



GIZZI ERSKINE

THE STYLISH TV COOK SHARES TWO SCRUMPTIOUS MEALS USING THIS SEASON'S MUST-HAVE - FLORIDA GRAPEFRUIT

BAJAN PRAWN TACOS WITH AVOCADO, BLACK BEANS AND GRAPEFRUIT

SERVES TWO



INGREDIENTS

For the prawns:

- 12 big, fat, raw tiger prawns, peeled and slit deeply down the back (almost to butterfly them), intestine removed
- 1 tbsp olive oil
- 2 cloves garlic, grated finely
- 1 red chilli, chopped
- ½ tsp salt
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp smoked paprika

For the tacos:

- 4 corn tortillas
- ½ little gem lettuce, thinly shredded
- 6 radishes, thinly sliced
- 1 pink Florida grapefruit, segmented and cut into small pieces
- 1 avocado, peeled, seeded and finely chopped
- 100g thinned black beans, drained and rinsed
- Juice of 1 lime
- Sea salt
- 40g feta cheese
- A good handful of fresh coriander, leaves picked
- Hot sauce and soured cream, to serve

Grapefruit and seafood is not a radical combination.

While researching these recipes, I learnt that it's something that we've been seeing since the '70s – prawn and grapefruit are as retro as you could hope for! The irony is that while visiting trendy Los Angeles recently, I noticed this combo in many a dish.

The best way I had them was with big, plump, raw prawns, quickly marinated in all the great things – garlic, chilli, cumin, coriander and paprika – then charred and served with a whole bunch of the fantastic and fresh usual suspects for the perfect

taco. But it was the pink Florida grapefruit that was the hero.

First, start by making the marinade for the prawns. Place the prawns in a bowl and mix together with the oil, garlic, chilli – I like to keep the seeds in – salt and spices. Cover and leave to marinate in the fridge while you prepare the other ingredients.

Next, make the salad. Mix the shredded lettuce, radishes, Florida grapefruit, beans, lime juice and salt in a bowl.

Fry the prawns in a little more oil on a medium to high heat, until cooked through. This should take about five minutes, and you'll know they're cooked

when they change from grey and translucent to white and opaque. While you're doing that you can heat the tortillas in a dry pan for about 20 seconds each side, until warmed through.

Now you're ready to construct your tacos! First, layer a spoonful of salad on to the tacos, followed by the prawns. It's up to you, but I find the tacos easier to eat if you cut the prawns into thirds. Follow with a dollop of sour cream, a nice scattering of coriander and finally, a little crumble of the feta. I think hot sauce is also a must, followed by a little extra squeeze of lime at the end. Have napkins to hand!

WWW.OK.CO.UK 103

FLORIDA GRAPEFRUIT CURD PAVLOVA

SERVES FOUR



INGREDIENTS

For the meringue:

- 5 free-range egg whites
- 300g caster sugar

For the whipped cream topping:

- 300ml double cream
- 1 tsp seedy vanilla extract
- 1 tsp icing sugar

For the curd:

- 150ml strained Florida grapefruit juice
- 50ml lemon juice
- 75g golden caster sugar
- 1 free-range egg and 4 egg yolks (I use Cobswold Legbars for their orange yolks)
- 75g unsalted butter

For the caramelised grapefruit:

- 2 whole Florida grapefruits, peeled and thinly sliced on a mandolin
- 1 tbsp caster sugar

The base of this pavlova is a recipe by my beloved Meringue Girls (www.meringegirls.co.uk). They do a really clever trick in roasting the sugar and adding it into the whipping egg whites, which makes a much more stable, marshmallowy meringue that cooks to that perfect crunchy outside and chewy middle.

I've topped the pavlova with the most brilliant Florida grapefruit curd and then some caramelised, dehydrated Florida grapefruit thins. It's fine, grown up and elegant, but with cheeky hints of sherry-ness. A centrepiece of a pudding for special occasions!

To make the meringue, preheat the oven to 200°C/400°F/gas mark 6. Line a large, flat baking tray with greaseproof paper. Line a deep roasting tray with greaseproof paper, pour in the sugar, and put it in the oven for about five minutes until the edges are about to melt. Heating the sugar helps to create a more stable, glossy meringue.

Separate the egg whites into a large bowl and begin to whisk slowly, allowing small bubbles to form, then increase the speed gradually until the

egg whites form stiff peaks. Take out the sugar and turn your oven down to 100°C/200°F/gas mark 1/4.

While you whisk at speed, add the hot sugar to the egg whites one spoon at a time. Once you have added all of the sugar, continue to whisk for a further five to seven minutes, until the sugar has dissolved and the mixture is smooth, stiff and glossy. Spread on to the baking tray in a fat circle approximately 25cm in diameter. Make a well in the centre. Cook in the oven for two hours.

To make the caramelised grapefruit thins, place the sliced Florida grapefruit on to baking paper on a baking sheet and sprinkle with the caster sugar. Place in the bottom of the oven while the pavlova is cooking. They will be caramelised and dehydrated after about one to two hours. Keep an eye on them so the sugar doesn't scorch. Remove from the baking sheet straight away and place on to a wire rack, where it'll cool to a lovely temperature.

Once the meringue is cooked, turn the oven off and keep the door a little ajar, leaving the meringue to cool in the oven for one hour.

To make the curd, put the Florida grapefruit juice, sugar, egg and egg yolks in a bowl set over a pan of simmering water. Stir for eight to ten minutes. Remove from the heat and whisk in the butter. Cover with cling film, then leave to cool. Once cool, pop in the fridge to firm up and set.

Whip the cream with the vanilla and icing sugar until thick enough to hold its shape, but still soft – there is nothing worse than over-whipped cream! Remove the meringue from the oven and let it come to room temperature. You don't want to leave it anywhere too cold, though! Leave it in the oven with the door open if you think your kitchen is too chilly.

Remove the meringue from the greaseproof paper and slide on to a nice serving plate. Smooth over cream with a palette knife, followed by the curd. Finally, arrange the dried Florida grapefruit prettily on top and serve! **OK!**

GIZZI ERSKINE IS WORKING WITH FLORIDA GRAPEFRUIT ON A SERIES OF DELICIOUS, SWEET AND JUICY RECIPES. FLORIDA GRAPEFRUIT ARE AT THEIR BEST NOW! UNTIL THE END OF MARCH AND ARE AVAILABLE TO BUY NATIONWIDE GO TO WWW.FACEBOOK.COM/FLORIDAGRAPHFRUIT/UK.

WWW.OK.CO.UK 105