

# RECIPE for health

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## Featured Food: GRAPEFRUIT



By Peggy Crum, RD, Health4U Nutritionist

Just when we northerners need fresh fruit and a dose of sunshine the most, great mounds of grapefruit appear in the grocery stores. Coming to market from Florida, Texas, Arizona and California, grapefruit is always in season somewhere in the U.S. These growing regions overlap seasons from February through June making grapefruit especially plentiful during the winter and spring months.

The freshest, juiciest grapefruit have smooth skins and are heavy for size. They will keep for a week on the countertop but maintain their quality for several weeks when kept in the refrigerator.

Grapefruit trivia:

- Originated in the Caribbean, a natural cross between a sweet orange and a pummelo.
- Whether the pulp is white or red, the flavor does not vary all that much.
- Several fruits are hybrids of grapefruit: Minneola tangelo, Ugli fruit, and Oroblanco, to name a few.
- Grapefruit tend to grow in clusters—like grapes—on trees. This may explain their name!

Grapefruit are renowned for their sweet-tart taste that includes a moderate amount of bitterness. Although the bitter taste lessens as the fruit ripens, it remains prominent in the rind and pith (white part of the peel). Follow these steps to peel away the bitterness:

1. Hold the grapefruit steady on a cutting board and slice off both ends of the fruit.
2. Set the fruit on one of its now-flat ends. Use a downward cut following the curve of the fruit to shave away the peel going just deep enough to reveal the flesh.
3. Go back over the fruit and remove any remaining bits of pith.
4. Working over a bowl, hold the fruit like a ball in your hand. Carefully cut toward the center of the fruit along each side of the membrane that divides the flesh into segments. Allow the loosened segments to fall into the bowl.
5. Give the remains a good squeeze to extract the rest of the juice.
6. Sweeten to your delight.

## Grapefruit Brûlée

Recipe developed by Corporate Chef Kurt Kwiatkowski and featured in Residential Dining Services.

4 Servings

- 2 pink grapefruit
- 4 Tablespoons sugar in the raw (may substitute 2 Tablespoons brown sugar mixed with 2 Tablespoons white sugar)
- ¼ teaspoon sea salt (may substitute ¼ teaspoon Kosher salt; regular table salt is not recommended for this recipe)

Cut grapefruit in half. Use a grapefruit knife or paring knife to cut around each segment leaving loosened fruit in place.

Sprinkle 1 Tablespoon of sugar on the top surface of each grapefruit half.

Caramelize sugar using a kitchen torch. If you don't have a kitchen torch, place grapefruit under preheated broiler for approximately 2 minutes—watch carefully so as not to burn the sugar.

**Caramelize:** To cook sugar until it browns, enhancing the flavor and appearance of food.

Sprinkle a pinch of coarse salt on each grapefruit half and serve immediately.

\*This is a classic brunch item that also can be served as a dessert.

Grapefruit Brûlée will be served for lunch at Brody Square, The Gallery at Snyder-Phillips, and Riverwalk Market on February 22. Visit [www.eatatstate.com](http://www.eatatstate.com) for dining hall hours and menus.

Also on February 22: [Recipe for Health Cooking Series](#) meets in the Brody Square Demonstration Kitchen. For details, please visit our [website](#) - or reserve your spot in the audience at 353-2596 or [health4u@msu.edu](mailto:health4u@msu.edu).

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