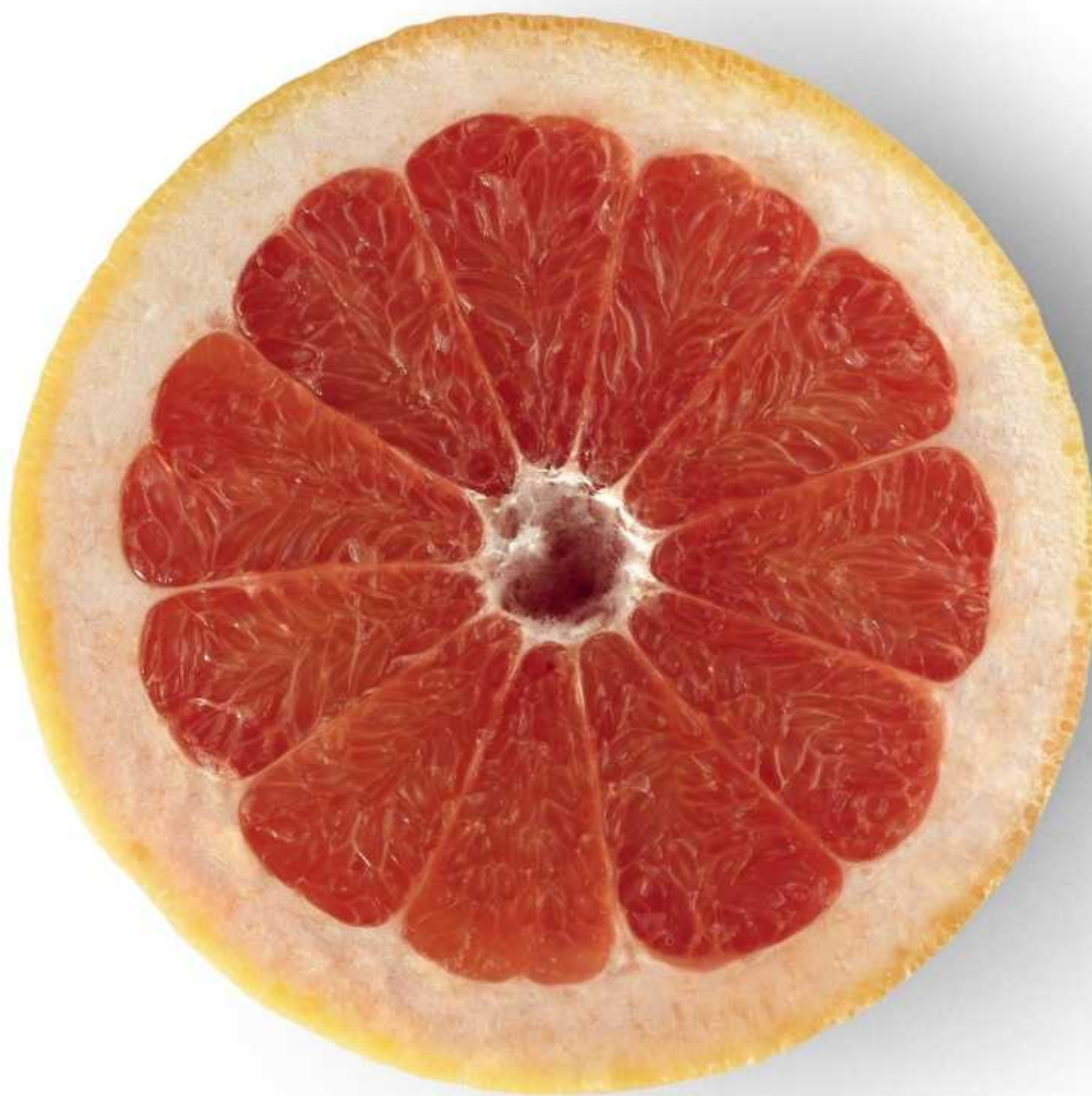
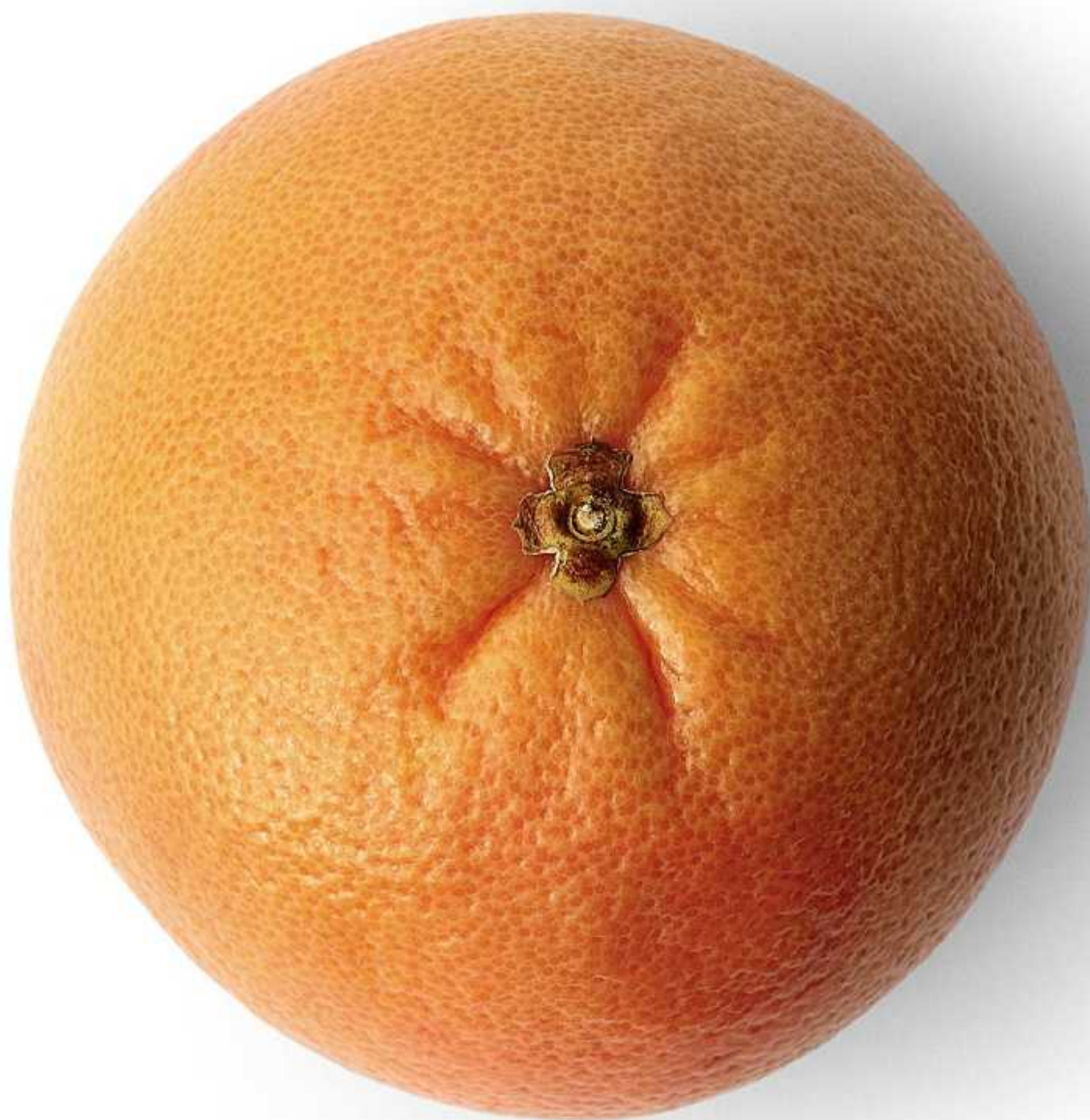


PULP



NON-FICTION

Spanish grapefruit is winning friends abroad. Its yellow or blushing peel, tangy red pulp, nutritive qualities and fragrant aromas are helping it conquer a growing share of the import markets in France, Germany and other European countries. In Spain however, grapefruit is virtually unknown on the domestic market and in traditional Spanish gastronomy. In the heart of grapefruit country, farmers from Murcia are doing what they can to help spread the word about this succulent citrus made in Spain.



TEXT

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PHOTOS

AMADOR TORIL/©ICEX

It's not unusual for people to return from a trip to Murcia with their cars packed full of fruits and vegetables. Located in the southeast corner of Spain, Murcia is snugly nestled between Andalusia, Valencia and the sea. Its semi-arid Mediterranean climate is ideal for growing lettuce, artichokes, tomatoes and Monastrell grapes used for producing the area's excellent, full-bodied red wines. While lemon and orange trees are a common sight, another of the province's important products is grapefruit, which is exported all over the world (albeit in small quantities; the bulk head to Europe). In winter, the first glimpse of these orchards is striking. As the train winds south from Madrid, it snakes through barren apricot, plum and peach orchards, and past brown, stark landscapes dotted with gleaming solar panels. On the outskirts of Murcia, the vivid greenery of citrus trees, laden with fruit, suddenly transforms the landscape into a colorful Mediterranean garden. On my way home from Murcia with a 20 kg (44 lb) box of grapefruit, I had a better grasp of its role in Spain's export market and its bid for recognition here at home.

Tropical treasure

Grapefruit was discovered in Barbados in 1750 by Griffith Hughes (1707-1758; Welsh

naturalist) who dubbed it the "forbidden fruit", as he had been searching for the tree of good and evil in the Garden of Eden at the time. Its name was later changed to grapefruit, supposedly because its fruit hangs in clusters much like oversized bunches of grapes. The original grapefruit was an accidental hybrid of two Asian transplants, the shaddock and sweet orange. Shaddock, an ancient citrus thought to have originated in Asia as early as 100 BC, is named for the English Captain Philip Shaddock, who purportedly brought the first of these fruits to Barbados in 1649. Nowadays, it's important to distinguish between grapefruit and shaddock, as the names are often used incorrectly. Grapefruit, called *pomelo* in Spanish, is of the species *Citrus paradisi*, while shaddock (sometimes called pummelo) is of *Citrus maxima*, and is often referred to as Chinese or Asian grapefruit in European markets. Shaddocks look more like giant pears, and have firm or crunchy pulp and a thick peel. Like many New World botanicals, the grapefruit eventually migrated to Spain. However, it never became a traditional Spanish crop or a staple of the Spanish diet. Commercial grapefruit cultivation in Spain only began in the late 1970s/early 1980s, and currently involves about 2,300 ha (5,683

acres) of land. Although grapefruits are also grown in southern Valencia and Alicante, and parts of Huelva and Seville in Andalusia, Murcia is without a doubt the center for all things grapefruit in Spain, accounting for approximately 30,000 of the 55,000 tons of grapefruit produced here annually. This is particularly true in the southern areas of Campo de Cartagena, the Guadalentín Valley and Águilas.

The agricultural wealth of Murcia is a meld of climate and geography: two rivers, the Segura and its tributary the Guadalentín; the Mediterranean Sea; and a series of mountain ranges that cut through and surround the city of Murcia. The landscape varies from piney to deciduous forests; and the terrain, in some places rocky and sharp, later relaxes into fields and sloping orchards. According to José Luis Albacete, whose company Earmur is located on the northern slope of the Sierra de Carrascoy Mountains about 14 km (8.7 mi) southwest of the city of Murcia, there are many reasons why grapefruit is an ideal crop in this region.

A pioneer of grapefruit cultivation in Spain, José Luis started out as an almond farmer, but increasing difficulties in the market steered him towards trying something new. For 50 years, his grandfather had dedicated a small corner of land to experimenting with the then little-known crop of grapefruit. José Luis





was able to observe firsthand the relative ease with which these citrus fruits could be cultivated in this area of plentiful sun, loose soil, and a virtual lack of diseases and frosts. He spent time in Texas and elsewhere, intensively studying grapefruit cultivation. Back home, he began trying to convince his friends and neighbors to follow in his footsteps and start planting the citrus. Earmur currently produces about 3,000 tons of grapefruit, but José Luis predicts that production will increase to 10,000 tons over the next two to three years, when the youngest plantations reach maturity. The company's success with this crop is immediately apparent. On my visit to the plantation in early December, dozens of partridges scurried like mad across a road lined with heavily laden grapefruit trees. The golden fruits grow in bunches that are often concentrated towards the undersides of the tree, reaching down to touch the land like fingertips. It was almost shocking to see so many large fruits on one tree, realizing that they must be harvested by hand, one by one. The area known as Águilas, which is located on the coast, has an even more distinct microclimate, nestled as it is between the sea and the mountains. The weather is very mild with few extremes. This results in lower acidity in the fruit, since acidity is increased by large temperature differences between day and night, and by early winter cold. The company, Grupo G's España, has been cultivating grapefruit around

Águilas for the past 30 years. Part of their orchards are planted on one side of the mountains overlooking the sea, and the rest on the other side, thereby assuring both early and late crops. G's España was a pioneer in bringing the variety Star Ruby to Spain at the end of the 1970s. According to Ponciano Pons, the company's Senior Key Account Manager, the Star Ruby variety grapefruits grown here are noticeably less acidic than their Turkish or Israeli counterparts. Although the company initially planted more varieties, today it exclusively grows the popular Star Ruby grapefruits, with an annual production of around 8,000 tons a year.

Star Ruby vs. Rio Red

Grapefruits are categorized by color into either colored (red or pink) or white varieties. The two most important types currently grown in Spain are both red varieties: Star Ruby and Rio Red. As grapefruit itself is a hybrid, the different varieties are either natural mutations, crosses, or, more often, developed via bud or seed irradiation. Star Ruby was created in 1970 through irradiation. This seedless variety is characterized by its fine, smooth skin, juiciness and deep, pinkish-red flesh, which is thought to be the most intensely colored of any variety. Rio Red, also a product of irradiation, was developed in 1976. These very juicy fruits tend to be less deeply colored than the

Healthful Greatfruit

In some ways, the common association of grapefruit with weight loss is not far off the mark. The "grapefruit diet" first appeared in the 1930s and has had several resurgences of popularity ever since. In 2004, Dr. Ken Fujioka of the prestigious Scripps Clinic (San Diego, US), confirmed the weight loss benefits of grapefruit in a 12-week study. One hundred men and women consumed the fruit with every meal and gradually lost 3 to 10 lb (1.3 to 4.5 kg). The researchers detected a link between grapefruit and insulin, an important hormone with regards to regulating fat metabolism.

These benefits are only some of the many nutritional advantages of this citrus fruit. Grapefruit is often recommended by doctors and nutritionists as an excellent source of many vitamins and other nutrients. According to *Nutrition Action Healthletter*, published by the American Center for Science in the Public Interest, it has more fiber than oranges, apples or bananas. This fiber helps prevent constipation and may reduce the risk of colon cancer, while helping to lower cholesterol. Pink and red grapefruit also contain an elevated amount of lycopene, an antioxidant thought to help prevent prostate cancer, as noted in an article published by the University of Toronto Faculty of Medicine.

Grapefruit is an excellent source of vitamins A and C, potassium and folic acid, as well as being very low in saturated fat, cholesterol and sodium. On a side note, grapefruit has been proven to increase the absorption of certain medications. While this can have a positive effect with some drugs, it can lead to undesirable results with others.

Star Ruby variety, have a slightly thicker skin, and contain two to three seeds per fruit. Both varieties were developed by a Texas-based researcher, Richard Hensz.

According to José Luis Albacete, the difference between these two varieties can be subtle. To prove his point, he opened one of each variety straight off the trees for me to taste. Both had a refreshingly sharp acidity that was tempered by the sweetness of the fruit and the characteristic grapefruit aroma.

Both were the same size and shape, pale orange-yellow in color with deep rosy highlights on the peel, and were the same dark pinkish-red inside. While I found it terribly romantic to be savoring freshly picked grapefruit in the middle of a picturesque citrus orchard in southeastern Spain, I was at a loss to guess which variety was which. As it turns out, the real difference is economic. José Luis explained that the variety Star Ruby is more widely known, but time has revealed it to be somewhat delicate, with less resistance to sun exposure after 15 years, and lower yields. Other grapefruit varieties, like the more robust Rio Red, typically produce fruit for 30 to 40 years, and can live to be 100. A third grapefruit produced in Spain is the white variety known as Marsh Seedless or White Marsh. First planted in around 1860 in Florida, Marsh is one of the oldest grapefruit varieties and the one most commonly planted throughout the world. This



vigorous tree yields small to medium sized fruits with soft and juicy, whitish-yellow pulp. This was the original variety cultivated in Spain, but over the past ten years cultivation has shifted almost entirely to the red varieties. This trend has been repeating itself all over the world. José Antonio García, Director of AILIMPO, the Spanish Lemon and Grapefruit Interprofessional Association, feels that much of this trend is aesthetic, based on a misconception that red grapefruits will always be sweeter than the white varieties. However, José Luis Albacete believes that “anyone who truly appreciates grapefruit likes the red ones best.”

Forgotten fruit, export success

Whether it's about red or white, the grapefruit debate is likely to be lost

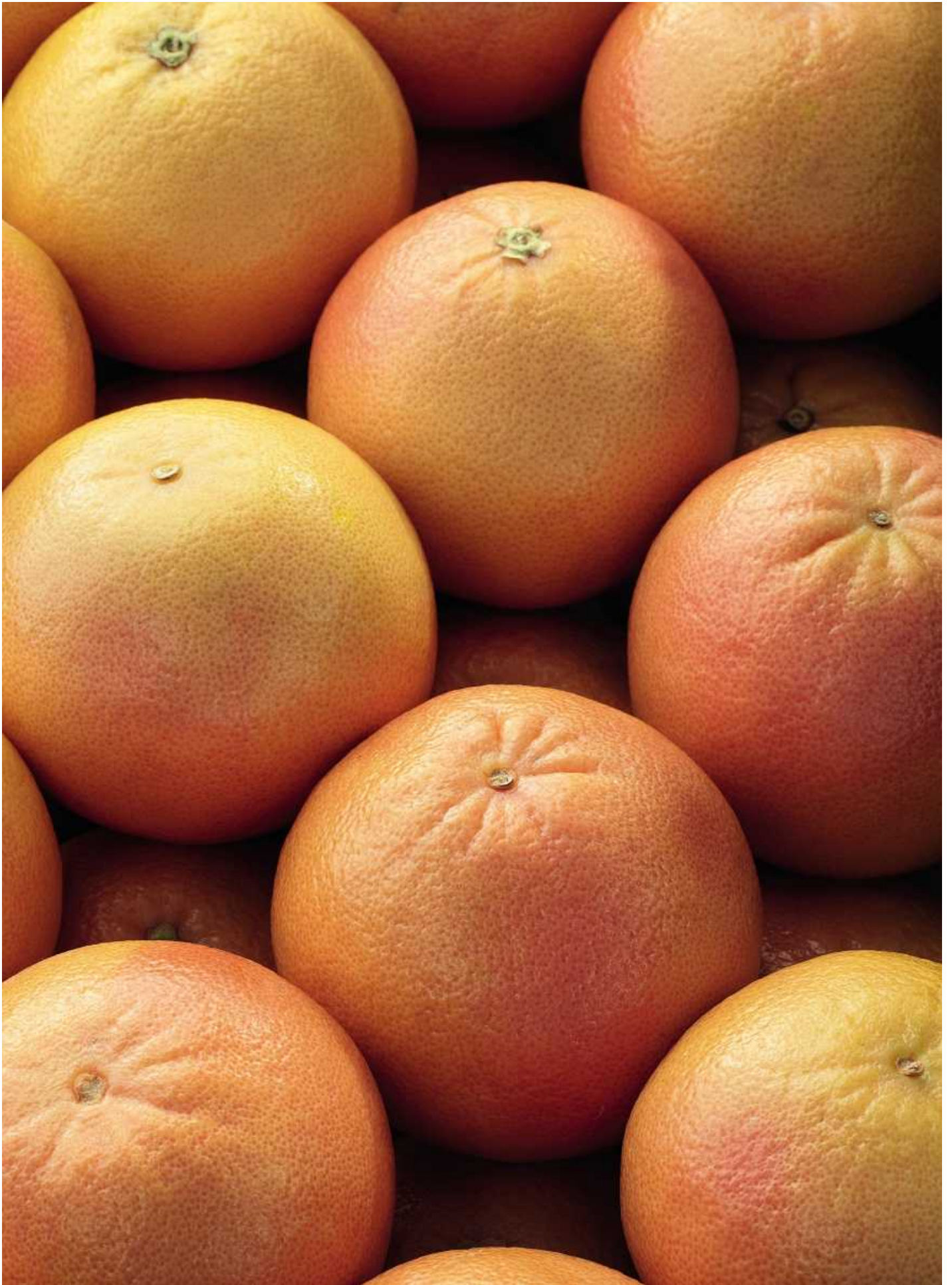
on many Spaniards. In fact, one of the more surprising facts about Spain's grapefruit crop is the fact that very few natives seem to know it exists. According to a July 2010 survey carried out by the Spanish Ministry of the Environment and Rural and Marine Affairs (MARM) at the behest of AILIMPO, a mere 16.4% of interviewed Spaniards consume grapefruit with any amount of frequency. At the same time, just 23.6% identified Spain as a producer of this fruit. Only an estimated 20% of the 55,000 tons of grapefruit produced annually in Spain are sold domestically. According to José Luis's daughter, Nieves Albacete, who now runs Earmur, a large portion of these sales go to hotels or cruise ships, which cater to foreign palates more accustomed to eating grapefruit as a regular part of their diets. Though there are currently only six or seven Spanish companies dedicated to this minority citrus, production quantities in Spain over the past several seasons have either increased or remained stable. The crop is also extremely solid here in terms of price fluctuations. This stability is reflected in the fact that Spanish grapefruit growers are making quite an impact on the European import market. Spain is now the fourth largest grapefruit exporter to the European Union after the United States (Florida), Israel and Turkey. During the 2009-2010 season, the country exported over 43,300 tons to the EU and 2,300 tons to non-EU countries. This was an overall increase of more



than 7,500 tons from the previous season. For years the international grapefruit market has been dominated by Florida, which, in the 1990s had an average annual production of around 1.6 million tons and accounted for 40-60% of world grapefruit exports. While Florida still leads the world market, its share has declined this past decade due to debilitating freezes, hurricanes, citrus diseases, and other factors such as encroaching land development. In Europe, Florida grapefruits once were 45-50% of imports, but by 2006, the amount had dropped to only 20-25%. For Spain's grapefruit growers, this changing world marketplace has meant opportunity, demonstrated by the fact that 70-80% of Spanish production is currently exported. The majority of these 45,000 tons is exported to France, Germany, Poland and the Czech Republic, among others. Increasing quantities are also being sold to Russia, a high-potential new market. The question now for Spanish producers is how to gain an even greater hold on the world market. The obvious solution is to figure out how to differentiate Spanish

Web sites

- www.ailimpo.com
Official site of AILIMPO, the Spanish Lemon and Grapefruit Interprofessional Association.
(English, Spanish)





first fruits of the season. Small improvements in the already exceptional fruit quality and production practices will probably not improve Spain's export market share that much. There is one factor, however, that Spanish producers are working hard to exploit, and it's one that could make all the difference. As the only grapefruit-producing country in the European Union, Spain's clear advantage comes down to shorter shipping times. Companies like Earmur and G's España, as well as AILIMPO, are doing what they can to get the word out on the incomparable freshness of Spanish grapefruit.

grapefruit from its competitors. Although the same varieties are produced all over the world, climate and other environmental factors can have some effect on varietal differences. Spanish grapefruit is known for its perfect uniformity of color and tone, and its usually blemish-free appearance. In terms of individual variety, one differentiating factor is that Spanish Star Ruby fruits are generally larger than their Turkish counterparts. This is important since Turkey is the main exporter to a growing Russian market, which at times demands the larger fruit more available from Spain. In terms of the market leader, Florida, José Luis Albacete asserts that Spanish grapefruit is no more acidic than the famously sweet

Florida fruit, and that the "difference between Florida and Spain is marketing". He also believes that the perceived lesser sweetness of Spanish grapefruit is something that local producers should resolve together. Spain's grapefruit season lasts from October to May. However, as the season progresses the fruit ripens and sweetens, meaning that fall grapefruits are much more acidic than fruit harvested in January or February. Early harvesting and export of the more acidic fruits creates a false perception of their overall quality. While countries such as South Africa strictly control their commercialization dates, Spain's production is controlled by the early market demand, which of course means higher prices for the





The freshest fruit

At Earmur, Nieves Albacete explains that it's not unusual for grapefruits to be picked in the morning, prepared in the factory at midday, and shipped to France in the afternoon. Spain's grapefruits are all shipped via truck, which head directly to supermarkets throughout the EU. Grapefruits are often on the shelves by the very next day, or at most, 72 hours after picking, in the case of the United Kingdom. The same is true for other Spanish producers, and this provides a huge advantage in comparison with other countries. Grapefruits produced in Turkey and Israel are shipped to Europe by boat, which can take at least 7 to 10 days after picking. Fruits from Florida, South Africa, and Mexico can take a month to make the long journey to supermarket shelves in Europe. This extended storage can lead to reduced acidity, insipid

flavor and susceptibility to fungus. Another selling point related to faster delivery is the concept of integrated farming. A broad term that refers to taking an integrated or global approach to agriculture, its practices involve promoting sustainability through methods for reducing waste and residues, and implementing chemical alternatives such as biological pest control. This agricultural technique is especially important in exporting to countries like Germany and France, which put a premium on natural products. The fact that grapefruit grows so easily in Murcia means that farmers use very few chemical fertilizers or pesticides. While the fruits are not considered strictly organic due to the generalized use of mineral supplements, Nieves Albacete points out that grapefruit here is virtually disease-free, so we don't need pre- or post-harvest treatments. Without much need for preservative methods, the

packaging and preparation process is also as natural as possible.

A good place to see this in action is at the G's España factory in Torre Pacheco, about 40 km (25 mi) from the city of Murcia on the road to Cartagena. G's España produces 8,000 tons of grapefruit a year, and the efficiency of their lemon and grapefruit processing plant explains how these products are prepared and shipped so quickly. Grapefruit arrive from the fields and are separated by color along a fast-moving conveyor by a line of efficient women, who Commercial Director Juan Alfonso Sánchez asserts, have "a better sense of quality and aesthetics". The fruit is then washed with a neutral soap and water and coated with a thin layer of wax, which falls on the fruit in droplets that are distributed by fans. This protects the peel and helps prevent dehydration. The grapefruits are checked for quality (size, color, damage) by an

incredible battery of cameras that almost instantly record a 360-degree view of each individual fruit, and sort it according to the established parameters. The final step is packaging, where the fruits are put into the boxes, bags or netting required by each client, and then given an exact time stamp before shipping out. This factory can process up to 20,000 kg (44,092 lb) of fruit an hour—fruit that can be eaten the next day at someone's home in Amsterdam or Lyon. As a bonus for the workers, this modern factory smells wonderful!

The versatile citrus

While grapefruit has had no discernable role in traditional Spanish gastronomy, it's now present on the menus of many of Spain's renowned, avant-garde chefs, including Rodrigo de la Calle of Restaurante De La Calle in Aranjuez (see Close-up, page 84), Joaquín de Felipe, of the Europa Decó Restaurant in Madrid's Hotel Urban, and Antonio Gras, of Trapería 30 in Murcia. Rodrigo de la Calle, the maestro of gastrobotanical cuisine, loves the versatility of grapefruit, both zest and pulp, its fragrant aromas and flavors, and its freshness and balanced acidity. In his words, "Grapefruit is very interesting for its elegance on the palate, its meaty texture, bold and addictive flavor, and nutritional properties. It's a good accompaniment for sweet

shellfish, as the Citrus subtle acidity that it lends to red prawns, for instance, helps to temper their sweetness. In desserts, I love the combination of grapefruit with nuts, banana or cherimoya creams, which are lightened by the citric notes of grapefruit." This idea is reflected in dishes like his Citrus cup with banana foam and roasted chestnuts (*Copa de cítricos con espuma de plátano y castañas asadas*) and Norway lobster with braised red endives (*Cigalas con endivias rojas braseadas*), which calls for an entire red grapefruit, as well as its zest in the sauce. Rodrigo, who is a self-described grapefruit juice "addict", always prefers red grapefruit for its subtlety and aroma.

Chef Joaquín de Felipe also plays with the versatility of red grapefruit, using it for both desserts and savory main dishes, particularly in *ceviches* like the one that he makes using yellowtail (fish) and chilies, which are macerated with grapefruit and other citrus juices. For him, "grapefruit balances the citrus flavors by adding a completely different and appealing touch of acidity. This adds complexity to the more common flavors of lemon and orange." Another important use of grapefruit in his restaurant is as a palate cleansing, pre-dessert sorbet, where it is often combined with coconut foam. Not only does this refresh the palate, but it also helps with digestion.

One would think that grapefruit might have a larger culinary presence in Murcia, but

I found it only in the modern kitchen of chef Antonio Gras, whose philosophy centers on the use of seasonal products and his belief in the special characteristics of products from Murcia. The grapefruit is one such product, which he believes to be particularly interesting due to its unique aromas and special acidity. These characteristics combine well in sweet breads and pastries, like *Magdalena de pomelo* cake and other desserts like Citrus soup with almond *turrón* (*Sopa de cítricos con bizcocho de turrón*; *turrón* is an type of nougat); as well as with savory dishes using shellfish or mollusks. Additionally, the citric acidity of grapefruit provides an excellent balance to the natural fat in pork. The recent culinary applications of Spanish grapefruit seem to mirror the fact that, in the words of José Antonio García, "grapefruit is Spain's" most modern, large producing crop. It also seems to reflect the burgeoning success of Spanish grapefruit on the European market, where its high quality and freshness relative to competing products is now translating to a greater market share. In Murcia, all of these factors have the potential to spur future growth of this crop—one that seems tailor-made for the varied landscapes and climates of this autonomous community of Spain.

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Rodrigo
de la Calle*

Translation
Jenny McDonald/©ICEX

Photos, recipes
Toya Legido/©ICEX

The wines have been
chosen by Cristina
de la Calle, maître
at the Rodrigo
de la Calle restaurant.

Clams in seaweed steam with ESSENCE OF PINK GRAPEFRUIT and curled cardoon

*(Almejas al vapor de algas con esencia de pomelo
rosado y cardo rizado)*

Clams are perhaps my favorite mollusk. Their briny flavor is enhanced by the seaweed steam, and the pink grapefruit gives exactly the right touch of sourness to balance the vegetables with the clams.

SERVES 4

450 g / 1 lb large clams; 50 g / 2 oz sea lettuce (*Ulva rigida*); 50 g / 2 oz gigartina; 20 g / 1 oz sugar kelp (*Laminaria saccharina*); 4 large pink grapefruits; 1 stick red cardoon; 1 1/2 sheets gelatin; 1/2 green apple; extra virgin olive oil; salt flakes; glucose.

Seaweed

Cook the sea lettuce, gigartina and sugar kelp in 1/2 l / 2 1/6 cups of water for 10 minutes, then drain and chill.

Clams

Place the clams in a steamer and cook in the seaweed cooking water. When they have opened, carefully remove the flesh from the shells and set aside. Strain the water used for cooking the seaweed and clams and reduce to 300 ml / 1 1/4 cup. Set using the gelatin.

Grapefruit essence

Set aside one grapefruit for grating and another for removing the segments. Carefully peel the remaining two, removing any pith from the skin, then squeeze and strain the juice. Mix with the glucose and reduce to one quarter. Add the grapefruit skins and grated rind, cover and chill. Strain.

Cardoon

Wash the cardoon and place in iced water to curl. Cut into small pieces.

To serve

On a flat plate serve a few drops of the grapefruit essence on one side and, on the other, the clams, seaweed and cardoons. Finish with a few drops of extra virgin olive oil, salt flakes, some sticks of green apple and pieces of grapefruit segment.

Preparation time

40 minutes

Recommended wine

Louro do Bolo Godello Lías Finas (2008, DO Valdeorras), by the Rafael Palacios winery. The aniseed and mineral touches alongside the fresh fruitiness of this pale yellow wine make it an ideal partner for the sour grapefruit and the briny flavors of the clams and seaweed.

*For a more in-depth look at the chef, see Close-up



Char-grilled sturgeon with baked
potato broth and

GRAPEFRUIT OIL

*(Tacos de esturión a la brasa con caldo de patata asada
y aceite de pomelo)*

The delicate, elegant flavor of the sturgeon, rich in collagen and marbled with fat, is served with a light vegetable broth that accompanies but provides no added flavor. The grapefruit oil just refreshes the broth, helping to lighten the sturgeon fat, and the charcoal smoke brings out all the aromas.

SERVES 4

4 sturgeon fillets (about 200 g / 7 oz each); 2 small leeks; 1 grapefruit; 1 dl / 4.2 cups sunflower oil; chives; 3 large potatoes; rosemary; extra virgin olive oil; table salt; 1/2 l / 2 1/6 cups of water; extra virgin olive oil; Riofrío caviar.

Sturgeon

Finely grate half a grapefruit onto table salt and mix with chopped rosemary. Place the sturgeon in this salt mixture for 10 minutes, then remove, wash and dry with kitchen paper.

Place the fillets skin side down in a frying pan with a little olive oil and fry on one side only until the skin is crisp. Just before serving, grill over charcoal.

Baked potato broth

Carefully wash the potatoes, then cut off peelings 1/2 cm / 0.2 in thick. Bake the potato peelings in the oven at 180°C / 356°F for 40 minutes. Simmer in 1/2 l / 2 1/6 cups of water for 30 minutes, then decant. Cut the leeks into pieces and cook for three minutes in the potato broth. Then brown on the charcoal grill. Grate the rind of the remaining half a grapefruit and set aside. Cut up the grapefruit flesh and infuse in the potato and leek broth for 2 minutes. Strain and decant.

Grapefruit oil

Heat the sunflower oil to 40°C / 104°F and add the grated grapefruit rind. Cover, leave for 10 minutes, then strain.

To serve

Place the pieces of char-grilled sturgeon and leek on a soup plate with a few drops of extra virgin olive oil. Add pieces of the chive stalk and curls, then add the Riofrío caviar. Pour a little potato broth over the dish, and finish with a few drops of grapefruit oil.

Preparation time

1 1/2 hours

Recommended wine

Gramona Argent Rosé 2006, by Gramona. This 100% Pinot noir cava is elegant and delicate, with a light alcohol content and an intense aroma of berries with licorice. It blends perfectly with the potato broth and lightens the fattiness of the fish.

BEETROOT WITH GRAPEFRUIT SALT,

toasted garlic cream and beaten
goats' cheese whey



(Remolacha a la sal de pomelo, crema de ajos tostados y suero batido de queso de cabra)

Beetroot is one of the few vegetables that can be found all year round. Its unique flavor of damp earth gives it an unusual personality and, when cooked with salt, the flavors are concentrated and the texture is emphasized. The addition of grapefruit balances out the sweetness of the beetroot and the cheese brings the various flavors together.

SERVES 4

2 fresh beetroots; 1 pink grapefruit; 1 head Chinchón garlic; 250 g / 9 oz organic goats' cheese from Colmenar Viejo; 25 g / 1 oz powdered egg albumen; 2 l / 8 1/2 cup vegetable stock; 500 g / 1 lb 2 oz table salt; beetroot leaves.

Beetroots

Grate the skin of half the grapefruit into the salt and mix. Bury the beetroots in the salt with the grated grapefruit rind and bake in the oven at 180°C / 356°F for half an hour. Peel and set aside. Grate the other half of the grapefruit into 1 l / 4 1/4 cup of boiling vegetable stock and infuse. Add the powdered egg albumen and beat until stiff. Wrap the pieces of beetroot in this meringue-like mixture and bake at 180°C / 356°F for 20 minutes.

Toasted garlic cream

Bake the head of garlic at 190°C / 374°F for 1 hour. Remove and peel the cloves and set aside.

Beaten goats' cheese whey

Place the goats' cheese in the remaining 1 l / 4 1/4 cup of boiling vegetable stock, cover and simmer for 20 minutes. Strain and reserve, separately, both the stock and the cheese. Blend the cheese with the baked garlic until smooth and creamy.

To serve

Serve a little of the garlic and cheese cream, top with half a beetroot. Pour over the beaten goats' cheese whey and finish with a few beetroot leaves.

Preparation time

1 1/2 hours

Recommended wine

San Amaro, made by the San Amaro brewery. This artisan, 100% malt beer is a dark toast color and cloudy, with a thick texture and great flavors. Its surprising mild sweetness and caramel touches make it the ideal foil for the sweetness of the beetroot, and its toasted aromas connect well with the earthy tones of the garlic and the cheese.

