

GRILLED PINEAPPLE DESSERT

Anyone who knows me, knows that I love to grill. Most folks stick to meats on the barbecue, but I've had a lot of fun cooking other things on the grill like vegetables, bread, pizza, and so on. In the interests of a balanced diet, here is a wonderful, quick, and simple dessert you can cook on your own grill.

INGREDIENTS:

1 Pineapple (3 to 4 pounds) - you can use canned, but fresh is MUCH better

Cooking Spray

2 teaspoons Butter

¼ Cup brown Sugar

¼ Cup Spiced Rum (any rum will do)

1 Pint Vanilla Ice Cream

DIRECTIONS:

Spray your grill with cooking spray and heat it over a medium flame.

Cut the top and bottom off of the pineapple, then cut off the outer peel. If you haven't done this before, it's a bit messy, and you will feel that you are wasting a ton of fruit. Don't worry, just do it. Cut deeply enough on the sides so there are hardly any brown dimples on the sides. Pick the remaining dimples off with a knife or spoon. Remarkably enough, when you are done, the pineapple will be about the size of a can of pineapple!

Lay the pineapple on its side and slice it into 8 rings around ½ inch thick (you will probably have some pineapple left over). Using a knife or sharp spoon, cut the core out of the center of each ring.

Grill the pineapple for 2-3 minutes on each side until it begins to brown and grill marks have appeared. Remove from the grill and make the sauce as the pineapple cools a bit.

Heat the butter, sugar, and rum in a small saucepan over medium heat until all the sugar has melted and the sauce has thickened a bit. If it boils, turn down the heat: simmering is as hot as you want it to get or it will form a hard nasty ball.

Place a pineapple ring on a plate, put a scoop of ice cream on it, then drizzle some sauce on top .