# BBQ Food… But Not as You Know It



Helen Graves, the author of "BBQ Days, BBQ Nights", has shared a recipe for grilled crumpets with charred pineapple and rum and maple caramel. This dessert, reminiscent of the French pastry kouign-amann, features crispy, caramelized sugary-buttered crumpets. Preparation can be started 24 hours in advance by making the caramel and storing it in an airtight container at room temperature.

Here are the ingredients needed for serving eight:

For the crumpets:  
- 150g unsalted butter  
- 125g caster sugar  
- 1½ tsp vanilla bean paste  
- 1½ tsp ground ginger  
- 8 crumpets

For the pineapple and caramel:  
- 1 ripe pineapple, trimmed  
- 60g unsalted butter  
- 100g soft light brown sugar  
- 50g maple syrup  
- 2 tbsp dark rum  
- 1 tbsp double cream  
- Pinch of flaky sea salt

For the lime cream:  
- 300ml double cream or whipping cream  
- Grated zest of 1 lime  
- Pinch of ground ginger  
- 1 tbsp caster sugar

To serve:  
- Vanilla ice cream

To prepare:  
1. Set up a BBQ for two-zone cooking with medium heat.  
2. Slice the pineapple into quarters lengthways, peel, remove the core, and slice each section.  
3. In a pan, combine butter and brown sugar over medium heat. Stir in maple syrup and cook for five minutes until thickened. Add rum, cream, and salt. Set aside.  
4. In a bowl, whip cream, lime zest, ginger, and sugar until soft peaks form. Keep chilled.  
5. Melt butter in a pan, stir in sugar, vanilla, and ginger. Grill the crumpets briefly and dunk in the butter mixture.  
6. Grill pineapple wedges until charred. Add them to the caramel sauce.  
7. Serve crumpets topped with ice cream, pineapple, caramel sauce, and a dollop of lime cream.

"BBQ Days, BBQ Nights" by Helen Graves is available now for £22, published by Hardie Grant, with photography by Robert Billington.