

Grapefruit Segments with Apricot Sauce

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Preparing the grapefruit

Using a vegetable peeler, remove 2 strips of the zest from the grapefruit. Using a sharp knife, cut the zest into a thin julienne.

Using a sharp knife and a sawing action, remove the peel and all the pith from the grapefruit. Position the grapefruit over a bowl to catch the segments and juice. Cut along the membrane to the center of the grapefruit on each side of one segment. Let it fall into the bowl below. To cut the remaining segments, cut along the side of the next segment, then twist the knife to cut along the other side of the segment and release it into the bowl below.

Step 1: Preparing the grapefruit

- 1 grapefruit

Step 2: Heating the jam and finishing the dish

- 3 tablespoons apricot jam
- Sprig of mint or basil, for garnish

Heat the apricot jam in a microwave just until warm. Spoon enough of the jam into the center of a serving plate and then spread to thinly cover the base of the serving plate. Arrange the segments in a spiral with the julienned zest sprinkled around the edge. Add a sprig of mint or basil to the center for garnish.

Step 3: Serving

Serve immediately