



www.floridacitrus.ca

Celebrate Year of the Ox with seasonal Florida grapefruit

Chinese New Year is marked with the gathering of family and friends, gift-exchanges and feasts to commemorate the occasion. When planning festive meals, consider how adding new ingredients can create a twist on traditional dishes while still respecting the heritage of Chinese cooking.

Ruby red grapefruit from Florida is a great example of a food that is easy to incorporate into customary Chinese New Year cuisine. This grapefruit variety has a golden rind and a reddish interior, adding plenty of colour to fish, chicken or pork dishes. Not only do grapefruit bring a natural sweetness to dishes, they're also nutrient-rich and easy to use as a substitute for other citrus ingredients. According to Canada's Food Guide, just half a grapefruit is considered one daily serving of fruit and also contains essential minerals, antioxidants and a full day's supply of vitamin C, which all help keep the body healthy.

Citrus fruit is in abundance at this time of year and plays a popular role during New Year celebrations. Florida grapefruit are currently in their peak season from January through early Spring and fully ripe when picked, making them ready to eat as soon as they're brought home from your grocer.

When selecting and storing Florida grapefruit, remember to:

- Look for grapefruit that has golden skin, which is sometimes tinged with pink
- Select grapefruit that is firm, yet slightly supple
- Store grapefruit loose at a cooler room temperature
- Avoid keeping grapefruit in plastic bags to prevent mould growth

Here's a new recipe with a traditional balance of sweet and sour flavours that is perfect to share with families and friends when celebrating the Year of the Ox.

Chinese New Year Shrimp with Florida Grapefruit

Created by Executive Chef Brad Moore of SCHOOL, Toronto, ON

Serves 2-3

1/2 tsp salt
1 tsp cornstarch
1 egg white
1 lb fresh shrimp (13-15 medium sized shrimp, shelled and deveined)

2 cups cooking oil (for frying) plus 2 tbsp oil for the glaze

2 tsp ginger, minced
2 tbsp sugar
1/2 tbsp Florida grapefruit zest
1 cup Florida grapefruit juice
1 tbsp cooking wine
2 tsp cornstarch, mix last minute with 1 tbsp water (to create cornstarch slurry)
1/2 tsp salt
2 scallions, thinly sliced, plus additional for garnish



www.floridacitrus.ca

2 Florida grapefruit, segmented
4 oz cashew nuts, finely chopped

1. In a large bowl, mix salt, cornstarch and egg white.
2. Mix in shrimp and marinate for 1 hour.
3. Preheat oven to 400 F. Roast cashews on tray in oven until golden brown. Chop coarsely.
4. Heat oil in skillet or wok, add shrimp and fry for 1 minute. Remove shrimp and drain on paper towels. Discard oil.
5. Florida grapefruit glaze – Add two fresh tablespoons cooking oil, heat frying pan and quickly stir fry scallions and ginger for 30 seconds. Add grapefruit juice, bring to boil then simmer and reduce for 3 minutes. Mix in cornstarch slurry and bring back to boil.
6. Quickly add shrimp and cover with grapefruit glaze.
7. Add cashews and stir until thoroughly mixed. Serve immediately on segmented grapefruit. Garnish with thinly sliced scallions and remaining glaze.

For other recipes and more information about Florida citrus, please visit www.floridacitrus.ca.

Contact:

Hazel Parilla - GolinHarris
416-642-7893
hparilla@golinharris.com