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by ewfood

Orange Sorbet

Ingredients

24fl oz. water
7oz sugar
6oz. clover honey (wildflower or mountain honey)
zest of one orange
0.5oz. chopped peeled fresh ginger
2 whole star anise or cardamom pods
2 whole cloves
1 small bay leaf, preferably fresh
16fl oz. chilled fresh orange juice
1.5fl oz. fresh lemon juice

Preparation

1. Bring to boil the water, sugar, honey, zest and spices in a saucepan over a medium heat, stirring it until the sugar has dissolved
2. boil this mixture until the syrup has thickened and reduced to fill two cups
3. discard the bay leaf and allow the syrup to cool
4. strain the syrup through a sieve into a bowl and add the juice
5. pour the mixture in a bowl and refrigerate overnight
6. Transfer this to an ice cream maker and process according to manufacturer's instructions
7. Transfer the sorbet to container, cover, and freeze until firm, at least 6 hours and up to 3 days.

Cooks Note

Prep Time: 40 min + chilling time; Cook Time: 20 min; serves 4