

RECIPES FROM OUR TABLE

' Rosoli meridionali (Salentini) or Is There A God? '

In essence this is a master recipe for Limoncello, Arancino, Mandorinello and on, any of the syrupy sweet digestive drinks composed from le bucce, or peels of citrus fruits. Small bottles of these make excellent gifts, as it costs far less than store bought and the quality is superior. Drink too much though, which is easy to do in the summer, ice-cold from the freezer, and the next morning the choice of name will become painfully clear.

You'll need:

A litter of pure alcohol (95%), preferable derived from fruit

Two dozen of your favorite citrus fruit (organic, if at all possible)

A kilo of table sugar

Good water

Dried spices (optional)

Wash the fruit thoroughly, remembering that those that raised the fruit never expected you to eat the peel. Using your favorite zesting tool, remove all of the coloured peel possible, leaving behind the pith. This can be accomplished either by modifying a potato peeler, risking your knuckles on a box grader or any of the fancy-smancy bar-type fruit zesters. Use whatever utilizes as much of the buccia as possible.

(The remaining naked fruit can be juiced, sliced then and layered over fish to bake or used to give your hair that radiant, California-look).

Place the zest in a large sealable jar and pour over the alcohol (at 95%, it proves yet another reason for not smoking in the kitchen). If you wish, add a short cinnamon stick, a few cloves, a little nutmeg. The goal here is for a subtle, haunting aftertaste and not to detract from your chosen fruit. Seal jar. Wait a month.

After two weeks when you can no longer wait, decide on your preferred strength and sweetness. Anything less than 20 or 25% risks freezing. Assuming this strength, bring 3 liters of water to a boil and drop in the sugar. Return to a boil and cook until clear. Remove from heat.

When cool fill chosen decorative bottles—full of your simple syrup. Strain fruit from alcohol and top off bottles. Wait two weeks.

Open when you can wait no longer and serve directly from the freezer in very small glasses, also chilled thoroughly. Photocopy directions to nearest hospital and place in breast pocket before helping yourself to a second glass.

This recipe is an example of the recipes offered at our cooking school. If you would like to learn more, please visit our [Cooking School](#) page. Or, [register now](#) to join us at the Awaiting Table.

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