



Pomegranate Sorbet- Serves 4

In this jewel of a sorbet, pomegranate juice is used to make a sweet-tart treat. If you do not have time to extract the juice from the pomegranates, fresh pomegranate juice is available in gourmet markets. Do not substitute pomegranate syrup; the texture will not be the same, and the sorbet will be too sweet.

Ingredients:

- 2 cups fresh pomegranate juice, about 8 pomegranates
- 1/2 cup water
- 1/2 cup sugar
- 1 Tbs. corn syrup



Directions:

To make the shells, select 4 pomegranates and cut off the top third of each. Using a melon baller, dig out the seeds. Discard the membranes and reserve the seeds in a bowl. Using a spoon, clean out the shells and place in the freezer.

Cut the remaining pomegranates into quarters and bend each quarter backward to expose the seeds. Release them into the bowl with the other seeds. Reserve 1/2 cup seeds for garnish and put the remaining ones in a large-mesh sieve. Crush them with the back of a large spoon to release the juice.

In a saucepan, combine the water, sugar and corn syrup and simmer for 5 minutes. Add the pomegranate juice and let cool. Refrigerate the sorbet mixture for about 2 hours.

Transfer the mixture to an ice cream maker and freeze according to the manufacturers instructions. Or place the mixture in a stainless-steel bowl and place in the freezer until frozen, about 4 hours, stirring every 30 minutes. Spoon the sorbet into the frozen serving dishes and garnish with the reserved pomegranate seeds.

Adapted from Holiday