



Lemon Punch (Campania)

In the cliffside villages of the Amalfi Coast, lemons are life. The winter air carries their perfume through narrow streets and stone terraces, where families have cultivated *sfusato amalfitano* (the region's famous giant lemons) for centuries.

When the evenings turn cool, locals make punch al limone: a simple, glowing drink of lemon peel, sugar, and alcohol gently warmed and served as a digestivo. It's lighter than mulled wine, brighter than a liqueur— a blend that feels like liquid sunshine on a cold night.

Today, it's still served in cafés and family kitchens, especially during the holidays, when the scent of lemon & sugar fills the room.

Recipe— Lemon Punch

Serves 4–6

Ingredients

2 large	organic lemons, peel only— avoid the white pith
100g / 3.5 oz / 1½ Tbsp	sugar
500 ml / 12 fl oz / 2 cup	water
200 ml / 7 fl oz / ¾ cup + 2 Tbsp	rum (or a mix of rum and limoncello for sweetness)
1 cinnamon stick (optional)	

Method

- [1] In a small saucepan, combine lemon peel, sugar, & water.
- [2] Heat gently until the sugar fully dissolves, then simmer for an additional 5–7 minutes to create a fragrant syrup.
- [3] Add the rum (and cinnamon stick, if using). Warm for 2–3 minutes more— do not boil.
- [4] Strain & serve hot in small glasses.

Tips & Variations

- For a *non-alcoholic version*, replace rum with ginger tea & add a spoonful of honey.
- Add a few *juniper berries* for an aromatic, Alpine twist.
- Store in a glass bottle— it keeps for up to a week & can be reheated.