



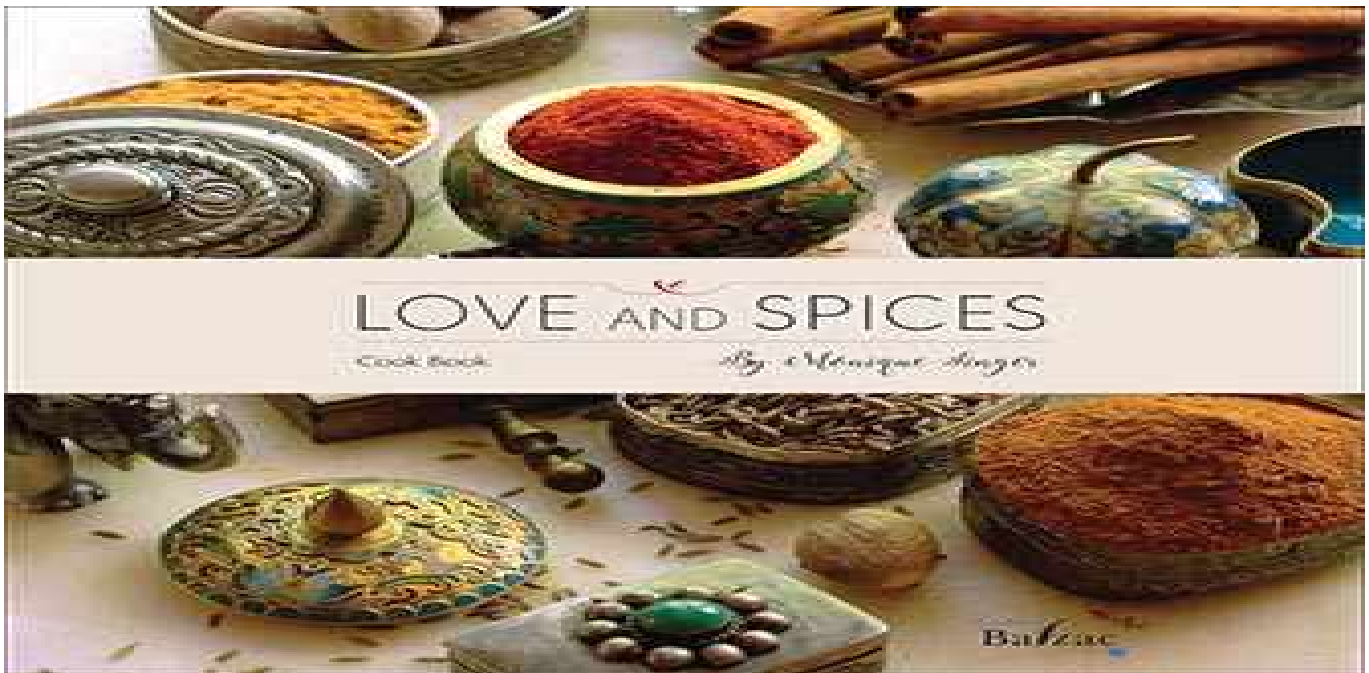
Love and Spices: Fennel and Pink Grapefruit

Description

Fennel salad with your barbecue meals, very refreshing!

Recipe by **Monique Singer**

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Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this series, you will discover some unique recipes dedicated to cooking with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside



her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds.

Enjoy!

Fennel and Pink Grapefruit

There is nothing like a fresh crisp cool salad for a perfect summer meal.

Preparation time: 15 min | Yields: 4 servings

- 2 fennel bulbs
- 2 large pink grapefruits
- 2 tbsp olive oil
- 2 limes, juiced
- 2 tbsp orange juice
- 1 tbsp mint, chopped
- 1 1/2 tsp sea salt
- 1/4 tsp white pepper, freshly ground
- 1/4 tsp red peppercorns

Julienne the fennel bulbs.

Place in a salad bowl with the grapefruit segments.

Combine the remaining ingredients in a separate bowl.

Stir into the salad.

GRAPEFRUIT SEGMENTS

Using a sharp serrated knife, cut around the grapefruit, instead of plunging the knife.

Place it at a right angle with the point toward the centre.

Cut the fruit at the place where the pulp and the rind meet.

Using a gentle sawing motion, make your way around the fruit.

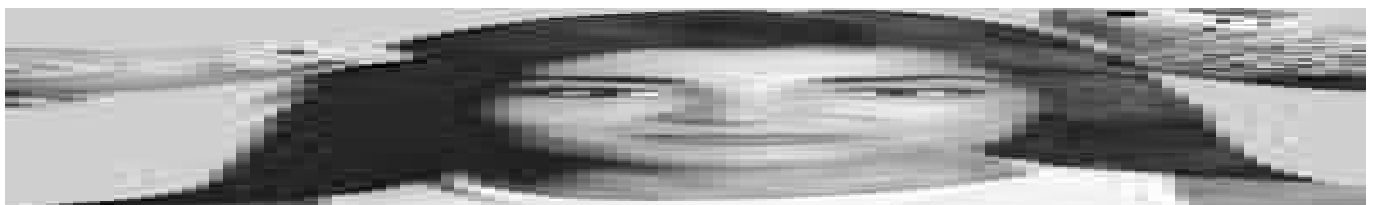
Carefully slice on either side of each membrane separating the segment.

Images: Anne Fillion

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Monique Singer is a cultural creator now based in Montreal, usually found travelling the world, experiencing



other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)



Category

1. Gastronomy
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Tags

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