

Brûléed Grapefruit

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 1 pint fresh blueberries
- 3 tablespoons granulated sugar
- 2 tablespoons Chambord or blackberry liqueur
- 2 teaspoons vanilla extract
- 10 fresh mint leaves, cut into chiffonade (thin strips)
- 3 medium to large ruby-red grapefruits
- ½ cup turbinado (raw) sugar
- mint sprigs for garnish

Method

1. Halve grapefruits.
2. Stir gently to combine blackberries, sugar, and liqueur in a bowl. Let sit until berries soften, 15 minutes. Taste; add sugar if needed. Add the vanilla extract and mint chiffonade. Refrigerate.
3. Adjust oven rack so grapefruit will be a few inches from the heat source. Preheat broiler.
4. Using a paring knife, cut around fruit, separating the "meat" from the pith. Cut along both sides of each dividing membrane so sections can be removed easily with a spoon. Line a baking sheet with aluminum foil and place grapefruit halves cut side up. Place a thin sliver of butter in the center of each half and then sprinkle with sugar (about 1 tsp per half). A bit of nutmeg and/or cinnamon is a nice addition.
5. Broil until the sugar caramelizes and turns golden brown, 2 to 5 minutes. (Watch carefully so it doesn't burn.) Remove from oven and let sit a few minutes before serving. Serve topped with some of the blackberries. Drizzle blackberry juices over top. Garnish with mint.



Servings/Yield

6 servings

Categories

Fresh Starts

NUTRITION FACTS	
Servings:	6
Amount Per Serving	
Calories:	141
Total Fat:	0.12g
Cholesterol:	--
Sodium:	1mg
Total Carbs:	32.93g
Dietary Fiber:	1.19g
Sugars:	30.55g
Protein:	0.37g