DIRECT · EASY

Grilled peaches with honey and vanilla ice cream on the kamado

Peach halves with golden grill marks, a thread of honey, thyme and a quenelle of vanilla ice cream. Eight minutes over direct heat and you have the kamado's summer dessert.



PREP	COOK	SERVINGS	TEMPERATURE
10 min	**8 min**	**4**	**210 °C**

Ingredients

- **4 ud** ripe but firm peaches (or nectarines), halved and pitted
- **1 cda** brown sugar (helps caramelise the cut face)
- **4 ramitas** fresh thyme sprigs
- **1 pizca** flaky sea salt, Maldon-style (to finish, balances the sweetness)
- **30 g** toasted flaked almonds (optional, for a Mediterranean crunch)
- **20 g** melted butter (or 1 tbsp mild oil) to brush the cut face
- **3 cda** orange-blossom or rosemary honey
- **1 ud** orange (zest; a splash of juice optional)
- **4 bolas** good vanilla ice cream (or whipped mascarpone / Greek yoghurt with honey)

Method

1 CHOOSE AND PREP THE FRUIT

Use peaches that are ripe but firm: they should give a little when pressed without being soft. Halve them along the natural seam, twist the two halves in opposite directions and lift out the stone. If it clings, ease it out with a spoon. Overripe fruit falls apart on the stone; an underripe one will not caramelise.

2 SET THE KAMADO FOR DIRECT HEAT AND PREHEAT THE STONE

Light the charcoal with no deflector, set up for direct heat, and stabilise the ceramic at 210°C. Sit the soapstone or cast-iron griddle on the grate and let it heat for 10 minutes along with the kamado. A smooth, properly hot surface is what stops the peach sticking and dripping juice onto the coals.

3 BRUSH AND SUGAR THE CUT FACE

Brush the cut face of each half with melted butter (or oil) and dust on a touch of brown sugar. The fat carries the heat in the first seconds and helps it mark; the sugar speeds up the surface caramelisation and gives that golden sheen. Hold off on the honey for now: at this temperature it would scorch and turn bitter.

4 MARK THE CUT FACE, 4-5 MINUTES

Lay the halves cut-side down on the stone at 210°C and leave them alone for 4-5 minutes. Patience is everything: move the fruit too early and you will tear off the caramelised flesh. They are ready when they lift on their own and show dark golden marks, not black ones.

5 FLIP TO THE SKIN SIDE, 2-3 MINUTES

Flip them with tongs and give them 2-3 minutes on the skin side so the flesh warms through without falling apart. In the last minute drop a sprig of thyme on the stone next to the fruit: it toasts and perfumes them. Pull them off when the flesh is tender but still holds its shape.

6 GLAZE WITH HONEY OFF THE HEAT

Move the peaches to a plate and drizzle the cut face with a thread of honey and a little orange zest. The fruit's residual heat melts the honey without scorching it. Glazing off the heat is what keeps the honey glossy and fragrant instead of bitter and burnt.

7 SERVE HOT WITH COLD ICE CREAM

Serve two halves per person on a pale ceramic plate, still hot. Shape a quenelle of vanilla ice cream with two spoons and set it alongside, not on top, so the hot-cold contrast lasts. Finish with fresh thyme, toasted flaked almonds and a pinch of flaky salt. Eat right away, before the ice cream gives up.

Editor's tips

- The ripeness of the fruit is everything. An overripe peach turns to jam the moment it touches the stone; an underripe one has no sugar to caramelise and stays sharp and tough. Look for fruit that gives slightly under your thumb but still holds its shape when you halve it. If all you have are slightly green peaches, give them a day in a paper bag with a banana.
- Never put honey on the fruit inside the kamado. Honey starts to burn at around 150°C, and at 210°C it turns bitter in seconds, on top of dripping onto the coals and smoking the dessert badly. Brush on butter and sugar to mark the fruit, and save the honey to glaze off the heat, with the residual warmth. That is the difference between a glossy dessert and one with a burnt aftertaste.
- If you have neither a stone nor a griddle, you can grill straight on a clean, hot grate brushed with oil, but accept that you will lose some flesh when flipping and that the honey and juice will fall onto the coals. A halfway trick: a double sheet of foil over the grate, though you will not get lines as clean as with soapstone.

Gear for this recipe

Kamado Joe Classic II 18"

The 18" Classic II has room to spare for grilling the peach halves over direct heat.

mikamado.es/en/kamados/kamado-joe-classic-ii

TODOBRASA Premium Marabú Charcoal 10 kg

Charcoal that gives lively embers to caramelise in 8 minutes.

mikamado.es/en/accesorios/todobrasa-marabu-premium-10kg

Kamado Joe SoapStone griddle

mikamado.es/en/accesorios/kamado-joe-soapstone

Weber Precision Tongs 46 cm (6760)

Turn the peach halves without breaking the flesh.

mikamado.es/en/accesorios/weber-pinza-precision-46

Weber Silicone Barbecue Basting Brush 40 cm

mikamado.es/en/accesorios/weber-brocha-silicona-40

Full recipe at: mikamado.es/en/recetas/melocoton-a-la-parrilla-miel-helado-kamado

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