

Minted Grapefruit

Serves 2 per grapefruit

- 1 pink grapefruit per person
- 1 T. sugar per grapefruit
- 2 sprigs fresh mint per grapefruit
- About 1/4 c. Chardonnay per grapefruit

Carefully remove the peel, membranes, and seeds from the fruit. Leaving the pith and memo branes imparts a bitter flavor, so take the time for this tedious prep work. You can speed it up by using a knife for crisp presentation of the fruit. Place the sections in a non-reactive bowl, sprinkling with the sugar and 1 sprig of mint per grapefruit. Pour Chardonnay onto the top of the fruit. Cover and refrigerate overnight. To serve, remove the marinated mint from the fruit; arrange sections in individual serving bowls, and garnish with a sprig of mint. French vanilla ice cream is a nice accompaniment.