SUNKIST
Fresh Grapefruit
RECIPES
SUNKIST GRAPEFRUIT IN THE MENU

Sunkist grapefruit, grown only in California and Arizona, is rightly popular with those who plan menus to include fresh fruit for health every day. It deserves this popularity because of its true fresh fruit flavor, year 'round availability, and uniformly high quality, guaranteed by the name “Sunkist,” stamped on skin or wrapper. It fits into the menu, moreover in many novel and healthful ways—the breakfast glass of fresh juice, luncheon and dinner appetizers, salads and desserts. Sunkist grapefruit is practically seedless.

TO SEGMENT SUNKIST GRAPEFRUIT

Sunkist grapefruit has a firm, juice-retaining meat, practically free from seeds and easy to prepare in the fresh segments, which give distinctive flavor to dishes, made with it.

Segments: With a sharp knife, peel down to juicy meat, removing all outer skin and membrane. Cut on either side of each dividing membrane and remove meat, segment by segment as shown.

Pieces: When segments are too large for recipe use, cut them in pieces.

Note: Save any escaping juice and use for salad dressings and marinades.

SUNKIST GRAPEFRUIT HALF SHELL

Quickest and simplest of first course appetizers, is a halved Sunkist grapefruit. One operation with the knife cuts fruit in halves, ready to serve. Segments lift out easily with a spoon. If desired, loosen with a sharp knife or scissors. A maraschino or mint cherry or a mint sprig attractively garnishes center. Sweeten with sugar, honey or maple syrup. With smaller sized fruit, it is smart to serve two halves for one portion (see illustration on back cover).
The Sunkist testing and experimental kitchen is located in the Sunkist Building, Los Angeles. As can be seen from the illustration, it is complete and compact in design and equipment.

The primary function of Sunkist food service is the origination and testing of orange, lemon and grapefruit recipes for practical, every day use in the home. The recipes for fresh grapefruit that appear in this book, many of them new, have been tested or developed here.

The Sunkist kitchen is your assurance that recipes released by the growers of this internationally known brand of fresh citrus fruits will give pleasure and satisfaction.

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CALIFORNIA FRUIT GROWERS EXCHANGE
Sunkist Building, Los Angeles, California
For variety, substitute the fresh juice of Sunkist grapefruit for other fruit juices in your group of favorite beverages. A glass, “straight,” for breakfast is an appetizing change also.

**SUNKIST GRAPEFRUIT JUICE**

Grapefruit juice should always be served fresh since flavor and health value is lost when juice stands. A mechanical or electrical extractor, or a good hand reamer makes it easy to extract the juice fresh for each service.

Strain or not as preferred. Chill if desired. An excellent way to do this is first to chill fruit in ice-box. Chilling fruit first prevents loss of flavor from ice dilution of juice, as well as from its standing.

Serve juice in an 8-ounce glass (a good-sized glass holding a measuring cupful of juice).

**HOT GRAPEFRUIT JUICE**

Heat Sunkist grapefruit juice just to boiling point. Serve at once. This is a delicious hot beverage for breakfast or other meals, excellent in cold weather and beneficial when suffering with a cold.

**GRAPEFRUIT BANANA SMASH**

Mash and beat a banana into a glass of Sunkist grapefruit juice. Sweeten and chill to taste.

**GRAPEFRUIT EGG-NOG**

1 egg
2 tablespoons sugar
1 Sunkist grapefruit, juice
Milk (fresh or evaporated)

Beat egg yolk with grapefruit juice and 1 tablespoon sugar. Pour into a tall glass. Beat egg white very stiff with 1 tablespoon sugar. Fold ¾ of egg white into egg yolk mixture. Add milk to almost fill glass. Stir well. Top with remainder of beaten egg white. Grate a bit of grapefruit rind onto this. Serve at once.

This is a very delicious and excellent mid-meal drink for children, convalescents or those who wish to increase weight.

**GRAPEFRUIT JULEP**

(Serves 1)

Combine ½ cup Sunkist grapefruit juice with ½ cup grape juice. Chill. Pour into a chilled glass, the bottom of which is filled with mint. Float a mint sprig on top.

**HALF AND HALF**

(Serves 1)

Combine ½ cup Sunkist grapefruit juice with ½ cup Sunkist orange juice. Chill if desired. Serve at once. An excellent beverage to accompany meals.

**GRAPEFRUIT FRAPPE**

Stir 1 scoop Grapefruit Sherbet (page 15) into 1 cup Sunkist grapefruit juice.
GRAPEFRUIT GINGER ALE  
(Serves 1)
Fill glass ¾ full with chilled Sunkist grapefruit juice. Finish filling with chilled ginger ale. Serve at once while effervescing. If desired, a little crushed ice may be placed in glasses. This beverage may be served as a first course cocktail and is very refreshing.

GRAPEFRUIT FLOAT  
(Serves 1)
On a glass of chilled ginger ale, float a dip of Grapefruit Sherbet (see recipe, page 15). This is another delicious cocktail.

DINNER PUNCH  
(Serves 4-6)
2 cups Sunkist grapefruit juice  
½ cup Sunkist orange juice  
1 cup water  
Sugar or honey to taste
Combine and serve at once.
Variations: Add 1 cup of the juice of another fruit such as grape juice, raspberry juice, loganberry juice, cider or the juice from any cooked fruit. 
Or, add 1 cup of a puree made by forcing peaches, pears, apricots, bananas or berries through a potato ricer or coarse sieve.
Hot Punch: This punch is excellent served hot. Bring just to boiling point. Serve at once.

Dinner Punch

The flavor and fresh tang of Sunkist grapefruit stimulate appetite and make this fruit especially acceptable in a wide range of popular appetizers and first course dishes, for any meal, breakfast, luncheon, dinner or for the popular buffet.

Appendizers

GRAPEFRUIT HORS D'OEUVRES
In center of tray or large plate, place a Sunkist grapefruit, stuck with toothpicks or gaily colored cocktail picks. Around this arrange the following appetizers made by combining Sunkist grapefruit segments with:
Coconut, Nuts, Grated Cheese, or Mint: Roll segments in toasted coconut, chopped nuts, grated cheese or chopped mint.
Anchovies: Top segments with rolled anchovies.
Prunes: Stuff cooked and pitted prunes with segments. Skewer together with picks.
Celery: Stuff finger lengths of celery with cream cheese, moistened with grapefruit juice. Top with half-segments of grapefruit.
Shrimps: Curl shrimps over segments.
Olives, Cherries or Cheese Balls: With a pick, skewer segments around whole stuffed olives, maraschino or mint cherries, or balls of cream cheese.
BREAKFAST APPETIZER

Arrange Sunkist grapefruit segments (see directions, page 2) in flower-petal pattern. Alternate segments with canned figs. Chill, if desired.

GRAPEFRUIT OYSTER COCKTAIL  
(Serves 1)

Combine 8 Sunkist grapefruit segments with 4 fresh oysters. Serve very cold in grapefruit half shell with Hollywood Cocktail Sauce. Garnish with paprika and a stuffed olive.

CALIFORNIA COCKTAIL SUPREME  
(Serves 1)

4 Sunkist grapefruit 
1 cup avocado balls or cubes

Segment grapefruit and combine ingredients. Serve very cold with Hollywood Cocktail Sauce. Chilling is done best by serving in double cocktail or supreme glasses, holding crushed ice in outer glass.

Variation: Substitute diced artichoke hearts for avocado.

HOLLYWOOD COCKTAIL SAUCE  
(Serves 6)

2 tablespoons Sunkist grapefruit juice
\( \frac{1}{2} \) cup catsup
\( \frac{1}{2} \) cup chili sauce
1 teaspoon Worcestershire sauce
Horseradish to taste
\( \frac{1}{4} \) teaspoon Angostura bitters, if desired

Combine ingredients, mixing well. Chill.

WINTER FRESH FRUIT CUP  
(Serves 6-8)

4 Sunkist grapefruit 
3/4 cup sliced bananas 
3/4 cup diced apple 
1/2 cup shredded dates 
3/4 cup Sunkist grapefruit juice
Powdered sugar or honey

Segment grapefruit. Mix with other fruits and grapefruit juice. Sweeten to taste with sugar or honey. Serve cold.

SUNKIST FRUIT COCKTAIL  
(Serves 6-8)

3 Sunkist grapefruit 
3 Sunkist oranges

Peel and segment fruit. Combine with:
1 cup strawberry slices
2 tablespoons Sunkist lemon juice
6 tablespoons powdered sugar

Serve very cold in cocktail glasses, or Sunkist grapefruit half shells.

Variations: In place of strawberry slices use cherries, seeded grapes, diced pear, sliced banana, diced pineapple, cantaloupe or watermelon balls.

FRUIT COCKTAIL WITH SHERBET

Top each serving of California Fruit Cocktail with 2 or 3 spoonfuls of Grapefruit Sherbet (recipe, page 15). Garnish with strawberry or cherry.

GRAPEFRUIT CUPS  
(Serves 4)

Cut 2 Sunkist grapefruit in halves, remove meat from shells and flute edges. Replace grapefruit meat in shells. Peel and segment 2 more grapefruit. Top each shell with 5 or 6 whole segments. Pour over juice saved in cutting segments. Sweeten to taste with sugar or honey. Garnish with maraschino cherry.

Variations: Cover segments with grape
Only with fresh grapefruit can menus have the smart and decorative services for every meal and every course, provided by Sunkist Grapefruit Half Shells. Sunkist fruit, Western grown, has the clean, waxy—textured skins especially needed for these shells, as described here and elsewhere in book.

GRAPEFRUIT HALF SHELL SPECIALS

As flavor variations for Sunkist Grapefruit Half Shells (page 2), sprinkle or pour over fruit one of following:

- \(\frac{1}{4}\) teaspoon Angostura bitters
- 2 tablespoons French dressing
- 3 or 4 crushed wafer mints

SHRIMP IN GRAPEFRUIT HALF SHELL

Remove 5 segments from Sunkist grapefruit half shell. Fill cavities with cooked shrimps. Center with stuffed olive. Serve with cocktail sauce.

Fruit in Grapefruit Half Shell: Fill cavities and center with any one of following fruits: Sunkist orange segments, fresh strawberries or other berries, fresh stoned red cherries. Sweeten, if desired.

GRAPEFRUIT MERINGUE HALF SHELLS

(Serves 4)

Cut 2 medium size Sunkist grapefruit in halves. Scoop out meat. Make a meringue of 2 egg whites, beaten stiff with 4 tablespoons sugar. Fold grapefruit pieces into meringue. Pile into grapefruit shells. Sprinkle with \(\frac{1}{4}\) cup coconut and decorate with 3 or 4 whole segments on top of each half shell. Brown in slow oven (300° F.) about 20 minutes. Serve hot or cold—a delicious dessert.

BROILED GRAPEFRUIT HALF SHELL

Loosen segments in Sunkist grapefruit half shell. Sprinkle with 1 tablespoon sugar (white or brown). Heat in a moderately hot oven or under broiler for about 15 minutes. Serve hot. If desired, dot with butter before broiling. This is a pleasing cold weather appetizer; also an excellent meat accompaniment (see Grapefruit Sausage Breakfast Grill, page 13).
The tang and flavor of Sun-kist grapefruit, Western grown, make this fresh fruit an important salad addition, while the delicate and appetizing flavor of its juice ranks it as a delightful salad dressing ingredient.

PREPARATION OF SUNKIST GRAPEFRUIT FOR SALADS
See directions for preparing Sun-kist grapefruit segments, page 2.

GRAPEFRUIT FRENCH DRESSING
(Serves 4-5)
4 tablespoons Sunkist grapefruit juice  
6 tablespoons salad oil  
⅛ teaspoon salt  
¼ teaspoon paprika  
Stir or shake well before serving.
Sweet Dressing: Add ¼ cup red jelly.

GRAPEFRUIT HORSE RadISH DRESSING
(Serves 4-5)
Combine ½ cup Grapefruit Marmalade (see recipe, page 18) with 2 tablespoons horseradish. Serve where a spicy dressing is desired. More horseradish may be used for a spicier dressing.

FRUIT MAYONNAISE
(Serves 8)
⅜ cup Sunkist grapefruit juice  
⅔ cup mayonnaise  
⅛ teaspoon sugar  
Blend thoroughly.

GRAPEFRUIT JUICE DRESSING
Sunkist grapefruit juice alone or with a sprinkling of salt and paprika makes an excellent dressing for a sliced tomato or lettuce salad, in a reducing menu.
Grapefruit juice may also be used to bring out flavor and to keep certain other fruits, such as avocados, bananas, apples, pears, peaches, light in color. Dip or sprinkle fruit with juice.

ALL YEAR GRAPEFRUIT SALAD
(See Illustration on front cover)
(Peel and segment a large Sunkist grapefruit. Place a crisp, well-shaped

lettuce

cup at back of salad plate. In this cup arrange a semi-circle of 5 or 6 of the segments, topped with a walnut half. At front of plate arrange another semi-circle, using 6 or 7 segments. Serve with Grapefruit French Dressing or Fruit Mayonnaise, as preferred.

Variation: Substitute Sunkist orange segments for alternate segments.

GRAPEFRUIT AND MIXED GREENS SALAD
(Serves 6)
Combine:
1 cup Sunkist grapefruit segments  
1 cup chicory  
1 cup romaine (or watercress)  
1 cup lettuce  
½ cup diced celery  
1 dozen unpeeled radishes, sliced  
Cut salad greens in pieces. Combine ingredients. Marinate with mixture of:
¼ cup Grapefruit French Dressing  
2 tablespoons catsup  
If desired, add:
1 teaspoon celery seed  
Variation: If liked, add 1 tablespoon finely cut chives or green onion.

GRAPEFRUIT SEA FOOD SALAD
(Serves 6-8)
2 cups Sunkist grapefruit pieces  
2 cups flaked, cooked fish (lobster, crab, salmon or tuna)  
1 cup diced celery  
½ cup Grapefruit French Dressing  
Combine and serve on lettuce with additional dressing of mayonnaise.
CALIFORNIA SALAD PLATE  
(Serves 1)

Peel and open a small Sunkist tangerine, so that segments form a cup. Center this cup on salad plate and fill with 3 or 4 avocado balls.

Around tangerine place 3 groups of Sunkist grapefruit segments, 5 segments to a group. In spaces between grapefruit, arrange: (first space) 3 walnut bon-bons, made by pressing 2 walnut halves on sides of a ball of cream cheese; (second space) 3 dates, stuffed with almonds, 3 almonds to a date; (third space) 3 prunes, stuffed with peanut butter. Garnish fruits with endive or crisp lettuce hearts. Serve with French dressing.

SUNKIST GRAPEFRUIT SALAD BOWL  
(Serves 8-10)

Combine and arrange in salad bowl, which has been lined with crisp salad greens (endive or chicory, lettuce, romaine):

- 2 cups Sunkist grapefruit segments
- 1 cup Sunkist orange segments
- 1 cup unpeeled red apple slices
- 1 cup fresh strawberry slices
- 1 cup seedless grapes

Serve with Fruit Mayonnaise.

Variations: For strawberries, grapes or apple, substitute in season: apricot, pear, peach, avocado or banana slices; cherries or melon balls. The fresh grapefruit segments, however, should always be included as the base of the salad.

GRAPEFRUIT GELATINE SALADS  
(Serves 6-8)

Gelatine Base:

- 1 tablespoon granulated gelatine
- 1/2 cup cold water

Soak 5 minutes. Add:

- 1/2 cup Sunkist grapefruit juice, heated but not boiled
- 3/4 cup sugar
- Sprinkling salt

Stir to dissolve gelatine. Add:

- 3/4 cup Sunkist grapefruit juice, not heated
- 1 tablespoon Sunkist lemon juice

Chill in mold, as pictured. In serving, decorate with Sunkist grapefruit segments. Accompany with mayonnaise.

Grapefruit Salmon Mold: Make gelatine base. When beginning to stiffen, add:

- 7/8 cup Sunkist grapefruit segments, drained
- 7/8 cup flaked, canned salmon
- 7/8 cup chopped cucumber (or celery)

Chill in mold, as pictured. In serving, decorate with Sunkist grapefruit segments. Accompany with mayonnaise.

Grapefruit Cheese Ring: Make gelatine base. When beginning to stiffen, add:

- 1/4 pound cream cheese, made into balls

Harden in a pointed ring mold, or in individual molds to be arranged in a ring. Put a cheese ball in each point of ring mold (or in each individual mold). Serve on a large plate. Garnish with lettuce, Sunkist grapefruit segments, cheese-stuffed prunes and mayonnaise.
GRAPEFRUIT ASPARAGUS SALAD
(Serves 1)

On bed of endive, chicory or lettuce, center 5 asparagus stalks. Arrange 5 Sunkist grapefruit segments on each side of asparagus and garnish with strips of pimiento. Serve with mayonnaise made with Sunkist lemon juice.

GRAPEFRUIT ON AVOCADO
(Serves 1)

Cut a ripe avocado lengthwise. Separate halves and remove seed. Fill avocado half with 6 or 7 Sunkist grapefruit segments and garnish with sprigs of mint. Serve with Grapefruit French Dressing.

Sunkist grapefruit combines deliciously with other popular salad ingredients (cheese, fish, vegetables and other fruits), and is available in fresh form the year around. These facts make this fruit an ideal base for a wide variety of all year salads.

Starred here are five every day grapefruit salads, easy to make, smart to serve, furnishing the true freshfruit tang of zestful Sunkist grapefruit segments.

GRAPEFRUIT CHRYSANTHEMUM SALAD
(Serves 4)

Make chrysanthemum cups from 4 Sunkist grapefruit as described on page 19, using 1 fruit for each cup. Fill cups with California Waldorf Salad mixture, made with grapefruit meat from shells.

For a decorative buffet service, place the chrysanthemum cups on a large plate around a head of lettuce, the inside of which has been cut out and filled with mayonnaise. Garnish with endive.

Other of the grapefruit salad mixtures given in this book may be substituted for the California Waldorf Salad.

CALIFORNIA WALDORF SALAD
(Serves 4-6)

4 Sunkist grapefruit
\(\frac{3}{4}\) cup diced apple
4 teaspoons sugar
\(\frac{1}{3}\) cup diced celery
\(\frac{1}{3}\) cup broken walnut meats
\(\frac{1}{4}\) cup shredded dates (or raisins)

Segment grapefruit and cut in pieces. Save juice and marinate apples. Sprinkle apples with sugar. Combine ingredients. Serve on lettuce with mayonnaise.

GRAPEFRUIT BANANA SALAD
(Serves 1)

On a banana cut lengthwise, arrange 4 or 5 Sunkist grapefruit segments, alternating these with wedges cut from firm but ripe persimmon. Garnish with romaine. Serve with Fruit Mayonnaise or Grapefruit French Dressing.

Variations: For persimmon, substitute Sunkist orange segments, banana fingers, slices of peach, pear or avocado.

GRAPEFRUIT COTTAGE CHEESE SALAD
(Serves 1)

In a crisp lettuce cup placed at back of salad plate, pile \(\frac{1}{4}\) cup cottage cheese. Garnish with sprinkling of paprika and stuffed olive slices.

At front of plate arrange a semi-circle of 8 Sunkist grapefruit segments, alternated with slices of avocado. Serve with any desired dressing.
FRESH GRAPEFRUIT SUMMER SALADS  
(Serve 1)
Arrange on lettuce-covered salad plate.
Sunkist Luncheon Plate: Fill a peach (or pear) half with cream or cottage cheese, moistened with Fruit Mayonnaise. Circle with 5 or 6 Sunkist grapefruit segments. Garnish with cube of red jelly. Pass Fruit Mayonnaise.
Grapefruit Pear and Grape: Combine 1/4 cup each of Sunkist grapefruit pieces, diced pear and seeded grapes. Serve with Fruit Mayonnaise.
Grapefruit Egg: Cut a deviled egg in 6 lengthwise slices. Alternate these with Sunkist grapefruit segments. Garnish with sliced stuffed olives. Serve with mayonnaise.

FRESH GRAPEFRUIT WINTER SALADS  
(Serve 1)
Arrange on lettuce-covered salad plate.
Poinsettia: On 5 or 6 Sunkist grapefruit segments arranged flower-petal fashion, place thin strips of pimiento. Center with 4 or 5 small pimiento cheese balls, sprinkled with paprika. Pass mayonnaise.
Grapefruit Banana: Alternate 6 Sunkist grapefruit segments with 6 banana fingers, rolled in chopped nuts, coconut or vanilla wafer crumbs. Serve with any desired dressing.
Holiday: Fill center of an individual ring mold of cranberry jelly with 4 or 5 avocado or banana balls. Around base arrange 6 or 7 Sunkist grapefruit segments. Garnish with chicory. Pass Grapefruit French Dressing. If canned cranberry jelly is used, cut in inch-thick slices and cut out centers with cookie cutter to simulate ring molds.

SPECIAL RECIPES FOR Fresh Grapefruit
Sunkist grapefruit adds flavor and interest to many meat and vegetable dishes. The appetizing surprise combinations that follow will suggest others equally unique.

GRAPEFRUIT FRITTERS  
(For 2-2 1/2 dozen segments)
For the fritter batter, combine:
3/4 cup milk
1 egg yolk, well-beaten
Sift and add:
1 cup sifted flour
1 tablespoon sugar
2 teaspoons baking powder
1/4 teaspoon salt
Stir vigorously. Fold in:
1 egg white, stiffly beaten
Peel and cut segments from:
2 to 3 Sunkist grapefruit
Drain segments well. Dip in dry flour, then in batter. Fry in deep fat at 365° F. until a golden brown. (If thermometer is not available, heat fat until it browns a
bread cube in
60 seconds.) Drain on
absorbent paper.

Arrange 6 or 7 segments on
individual plates around a mound of
powdered sugar and serve hot as a des-
sert. These grapefruit fritters are also
delicious served hot as a meat garnish
or meat accompaniment.

SUNKIST GRAPEFRUIT GARNISHES

The appetite-stimulating qualities of
segments from fresh Sunkist grapefruit,
make them flavorful and zestful gar-
nishes for certain meats, such as broiled
or baked ham, roast fowl and roast pork.
These segments are also decorative ac-
companiments for spinach.

GRAPEFRUIT WITH FISH

Center on serving plate the contents of
a can of salmon or tuna. Circle with seg-
ments of Sunkist grapefruit. Garnish
with parsley. Over fish pour a dressing,
made by blending together well:

\[
\begin{align*}
\frac{1}{4} \text{ cup Sunkist grapefruit juice} \\
\frac{1}{4} \text{ cup salad oil} \\
\text{Salt and pepper to taste} \\
1 \text{ tablespoon chopped chives (or green onion)}
\end{align*}
\]

BAKED SWEET POTATO WITH
GRAPEFRUIT

(Serves 4-6)

Combine:
3 cups mashed cooked sweet potatoes
2 tablespoons white sugar
\(\frac{1}{2}\) cup hot milk
1 egg, well beaten
1 teaspoon salt
3 tablespoons melted butter

Place in greased baking dish. Top with:
Segments from 1 large
Sunkist grapefruit

Sprinkle with:
\(\frac{1}{4}\) cup brown sugar

Bake in moderate oven (350° F.) about
30 minutes or until browned. May be
baked in
Sunkist grape-
fruit half shells and
served around baked ham or
roast meat on platter or chop plate.

GRAPEFRUIT SAUSAGE
BREAKFAST GRILL

(Serves 6)

3 Sunkist grapefruit

Cut in halves. With a sharp knife or
scissors loosen segments. Sprinkle each
half with:

1 tablespoon sugar (white or brown)

Center each with one cooked prune.
Arrange on a broiler rack with:

1½ pounds sausages

Broil in hot oven until edges of grape-
fruit are a delicate brown and sausages
are a golden brown (about 20 minutes).
Turn once. Serve on a hot chop plate.

Note: These broiled grapefruit halves
are also an excellent accompaniment for
broiled chops, broiled ham or broiled
meat balls.

GRAPEFRUIT HONEY JELLY

(Makes about 5 jelly glasses)

Blend in a saucepan, then bring to a
full, rolling boil:

\[
\begin{align*}
2\frac{1}{2} \text{ cups full-flavored, strained honey} \\
\frac{3}{4} \text{ cup strained Sunkist} \\
\text{grapefruit juice}
\end{align*}
\]

Add, stirring constantly:

\(\frac{1}{2}\) cup liquid fruit pectin

Heat to a full boil again and remove
from the heat. Skim and pour into clean,
hot glasses. Cover with melted paraffin.
Taste and health both approve the fruit dessert. Novel and pleasing are desserts made with flavorful fresh Sunkist grapefruit. These range from simple combinations of the fresh segments with other fresh fruits to more elaborate desserts (cakes, pie, puddings and ices).

**GRAPEFRUIT DESSERT HALF SHELLS**

For other fresh grapefruit dessert suggestions, see page 7.

**GRAPEFRUIT COMPOTE**  
*(Serves 6)*  
3 Sunkist grapefruit  
3 Sunkist oranges  
Segment grapefruit and oranges. Put in serving dishes. Add:  
- 1 cup white cherries, stoned  
- 1/2 cup shredded Brazil nuts  
- 1/2 cup Sunkist grapefruit juice  
Sweeten to taste. Chill. Serve, if desired, in grapefruit half shells.

**GRAPEFRUIT CAKE**  
Bake your favorite sponge or butter cake in 2 layers. Put layers together and frost top with Grapefruit Butter Icing. If desired, decorate with Sunkist grapefruit segments.

**GRAPEFRUIT BUTTER ICING**  
*(Sufficient for 1 two-layer cake)*  
3 tablespoons melted butter  
2 cups powdered sugar  
Cream together. Add, beating well:  
- 1/4 cup Sunkist grapefruit juice  
- 1 teaspoon grated Sunkist grapefruit rind  
Spread on cake. This icing is especially good on sponge cake.

*Variation:* A decorative variation is to add 2 tablespoons chopped, drained maraschino cherries to icing, or dot icing when spread on cake with bits of the cherry.

*Hard Sauce:* This is an excellent hard sauce for hot puddings.

**GRAPEFRUIT SHORTCAKE**  
*(Serves 6-8)*  
For the filling, use:  
- 4 Sunkist grapefruit, segmented  
- 1/4 to 1/2 cup sugar  
For the shortcake, sift together:  
- 1 1/2 cups general purpose flour  
- 1/2 teaspoon salt  
- 3 teaspoons baking powder  
Work into the dry ingredients:  
- 5 tablespoons shortening  
Add: 1/2 cup milk  
Stir to a soft dough. Divide into two portions. Pat into two ungreased baking pans. Bake in a hot oven (425° F.) for 12 minutes. Remove to serving dish. Cover bottom layer with grapefruit segments. Top with second shortcake layer. Cover with the remaining segments. Serve with Grapefruit Sauce prepared while shortcake is baking.

**GRAPEFRUIT SAUCE**  
*(Serves 6-8)*  
1 tablespoon cornstarch  
3/4 cup sugar  
1 cup Sunkist grapefruit juice  
Mix. Bring to a boil. Boil until clear (3 to 5 minutes). Remove from fire. Add: 2 tablespoons butter  
Serve hot—a good sauce for puddings.
GRAPEFRUIT SHERBET
(Serves 8-10)

2 cups sugar
1 cup water

Boil for 5 minutes. Fold syrup into:
2 egg whites, beaten stiff with
2 tablespoons sugar

Add, beating in well:
2 cups Sunkist grapefruit juice
1/4 cup Sunkist lemon juice

Pour into freezing tray of mechanical refrigerator and set cold control at fast freezing. Freeze stiff and beat or stir thoroughly. Return to freezing compartment and finish freezing without further stirring. May also be made in crank-type freezer.

GRAPEFRUIT TAPIOCA
(Serves 8-10)

1 1/2 cups boiling water
1/2 cup sugar
1/4 teaspoon salt
6 tablespoons quick cooking tapioca

Cook in double boiler over rapidly boiling water until clear. Stir occasionally. Remove from fire and stir in:
1 egg yolk, beaten

Add:
1 cup Sunkist grapefruit juice
1 tablespoon Sunkist lemon juice

Fold in:
1 egg white, stiffly beaten

Chill. Decorate each serving with 2 or 3 Sunkist grapefruit segments.

GRAPEFRUIT GELATINE DESSERT
(Serves 8-10)

Make grapefruit gelatine base (see Grapefruit Gelatine Salads, page 9). Chill in individual molds and serve with Sunkist grapefruit segments.

GRAPEFRUIT CHIFFON PIE
(1 ten-inch pie)

1 cup sugar
3 egg yolks
1/4 teaspoon salt
1/2 cup Sunkist grapefruit juice
1 teaspoon grated Sunkist grapefruit rind

Mix and cook in double boiler until thickened, stirring constantly. Add to hot mixture:
1 tablespoon (1 envelope) gelatine, soaked in
1/4 cup cold water

Stir to mix thoroughly. Cool. Add:
1/2 cup Sunkist grapefruit juice
2 tablespoons Sunkist lemon juice

When beginning to stiffen, add:
3 egg whites, stiffly beaten

Pour into a baked pastry or unbaked crumb crust pie shell. Chill. Garnish top with segments from 1 Sunkist grapefruit, rolled in 1/4 cup vanilla wafer crumbs.

GRAPEFRUIT MARSHMALLOW PUDDING
(Serves 8)

3 cups Sunkist grapefruit juice, strained
1 pound (about 60) marshmallows, quartered

Heat in top of double boiler until marshmallows are melted. Pour into serving dishes over:
Segments from 2 Sunkist grapefruit

Set in cool place to stiffen. Serve with whipped cream or custard sauce. Maraschino cherries may be used for garnish.

MAGIC GRAPEFRUIT PIE WITH COCONUT MERINGUE
(1 eight-inch pie)

1 1/4 cups (1 can) sweetened condensed (not evaporated) milk
1/4 cup Sunkist lemon juice
1 teaspoon grated Sunkist grapefruit rind

Stir well. (Filling will thicken as though cooked.) Add:
1 cup Sunkist grapefruit pieces

Pour into a baked pastry or unbaked crumb crust pie shell. Cover with meringue, made of:
2 egg whites, beaten stiff with
4 tablespoons sugar

Sprinkle meringue with:
1/2 cup coconut

Brown in oven. Chill and serve.

Unbaked Crumb Crust: Arrange a row of vanilla wafers to stand around edge of pie plate. Mix 3/4 cup rolled wafer crumbs and 1/4 cup melted butter. Cover bottom of plate and fill in spaces between wafers.
Grapefruit has assumed a prominent place on the American table for reasons far beyond those of "flavor" alone. In the general diet, this fruit provides needed health qualities which are made available in many of the recipes given in this booklet—particularly those in which the fresh grapefruit is an uncooked ingredient.

Like the orange and lemon, grapefruit is an excellent source of vitamin C, which plays such an important part in general good health. Vitamin C is one of the protective food factors most often deficient in the average diet and particular care should be taken to see that the daily food intake includes ample amounts of foods containing it.

Vitamin C cannot be stored to any extent by the body, it is also usually decreased by the cooking process, hence it is an excellent rule to serve fresh grapefruit at least once a day in some uncooked form, such as a glass of the freshly extracted juice, a cocktail, salad or dessert using the fresh segments.

Very recently the chemical composition of vitamin C has been discovered. It is also known as ascorbic or cevitamic acid. There is increasing scientific medical evidence that vitamin C aids in the prevention and control of a great number of ills, particularly infectious diseases, and it is recommended that diets be planned to include larger amounts of vitamin C foods than the mere minimum.

Grapefruit also contains vitamins A and B, essential to good health. There is quick energy in grapefruit—from the easily assimilated fruit sugar it contains.

Grapefruit aids digestion. Experiments have shown an increase in starch digesting properties of the saliva after drinking grapefruit juice.

Grapefruit contains fluid enriched with mineral salts and sugars that make it not only a satisfying drink but also a means of obtaining much needed minerals, as well as tending to aid utilization of calcium and other salts. Many people have found it valuable in preventing colds, particularly if taken early enough. It increases the "alkali reserve" of the body. It also adds vitamin C to replace that which is rapidly destroyed during fever.

### Composition of Grapefruit*

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<tr>
<th></th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Acid</th>
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<td>.2</td>
<td>6.6</td>
<td>2.23</td>
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### Mineral Content of Grapefruit**

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<tr>
<th></th>
<th>Calcium</th>
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<th>Potassium</th>
<th>Sodium</th>
<th>Phosphorus</th>
<th>Chlorine</th>
<th>Sulphur</th>
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<tr>
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<td>.161</td>
<td>.004</td>
<td>.020</td>
<td>.005</td>
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### Vitamins in Grapefruit***

<table>
<thead>
<tr>
<th>Grapefruit (or juice), fresh</th>
<th>A</th>
<th>BB</th>
<th>CCC***</th>
</tr>
</thead>
</table>

** Chemistry of Food and Nutrition (4th ed.), Sherman, 1932.
*** Approximately 0.5 mg. vitamin C (ascorbic acid) per cc. of juice.

Note: Figures for grapefruit are for percentages of edible portion.
Grapefruit has many qualities which make it valuable in planning reducing diets.

1. It is somewhat laxative in effect.
2. It contains minerals and vitamins, helping to meet two important body requirements during weight reduction, when foods are limited.
3. It contains fluid in an appetizing fruit drink of low calorie value and may be used to provide extra fluid intake containing mineral salts needed in a reducing diet.
4. It is slightly diuretic, helping the body to eliminate superfluous water, which often accounts for some of the excess weight.
5. It contains fruit sugar, which assists the body to burn some of its stored fat. This helps prevent the blood sugar from falling too low, thus lessening hunger pangs.
6. It leaves an alkaline residue in the body and counteracts the acidosis resulting from incomplete oxidation of body fat during strenuous reducing diets.

Rapid weight reduction should be done only under the careful supervision of a physician. Fundamental principles of a protective diet must always be observed and careful attention given to the body's requirements for protective foods. Concentrated sweets and fats are to be taken sparingly in a reducing diet.

Because it helps to meet these requirements, grapefruit has a definite and valuable place in reducing diets. Fresh Sunkist grapefruit does not have the extra calories added by the sugar syrups usually used in canning. The fresh fruit is, therefore, preferable for this diet.

Recipes in this book especially appropriate for a reducing menu include:

Sunkist Grapefruit Juice, hot or cold (page 4); unsweetened Grapefruit Half Shell (page 2); Grapefruit Juice Dressing (page 8); such salads, omitting dressing, as All Year Grapefruit Salad (page 8), Grapefruit Egg Salad, Grapefruit Melon Salad, and Grapefruit Apple Salad (page 12).
Fresh Grapefruit
FOR USES OF PEEL

By serving fresh Sunkist grapefruit, you may have at slight additional cost, many attractive and flavorful novelties provided by grapefruit peel.

These range from the smart service afforded fruit cocktails, salads or desserts by cups or baskets of grapefruit peel, to the marmalade or candied peel that enhances the afternoon tea or other guest gathering.

Sunkist grapefruit is especially excellent for such purposes because of the clean, clear-colored, waxy-textured skin.

SUNKIST GRAPEFRUIT MARMALADE
(Makes 8 jelly glasses)
Slice 1 unpeeled Sunkist grapefruit very thin and measure. Add 3 times as much water as fruit. Boil in a large open kettle 45 minutes or until tender. Add water to replace liquid boiled away. Then boil in 2-cup lots, adding 11/2 cups sugar for each 2 cups cooked fruit. Boil 12 to 15 minutes, or to jelly test (thick, reluctant drops from spoon). Add 2 tablespoons Sunkist lemon juice. Boil again to jelly test. Skim. Pour into sterilized glasses. Seal with paraffin.

PRESERVED GRAPEFRUIT PEEL
(Makes 2 pints)
Cover peel from 4 Sunkist grapefruit with boiling water. Boil until tender (about 1 hour), changing water twice. Drain. Cut into strips. Cook in following syrup until a thick preserve (about ¾ hour).

3 cups sugar
1 1/2 cups water
1/4 cup vinegar
1/4 cup preserved or candied ginger
1 dozen whole cloves
1 or 2 pieces stick cinnamon
Seal in sterilized jars.

COOKING USES OF CANDIED PEEL
AND MARMALADE
Candied Peel: Use strips to decorate cakes and pies. Or cut in bits and use to flavor cakes, pies, puddings, breads.
Marmalade: Use to flavor cakes, pies, breads, puddings, frostings, fillings; to spread on biscuit, toast, waffles, sandwiches; as filling for cakes; as pudding sauce; as meat accompaniment.

CANDIED GRAPEFRUIT PEEL
Cover peel from 2 Sunkist grapefruit with water. Add 1 teaspoon salt. Boil 1/2 hour. Drain. Boil 1/2 hour longer or until tender, changing water several times to remove bitterness from peel. Bring 1 cup sugar, 1/2 cup water, and 2 tablespoons light corn syrup to boil. Cook peel in this gently until syrup is nearly absorbed. Drain. Roll in sugar.

Colored Peel: Add red or green vegetable coloring to syrup, or roll strips in colored sugar.

Spiced Peel: Add a little cinnamon or clove to syrup. Tie spices in cloth to prevent darkening peel.

Mock Ginger: Ginger added to syrup gives a confection very much like crystallized ginger root.

Chocolate Peel: Coat with melted dipping chocolate.

Minted Peel: To syrup add a few drops of mint flavor or oil of peppermint and tint with green food coloring.

Whole Shells: Cut top from fruit and remove meat, leaving shell. Candy as above, allowing 3 to 4 times as much syrup or enough to cover completely. These shells may be used as containers in which to bake a favorite fruit cake or for holders for nuts or candy. Candy the top cut from fruit and use as a cover for shell.

Grapefruit Date Confection: Stuff dates with pieces of colored candied grapefruit peel. Roll in granulated sugar.
SUNKIST GRAPEFRUIT CUPS AND BASKETS

Decorative cups and baskets for serving fruit cocktails, salads and desserts, may be made from grapefruit peel. Be sure to use Sunkist grapefruit. It has the clean, bright skin necessary for a colorful result.

Use a sharp knife or spoon and follow instructions. Cups and baskets will remain firm if kept in cold water until serving time.

GRAPEFRUIT CUP

With a sharp knife or spoon, scoop meat from halves of a Sunkist grapefruit. Flute or scallop edge, using scissors. One grapefruit makes 2 cups.

GRAPEFRUIT BASKET 1

Cut out peel in two quarter sections from a Sunkist grapefruit, leaving an uncut ½-inch strip for handle as shown. Remove meat. Flute or scallop basket edge. One grapefruit makes 1 basket.

GRAPEFRUIT BASKET 2

Remove meat from a Sunkist grapefruit half shell. Cut around shell ½ inch from top, leaving 1 inch uncut on opposite sides of shell. Raise cut strips as loops and tie together with narrow ribbon. Flute or scallop edges, if desired. One grapefruit makes 2 baskets.

CHRYSANTHEMUM CUPS

Scoop meat from Sunkist grapefruit half shells. With scissors cut shells three-quarters way down in strips ⅛-inch wide, being careful not to break strips apart. Curl each strip of peel a trifle inward. One grapefruit makes 2 chrysanthemums.

Or a large cup may be made by using a whole fruit for each chrysanthemum. With a sharp knife, score skin with 3 long cuts crossing stem end of fruit and extending to about an inch of bud end. This divides skin into 6 separate petals, which are carefully loosened without breaking. The meat may then be taken out whole for use in preparing the salad itself. With sharp scissors cut each petal into narrow strips.

SERVE IN THESE CUPS:

<table>
<thead>
<tr>
<th>Serving Suggestions</th>
<th>Page</th>
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<tr>
<td>All Cocktails and Fruit Cup Mixtures...</td>
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<tr>
<td>Sea Food Salad</td>
<td>8</td>
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<tr>
<td>Grapefruit Gelatine Base (cut in cubes)</td>
<td>9</td>
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<tr>
<td>Waldorf Salad in Chrysanthemum Cups....</td>
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<tr>
<td>Grapefruit Pear Grape Salad</td>
<td>12</td>
</tr>
<tr>
<td>Baked Sweet Potato with Grapefruit</td>
<td>13</td>
</tr>
<tr>
<td>Grapefruit Sherbet</td>
<td>15</td>
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</tbody>
</table>
Sunkist Grapefruit is grown under superior climatic conditions which give it natural advantages over other grapefruit. It has a full and higher flavor which needs neither sugar nor salt to please most tastes. Among its inherent advantages is its ease of preparation for many different and appetizing servings.

Grapefruit is no exception to the general rule that foods are best when fresh. Sunkist grapefruit is harvested the year around and is always available in fresh form. Only with fresh grapefruit do you get the full benefit of the true fruit flavor—appetizing, bracing—which may be enjoyed alone or combined with other foods to give zestful accent to their taste. For health reasons also, it is advisable to use only fresh grapefruit.