



## Grapefruit in Brandy

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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.