

## Dessert

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# Ruby Red Meringue Pudding Pie

Relish Magazine

**Servings: 2**

**1 large Texas Red grapefruit, halved**  
**1 tablespoon cornstarch**  
**1/3 cup sugar**  
**dash salt**  
**1/4 cup water**  
**1 tablespoon lemon juice**  
**1 teaspoon butter**  
**1 egg, separated**  
**1/8 teaspoon cream of tartar**  
**2 tablespoons sugar**  
**2 tablespoons shredded coconut**

Preheat oven to 425 degrees.

Juice the grapefruit; strain and measure 1/4 cup. Remove the membrane from grapefruit shells; reserve shells in the refrigerator.

In a saucepan, mix cornstarch, 1/3 cup sugar and salt. Stir in grapefruit juice and water. Bring mixture to a boil, stirring constantly. Cook until smooth and thick. Stir in lemon juice and butter.

Separate yolk from egg white. Set egg white aside.

Pour a little hot sauce into lightly beaten egg yolk. Remove saucepan from heat, then stir in the egg yolk mixture. Return to heat; cook and stir 2 minutes more; cool.

Evenly divide mixture into the two grapefruit shells.

Beat the egg white with cream of tartar until foamy. Add the remaining two tablespoons of sugar. Beat until stiff and glossy. Spoon onto filling; sealing at edges. Sprinkle coconut over each.

Place shells in a baking pan. Bake 8 to 10 minutes, or until golden.

Serve on dessert plates, garnished with additional grapefruit sections, if desired.

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Per Serving (excluding unknown items): 236 Calories; 4g Fat (16.5% calories from fat); 3g Protein; 47g Carbohydrate; trace Dietary Fiber; 111mg Cholesterol; 56mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 3 Other Carbohydrates.