

Brûléed Grapefruit

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 1 cup Brown Sugar
- 1 Tablespoons Cinnamon
- 3 medium to large ruby-red grapefruits
- 1 Blackberry for garnish

Method

1. Stir gently to combine brown sugar and cinnamon in a small bowl.
2. Adjust oven rack so grapefruit will be a few inches from the heat source. Preheat broiler.
3. Halve grapefruits. 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. Sprinkle with brown sugar mixture(about 1 Tbs per half).
4. 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 a blackberry.



Servings/Yield

6 servings

Categories

Fresh Starts

NUTRITION FACTS

Servings: 6

Amount Per Serving

Calories: 177

Total Fat: 0.07g

Cholesterol: --

Sodium: 10mg

Total Carbs: 45.64g

Dietary Fiber: 1.96g

Sugars: 35.60g

Protein: 0.73g