



Grilled Fresh Fruits make Wonderful Desserts:

The high water content means that fruit — especially extra juicy stuff like watermelon — gets a super-concentrated flavor boost when it's cooked on a grill.

<https://www.washingtonpost.com/news/speaking-of-science/wp/2015/06/29/the-science-behind-perfect-grilling/>

Many vegetables, fruits, and seeds can also be grilled or smoked. Reverse searing is the technique to use unless you just want a quick sear. General directions for reverse searing: Set grill into 2-zones. Get indirect zone as close to 225 degrees F. with the lid on. Flip it once or twice until temperature is 115 degrees F in center.

Veggies and fruits have less protein and fat than meat, more water, and more carbohydrates. Grilling enhances their flavors, reduces some bitterness, converts carbohydrates to sugar, caramelizes sugars, breaks down indigestible woody compounds, releases nutrients, and kills microbes.

Grilling vegetables and fruits from Meathead Goldwyn

About Our Grilled Fruit Plate: We grilled a delicious plate of fruits and sugared pecans for dessert. Our favorites included: sweet cherries, green and red grapes, apricots, peaches, and slices of French Melon. I added a finishing touch of chunks of smoked cheese, which were delicious. The biggest surprise was how juicy sweet cherries are on the grill. They taste like a sweet cherry wine so we even served them in fancy wine glasses. Have some fun and quick sear some of your own fruit favorites on the grill!



French Melon or Cantaloupe: In a shallow dish, stir together 2 Tbsp. maple syrup and 2 Tbsp. lemon juice. Set aside. Cut half French melon into 1/2-inch round slices. Remove the pulp and seeds and cut the slices in half so you have half-moon slices. Preheat the barbecue to about 325°F. Place the slices directly on the hot grill, brush with the maple-lemon mixture, and cook just long enough to get good grill marks on the bottom side. Turn and brush again with the honey-lemon. Remove the slices from the grill after 2 to 3 minutes. Before serving, brush fruit with remaining maple lemon mixture. Sprinkle melon with lightly with pumpkin pie spice.



Pineapple: When ready to cook, brush and oil grill grate. Dip each pineapple slice in coconut milk, then in sugar cinnamon mixture, shake it off. Arrange slices on hot grate; grill until nicely browned on both sides 4 to 6 minutes per side. If crosshatch grill, rotate each 60 degrees after 2 to 3 minutes on each side.