



Grilled Pineapple Slices with Coconut Ice Cream

Desserts on the grill are altogether too simple. The barbecue chars the sweetness and gives firm fruits a lovely caramelized texture and flavour. We used pineapple in this version. But fresh in-season pears and apples and even a ripe but firm nectarine are excellent slightly grilled and served with a cool and creamy homemade Coconut Ice Cream.

Coconut Ice Cream

2 - 14 oz (398 mL) cans coconut milk,
refrigerated overnight*
1/4 cup (60 mL) organic coconut sugar
1 vanilla stick

“Odds are everyone will jump on the vegan train when they’ve sampled these recipes.”

Pineapple

4 thick slices fresh pineapple, each
about 3/4 in (2 cm) thick
2 tsp (10 mL) grapeseed oil
1 Tbsp (15 mL) maple syrup, divided
Pinch of sea salt
2 Tbsp (30 mL) shaved coconut, lightly toasted
Cinnamon

To make ice cream, combine coconut milk and sugar in bowl. Cut open vanilla stick and scrape seeds into mixture. Beat with electric mixer until blended and very creamy. Freeze in ice cream maker according to manufacturer’s instructions.

Alternatively, scrape whipped mixture into metal pan, cover, and freeze for 30 minutes or until partially firm. Then whisk or beat to break up ice crystals. Repeat every 30 minutes until mixture is very creamy and firm.

Preheat barbecue and grease grill. Whisk oil, 1 tsp (5 mL) maple syrup, and pinch of salt in small bowl. Brush over slices of pineapple.

Grill pineapple over medium heat, turning once, until slices are golden on the edges and begin to caramelize, about 4 to 5 minutes.

Place slices on individual dessert plates. Top each with 1/4 cup (60 mL) scoop of Coconut Ice Cream. Drizzle each with 1/2 tsp (2 mL) maple syrup and sprinkle with toasted coconut and cinnamon.

Serves 4.

* Use full-fat coconut milk—do not substitute “lite” as it will affect the creamy texture.

Each serving with 1/4 cup (60 mL) ice cream contains:
223 calories; 2 protein; 16 g total fat (12 g sat. fat,
0 g trans fat); 22 g total carbohydrates (17 g sugars,
2 g fibre); 10 mg sodium **a**