

GRAPEFRUIT BRÛLÉE

A little heat caramelizes the sugar--grapefruit's never been so good!

by Corporate Chef Kurt Kwiatkowski

Featured Food: grapefruit

Yield: serves 4

Ingredients

2 pink grapefruit

¼ t. sea salt (may substitute ¼ teaspoon Kosher salt)

4 T. sugar in the raw (may substitute brown or white sugar)

Preparation

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.

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