



Grapefruit in Brandy

The tartness of the grapefruit is offset here but a sweet cinnamon syrup. Can be served hot or cold.

Serves : 6
Preparation Time : 5 mins
Cooking Time : 10 mins

Ingredients

4 large grapefruit
4 oz / 110 g caster sugar
4 tbsp brandy

Herbs & Spices

1 tsp Cinnamon Ground

Cooking Instructions

Peel and remove the pith from the grapefruit. Slice into 1/2 inch rounds, removing the pithy centres. Put the sugar and cinnamon in a large saucepan and add 1/2 pint / 275ml cold water. Bring to a boil, stirring whilst the sugar dissolves. Boil the syrup briskly for 2 mins. Lower the heat, add the grapefruit slices and poach for 6 minutes, turning half way through. arrange slices in a serving dish and pour over the brandy. Serve hot or chilled.