

04/17/11 - Blood Orange Sorbet

In our family we traditionally have a palate cleanser in between the soup, fish, and main course or dinner of the Passover Seder meal. Since treating myself to an electric ice cream freezer a couple of years ago, I make a variety of sorbets. Before the ice cream freezer it was a challenge each year to find out what kind of good quality sorbet was certified kosher for Passover, since I did not want to serve some artificially flavored and overly sweet brand. After serving some sorbet as the palate cleanser in between courses, I serve the rest with the desserts.

This year my little machine has been humming along as it churned, raspberry, strawberry, blood orange, coconut, and chocolate. For the chocolate I used Dave



To make blood orange sorbet, squeeze the juice from enough blood oranges or Moro oranges to measure

2 cups blood orange juice with some pulp

1 tablespoon lemon juice

2 cups of simple syrup

To make simple syrup, bring 2 cups of sugar with 2 cups of water to boil in a sauce pan. Let the syrup cool and refrigerate overnight.

In the container of an ice cream freezer, add 2 cups of blood orange juice with some pulp, 2 cups of cold simple syrup and 1 tablespoon lemon juice, then turn on the machine. Freeze. Remove the sorbet from the ice cream maker and place it in a container with a lid in your freezer until you are ready to use it. For the Seder, the morning of the big event I pre-scoop the sorbet into glass ramekins and return the ramekins to the freezer until serving time. You can offer several flavors if you prefer.



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