

## **June 1, 2016**

### **Just Add Pineapple: A Light, Tropical Dinner Idea for the BBQ**

The barbecue is often associated with hearty red meats, like steaks, burgers and ribs, but our Pineapple-Wrapped Halibut with Grilled Papaya and Pineapple Salsa is a light, citrusy summer meal that is so quick you can make it on a weeknight.

First, get the halibut in its marinade, and the butcher's twine soaking in hot water, while you peel and chop the pineapple, and prep the ingredients for the salsa. Next, tie the strips of pineapple peel to the halibut and get it on the grill for just a few minutes per side. Grill your papaya and pineapple just as the halibut is finishing.

Finally, toss the grilled fruit with the rest of the salsa ingredients – aromatic shallots, mint and chives combine with the juice and zest of orange, lemon and lime for a mix that simply screams summer. Spoon it on top of the grilled halibut and serve with a simple salad and a sparkling white.

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#### **PINEAPPLE WRAPPED HALIBUT**

##### **Ingredients:**

2 tbsp fresh lime juice\*  
1 tbsp extra-virgin olive oil\*  
1 tbsp finely chopped seeded jalapeno pepper\*  
1 tbsp soy sauce\*  
1 tsp grated lime peel\*  
½ tsp grated fresh ginger\*  
2 thawed sushi-grade halibut fillets (about 5 oz/150 g each)  
1 fresh pineapple, ends removed\*  
Pinch salt  
Pinch freshly ground pepper



## Method:

1. To prepare marinade, combine lime juice, oil, jalapeno pepper, soy sauce, lime peel and ginger in a large heavy zip-lock plastic bag.
2. Add halibut and squeeze bag to coat halibut with marinade; seal bag. Let stand for 30 minutes.
3. Meanwhile, soak four 12 inch pieces of butcher's twine in hot water for 30 minutes; set aside.
4. Using a sharp knife and cutting top to bottom, cut long strips of peel about 3½ inches wide from pineapple; reserve pineapple for another use. There should be 4 strips; set aside.
5. Remove halibut from marinade; discard marinade. Sprinkle halibut with salt and pepper.
6. Place each halibut fillet on a pineapple strip. Cover fillets with remaining pineapple strips. Tie pineapple strips and halibut together with butcher's twine, forming bundles.
7. Place bundles on barbecue grid on natural gas barbecue. With lid down, cook halibut over medium-high heat until a meat thermometer registers 135°F, about 5 – 6 minutes per side. Remove from heat.
8. Cut and discard butcher's twine; discard pineapple strips. Serve halibut immediately. Do not keep leftover halibut. Serves 2.

***Cook's Note:** Secure halibut between pineapple strips immediately before cooking, as pineapple contains an enzyme that can over-tenderize meat if left to stand.*

*For additional guidance on how to make Pineapple-Wrapped Halibut, visit our YouTube channel at [youtube.com/TheBlueFlameKitchen](https://youtube.com/TheBlueFlameKitchen)*

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## Grilled Papaya and Pineapple Salsa

### Ingredients:

- ½ seeded peeled fresh papaya
- ½ peeled fresh pineapple
- ¼ cup extra-virgin olive oil
- ¼ cup finely chopped shallots
- 3 tbsp chopped fresh mint
- 1½ tbsp chopped fresh chives
- 2 tbsp fresh orange juice



1½ tbsp fresh lemon juice  
1 tbsp fresh lime juice  
1½ tsp grated lemon peel  
1½ tsp grated lime peel  
1½ tsp grated orange peel  
1½ tsp liquid honey  
¼ tsp red pepper flakes  
¼ tsp salt  
¼ tsp freshly ground pepper

### **Method:**

1. Cut papaya half in half lengthwise. Cut each piece lengthwise into 2 spears. There should be 4 spears.
2. Cut pineapple half in half lengthwise. Cut out and discard core from pieces. Cut each piece lengthwise into 2 spears. There should be 4 spears.
3. Grill papaya and pineapple over medium-high heat on natural gas barbecue until warmed and grill-marked, about 1 – 2 minutes per side; remove from heat and cool completely.
4. Cut papaya and pineapple into ¼ inch pieces.
5. Transfer papaya and pineapple to a bowl. Add oil, shallots, mint, chives, orange juice, lemon juice, lime juice, lemon peel, lime peel, orange peel, honey, red pepper flakes, salt and pepper; stir to combine.
6. Serve with chicken, pork, fish or tortilla chips. *Makes about 3 cups.*