



SHRIMP AND PINEAPPLE SKEWERS WITH TERIYAKI GLAZE

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Shrimp and pineapple skewers with teriyaki glaze are a mouthwatering, sweet-and-savory dish that combines succulent shrimp with juicy pineapple chunks, all glazed in a rich teriyaki sauce.

Grilled to perfection, these skewers are bursting with flavor and make for an excellent appetizer or main course for a summer barbecue or tropical-themed dinner.

The smoky char from the grill enhances the natural sweetness of the pineapple, while the savory teriyaki glaze adds depth and complexity. These skewers are a simple yet elegant option for anyone looking to elevate their grilling game!

Ingredients:

For the Skewers:

1 lb large shrimp, peeled and deveined

1/2 fresh pineapple, cut into bite-sized chunks

1 tablespoon olive oil

Salt and freshly ground black pepper, to taste

8-10 wooden skewers (soaked in water for 30 minutes to prevent burning)

For the Teriyaki Glaze:

1/4 cup soy sauce

2 tablespoons honey

2 tablespoons rice vinegar

1 tablespoon sesame oil

1 teaspoon freshly grated ginger

1 clove garlic, minced

1/2 teaspoon cornstarch (optional, to thicken)

1/4 teaspoon sesame seeds (for garnish)

1 tablespoon chopped green onions (for garnish)

How to Make:

Prepare the Teriyaki Glaze:

In a small saucepan, combine the soy sauce, honey, rice vinegar, sesame oil, grated ginger, and minced garlic.

Bring the mixture to a simmer over medium heat. Let it cook for 3-4 minutes, stirring occasionally, until the glaze begins to thicken slightly.

If you prefer a thicker glaze, mix the cornstarch with a tablespoon of cold water to form a slurry and add it to the saucepan, stirring until the glaze thickens to your desired consistency.

Once thickened, remove the saucepan from the heat and set the glaze aside to cool slightly.

Prepare the Skewers:

Preheat your grill or grill pan to medium-high heat.

In a bowl, toss the shrimp with olive oil, salt, and pepper. Ensure the shrimp are well coated.

Thread the shrimp and pineapple chunks onto the skewers, alternating between shrimp and pineapple to create a balanced skewer.

If using wooden skewers, make sure they are soaked in water for at least 30 minutes to prevent them from burning on the grill.

Grill the Skewers:

Place the skewers on the preheated grill. Grill for 2-3 minutes per side, or until the shrimp turn pink and opaque, and the pineapple has grill marks and caramelizes slightly.

During the last minute of grilling, brush the shrimp and pineapple with the teriyaki glaze, allowing the glaze to caramelize slightly on the skewers.

Serve:

Remove the skewers from the grill and place them on a serving platter. Drizzle with any remaining teriyaki glaze.

Garnish the skewers with sesame seeds and chopped green onions for an added touch of flavor and color.

Serve immediately with extra lime wedges or a side of rice if desired.

Chef's Note:

For added depth of flavor, marinate the shrimp in a portion of the teriyaki glaze for about 15-30 minutes before grilling. This step will allow the shrimp to absorb the sauce, making them even more flavorful. You can also experiment by adding other vegetables to the skewers, such as bell peppers or red onions, for

additional color and flavor.

If you prefer grilling indoors, a grill pan will work just as well. Alternatively, you can broil the skewers in the oven for a similar charred effect.

Nutritional Information (per serving, based on 4 servings):

Calories: 220

Protein: 22g

Carbohydrates: 20g

Fat: 7g

Fiber: 2g

Sugar: 17g

Sodium: 700mg

Shrimp and pineapple skewers with teriyaki glaze are a delicious, tropical-inspired dish that is sure to impress anyone at the table. The combination of shrimp and pineapple, paired with the savory-sweet teriyaki glaze, offers a perfect balance of flavors that will transport you straight to the tropics. Whether grilled on a barbecue or cooked on a stovetop grill pan, this dish is a great way to enjoy fresh seafood with a punch of flavor!