

# GRAPEFRUIT & AVOCADO SALAD

**From the Kitchen of:** Randy Schwartz, President, Culinary Historians of Ann Arbor



**Preparation Time:** 50-60 minutes | **Servings:** 4-6 bowls

This salad is a refreshing, fruity, and colorful starter or side dish. Randy assembled this recipe based on his best recollection of a childhood favorite made by his mother.

"When my siblings and I were growing up, our mother, Clare L. (Carp) Schwartz, would make this for our family meals from time to time. Clare's family had relocated from Brooklyn, NY, to Miami, FL, in the summer before her senior year in high school. She was devastated to lose contact with her friends, but soon she was attracted to the Hispanic culture in Florida and decided to major in Spanish at the University of Miami. That was in the early 1940s, and it included foreign study in Mexico City and Havana. Besides learning Spanish, she soaked up the culture and learned to make dishes like this salad, based on the foods that she encountered during her time in those two cities and in Miami," shares Randy.

## INSTRUCTIONS:

### PREPARE THE VINAIGRETTE:

- In a small bowl, briskly whisk the oil and vinegar together until they are thoroughly combined.
- Whisk in the citrus juice, salt, and pepper, and set the vinaigrette aside.

### ASSEMBLE THE SALAD:

- Into a large bowl, add the onion.
- Slice the first grapefruit, with the peel still on, into 8 equal segments. For each segment, remove and discard the peel, then slice the segment into 5-6 pieces crosswise, and add these to the bowl of onion. Repeat this process for each grapefruit.
- Transfer the vinaigrette to the large bowl. Mix to coat the grapefruit and onion in the vinaigrette.
- Next, prepare the avocado. Remove the avocado peel, then dice the flesh, being careful not to mush the pieces. Work with one avocado at a time, quickly adding each diced avocado into the bowl and coating it in the vinaigrette to protect the avocado from browning.
- Repeat this process for each avocado.
- Once all of the avocado has been added, mix the salad briefly and gently, being careful not to mush the avocado pieces.
- Serve and enjoy! This salad is best eaten soon after it's prepared. It can be kept refrigerated in an airtight container for 24-48 hours, but after that the avocado gets mushy and discolors.

## INGREDIENTS:

### FOR THE VINAIGRETTE:

- 8 teaspoons olive oil
- 3 teaspoons white vinegar
- 1/2 teaspoon lemon juice and/or lime juice (fresh-squeezed or store bought)
- 2 pinches salt
- 2 pinches black pepper

### FOR THE SALAD:

- 1 medium-sized onion, white or yellow, peeled and finely diced or thinly sliced
- 4 pink grapefruits
- 4 small, ripe avocados