

## **Recipe**

### *Candied Grapefruit Rind with Rosemary Syrup*

#### **Ingredients:**

- 3 ruby-red grapefruits—organic preferred
- 2 cups granulated sugar
- 2 cups water
- 2 ½ tablespoons honey
- ¼ cup of homemade grapefruit liqueur
- 4 stems of fresh rosemary (with leaves still attached to the stem)

#### **Directions:**

- Use a knife to slice each grapefruit in half.
- Scoop/scrape out all of the pink citrus flesh with a metal spoon, reserving the juicy pulp in a bowl.
- Spoon out the fibrous white membranes from the inside of each grapefruit, leaving a hollowed-out half-sphere of rind and pith.
- Cut the halved rinds into ¼-inch-wide strips.
- Place the rinds in a Dutch oven or large pot, covering them with water.
- Bring the water to a boil over medium heat, allowing the rinds to cook the boiling water for 4-6 minutes.
- Drain the water/rinds through a sieve. Discard the water and keep the rinds.
- Return the par-boiled rinds to the pot and cover again with fresh water.
- Repeat the boiling/draining step two more times with the rind.
- Drain the rinds after your third blanching. Boiling the grapefruit zest will leach out the bitterness from the rind. And, it makes them more likely to absorb the sugar and syrup.
- In a separate saucepan, combine the sugar, honey, rosemary stems and 2 cups of water. Bring it to a boil and cook for 3-4 minutes—until the sugar and honey are fully dissolved.
- Turn the heat down, bringing the steaming syrup to slow boil.
- Add the pre-boiled grapefruit rinds to the rosemary syrup. Check the temperature of the liquid with a candy thermometer—it should read just above boiling (aka 102 Celsius or 216 Fahrenheit).
- Continue cooking the rinds in the syrup for another 40-45 minutes on low heat. The zest pieces will turn shiny and almost see-through.



- Drain the cooked peels and lay them on a wire drying rack. Dry them overnight (10-12 hours) at room temperature—uncovered.
- Cover a baking sheet with ¼ cup of granulated sugar the next day. Toss the semi-dry rinds in the sugar
- Sprinkle the semi-dried rinds in the sugar-lined baking sheet. Store at room temperature in an airtight container for 2-3 weeks.

***Chef Chris Atwood's Notes:***

*Citrus rind (also call zest) is chefs' secret flavor enhancer. Containing flavorful essential oils, the rind of a citrus can add zing and zest to savory or sweet dishes—from chicken braised with lemons to zest-flecked cookies or cakes. In this recipe, ruby-red grapefruit rinds are boiled multiple times before candying in a rosemary-infused syrup. The parboiling leaches the bitterness from the rind, allowing the rest to taste both sweet and mildly tart. Top off a craft cocktail, scoop of gelato or crumbly cake with these sugar citrus slivers. They can keep for months in a sealed/airtight jar in your fridge—covered in some of the rosemary simple syrup.*

