

Skillet Asparagus with Grapefruit

1 grapefruit, preferably a ruby variety
Kosher salt
2 tbsp white wine vinegar
1 tsp Dijon mustard
2 tbsp extra-virgin olive oil
1 tsp canola or veggie oil
1 pound medium asparagus, trimmed of any woody ends
Freshly ground black pepper

With a zester, scrape some grapefruit zest from the skin of the fruit for garnish, and reserve. Segment the grapefruit, removing any pith and membranes, catching juice in a bowl. Once you've extracted all the citrus segments, squeeze the membranes to release any remaining juice and then discard the membranes. Gently strain the segments, reserving segments and juice in separate bowls. Add ¼ teaspoon salt, the vinegar, 1 tablespoon of water, and the mustard to the bowl with the grapefruit juice and whisk to combine. Pour in the olive oil, whisking to emulsify.

Pour the canola oil into a large skillet over high heat, and when it smokes, add half of the asparagus and ¼ teaspoon salt, and cover. Cook, partly covered, until the asparagus is blackened on one side, 3 to 4 minutes. Turn the asparagus in the pan, cover, and cook until the asparagus is thoroughly blackened, 3 minutes more; transfer to a serving platter. Repeat with the remaining asparagus, adding another teaspoon of oil to the pan (if it's become too dry) and seasoning with salt.

When all the asparagus is on the platter, scatter the grapefruit segments evenly over the asparagus. If the dressing has broken, whisk to re-emulsify, pour it over the asparagus, and grind some black pepper over the top. Garnish the platter with the reserved zest, and serve.

Source: barely adapted from [The Charleston Kitchen](http://thecharlestonkitchen.com) by Matt and Ted Lee

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