of the sauce for basting during grilling and for serving. Marinate the beef in the refrigerator for at least 1 hour (and up to 4 hours) for best flavor.

Soak Skewers: If you are using bamboo skewers, soak them in water for at least 30 minutes prior to threading to prevent them from burning on the grill.

Thread Skewers: Remove the marinated beef from the refrigerator. Thread the marinated beef cubes, red bell pepper chunks, yellow bell pepper chunks, red onion chunks, and fresh pineapple chunks onto the prepared skewers. Alternate the ingredients for color and texture.

Preheat Grill: Preheat your grill to medium-high heat. Lightly oil the grill grates to prevent sticking.

Grill Skewers: Place the skewers on the preheated grill. Grill for 10-12 minutes, turning them occasionally to ensure even cooking and beautiful char marks. Baste the skewers with the reserved

teriyaki sauce during the last few minutes of grilling until the beef is cooked through (internal temperature of 145°F for medium-rare, 160°F for medium) and slightly charred.

Garnish & Serve: Garnish the cooked skewers with sesame seeds and chopped scallions (green onions) if desired for extra flavor and visual appeal.

Serve hot, directly off the grill.

Tips for Success:

Uniform Cubes: Cut beef, peppers, and onion into uniform 1-inch cubes for even cooking.

Don't Over-Marinate: While marinating adds flavor, don't marinate the beef for more than 4 hours (especially with soy sauce, which can toughen meat over time).

DIRECTIONS

1. **Making these :** Sweet Teriyaki Beef Skewers is simple, with marinating and grilling bringing out incredible flavors!
2. **Prepare & : Simmer Teriyaki Sauce:** In a medium saucepan, combine ½ cup soy sauce, 1/3 cup brown sugar, 2 tablespoons honey, 2 tablespoons rice vinegar, 2 tablespoons sesame oil, 3 cloves minced garlic, and 1 tablespoon grated fresh ginger. Bring the mixture to a gentle simmer over medium heat, stirring occasionally to dissolve the sugar.
3. **Thicken : Sauce (Optional):** If a thicker sauce for basting and serving is desired, in a small bowl, whisk together the 1 tablespoon cornstarch with 1 tablespoon cold water to create a slurry. Stir this cornstarch-water mixture into the simmering teriyaki sauce and continue to simmer for 1-2 minutes until the sauce thickens slightly. Remove from heat and let it cool slightly.
4. **Marinate : Beef:** Place the 1½ lbs beef cubes in a large bowl or a zip-top bag. Pour half of the prepared teriyaki sauce over the beef, reserving the rest of the sauce for basting during grilling and for serving. Marinate the beef in the refrigerator for at least 1 hour (and up to 4 hours) for best flavor.
5. **Soak : Skewers:** If you are using bamboo skewers, soak them in water for at least 30 minutes prior to threading to prevent them from burning on the grill.
6. **Thread : Skewers:** Remove the marinated beef from the refrigerator. Thread the marinated beef cubes, red bell pepper chunks, yellow bell pepper chunks, red onion chunks, and fresh pineapple chunks onto the prepared skewers. Alternate the ingredients for color

and texture.

7. **Preheat : Grill:** Preheat your grill to medium-high heat. Lightly oil the grill grates to prevent sticking.
8. **Grill : Skewers:** Place the skewers on the preheated grill. Grill for 10-12 minutes, turning them occasionally to ensure even cooking and beautiful char marks. Baste the skewers with the reserved teriyaki sauce during the last few minutes of grilling until the beef is cooked through (internal temperature of 145°F for medium-rare, 160°F for medium) and slightly charred.
9. **Garnish & : Serve:** Garnish the cooked skewers with sesame seeds and chopped scallions (green onions) if desired for extra flavor and visual appeal. Serve hot, directly off the grill.
10. **Tips for Success: Uniform Cubes:** Cut beef, peppers, and onion into uniform 1-inch cubes for even cooking.
11. **Don't : Over-Marinate:** While marinating adds flavor, don't marinate the beef for more than 4 hours (especially with soy sauce, which can toughen meat over time).
12. **Soak : Bamboo Skewers:** This prevents them from catching fire on the grill.
13. **Don't : Overcrowd Grill:** Cook skewers in batches if necessary to ensure even cooking and good charring.
14. **Basting for : Glaze:** Basting with the reserved sauce in the last few minutes creates a beautiful glaze. Ensure the reserved sauce has been brought to a boil (if not thickened with cornstarch) for safety.
15. **Use a : Meat Thermometer:** For perfectly cooked beef, check the internal temperature.
16. **Serving Suggestions and Pairings:** These Sweet Teriyaki Beef Skewers are a fantastic main course for any summer barbecue or weeknight dinner. They are delicious served with fluffy steamed white rice or fried rice. A side of fresh Asian-style coleslaw or a simple cucumber salad would also complement them beautifully. For other delicious teriyaki or Asian-inspired dishes, you might also love my Hawaiian Teriyaki Chicken or my quick and easy Chinese Pepper Steak.
17. **Storage and Leftover Tips:** Leftover Sweet Teriyaki Beef Skewers can be stored in an airtight container in the refrigerator for up to 3 days. It's best to remove the meat and vegetables from the skewers before storing. To reheat, gently warm in a microwave or a dry skillet until heated through. They can also be briefly re-grilled or air-fried to regain some char.
18. **More Recipes You Will Love:** If you loved the sweet, savory, and grilled flavors of these skewers, here are a few more fantastic savory recipes that I think you'll absolutely love:
19. For a savory and satisfying beef stir-fry, check out my [Crispy Shredded Chilli Beef](#).
20. If you're a fan of : Asian-inspired savory treats, my [Chinese Meat Pies](#) are a unique and delicious option.
21. For a hearty beef and potato meal, my [Garlic Butter Steak and Potatoes](#) is a comforting choice.

22. For a flavorful beef soup, my : Beef Miso Ramen is a must-try.
23. Final Thoughts: These Sweet Teriyaki Beef Skewers are a true summer delight - combining tender beef, vibrant veggies, and juicy pineapple with a luscious homemade teriyaki glaze. They're fun to make, incredibly flavorful, and perfect for bringing a taste of the tropics to your grill. Give them a thread, and enjoy this delicious culinary adventure!
24. What's your favorite food to grill on skewers during the summer? Share your ideas and feedback in the comments below, and don't forget to follow Chef Maniac for more delightful and inspiring recipes!

SWAPS & NOTES

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Teriyaki Base: The combination of soy sauce, brown sugar, honey, rice vinegar, sesame oil, garlic, and ginger forms a classic, balanced teriyaki flavor.

Sesame Oil: Toasted sesame oil adds a crucial nutty aroma and flavor.

TIPS FOR SUCCESS

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Don't Over-Marinate: While marinating adds flavor, don't marinate the beef for more than 4 hours (especially with soy sauce, which can toughen meat over time).

Soak Bamboo Skewers: This prevents them from catching fire on the grill.

Don't Overcrowd Grill: Cook skewers in batches if necessary to ensure even cooking and good charring.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/sweet-teriyaki-beef-skewers-grilled-with-pineapple-glaze/>