



Menu du Jour

04 Mar 06

Broiled Grapefruit
(Serves two)

Broiled Grapefruit

Broiled grapefruit makes a great dessert or breakfast item. The sugar topping balances the sourness of the grapefruit.

1 grapefruit
2 teaspoons granulated sugar
2 teaspoons dark brown sugar
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

Cut grapefruit in half around its equator (for a fancier presentation, use a zigzag cut). Using a grapefruit knife, loosen the segments in each half by carefully cutting between the fruit and the peel and then cutting along either side of each segment. Cover with food film and refrigerate until very chilled.

Place grapefruit sections, cut side up, on a broiler pan or cast iron skillet (if necessary shave a small portion of the peel to have the grapefruit sit evenly). In a small mixing bowl, combine the sugar and spices. Sprinkle onto each grapefruit half.

Preheat broiler and broil grapefruit about 4 inches from the heat for 3 to 4 minutes or until sugar is bubbly and grapefruit edges are lightly browned.

Cooking & Presentation



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