

GRAPEFRUIT SALAD



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15
min



Easy

INGREDIENTS

- 2 red grapefruits
- 2 tbsp olive oil
- 1 thick slice bacon (100g)
- 1 pack Vitacress Italian salad (100g)
- 1 small red onion
- 2 tsbp white wine vinegar
- 1 tsp honey
- 1 chopped garlic clove
- Flor de sal to taste
- Freshly milled black pepper to taste

METHOD

Peel the grapefruit and remove all of the white pith • Remove the segments, freed of their membranes and store for later • Toast the hazelnut in the oven or in a pan, on a medium heat, stirring continuously • Remove the skin of the hazelnuts and once clean roughly crush the nut • Cut the bacon into regular pieces and fry in a pan in their own fat, stirring continuously • When they colour and begin to shrink and there is a reasonable amount of fat left, remove from the pan and dry on kitchen paper • Remove two fine slices of grapefruit peel and finely julienne, passing under hot water and keep for later • Mix the vinegar, the chopped garlic, the grapefruit peel, 2 tablespoons of grapefruit juice, the honey, and the black pepper and mix well, adding the olive oil afterwards • Place the greens in a salad bowl, add the chopped onion, season with salt and ground black pepper • Pour over the sauce mix and sprinkle with bacon, the grapefruit segments and the hazelnut crumbles • Serve as a starter or to accompany any meat dish