

# Beef Pops with Pineapple and Parsley Sauce

| Amount | Measure     | Ingredient - Preparation Method                              |
|--------|-------------|--|
|        |             | parsley sauce  |
| 3      | cups        | flat-leaf parsley  |
| 2      | cloves      | garlic - minced  |
| 2      | tablespoons | red wine vinegar   |
| 1      | teaspoon    | crushed chile flakes   |
| 1      | teaspoon    | sugar  |
| 1 1/2  | teaspoons   | kosher salt  |
| 1/2    | teaspoon    | freshly ground black pepper                                  |
| 1/2    | cup         | olive oil  |
|        |             | beef pops  |
| 1 1/2  | pounds      | beef fillet steak - 3/4" cubes                               |
| 2      | pounds      | pineapple - 3/4" cubes                                       |
| 20     |             | 8" wooden or bamboo skewers - soaked in water for 30 minutes |
|        |             | salt and pepper  |

In the bowl of a processor, blend together parsley, garlic, vinegar, chile flakes, sugar, 1.5 tspns salt, and 1/2 tspn pepper until smooth. With the machine running, gradually add the olive oil until incorporated. Place half the mixture in a medium bowl. Place remaining in a small serving bowl. Cover and refrigerate until ready to serve.

Place the beef in the medium bowl with the parsley sauce. Toss well until the beef is coated with the mixture. Cover and refrigerate for 3 hours.

Place a grill pan over med-high heat or preheat BBQ. Thread skewers starting with a piece of pineapple, a cube of beef, pineapple, then beef. Repeat. Grill skewers 2-3 minutes per side. Season with salt and pepper.

Serve with parsley sauce for dipping.

Yield: "20"