



Grilled Peaches

by *Dr. Preston Maring*

Try these grilled peaches to accompany anything you might grill. They are great standing alone but also chopped on top of vanilla bean ice cream. And there is nothing to it — particularly now when many of the stone fruits are “freestone,” when the flesh of the fruit separates from the stone, making it easier to remove the pit.

Ingredients

Fresh peaches (as many as you want to grill)
Maple syrup
Butter

Directions

Cut the stone fruits around the equator and twist to separate the halves. In peak season, you can boost the pit out with a flick of your thumb. Sometimes you have to excise the pit with the point of a sharp paring knife or other such tool.

Brush the cut sides with a little maple syrup.

Prepare the grate over a medium hot part of your grill by gently rubbing a cube of butter on the grates.

Grill the fruit cut-side down until you see grill marks, then rotate them a quarter turn until there are more cool grill marks. Serve however you would like. These are really good.