

## **Recipe**

### *Homemade Italian Grapefruit Liqueur – Pompelcello*

#### **Ingredients:**

4 juicy/plump ruby-red grapefruits—ideally, organic.  
750 ml. of plain grain alcohol/neutral spirit, like *Everclear*  
2 ½ cups of water  
1 cup of sugar  
½ cup of raw honey

#### **Directions:**

- Zest the grapefruits—grating off just the orange-pink rind on the outside. Once you see the white pith, stop zesting and move on to a more colorful patch of the grapefruit. (The white part is quite bitter).
- Pour the neutral alcohol into a large glass bottle. Stir in the zested grapefruit rind.
- Slice the zested grapefruits in half (along the equator of the fruit). Juice the fresh grapefruits into a medium bowl.
- Stir the honey, the sugar, and water together in the saucepan. Bring to a slow bowl over medium-low heat, allowing the mixture to reduce down by one-third. The honey and sugar will fully melt into the water
- Let the sugared water (aka simple syrup) to cool off at room temperature for 30 minutes.
- Pour the sweetened grapefruit juice into the cooled-off syrup, mixing with a spoon to blend it evenly.
- Add the grapefruit-plus-syrup liquid to your glass container with zest and alcohol.
- Put a cap or lid on your container and give it a quick shake. Let the mixture age in your fridge for 2 weeks.
- You can drink/bake with it before then. However, the flavors need the full two weeks to fully mellow. After 2 weeks, strain out the zest and return the liqueur to the bottle.
- Store, corked/covered, in your freezer.

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

*Pompelcello* is to grapefruit as *limoncello* is to lemon—a syrupy, tangy, citrus liqueur you can easily make at home. What's the secret? Plump grapefruits with shiny rinds. The essential oils in





*your grapefruit live in the zest. So, be sure to select grapefruits that look juicy/plump/glossy. A dry or tough rind won't create as flavorful of a liqueur.*

*Once corked/sealed, your bottles of liqueur should sit for 2 weeks in the fridge. This gives the alcohol ample time to sloooooowly absorb the natural flavor housed inside the rinds. If you drink the liqueur before the 2 weeks are up, it may taste a little harsh or unpleasantly bitter. The flavor mellows as the citrus liqueur steeps.*

*Organic grapefruits aren't treated with harmful pesticides, so they're the best choice for any recipe that relies on the rind for citrus-packed flavor.*

