NINO'S MARKET FRESH PRODUCE RECIPE

Flambéed Mangosteens with Grand Marnier

Yield 2 Servings

The Mangosteen is an "Ultra-Tropical" evergreen tree, believed to have originated in the Sunda Islands and the Moluccas but is now cultivated primarily in Thailand, Cambodia, Vietnam, India, Malaysia and the Philippines. This so called "Super Fruit" due to its excellent health benefits, consists of a deep purplish rind, a succulent white pulp (four to eight segments), and between one and five seeds. Due to import restrictions, the fresh Mangosteen was first brought to the U.S. in 2007. Since its introduction, this "Queen of Fruits" so called because of the handsome reward that Queen Victoria would pay to anyone able to obtain this fruit for her eating pleasure, has been embraced by Luxury Restaurants, Specialty Produce Markets and its adoring fans. The Mangosteen is most often eaten out of hand, but is also often used as an ingredient in sorbets, salads, in jams or in special warm preparations as offered in the recipe below.

2 Tbsp.	Butter, salted	2 Tbsp.	Grand Marnier Liqueur
1 Tbsp.	Brown Sugar	¼ cup	Ginger Ale or Lemon Lime Soda
3	Mangosteens, segmented	1 pint	Vanilla Ice Cream (optional)
1 Tbsp.	Ginger, cut into fine julienne		

Method:

In a small frying pan over medium heat, bring butter and brown sugar to a simmer and cook for 1 minute when it begins to foam. Add ginger and cook 30 seconds then add the Grand Marnier Liqueur and tip the pan towards the heat so that the liqueur is set alight. Once the flames have subsided, add the Ginger Ale or Lemon Lime Soda and the Mangosteens. Swirl to combine and serve immediately as is or over Vanilla Ice Cream.

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