



Grilled Pineapple Satays with Spiced Coconut Caramel



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon peppercorns whole black
- ☐ 5 cardamom pods whole
- ☐ 1 cup coconut milk
- ☐ 0.3 cup brown sugar dark packed
- ☐ 0.3 teaspoon fennel seeds whole
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 pineapple ripe

- ☐ 0.3 cup spiced rum dark (such as captain morgan's)
- ☐ 1.5 cup sugar
- ☐ 0.3 cup coconut or shredded unsweetened lightly toasted
- ☐ 0.5 cup water

Equipment

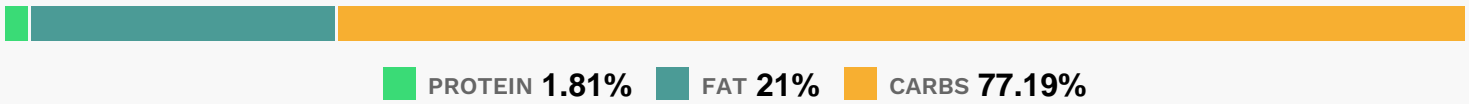
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ grill
- ☐ microwave
- ☐ skewers

Directions

- ☐ Soak 16 to 24 bamboo skewers in water for about 15 minutes, then drain and set aside.
- ☐ Combine the sugar and rum in a microwave-safe bowl. Microwave at high 1 ½ minutes or until sugar dissolves. Set this mixture aside as you prep the pineapple. Start by trimming both end off the pineapple, removing about ½ inch off each end. Stand the pineapple on one end and cut vertically down the sides of the fruit, working in sections, all the way around. Inspect the fruit and using the tip of your knife cut out any sections of peel that remain.
- ☐ Cut the pineapple in quarters lengthwise and cut the core out of each of the 4 pieces. Then cut each of the quarters in half lengthwise. You will have 8 long pieces.
- ☐ Cut each of these in half or thirds (depending on the size of your pineapple) so that you get 16 (or 2
- ☐ to 4 inch chunks about ¾ inch thick. Skewer these wedges lengthwise, 1 or 2 per bamboo skewer.
- ☐ Laying them on a parchment lined baking sheet as you work.

- ☐ Brush the rum mixture evenly over pineapple wedges.
- ☐ Let the marinate while you prepare the caramel sauce.Put granulated sugar and brown sugar in a 2-quart heavy saucepan.
- ☐ Pour in the water and stir to combine. Bring the mixture to a boil, over medium heat, letting it sit undisturbed. Once it comes to a boil, continue to cook, swirling the pan occasionally until a golden honey colored syrup is achieved.
- ☐ Remove the pan from the heat and carefully pour in the coconut milk. The mixture will bubble up and caramel will harden slightly. Be very careful and please use at least a 2 quart pan to avoid any accidents.Stir in clove, cardamom pods, fennel, peppercorns and red-pepper flakes (if using). Simmer, stirring, until caramel is dissolved and sauce is reduced to about 1 cup. This should take about 10 minutes.
- ☐ Remove the sauce from the heat and pour it through a sieve into a 2-cup measure and allow it to cool some before serving.Prepare the grill for high heat. The flames should have died down, but the grill must remain hot enough that you can hold your hand above the grate about 5 inches for only a few seconds.Grill the pineapple skewers for 2 to 3 minutes per side, or until they are heated through and grill marks appear.
- ☐ Transfer the skewers to a serving tray.
- ☐ Sprinkle to toasted coconut on top and serve with the spiced caramel sauce on the side for dipping.

Nutrition Facts



Properties

Glycemic Index:34.72, Glycemic Load:34.81, Inflammation Score:-4, Nutrition Score:10.873477947453%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 350.83kcal (17.54%), Fat: 8.27g (12.72%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 68.38g (22.79%), Net Carbohydrates: 65.81g (23.93%), Sugar: 62.12g (69.02%), Cholesterol: 0mg (0%), Sodium: 11.31mg (0.49%), Alcohol: 2.51g (100%), Alcohol %: 1.45% (100%), Protein: 1.6g (3.2%), Manganese: 1.78mg (89.06%), Vitamin C: 54.68mg (66.27%), Copper: 0.24mg (11.82%), Fiber: 2.57g (10.29%), Iron: 1.72mg (9.53%), Magnesium: 34.61mg

(8.65%), Vitamin B6: 0.15mg (7.69%), Potassium: 242.78mg (6.94%), Vitamin B1: 0.1mg (6.74%), Folate: 24.81µg (6.2%), Phosphorus: 46.41mg (4.64%), Calcium: 40.75mg (4.07%), Vitamin B3: 0.8mg (4.02%), Vitamin B5: 0.33mg (3.33%), Zinc: 0.47mg (3.11%), Vitamin B2: 0.05mg (2.94%), Vitamin K: 1.7µg (1.62%), Selenium: 1.07µg (1.53%), Vitamin A: 68.71IU (1.37%)