

Six Winter Uses for a Grapefruit

(even (and especially) for people who hate grapefruits!)

Bitters. When grapefruits are in abundance during winter months, stock up! Cut them in quarters, remove the fruit and keep the white pith and rind to use for making digestive bitters. Just slice your remaining peel into strips, and you can separate the white pith from the peel or leave it intact – either way works. Stuff a mason jar full of your rind and pith, and pour vodka or brandy over them. Cap it with a lid, shake it every few days and within a month or two, you will have infused the alcohol with the bitter fruit rind to use in a formula. You can also add in a couple of cardamom or allspice pod or even a hibiscus flower or two to create more complex flavor. From here, you can strain this (we consider this to be one of your simples), strain it a second time through a fine cheesecloth to remove any lingering sediment, and bottle it to use either as a simple in a bitters formula, or to take drop-wise for healthy digestion, or to add to your favorite sparkly water or cocktail. One of our favorite bitters books is *'Bitters'*, by Brad Thomas Parsons. Be careful, you'll get hooked!

Winter Hermit Cake. We are a huge fan of re-purposing food & finding new ways to add nutrition & flavor into meals. Don't throw away infused grapefruit rinds from your bitters formula! After straining your bitters maceration, lay the rind on a cutting board & slice it into small pieces to use in baked goods like cakes, muffins or loaves of herbed bread.

PLAY WITH YOUR FOOD!

Hot Herbal Toddies, January 18th, 4 to 6pm

Food as Medicine, a 3-Day Food Extravaganza Intensive, Jan 31 – Feb 2nd

Aromatic Bitters, February 29th, 9 to noon

Herbal Cordials and Elixirs, April 4th, 1 to 4pm

www.herbalmedics.academy/course-calendar to reserve a seat!

Homemade Marmalade. Recipes abound now for sugar free or honey sweetened marmalades from citrus for those who have to forego refined sugar. Either way, homemade marmalade is nothing like the little plastic pods of doled out jam you get at the breakfast diner. Mixing tangerines and grapefruits, or oranges and lemons together make outstanding spreads. *'Canning & Preserving Without Sugar'* by Norma MacRae, R.D. is my go-to reference.

Herbal Teas. Slice whole grapefruits into rounds that are about ¼" thick, fruit & rind intact. Put these into your food dehydrator on a setting of 100 to 110 degrees. They will be done when you can break one of them in your hands & there is no moisture left. It is very important to make sure they are completely dry – as moisture can cause mold in a jar, contaminating your other ingredients & making the food unsafe to consume. Once your fruit is 100% dried, you can easily cut it into pieces that you can add into tea blends, & you'll be amazed at the intense flavor you get from the dried fruit.

Confection Fruit. Most of us think of brick-like fruitcakes that sat on the kitchen table of holidays past for months, but not only can you make candied fruit that is unrecognizable from those old recipes, but you can do it using raw honey or other non-refined sweeteners. Candied grapefruit is elegant, and can be served all by itself as a dessert, or added into a Winter Cake or other baked good for a zing of intense citrus flavor. *'My Cooking Class Preserving Basics'* by Jody Vassallo is a great book that also happens to have a great fruit cheese recipe you should try.

Elixirs and Tonics. This is one of my favorite ways to use grapefruits, and I love to use grapefruits in shrubs and infuse sparkling water or spirits. Grapefruit works really well with aromatic spices like cinnamon, star anise and others, but shines well solo in an elixir. *'Wild Drinks and Cocktails'* by Emily Han will get you started with great ideas!