



HELLO! *lifestyle*

HEALTHY MEALS

JUICY FRUIT

TV chef Gizzi Erskine loves vibrant colours in her cooking. Here the healthy-eating champion gives a burst of sweet and sour citrus flavour to breakfast, lunch and dinner dishes by adding juicy Florida grapefruit

BAJAN PRAWN TACOS WITH PINK FLORIDA GRAPEFRUIT, AVOCADO AND BLACK BEANS

Grapefruit and seafood is not an odd combination. Researching these recipes, I learnt it's something we've been seeing since the 1970s. Prawn and grapefruit is fabulously retro

Makes 4 tacos (serves 2)
Preparation time 25 minutes
Cooking time 10 minutes

INGREDIENTS

- For the prawns
- 12 big fat raw tiger prawns, peeled and slit deeply down the back almost to butterfly them, black vein removed
 - 1 tbsp olive oil
 - 2 cloves garlic, peeled and grated finely
 - 1 red chilli, chopped (I like to keep the seeds in)

- ½ tsp salt
 - ½ tsp ground cumin
 - ½ tsp ground coriander
 - ½ tsp smoked paprika
- For the salad
- ½ Little Gem lettuce, thinly shredded
 - 6 radishes, trimmed and thinly sliced
 - 1 Florida pink grapefruit, segmented and cut into small pieces
 - 1 avocado, peeled, seeded and finely chopped
 - 100g/4oz rinsed black beans, drained and rinsed
 - Juice of 1 lime
 - Sea salt
- For the tacos
- 4 corn tortillas
 - Dollops of sour cream, to serve
 - A good handful of fresh coriander, leaves picked

- 40g/1½oz feta cheese, crumbled
- Hot chilli sauce and lime to serve

1. Start by making the marinade for the prawns. Place the prawns in a bowl and mix together with the oil, garlic, chilli, salt, cumin, coriander and paprika. Cover with clingfilm and leave to marinate in the fridge while you prepare the other ingredients.
2. Next make the salad. In a bowl mix the shredded lettuce, radishes, Florida grapefruit, avocado, drained beans, lime juice and salt.
3. Fry the marinated prawns in a little more oil on a medium to high heat until cooked through. This should take about 5 minutes – you'll know they're cooked when they

change from grey and translucent to white and opaque. While you are doing this you can heat the tortillas in a dry pan, for about 30 seconds each side, until warmed through.

4. 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 crumble on a little of the feta. I think hot sauce is also a must, followed by a little extra squeeze of lime at the end. Now try and eat without making a massive mess, but that's part of the fun – have napkins to hand.

SUNNY BIRCHER MUESLI

You may in this day and age hear Bircher muesli called overnight oats – when you soak the oats (and other bits and bobs) in some kind of liquid overnight and they soften and swell. Normally you would use apple juice and cow's milk, but using Florida grapefruit juice gives it far more va-va voom and nut milks taste so great in this. This makes a big batch that will last you all week

Makes 5-8 portions
Preparation time 20 minutes
Soaking time 12 hours minimum

INGREDIENTS

For the muesli

- 100g/4oz oats
- 2 tbsp mixed dried tropical fruit (you can buy this from the supermarket, it has dried pineapple, mango and banana)
- 2 tbsp chia seeds
- 1 tbsp flax seeds
- Handful of almonds, roughly chopped
- 350ml/12fl oz milk of your choice (almond or drinking coconut works best with the grapefruit)
- 250ml/9fl oz freshly squeezed ruby red Florida grapefruit juice

- 1 apple, grated
 - 1 tbsp maple syrup
 - A dash of all-natural vanilla extract
- To serve, per 2 portions
- 4-6 tbsp of Sunny Bircher muesli
 - 2-3 tbsp thick Greek or coconut yoghurt
 - A couple more slurps of almond or drinking coconut milk
 - 1 Florida grapefruit, peeled and cut into segments
 - 4 tbsp of mixed berries (I love strawberries, raspberries, blueberries, redcurrants)
 - 1 kiwi fruit, peeled and cut into slices

1. Mix all of the ingredients for the Bircher muesli together in a bowl and mix well. It will be too wet at this stage but the soaking process drinks up all that liquid and flavour. Now make sure to cover well with clingfilm or pop into a sealable container and place overnight in the fridge. This stores for 4-5 days.
2. When you're ready to eat, divide the muesli between 2 breakfast bowls, top with yoghurt, a slurp of milk then the fruit and serve straight away.



SOUSED MACKEREL WITH FLORIDA GRAPEFRUIT

Soused mackerel simply involves boiling up a load of aromatic ingredients with vinegar and sugar and pouring the mix over the fish in order to poach it and preserve it. The grapefruit marries so well and it's so healthy. Great as a starter or light lunch

Serves 4
Preparation time 20 minutes, plus overnight to marinate
Cooking time 10 minutes

INGREDIENTS

- 350ml/12fl oz white wine vinegar
- 1 bay leaf
- Peeled rind of 1 Florida grapefruit
- Juice of 2 Florida grapefruit
- 1 tbsp pink peppercorns
- ½ tsp chilli flakes
- ½ tsp allspice berries
- 6 juniper berries, lightly crushed
- 50g/2oz sugar
- 1 tbsp sea salt
- 1 red onion, peeled and thinly sliced into rings
- 1 small orange carrot, peeled and thinly sliced

- 1 small white carrot (if you can find – otherwise orange carrot is fine), peeled and thinly sliced
- 4 mackerel fillets, with the central bones cut out, each fillet cut into large pieces
- 1 Florida grapefruit, peeled and path removed, thinly sliced

1. To make the marinade, in a small pan place 75ml/3fl oz water and the vinegar, bay leaf, grapefruit rind and juice, peppercorns, chilli flakes, allspice and juniper berries, sugar and salt and heat slowly until the sugar is dissolved. Bring to the boil then turn off the heat. Add the onion and carrot and leave to cool.
2. Lay the mackerel fillets in a dish and pour over the marinade, making sure they are completely immersed. Cover with clingfilm and leave to cool to room temperature then leave in the fridge to marinate overnight.
3. Serve on a large platter together with some of the pickled vegetables and the Florida grapefruit slices.

Get Florida fresh

Florida's sunny climate and sandy soil is perfectly suited for citrus trees, making the American state's grapefruits sweeter and juicier than their Mediterranean counterparts. "I'm a huge fan of Florida grapefruit – I have been for a long time," says chef and food writer Gizzi. "I love the sweet yet tangy taste and find it works well with such a variety of dishes. I immensely enjoyed creating the recipes for this versatile fruit."

• To find out more, visit facebook.com/FloridaGrapefruitUK