

TERIYAKI TURKEY STRIPS WITH CARAMELIZED PINEAPPLE

Turkey has more sodium, but less fat, than chicken. That detail will be the last thing on your mind when your lover is licking pineapple juice off your chin.

Feeds 2

1 free-range turkey breast
(or 2 chicken breasts) sliced into fat strips

TERIYAKI SAUCE

2 tablespoons honey
2 tablespoons dark soy sauce
2 tablespoons rice vinegar
2 tablespoons sake

FOR THE MARINADE

2 tablespoons soy sauce
2 tablespoons dark brown sugar
2 tablespoons rice vinegar

CARAMELIZED PINEAPPLE

1 teaspoon butter or squirt of virgin
coconut oil
1 teaspoon brown sugar
1 fresh pineapple, peeled, cored, and diced



Preheat oven to broil.

Combine 1/2 cup water, the soy sauce, brown sugar, and rice vinegar in a zip-lock bag or a low, wide bowl. Add the turkey strips and marinate for at least 30 minutes in fridge.

Make the teriyaki sauce by combining honey, soy sauce, rice vinegar, and sake in a saucepan. Simmer over low heat 5 to 10 minutes until thickened. Do not burn.

Remove the turkey strips from the marinade and discard the juice. Place the strips on a broiler pan and broil near the flame for 3 minutes. Flip over. Broil for 3 more minutes and baste with teriyaki sauce. Return to broil for 2 minutes, flip, and baste again with teriyaki. The strips should be slightly crispy and caramel colored.

Serve with Caramelized Pineapple: Heat the butter in a large pan and sprinkle the sugar in, stirring constantly until bubbly. Add the pineapple; stir until it begins to caramelize. Remove from heat.
