

FEBRUARY 2012

Good Housekeeping

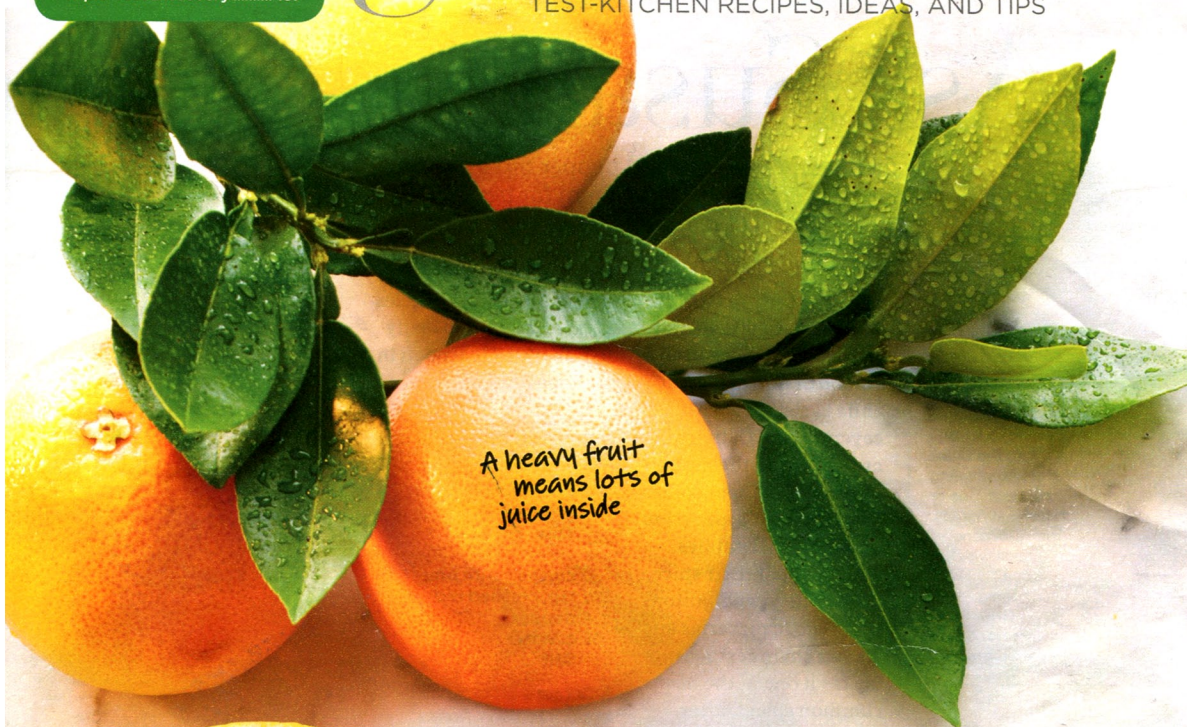


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goodfood

TEST-KITCHEN RECIPES, IDEAS, AND TIPS



A heavy fruit means lots of juice inside

EAT IT NOW

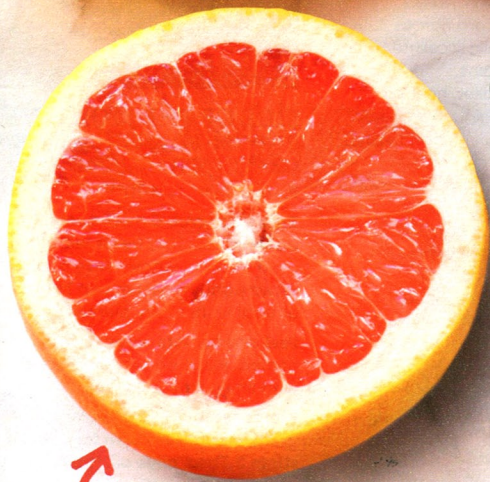
Grapefruit

This is bliss: Cut a ripe grapefruit in half and sprinkle with sugar. Amp up that delicious classic by taking a cue from chef James Boyce of Cotton Row Restaurant in Huntsville, AL. He glazes grapefruit segments with honey flavored with cinnamon and star anise.

Shrimp & Fennel Salad

Cut peel and white pith from 4 grapefruit; discard. Holding grapefruit, 1 at a time, over large bowl, cut out segments between membranes.

Add 1 lb. cooked, shelled, and deveined shrimp; 2 lg. fennel bulbs, cored and sliced paper-thin; ½ c. cilantro leaves, chopped; 3 Tbsp. extra virgin olive oil; and ½ tsp. each salt and pepper to bowl. Toss gently. Serves 4.



Ruby Red and Rio Star are naturally sweeter varieties