A Dozen Ways to Serve California Sunkist Grapefruit
A DOZEN WAYS TO SERVE
California Sunkist

Grapefruit

They're Good!

California Sunkist Grapefruit are as good as they look. You can tell them immediately by their bright, clean, yellow skins—by their healthy appearance. And you can identify them as Sunkist by the brand trademarked on the skin or on the wrapper. That is your assurance of uniform goodness. Look for it.

Halve a California Sunkist Grapefruit, and you will find full-formed, meaty sections, practically seedless.

There are many ways to serve California grapefruit. Some of them are described on these pages. You will enjoy trying them. Always you will find them a real addition to the menu. Their full-flavored tang is always welcome.

It is not necessary to add sugar or salt, for most people prefer the natural, tree-ripened flavor of California Sunkist Grapefruit and eat them just as they are.

And Good for You!

All foods which please the palate cannot be eaten indiscriminately. But citrus fruits are frequently prescribed by physicians who have found that there is no such thing as eating too many grapefruit, oranges and lemons. Though acid in taste, they have an alkaline reaction which is helpful in maintaining health. Citrus fruits are important in the prevention of 'Acidosis,' an under par condition explained in a booklet, 'Telling Fortunes With Foods,' which will be sent on request.

CALIFORNIA FRUIT GROWERS EXCHANGE
Box 530, Station C
Los Angeles, California
BREAKFAST GRAPEFRUIT

Halve a California Sunkist Grapefruit crosswise and with a sharp knife or scissors cut around pulp separating it from skin. Then make cuts separating pulp from tissue or membrane. Take out white center core. Sweeten to taste. Let stand on ice 10 minutes. Serve very cold on individual plates. If desired garnish with a cherry or berries.

This is perhaps the most popular method of serving grapefruit. Starting the breakfast with grapefruit, stimulates the appetite and gives a needed alkaline balance that counteracts the necessary but acid-producing foods commonly appearing on the breakfast menu, including cereals, breads and toast, eggs and bacon. A nationally famous dietetic specialist prescribes a generous serving of grapefruit for many of his patients for this reason and also because this fruit supplements lacking digestive juices.

GRAPEFRUIT AND ORANGE COCKTAIL

(Serves 4-6)

Mix orange and grapefruit pulp. Sprinkle with sugar and a little lemon juice. Chill thoroughly mixture and glasses in which it is served. When ready to serve, fill glasses with fruit and garnish with cherries.

GRAPEFRUIT FIRST COURSE SALAD

For each portion allow 1 slice canned pineapple, 3 sections Sunkist grapefruit and \( \frac{1}{2} \) Sunkist orange. Serve on a bed of head lettuce with French Dressing.
GRAPEFRUIT DELICIOUS  
(Serves 6)

2 large Sunkist grapefruit  
1/2 to 3/4 cup sugar  
15 marshmallows  
36 blanched almonds  
6 Maraschino cherries

Peel and separate grapefruit segments, taking off membrane. Sprinkle with a little sugar and let stand in a bowl several hours in a cold place. Put blanched almonds and quartered marshmallows in a layer in cocktail glasses, allowing 6 almonds and 2 1/2 marshmallows to a serving. Cover with a layer of grapefruit segments and garnish with a Maraschino cherry to each glass.

FROZEN GRAPEFRUIT SALAD  
(Serves 6)

1/2 cup crushed pineapple  
2 cups Sunkist grapefruit pulp  
3/4 cup Sunkist orange pulp  
1 1/2 cups powdered sugar  
3/4 head lettuce  
Mayonnaise Dressing

Drain juice from pineapple and add pulp to grapefruit and orange. Add powdered sugar and stir until dissolved. Pour into mold and pack in 4 parts ice and 1 part salt. Let stand for 3 hours until frozen. Serve on lettuce with Mayonnaise Dressing as a salad or in sherbet glasses without dressing as an appetizer.

GRAPEFRUIT GELATINE  
(Serves 6-8)

2 tablespoons granulated gelatine  
1/2 cup cold water  
1 pint boiling water

1 cup sugar  
Juice of 2 small Sunkist grapefruit

Soften gelatine in cold water and dissolve in boiling water. Add the sugar and when cooled the fruit juice. Strain, mold and chill. Serve with meat.
CALIFORNIA GRAPEFRUIT PIE

Juice 1 1/2 Sunkist grapefruit
Juice 1/2 Sunkist orange
Juice 1/2 Sunkist lemon
1 1/4 cups sugar
4 level tablespoons cornstarch
1 teaspoon butter 1 cup hot water
Meringue 2 egg yolks

Mix cornstarch and sugar, add boiling water, stirring constantly. Cook 2 minutes, add butter, egg yolks (slightly beaten), and the strained fruit juices. Cool, put into a baked shell and cover with a meringue made with the stiffly beaten whites of the eggs; 2 level tablespoons powdered sugar, 1 teaspoon Sunkist lemon juice. Bake 15 minutes in a slow oven until meringue is set and delicately browned.

ORANGE, GRAPEFRUIT AND LEMON MARMALADE

2 large Sunkist grapefruit
4 Sunkist lemons
6 large Sunkist oranges

Wash the fruit. Cut all in very thin slices; add 1 pint of water to each pound of fruit. Let stand 24 hours. Bring to a boil. Boil 20 minutes, let stand 24 hours again, bring to a boil and to every measure of fruit and juice add one of sugar. Cook until it jells.

ORANGE AND GRAPEFRUIT ICING

To 2 cups powdered sugar and 1/4 cup butter, add enough Sunkist grapefruit juice and Sunkist orange juice, equal proportions, to make mixture spread nicely.
Three Refreshing Grapefruit Drinks

GRAPEFRUITADE
(4 to 6 glasses)

Extract juice from California Sunkist grapefruit to make 1½ cups. Add 2½ cups ice water and sweeten to taste using from ¾ to 1 cup of sugar. Pour into glasses and serve.

GRAPEFRUIT PUNCH
(6 glasses)

Juice 6 oranges
Juice 3 grapefruit
6 tablespoons sugar
3 bottles ginger ale
6 sprays mint

Mix well the grapefruit and orange juice with the sugar. Pour into glasses filled with cracked ice, add ginger ale. Decorate with mint.

FRUIT PUNCH
(4 glasses)

Combine juice of 2 Sunkist oranges, 1 Sunkist grapefruit, 2 cups water and sweeten with sugar or honey to taste. For variation add 1 cup other fruit juice, such as grape juice, loganberry juice, pineapple juice, cider or the juice from a canned fruit.