

SHRIMP AND AVOCADO SALAD WITH GRAPEFRUIT VINAIGRETTE

SOURCE: Epicurious.com (Gourmet February 2002)

Prep/Cook time: 30 minutes

INGREDIENTS:

For vinaigrette:

1/4 C fresh grapefruit juice 2 tsp fresh lime juice
1/4 tsp finely grated peeled fresh ginger 1 TBS vegetable oil

For salad:

1 pink or red grapefruit 1 white grapefruit
1/4 C hazelnuts, lightly toasted/loose skins rubbed off
1 TBS unsalted butter 2 firm-ripe California avocados
1 tsp fresh lime juice
1/2 lb large shrimp (8-10), shelled/de-veined
1 TBS vegetable oil 2 C baby spinach (2 oz)
1/4 C trimmed sprouts (preferably radish) Salt + pepper, to taste

DIRECTIONS:

Vinaigrette: Whisk together all ingredients - salt + pepper to taste.

Salad: Cut/peel (including all white pith) from fruit with sharp paring knife (cut segments free from membranes). Halve enough grapefruit segments to measure 1 1/2 C (reserve any remaining segments for another use). Coarsely chop hazelnuts. Melt butter in 12" non-stick skillet over moderate heat till foam subsides - then cook hazelnuts with salt + pepper to taste, stirring, till a shade darker (about 5 minutes). Transfer nuts to paper towels to cool, reserving skillet.

Quarter avocados lengthwise - then pit/peel. Cut lengthwise into 1/4"-thick slices. Drizzle with lime juice - season with salt + pepper. Pat shrimp dry - season with salt + pepper. Heat oil in skillet over moderately high heat till hot but not smoking - sauté shrimp, turning them, till golden and just cooked through (about 3 minutes).

Toss together spinach, half of grapefruit segments + half of vinaigrette with salt + pepper to taste. Arrange avocados + remaining grapefruit on 4 plates - top with shrimp, salad + sprouts. Spoon remaining vinaigrette over salad - sprinkle with nuts.

Makes 4 servings.