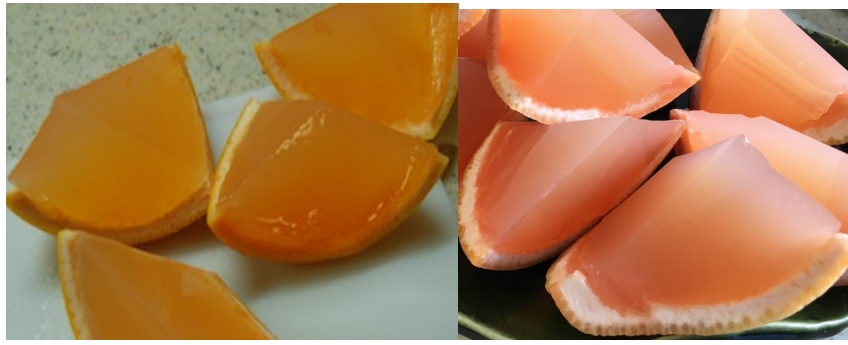


Jellied Grapefruit Wedges (*Kankitsu Kan*) 柑橘寒



One whole grapefruit produces 8 wedges.

Both the juice and the shell of the grapefruit are used (nothing goes to waste in Japan's *kansha* kitchen) to make a refreshing dessert. The final configuration, many multi-faceted wedge-like pieces, is intriguing to behold and practical when it comes to eating – you just peel back the fruit peel.

- 1 grapefruit (thick-skinned), either standard yellow or pink-fleshed Ruby
- 1 stick (about 6 inches) *kanten* **OR**
- 1 generous teaspoon (4 grams) powdered *kanten*
- 2 teaspoons sugar
- 1 (American-sized) cup water (250 ml)

Cut the grapefruit in half through the stem end. Holding the grapefruit over a bowl lined with *sarashi* cloth or a double thickness of cheesecloth, carefully scoop out the insides of the fruit. Use your fingertips, rather than a knife to prevent bruising the fruit's shell. Try to remove as much white pith as possible along with the juicy flesh.



Gather up the edges of the cloth containing the grapefruit meat and squeeze to release the juice into the bowl. You should have about 1 cup of juice, total. If you have less, add water or fruit juice (grapefruit or orange) to make up the difference. If you have more than 1 cup, you will adjust the volume later.

If using stick *kanten*, break it into two or three pieces and place in a bowl with cold water to cover (this water is not included in the ingredient list). Allow the *kanten* to soak, softening, for at least 10 minutes and up to 1 hour. To improve the texture, squeeze gently a few times to make sure the sea gelatin becomes completely waterlogged. When the gelatin is pliable, squeeze and discard all liquid.



Shred the moist *Kanten* into a bowl, or directly into a small saucepan.

Arrange the grapefruit shells on a tray or in individual cups or bowls so that they don't rock back and forth. These will be filled shortly with liquid gelatin.

Add the sugar and water listed in the ingredients to the saucepan and place it over low heat. Stirring, cook the mixture until smooth and slightly thickened, about 2 minutes. Simmer on low heat for another 2 minutes. If you had more than 1 cup of grapefruit juice, above, cook the *kanten* mixture for an extra minute to reduce the volume.

If using powdered *kanten*, place it in a nonreactive saucepan with the sugar and the water. Stir before applying gentle heat. Cook the mixture, continuing to stir, to dissolve the sugar and *kanten*. Add the grapefruit juice to the *kanten* mixture and cook over medium heat, stirring, for 2 minutes. The mixture will become a bit foamy as it thickens slightly. If you had more than 1 cup of grapefruit juice, above, cook the *kanten* mixture for an extra minute to reduce the volume.

Remove the *kanten* mixture from the heat and carefully spoon the mixture into the grapefruit shells, trying not to create bubbles. Drag any foam to the edges to remove it. Make sure the surface is entirely smooth. Let the gelatin cool at room temperature until it begins to set, about 30 minutes. Refrigerate, covered, for at least 30 minutes and up to 24 hours.



Before serving, trim the shells so that the surface of the gelatin is flush with the edges of the grapefruit skin. Slice each jellied half-grapefruit into 4 wedges. To eat, peel back the skin.