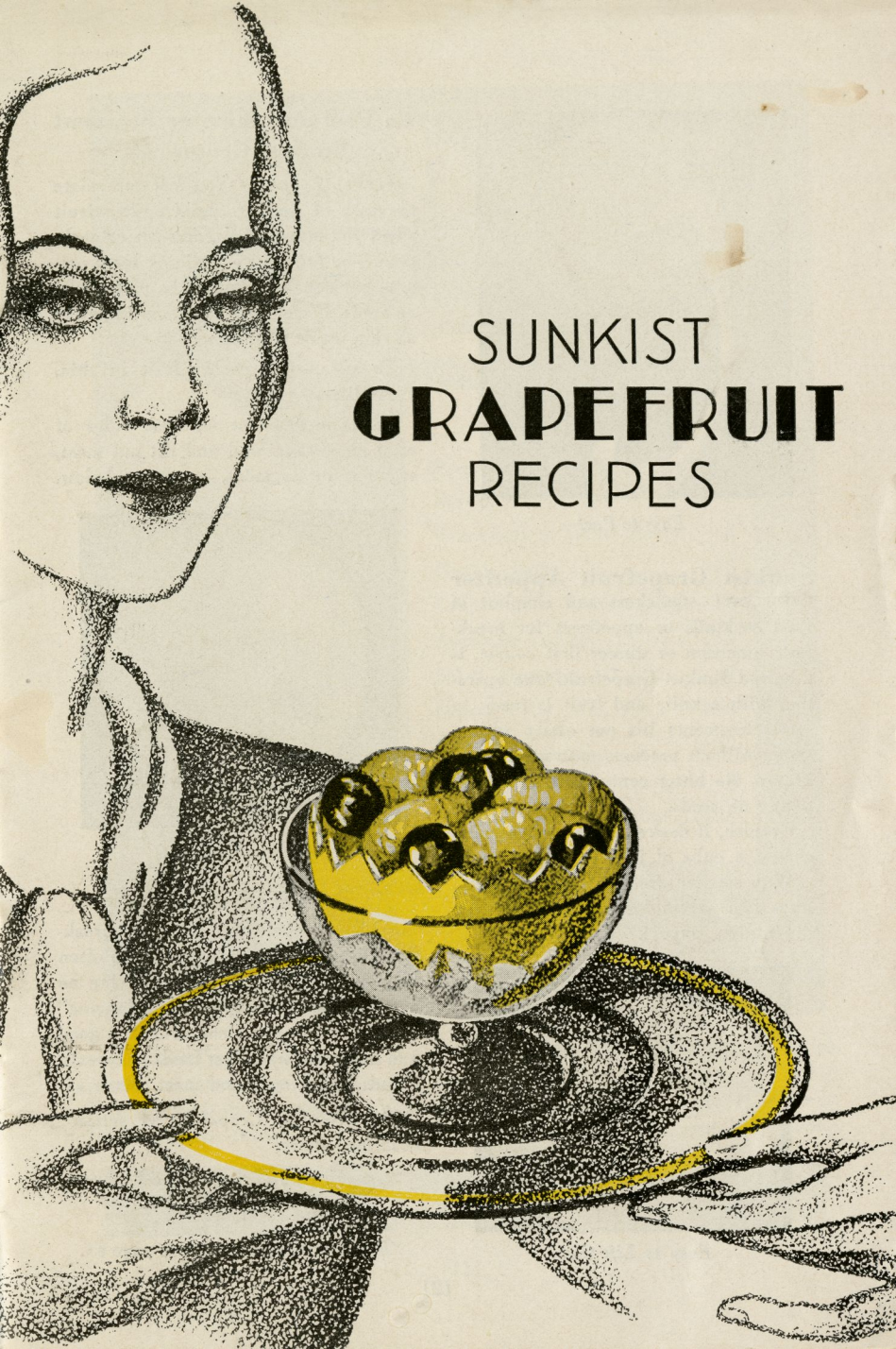
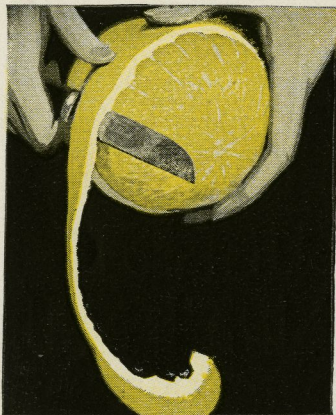


SUNKIST  
**GRAPEFRUIT**  
RECIPES





*Easy to Peel*

### **Sunkist Grapefruit Appetizer**

(BELOW) Quickest and simplest of fruit cocktails or appetizers for breakfast, luncheon or dinner first course, is a halved Sunkist Grapefruit. One operation with a knife and fruit is ready to serve. Segments lift out easily with a spoon without previous cutting of membranes. No bitter center core and practically no seeds.

Garnish, if desired, with a maraschino cherry, a cube of jelly or a mint sprig.

With smaller sized fruit, it is smart to serve two halves for one portion. (See illustration, page 4.)



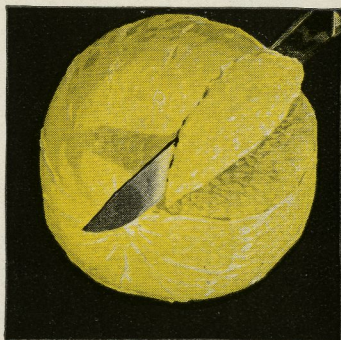
*Easy to Lift Out*

### **To Peel and Slice or Segment Sunkist Grapefruit**

(LEFT) *To peel.*—You will appreciate the ease of peeling Sunkist Grapefruit when you make salads, desserts or cocktails. The firm, juice-retaining meat permits Sunkist Grapefruit to be peeled like an apple. Use a sharp knife, cutting away all thin inside membrane.

*To slice.*—Cut peeled fruit in thin, even slices.

*To segment.*—Cut on both sides of each membrane wall and lift out meat, segment by segment, as shown below.



*Easy to Segment*

### **Breakfast Servings**

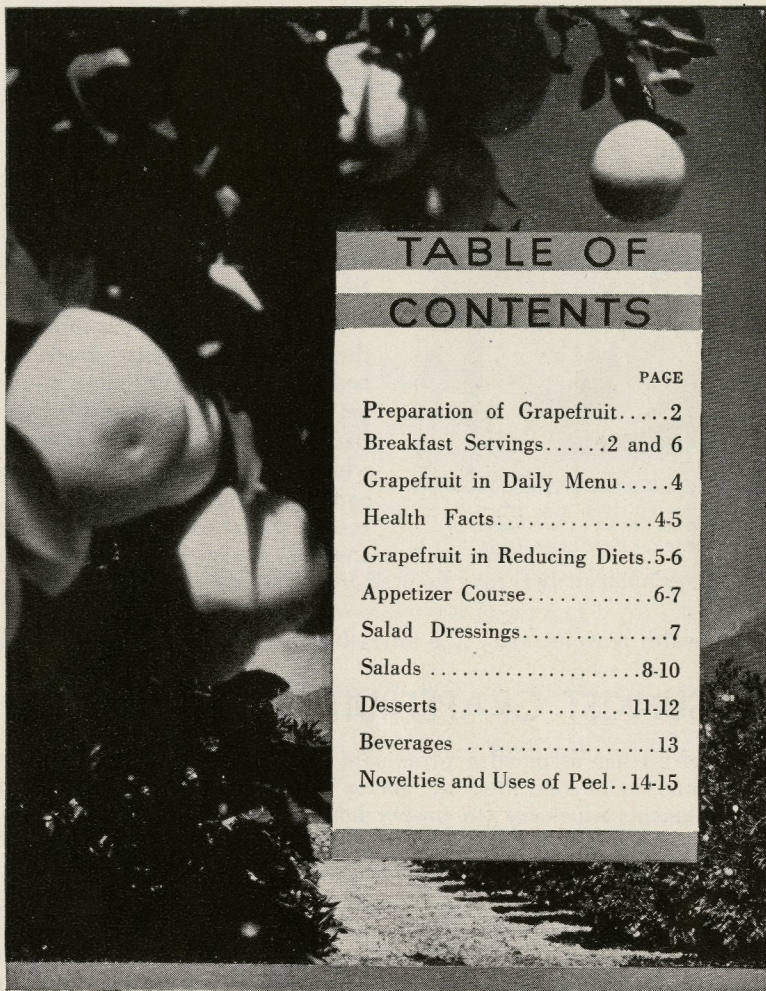
Sunkist Grapefruit is a popular breakfast appetizer stimulating appetite often lacking at this meal, and supplying an alkaline reaction helpful in "balancing" the acid-forming tendencies of such good and necessary breakfast foods as cereals, breads, toast, eggs and meat. Serve as:

The "Sunkist Grapefruit Appetizer" described above.

"Grapefruit Juice" (see back cover).

"Grapefruit Segments."

"Breakfast Appetizer" (see page 6).



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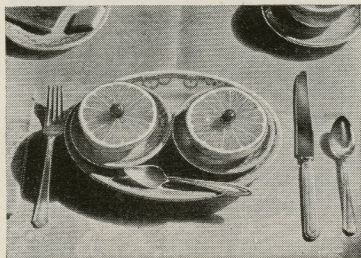
Sunkist Grapefruit is grown under superior climatic conditions which give it natural advantages over other grapefruit. It has a full and higher flavor which needs neither sugar nor salt to please most tastes. It is easily prepared for many different servings—*quickly* and without mussiness!

## SUNKIST GRAPEFRUIT ON THE DAILY MENU

It is an excellent rule to serve *Sunkist Grapefruit* in some fresh form at least once a day.

The growing appreciation of the need for liberal amounts of fresh fruits on the daily menu has rightly given a tremendous popularity to grapefruit. Then too, Sunkist Grapefruit "fits in" in so many places on

the menu—at breakfast, luncheon and dinner and for special occasions.



*It is smart to serve two halves of smaller sized grapefruit*

over, the grapefruit peel may be used for smart novelties (see pages 14 and 15).

For health reasons, also, it is advisable to use only *fresh* grapefruit.

## SUNKIST GRAPEFRUIT FOR HEALTH

Grapefruit has assumed a prominent place in the American dietary for reasons far beyond those of "flavor" alone. Its composition reveals many elements necessary for proper body nutrition.

Like the orange and the lemon, it is an excellent source of vitamin C, which plays such an important part in general good health. Investigation has demonstrated that vitamin C is perhaps the *one* vitamin most neglected in our modern civilized diet—and furthermore that it cannot be stored in the body. Thus, we should eat liberally of vitamin C foods every day. By eating the fresh grapefruit, full potency of the vitamin C is known to be retained.

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, because of its flavor and vitamin content, is a valuable stimulant for the appetite—often promoting appetite and thereby aiding digestion, when other foods cannot be taken.

In the general diet, grapefruit provides many needed health qualities

which are available in any of the recipes given in this booklet—particularly those in which grapefruit is an uncooked ingredient.

### Composition of Grapefruit\*

FOOD	PROTEIN	FAT	CARBOHYDRATE	CITRIC ACID	CALORIES PER POUND
Grapefruit	.5	.2	6.6	2.23	220
Grapefruit Juice	.4	.1	7.03	1.77	190

### Vitamins in Grapefruit\*\*

Grapefruit (or juice), fresh	A	BB	CCC
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\* Proximate Composition of Fresh Fruits, Chatfield and McLaughlin. U. S. Dept. of Agr. Circular No. 50, 1931.

\*\* Vitamins in Food Materials, Smith. U. S. Dept. of Agr. Circular No. 84, Nov., 1929.

## GRAPEFRUIT IN "REDUCING" DIETS

From time to time grapefruit has been widely heralded as containing a substance that reduces weight. This is not true, but the reason for the belief in this erroneous idea is easily seen. Grapefruit has many qualities which make it valuable in planning a reducing diet. Briefly these are as follows:

1. It contains fruit sugar needed for the proper burning of body fat.
2. It is low in caloric value because it contains no fat.
3. It is laxative in effect.
4. It contains minerals and vitamins, helping to meet two important body requirements.
5. It contains fluid and makes an appetizing fruit drink of low caloric value.

Rapid weight reduction should be done *only* under the careful supervision of a physician. Fundamental principles of diet must always be observed and careful attention given to the body's requirements.

Concentrated sweets and fats must be taken sparingly in a reducing diet. The diet should include adequate amounts of protein foods, foods containing vitamins and minerals, foods providing bulk, and foods to supply the natural sugar necessary for the proper oxidation of the body fat which is lost.

Grapefruit, by helping to meet



these requirements, has a definite place on the reducing diet. It may be included as:

### Grapefruit Recipes for Reducing Diets\*

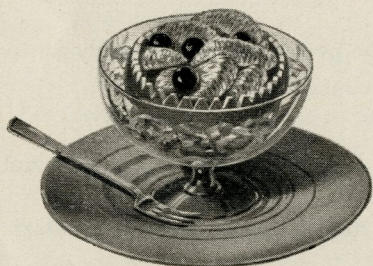
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\*When served for a reducing diet, sugar should be used sparingly in these recipes or omitted. Non-oily salad dressings should be chosen for salads.

Fresh Sunkist Grapefruit does not have the extra calories furnished by the sugar syrups used in canning. It is, therefore, preferable for a reducing diet.

## SUNKIST GRAPEFRUIT AS AN APPETIZER

Fresh Sunkist Grapefruit makes an excellent opening course for any meal—breakfast, luncheon or dinner.



### Breakfast Appetizer

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

### Grapefruit Avocado Canapé

(Serves 1)

Pare Sunkist Grapefruit, removing all enveloping tissue. Cut in  $\frac{1}{3}$ -inch slices. Allow 1 slice to a serving. Arrange on glass plate and cover with avocado whipped to a cream with grapefruit juice and a dash of mustard and salt. Garnish with sliced stuffed olives. Serve very cold.

### Sunkist Grapefruit Appetizer

(Halved Grapefruit)

See directions for preparing, page 2.

### Grapefruit Cup

(See Illustration)

(Serves 4)

3 Sunkist Grapefruit

Powdered sugar

Rubyettes

Cut 2 of the grapefruit in halves and remove meat, making cups of the peel (see directions, page 15). Save juice and return to cups, together with meat from all 3 grapefruit, which has been freed from enveloping membrane. Sprinkle with powdered sugar to taste. Garnish with rubyettes. Serve very cold, placing grapefruit cups on glass plates or in special grapefruit glasses embedded in ice.

*Variations*—Vary garnishes by using maraschino cherries, emrelettes, candied cranberries, mint sprigs, pomegranate seeds or bits of colored candied peel (see recipe, page 14).

Cocktail may be given added flavor and a delightful color by adding  $\frac{1}{2}$  cup of cranberry syrup or grape juice. A little sweet cooking sherry also gives an excellent flavor.

## California Fruit Cocktail

(Serves 6-8)

- 3 Sunkist Grapefruit
- 3 Sunkist Oranges
- 1 cup banana balls
- 2 tablespoons Sunkist Lemon juice
- 6 tablespoons powdered sugar
- 1 small bottle maraschino cherries

Peel and segment grapefruit and oranges (see directions, page 2). Combine ingredients and serve very cold in glass cocktail dishes.

*Variations*—In place of banana balls, use white cherries, white grapes (seeded), strawberries, diced pear, diced pineapple, cantaloupe or watermelon balls. Serve in grapefruit shells.

## Tangerine Grapefruit Cocktail

(Serves 4)

- 2 Sunkist Grapefruit
- 1 cup Sunkist Tangerine juice
- 4 teaspoons sugar
- Emrelettes (or mint cherries)

Segment grapefruit and arrange in cocktail glasses. Sprinkle with sugar and cover with tangerine juice. Garnish, if desired, with emrelettes or mint cherries. Serve very cold. The flavor of the tangerine juice combines especially well with grapefruit, and affords a delightfully unusual appetizer.

# SALAD DRESSINGS

The delicate and appetizing flavor of Sunkist Grapefruit juice makes it a delightful salad dressing ingredient.

## Grapefruit Juice Dressing

Sunkist Grapefruit juice alone or with a sprinkling of salt and perhaps pepper, makes an excellent dressing for a sliced tomato salad, a lettuce salad and so on, in a reducing menu.

Grapefruit juice may also be used to improve flavor and prevent discoloration in other fruits used in salads. The fruit pieces are dipped in the juice or allowed to stand in it. Fruits that may be so marinated include: avocados, bananas, apples, pears, peaches.

## Grapefruit Marinade

(Serves 6-8)

- ½ cup Sunkist Grapefruit juice
- 3 tablespoons salad oil
- 1 teaspoon salt
- ¼ teaspoon pepper

Mix thoroughly. Cooked vegetables, meat and fish are marinated (that is, allowed to stand until seasoned) in this dressing. For fish, the salt may be omitted.

## Grapefruit French Dressing

(Serves 4-5)

- 4 tablespoons Sunkist Grapefruit juice
- 6 tablespoons salad oil
- ¼ teaspoon salt
- ¼ teaspoon paprika

Stir or shake well before serving.  
*Sweet dressing*—Add ¼ cup red jelly.

## Fruit Mayonnaise

(Serves 8)

- ⅓ cup Sunkist Grapefruit juice
- ½ cup mayonnaise
- 1½ teaspoons sugar

Beat or shake together until thoroughly blended.

## Mock Roquefort Dressing

(Serves 4-6)

- ½ cup Sunkist Grapefruit juice
- 1 teaspoon Sunkist Lemon juice
- ½ teaspoon paprika
- ½ teaspoon mustard
- 1 yolk hard boiled egg (crumbled or put through a sieve)

Blend ingredients together well. Serve on lettuce.

# SUNKIST GRAPEFRUIT FOR SALADS

Fresh Sunkist Grapefruit is the basis for many interesting salads. Here it is favored for its own crisp freshness and *tangy* flavor—and for its versatility in combining with other salad ingredients, such as other fruits and cheese, fish and vegetables.

## Grapefruit Salad Plate

(Serves 1)



Place a lettuce leaf on large section of grill plate. On this arrange a four-pointed star, using for each point 2 Sunkist Grapefruit segments with a center slice of unpeeled red-skinned apple, which has been dipped in grapefruit juice to prevent discoloration. On center and tips of star put red cherries (canned or fresh).

On one of small sections of plate put 2 halves of deviled egg, garnished with pimiento; on the other, 6 or 8 potato chips.

With 2 toasted, unbuttered soda crackers, this makes an excellent and novel luncheon meal for a reducing diet. Salad has no dressing other than grapefruit juice.

## Grapefruit and Salmon Salad

(Serves 6-8)

- 2 cups Sunkist Grapefruit pieces
- 2 cups flaked salmon
- 1 cup diced cucumber
- 1 cup diced celery
- Lettuce

Mix grapefruit, salmon, cucumber and celery and top with slightly sweetened Grapefruit French Dressing (see recipe, page 7). Serve on lettuce with mayonnaise.

## Preparation of Sunkist Grapefruit For Salads

The salad recipes that follow call for Sunkist Grapefruit in a number of forms, which are here described for greater convenience:

*Slices and Segments*—See directions, page 2.

*Pieces*—Cut the segments in 2 or 3 pieces each.

*Juice*—In segmenting fruit, save all juice. This may be used to make salad dressings (see recipes, page 7); to moisten such ingredients as cheese called for by the salad; or to marinate other salad ingredients. (See Grapefruit Juice Dressing, page 7.)

*Shells*—Sunkist Grapefruit shells provide very decorative and attractive services for salads (see directions, page 15).

## Grapefruit and Cheese Salad

(Serves 4)

- 1 package cream cheese  
(or  $\frac{2}{3}$  cup cottage cheese)
- 4 Sunkist Grapefruit
- Lettuce
- Maraschino cherries

Moisten cheese with grapefruit juice saved in segmenting fruit. Pile in mounds in center of lettuce-covered salad plates. Arrange grapefruit segments in flower-petal fashion around cheese. Garnish with 4 or 5 maraschino cherries. Serve with sweet Grapefruit French Dressing or Fruit Mayonnaise (see recipes, page 7).

*Variations*—Stuff dates or prunes with cheese and combine with grapefruit segments on lettuce. A blanched almond may be inserted in center of cheese in each date.



# YEAR 'ROUND GRAPEFRUIT SALADS

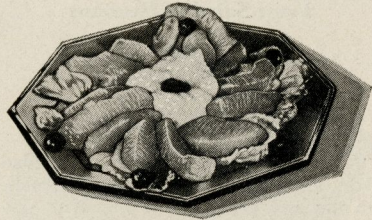
(Quantities given serve 1)

Arrange ingredients on lettuce on individual salad plates.

## Grapefruit and Orange All Year Salad

(See Illustration)

Arrange alternate segments of Sunkist Grapefruit and Sunkist Orange in flower-petal pattern. Top with any desired dressing and center and garnish with maraschino cherries.



## Winter Salads

*Grapefruit Winter Fruit Salad*—5 or 6 segments Sunkist Grapefruit, 5 or 6 segments Sunkist Orange, 1 slice pineapple cut in pieces. Mix. Serve with Grapefruit French Dressing (see recipe, page 7) in Sunkist Grapefruit Cup or Basket (see page 15).

*Poinsettia Salad*—On 5 or 6 Sunkist Grapefruit segments arranged flower-petal fashion, place thin strips of pimiento. Center with a ball of pimiento cheese. Top with mayonnaise and sprinkle with paprika. Decorate, if desired, with diamond-shaped pieces of green pepper.

*Grapefruit Avocado Salad*—Alternate Sunkist Grapefruit segments and avocado slices. Sprinkle grapefruit juice over avocado and season lightly with salt or serve with Grapefruit French Dressing (see recipe, page 7).

*Grapefruit Banana Salad*—Alternate Sunkist Grapefruit segments and banana fingers, which have been rolled in grapefruit juice and rolled in chopped nuts. Serve with any desired dressing.

*Grapefruit Apple Salad*—Alternate Sunkist Grapefruit segments and wedge-shaped pieces of red or green-skinned apple, retaining skin. Serve with Grapefruit French Dressing.

## Summer Salads

*Sunkist Luncheon Salad*—Peach (or pear) half. Fill center with cottage cheese moistened with sweetened fruit juices. Surround halved fruit with 4 or 5 Sunkist Grapefruit segments. Serve with dressing of slightly sweetened fruit juices and garnish of red jelly.

*Grapefruit, Pear and Grape Salad*—Combine  $\frac{1}{4}$  cup each of Sunkist Grapefruit pieces, diced pear and seeded white grapes. Serve with Fruit Mayonnaise (see recipe, page 7) or a cooked dressing.

*Princess Salad*—Pyramid 3 asparagus tips on a large slice of tomato. Arrange 4 segments of Sunkist Grapefruit around tomato and top pyramid with mayonnaise garnished with a strip of pimiento. Serve with Grapefruit French Dressing (see recipe, page 7).

*Picnic Salad*—Cut a deviled egg in 6 lengthwise slices. Alternate these with Sunkist Grapefruit segments. Serve with mayonnaise.

*Grapefruit Melon Salad*—6 or 7 Sunkist Grapefruit segments,  $\frac{1}{4}$  cup watermelon balls and  $\frac{1}{4}$  cup cantaloupe (honey dew or Persian melon) balls, which have been well marinated in sweetened grapefruit juice. Serve with a sweet French dressing.

## Grapefruit Salad Piquant

(Serves 1)

On salad plate, arrange a bed of water-cress, which has been well marinated with Grapefruit Marinade (see recipe, page 7). On this place 7 or 8 Sunkist Grapefruit segments, which have also been marinated.

## Fruit Salad in Sections

(Serves 4)

- 16 lettuce leaves
- 2 Sunkist Grapefruit
- 20 cantaloupe balls
- 1 cup strawberries
- 1 cup diced pineapple

Arrange 4 lettuce leaves on each salad plate with stem ends meeting in center. On one leaf, place 5 or 6 grapefruit segments; on another, 5 cantaloupe balls or cubes; on a third, a mound of strawberries; on the fourth, a pineapple mound. Serve with Fruit Mayonnaise (see recipe, page 7).

*Variations*—For cantaloupe and strawberries, substitute other fruits in season, such as oranges, watermelon, pears, peaches, grapes, bananas, raspberries, cherries, avocados. The grapefruit segments, however, should always be included as the basis of the salad.

## Grapefruit Tangerine Salad

(Serves 4)

- 4 Sunkist Tangerines
- Lettuce
- ½ cup cottage cheese
- 4 Sunkist Grapefruit
- 1 red-skinned apple

Peel tangerines and separate segments at one end, making cups. Center a tangerine cup on lettuce-covered salad plate. Fill cup with cottage cheese. Peel and segment grapefruit. Core apple and cut in thin slices, retaining skin. Cover slices with juice saved in segmenting grapefruit. Circle tangerine cup with 5 grapefruit segments, then circle with a row of 5 apple slices and a third row of 5 grapefruit segments. Serve with sweet Grapefruit French Dressing (page 7) for a substantial whole meal salad.

If desired, cut seeds from each tangerine segment. Use sharp scissors.

## California Waldorf Salad

(Serves 8)

- 4 large Sunkist Grapefruit
- ¾ cup diced apple
- 4 teaspoons sugar
- ½ cup diced celery
- ½ cup broken walnut meats
- Lettuce

Segment grapefruit and cut segments in halves. Save juice and marinate apples. Sprinkle apples with sugar. Combine grapefruit, apples, celery and nuts and serve on lettuce with mayonnaise or cooked dressing. This salad is very attractive served in Chrysanthemum Cups (see page 15).

## Jellied Grapefruit Salad

(Serves 6-8)

- 2 tablespoons gelatine
- ½ cup cold water
- ½ cup boiling water
- 1½ cups Sunkist Grapefruit juice
- ½ cup Sunkist Orange juice
- 2 tablespoons Sunkist Lemon juice
- ¾ cup sugar

Soak gelatine in cold water 5 minutes. Add boiling water. Stir well. Add fruit juices and sugar. Stir. When beginning to stiffen, add:

- 1 cup banana slices
- 1 cup strawberries (or grapes or cherries)

Serve on lettuce with mayonnaise.

## Jellied Grapefruit Cheese Salad



Make Jellied Grapefruit Salad, adding, in place of fruit, when mixture begins to stiffen:

- ½ lb. cream cheese, made into balls

If possible, harden in a pointed ring mold, putting a cheese ball in each point. Unmold on a large plate. Garnish with lettuce hearts, grapefruit segments and steamed prunes stuffed with walnut halves. Top with mayonnaise.

# SUNKIST GRAPEFRUIT IN DESSERTS

Taste and health both approve the light fruit dessert, particularly when this dessert contains fresh Sunkist Grapefruit with its satisfying flavor. When the last course of the meal is to be a heavier dessert, there is Grapefruit Pie, a friendly rival of Queen Lemon.

## Grapefruit Prize Ambrosia

(Serves 8-10)

- 3 Sunkist Grapefruit
- 2 Sunkist Oranges
- 3 ounces maraschino or candied cherries, shredded
- 1 pound marshmallows, quartered
- ½ cup blanched unsalted almond halves
- Whipped cream

Segment grapefruit and oranges. Mix fruit, marshmallows and nuts lightly but thoroughly. Pack into a fancy mold, pressing down firmly. Allow to remain over night in refrigerator. For dessert, serve in slices, topped with whipped cream.

## Grapefruit Ring Mold Bavarian

(Serves 6-8)

- 2 tablespoons gelatine
- ½ cup cold water
- 1½ cups boiling water
- 1 cup sugar
- 1 cup Sunkist Grapefruit juice
- ½ teaspoon grated Sunkist Grapefruit rind
- ½ pint whipping cream
- Garnishes

Soak gelatine in cold water 5 minutes. Add boiling water and stir well. Add sugar, juice and rind. Pour one-half of mixture into a shallow pan to solidify. Cool the remainder until it begins to stiffen. Stir frequently. Fold in the cream whipped and pour into a 6-inch ring mold. Chill. Unmold and serve on a fancy plate, filling center with the first mixture cut into cubes. If desired, garnish with angelica or mint leaves and fresh or maraschino cherries, or strawberry slices.

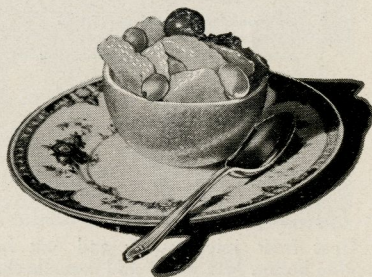
## Grapefruit Gelatine

(Serves 6)

Make gelatine as for Jellied Grapefruit Salad (page 10), omitting bananas and strawberries and increasing gelatine by ½ tablespoon. Harden in a sheet. Cut in cubes and serve in Grapefruit Cups or Baskets (see page 15).

## Grapefruit Macedoine

(Serves 8)



- 4 Sunkist Grapefruit
- 1 cup diced bananas
- ½ cup shredded dates
- ½ cup grapes  
(or cherries or diced pineapple)
- Powdered sugar

Cut grapefruit in halves, remove meat and make cups of shells (see directions for cup, page 15). Let shells chill on ice. Mix grapefruit meat with other fruits, sweetening to taste with sugar. Serve very cold.

## Grapefruit Snow

(Serves 8)

- 2 tablespoons gelatine
  - ½ cup cold water
- Soak 5 minutes. Add, stirring well:
- ½ cup boiling water
  - 2 cups Sunkist Grapefruit juice
  - 2 tablespoons Sunkist Lemon juice
  - ½ cup sugar

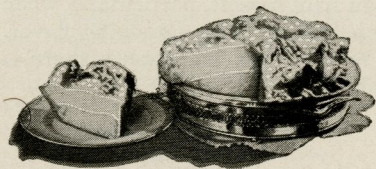
When sugar is dissolved, let set until it begins to harden. Beat with whirl-type beater, adding:

- 1 egg white beaten stiff with
  - ¼ cup sugar
- Pour into mold over:
- 1 cup Sunkist Grapefruit segments,  
well drained

Unmold when stiff and serve with or without whipped cream.

## Grapefruit Pie

(Makes 1 pie—serves 6-8)



- 1 cup Sunkist Grapefruit Juice
- 1/4 cup Sunkist Orange juice
- 1 tablespoon Sunkist Lemon Juice
- 1 cup sugar
- 1/4 teaspoon salt
- 1/2 cup cold water
- 3 tablespoons cornstarch
- 2 egg yolks
- 1 tablespoon butter
- 1 teaspoon grated Sunkist Grapefruit rind
- 2 egg whites
- 4 tablespoons sugar

Heat fruit juice, sugar and salt in double boiler. Mix water and cornstarch. Pour hot juice and sugar over the cornstarch and return all to double boiler. Stir till thickened and cook 10 minutes. Add beaten egg yolks and butter. Cook 1 minute. Remove from fire and stir in the grated grapefruit rind. Pour into baked pie crust and cover with a meringue made of the egg whites and 4 tablespoons sugar. Bake in a slow oven (300° F.) for 14 minutes or until meringue is delicately browned.

*For Pudding*—Bake filling and meringue without crust in individual pudding dishes.

## Grapefruit Grape Tapioca

(Serves 8)

- 1/3 cup quick cooking tapioca
- 1 1/2 cups hot water
- 1/8 teaspoon salt
- 3/4 cup sugar
- 3/4 cup Sunkist Grapefruit juice
- 1/4 cup Sunkist Lemon juice
- 2/3 cup Sunkist Grapefruit segments
- 1 cup seedless grapes halved (or cherries)
- Jelly

Cook tapioca, water and salt in double boiler 20 minutes. Remove from fire. Add sugar and fruit juices. Combine with grapefruit segments and grapes (fresh or canned). Pour into serving dishes. Chill. Garnish with red jelly.

## Grapefruit Cake Delicious

(Makes 1 two-layer cake)

- 1 1/4 cups sugar
- 1/2 cup Sunkist Grapefruit juice
- 5 egg yolks

Beat together with a large whirl-type beater or cake mixer for 15 minutes. Add in order given:

- 1/2 cup water
- Grated rind 1 Sunkist Grapefruit
- 2 cups cake flour, sifted three times with
- 2 teaspoons baking powder, and
- 1/8 teaspoon salt
- 5 egg whites, beaten stiff

Bake in 2 layers in a slow oven (325° F.) for about 35 minutes. Put together and frost with:

## Sunkist Grapefruit Icing

(Sufficient for filling and icing for 1 two-layer cake)

In upper part of double boiler, put:

- 2 5/8 cups sugar
- 3/4 teaspoon grated Sunkist Grapefruit rind
- 3 egg whites
- 9 tablespoons Sunkist Grapefruit juice

Beat with whirl-type beater constantly while cooking over boiling water for 7 minutes or until frosting hangs in peaks from the beater when lifted. Remove from heat, add:

- 1 1/2 teaspoons Sunkist Lemon juice
- Sprinkling salt

Beat thoroughly and spread between layers and on cake. Decorate, if desired, with Candied Grapefruit Peel (see recipe, page 14).

## Grapefruit Ice

(Serves 12)

- 6 Sunkist Grapefruit
- 2 cups Sunkist Grapefruit juice
- 2 cups sugar
- 3 cups boiling water
- Candied cherries

Peel and segment the 6 grapefruit. Save juice and add juice from other fruits to make 2 cups. Boil sugar and water 5 minutes. Cool. Add grapefruit juice and freeze. Serve over grapefruit segments, allowing about 6 to a helping. Garnish with candied cherries.

# SUNKIST GRAPEFRUIT BEVERAGES

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

Extract juice as described on back cover. Strain and chill, or not, as desired.

### Half and Half

(Serves 1)

Combine  $\frac{1}{2}$  cup Sunkist Grapefruit juice with  $\frac{1}{2}$  cup Sunkist Orange juice. Chill if desired. Serve at once. An excellent beverage to accompany meals.

### Grapefruit Sparkle

(Serves 1)

Combine  $\frac{2}{3}$  cup Sunkist Grapefruit juice with  $\frac{1}{3}$  cup ginger ale. Chill. Serve at once.

### Grapefruit Julep

(Serves 1)

Combine  $\frac{1}{2}$  cup Sunkist Grapefruit juice with  $\frac{1}{2}$  cup grape juice. Chill if desired.

### Grapefruit Egg-Nog

(Serves 1)

- 1 egg
- 2 tablespoons sugar
- 1 Sunkist Grapefruit
- Milk (fresh or evaporated)

Beat egg white very stiff, adding 1 tablespoon of the sugar. Beat egg yolk separately with remaining sugar and juice of grapefruit. Pour egg yolk mixture into a tall glass. Add milk to almost fill and stir well with a spoon. On top, heap egg white meringue. Grate a bit of grapefruit rind onto this and serve at once.

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



### Dinner Punch

(Serves 4-6)

- 2 cups Sunkist Grapefruit juice
- $\frac{1}{2}$  cup Sunkist Orange juice
- 1 cup water
- Sugar or honey to taste

Mix thoroughly.

*Variations*—Add 1 cup of the juice of another fruit such as grape juice, raspberry juice, loganberry juice, pineapple juice, cider or the juice from any canned 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 Grapefruitade for a Cold

(Serves 1)

- 1 Sunkist Grapefruit
- Water and sugar (or honey)

Cut grapefruit in half. Slice one half, including skin. Add juice extracted from other half. Pour over 1 cup of boiling water and let stand 5 to 10 minutes. Strain. Reheat, if desired, but do not boil. Sweeten to taste with sugar or honey. Serve at once. This is an excellent bed-time drink to help break up a cold.

Plain grapefruit juice drunk at intervals during the day will also help break up a cold.

# SUNKIST GRAPEFRUIT NOVELTIES AND USES OF PEEL

By serving the fresh grapefruit, you may add to your cupboard at slight additional cost, the 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 4 Glasses)

### 1 Sunkist Grapefruit

Slice unpeeled grapefruit very thin. Measure and add 5 times as much water as fruit. Boil until reduced one-half (or about 1 hour) in an open kettle. Measure and add  $\frac{3}{4}$  cup sugar for each cup of fruit. Boil until it gives the jelly test, thick reluctant drops from the spoon. This is usually 20 to 30 minutes after boiling begins.

*Use Marmalade For*—Cooking purposes, to flavor cakes, pies, breads, puddings, frostings, fillings and sauces. Spread on breakfast griddle cakes, quick breads, toast, waffles and on sandwiches. Use as filling for cakes or pies, or meat accompaniment.

## Preserved Grapefruit Peel

(Makes 2 Pints)

### Peel from 4 Sunkist Grapefruit

Cover with boiling water and boil until tender, changing water twice (about 1 hour). Drain, cut into strips and cook in a spiced syrup, made by bringing to a boil:

- 3 cups sugar
- 1½ cups water
- ½ cup vinegar
- ¼ cup preserved or candied ginger root
- 1 dozen whole cloves
- 1 or 2 pieces stick cinnamon

Cook peel until syrup is thickened and peel is well seasoned (about  $\frac{3}{4}$  hour). Seal in sterilized jars. An excellent meat accompaniment.

## Candied Grapefruit Peel

2 Sunkist Grapefruit

Remove grapefruit peel in quarters. Cover with water to which 1 teaspoon salt has been added. Boil 20 minutes. Drain. Repeat process twice omitting salt. Cut with scissors into strips. Cover with fresh water and boil until peel is tender, 20 to 30 or more minutes longer. Drain. Bring 1 cup sugar and  $\frac{1}{2}$  cup water to boil. Add peel. Boil gently until syrup is nearly absorbed. Drain. Roll in sugar.

*Colored Peel*—Red or green vegetable coloring may be added to syrup to tint peel. Peel may also be rolled in colored sugar.

*Spiced Candied Peel*—A little cinnamon, clove or ginger may be added to syrup to vary flavor. Whole spices tied in cloth will prevent darkening in the color of the peel. Ginger added to syrup gives a confection very much like crystallized ginger root.

*Chocolate Coated Peel*—Coat the strips of candied peel with melted dipping chocolate.

*Grapefruit Date Confection*—Stuff dates with small pieces of colored candied grapefruit peel. Roll in granulated sugar.

*Candied Peel for Flavor or Cooking Use*—Cut strips into tiny bits. Use to flavor cakes, pies, puddings, breads, frostings, etc. The uncut strips may be used to decorate cakes and pies.

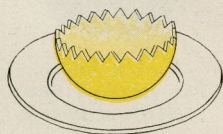
## Sunkist Grapefruit Cups and Baskets

Smartly decorative cups and baskets 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 and follow instructions. Cups and baskets will remain firm if kept in cold water until serving time.

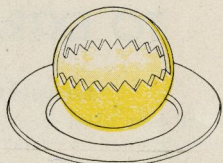
### Grapefruit Cup

Cut Sunkist Grapefruit in halves. Scoop out meat, leaving shell clean. Flute edge or cut in scallops if desired. One grapefruit makes 2 cups.



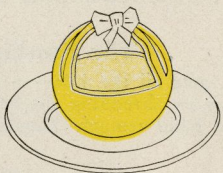
### Grapefruit Basket 1

Cut around the middle of a Sunkist Grapefruit, leaving a ½-inch space uncut on opposite sides of the fruit. Then cut down from the top, still leaving the ½-inch strip of skin uncut. This forms the handle. Remove the two quarters of skin and the meat from under handle and rest of shell. Flute or scallop basket edges. One grapefruit makes 1 basket.



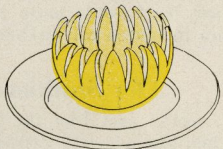
### Grapefruit Basket 2

By this clever method, one grapefruit makes 2 baskets. Scoop meat from halved Sunkist Grapefruit. Cut around the shell ½-inch from the top, leaving 1 inch uncut on opposite sides of shell. Raise cut strips as loops and tie together with narrow green ribbon to make basket handle. Flute or scallop edges if desired.



### Chrysanthemum Cup

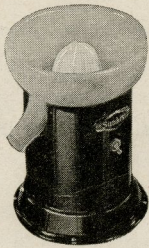
Scoop meat from halved Sunkist Grapefruit. Cut shells in strips ½-inch wide, simulating chrysanthemum petals. Curl each petal a trifle inward. One grapefruit makes 2 chrysanthemums.



### Grated Sunkist Grapefruit Peel

A delicious flavor is given to cakes, pies, breads, biscuits, frostings, fillings, sauces and other foods by the use of grated Sunkist Grapefruit Peel.

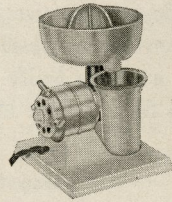
For grating choose clean-skinned fruit. Sunkist Grapefruit with its waxy-textured skin is especially suitable. Remove only the yellow portion of the rind. This yellow portion contains the oil cells from which come the volatile oils that give the flavor. Use fresh or mix with sugar and keep in a tightly covered jar.



*Sunkist Junior*  
The standard home  
electrical juice  
extractor.



*Sunkist Reamer*  
An essential in  
every home.



*Sunkist Juniorette*  
The new small kitchen  
electrical juice  
extractor.

## TO EXTRACT JUICE MOST EASILY

### Grapefruit, Orange and Lemon Juices

... are best when *freshly* extracted. Flavor and health value both suffer if the juice is allowed to stand for any length of time. However, the serving of *fresh* juice—even in large quantities—need not be a problem in your home, for the Sunkist growers have perfected three handy extractors for home use. You will find the Sunkist Reamer on sale everywhere and the Sunkist Junior and Juniorette at all Hardware, Electrical and Department Stores. All are priced most reasonably.

### The Sunkist Junior *Electric Juice Extractor*

... gets all the juice—a glass or a gallon—*quick!* It improves flavor and health value by shredding the fruit pulp and “aerating” the mixture. As easily cleaned as a hand reamer. Handsomely finished.

### The Sunkist Hand Reamer

... has a higher cone and sharper ridges for speedier, easier operation. The deeper bowl holds more juice. Made of glass and available in an assortment of colors to match all kitchen color schemes.

### The Sunkist Juniorette *Electric Juice Extractor*

... works just like the Sunkist Junior, but is smaller in size. This new small kitchen size electric extractor is handsomely finished in ivory. A convenient glass and strainer are included.

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