

GRILLED BEEF & PINEAPPLE SKEWERS

One thing that always seems to work is skewers, even for the pickiest of eaters. These skewers give you the sweet and salty that everyone craves, and with the addition of some amazing Grass Fed Stew Beef, this becomes super affordable and easy to work with! Start up the grill and get to poking! (This recipe can also be used for any other cut of Beef you wish to use, but the cook times will differ)

Makes 6 skewers

Feeds 4-6 people

Ingredients

6 Skewers – Metal works great, but Bamboo can be used, just soak for an hour before grilling

For the Marinade

1-2lbs Beef Stew Meat – cut into 1" pieces and trimmed of the tendons and other bits (can sub in steak cuts as well if you wish)

½ cup Chicken or Beef Stock

2 tsp Hot Sauce

2 tbsp Rice Vinegar

3 tbsp Teriyaki Sauce

The Zest and Juice of 1 Orange

½ cup Chopped Pineapple

2 Garlic Cloves – Fine Dice

½" Chunk of Ginger – Fine Grated

2 tbsp Brown Sugar

1 tbsp Worcestershire Sauce

For the Skewers

4 Green Onions – cut into 2" long pieces

1 cup of Fresh Pineapple – cut into ¼" thick Pieces

Marinated Beef Pieces

For Garnish

¼ cup Teriyaki Sauce

Sliced Green Onions

Let's Begin!

1. In a non-reactive larger bowl, mix together all of the ingredients. Add the Beef and toss. Allow to marinate for 1-3 hours. Try not to go too long, as the acid in the citrus will begin to break down the beef and can make the texture very off putting. If you are using Bamboo Skewers, soak those now too. Once the marinating time is up, remove the beef from the bowl and pat dry.
2. To assemble the skewers, alternate beef and pineapple adding in a piece of the green onion here and there. Make sure to leave room at the base and the tip of the skewer so that nothing will fall off during the cooking. Assemble the skewers and set aside. Start your grill or smoker and preheat to 400f. Once the grill has come to temp, place your skewers on!
3. Let these cook for 10 min (if using the Stew Beef, or less if you are using a more tender cut... use your judgement). Flip after the time is up and allow for the same cooking time on the other side. You can use a Temperature Probe to test the meat. With the Stew meat, if the probe goes in easy, its done. Or you can cook to the temp that you desire for the meat.
4. Remove from the grill once the cooking is complete and allow to rest for a couple of minutes. To serve, drizzle a bit of the reserved Teriyaki Sauce over the skewers and finish with chopped green onion.

Enjoy!