

Brown Sugar Grilled Pineapple Dessert Recipe Everyone Will Love

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10 min

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INGREDIENTS

1 fresh pineapple, peeled, cored, and cut into 8 spears
1/4 cup light brown sugar
1/4 teaspoon cayenne pepper
1 teaspoon vanilla extract
1/8 teaspoon kosher salt
Vegetable oil spray, for the grill

DIRECTIONS

1. Place the pineapple spears in a large mixing bowl.
2. Sprinkle the pineapple with the light brown sugar, cayenne pepper, vanilla extract, and kosher salt.
3. Toss everything together until the pineapple is evenly coated.
4. Cover the bowl and let the pineapple marinate for 30 minutes at room temperature, or refrigerate it overnight for even more flavor.
5. Preheat a grill pan over high heat. Spray it with vegetable oil just before adding the pineapple.
6. Grill the pineapple spears for 1 to 2 minutes on each side, just until caramelized and marked.
7. While the pineapple grills, pour the excess marinade into a microwave-safe bowl and heat for about 90 seconds, or until bubbly and syrupy.
8. Transfer the grilled pineapple to a serving platter and drizzle with the warm syrup just before serving.

SWAPS & NOTES

Fresh pineapple is the best choice here because it holds its shape on the grill and gives you the juiciest texture.

Cut the spears fairly thick so they do not break apart when you flip them.

Light brown sugar gives the pineapple a rich caramel flavor without overpowering the fruit.

You can use dark brown sugar for a deeper molasses note, but the final flavor will be a little heavier.

TIPS FOR SUCCESS

Let the pineapple marinate for the full 30 minutes if you can.

That little bit of time helps the sugar dissolve and gives the fruit more flavor.

Get the grill pan hot before the pineapple goes on.

A properly heated surface helps create those quick grill marks and caramelized edges without turning the fruit mushy.

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